

HEALTH AND PHYSICAL EDUCATION

May 2002

MISSION

The Health and Physical Education program within the College of Arts and Sciences provides students with a diverse range of high quality instruction and opportunities within the areas of health, physical education, recreation and the exercise sciences. A wide range of activity courses provide individuals with an exposure to a variety of physical activities and opportunities to enhance their overall well being. Lecture type courses provide introductory and advanced preparation for the fields of elementary and secondary education, coaching, recreational management and the exercise sciences.

ASSESSABLE PROGRAM GOALS:

1. To provide the requisite knowledge and expertise that are necessary for a career in Recreational Management
2. To provide the requisite knowledge and expertise that are necessary for a career in teaching Health and Physical Education at the secondary level
3. To provide the requisite knowledge and expertise within the area of Secondary Health and Physical Education that is necessary for acceptance into the Teacher Education Program
4. To provide some of the requisite knowledge and expertise that will benefit someone desiring to become an athletic coach
5. To provide some of the requisite knowledge and expertise that will be beneficial for someone desiring to pursue a career within the exercise sciences
6. To provide some of the requisite courses that will be beneficial for someone pursuing a career in teaching at the elementary school level
7. To provide opportunities for members of the university and the general community to participate in physical activity

ASSESSABLE PROGRAM OBJECTIVES:

A student who completes the Liberal Studies-Recreational degree program will be able to:

1. Participate in basic physical and recreational activities
2. Plan for and implement recreational activities within a recreational facility
3. Develop budgets, submit requisitions and supervise personnel

4. Develop marketing and promotion activities that will enhance the facility of which they are in charge

A student who completes the Health and Physical Education degree program will be able to:

1. Participate in basic physical and recreational activities
2. Develop a scope and sequence and a detailed lesson plan based upon the current Hawai`i Content and Performance Standards (HCPS II)
3. Apply for acceptance into the Teacher Education Program with the desire to become a Secondary Health and Physical Education teacher
4. Identify and understand the various health issues within our society, especially those encountered by secondary school students
5. Identify the various drugs in our society as well as understand their basic functions
6. Have an understanding of the anatomical, physiological and kinesiological functions of the human body

A student who completes the preparatory teacher education courses will be able to:

1. Develop a scope and sequence and a detailed lesson plan based upon the current Hawai`i Content and Performance Standards (HCPS II)
2. Develop hands-on experience teaching within the classroom
3. Identify the various drugs in our society as well as understand their basic functions
4. Identify and understand the various health issues within our society, especially those encountered by elementary school students

A student who completes the preparatory coaching courses will be able to:

1. Understand the complexity of the roles and functions of a coach
2. Identify, understand and deal with the various athletic related injuries
3. Administer the application of tape on athletes whenever warranted

A student who completes the preparatory exercise sciences courses will be able to:

1. Understand the complexity of the human body, from an anatomical, physiological and kinesiological perspective

2. Understand and utilize basic test and measurement testing techniques
3. Understand nutrition as it pertains to the human being

A student who completes the physical activity courses will be able to:

1. Participate in physical and recreational activities
2. Develop the physical skills necessary to participate in physical and recreational activities at a more advance level
3. Understand the intellectual strategies necessary to participate in physical and recreational activities at a more advanced level