

School of Kinesiology & Recreation
Illinois State University

Student Learning Outcomes

(Updated 7/29/02)

PHYSICAL EDUCATION CORE

The Physical Education core curriculum is made up of courses that are considered foundational to the preparation for any activity-based profession. Further, the body of knowledge encompassed by the core classes is information that any Physical Education major should possess, irrespective of their chosen sequence. Thus, a core class is one that is required of all majors in Physical Education. The Physical Education core curriculum currently consists of the following courses (23 hours):

HPR 160 Foundations of Human Movement 3hours
HPR 181 Human Anatomy and Physiology 3 hours
HPR 182 Human Anatomy and Physiology 3 hours
HPR 240 Principles and Applications of Fitness Training 2 hours
HPR 254 Socio-Psychological Perspectives in Physical Activity 3 hours
HPR 257 Motor Learning and Performance 3 hours
HPR 280 Exercise Physiology 3 hours
HPR 282 Biomechanics of Human Movement 3 hours

Expected Student Outcomes

The student will:

1. Acquire foundational knowledge pertaining to the study of human movement and physical activity.
2. Apply foundational knowledge of human movement and physical activity in the student's selected professional sequence.
3. Effectively engage in critical thinking and communication regarding contemporary issues related to human movement and physical activity.