

**Clackamas Community College**  
Online Course/Outline Submission System

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**Section #1 General Course Information**

**Department:** Skills Development

Submitter

First Name: **Lisa**  
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Phone: **3401**  
Email: **lisan**

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**Course Prefix and Number:** ASE - 047

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**# Credits:** .5

Contact hours

Lecture (# of hours):  
Lec/lab (# of hours): 60  
Lab (# of hours):  
Total course hours: 60

For each credit, the student will be expected to spend, on average, 3 hours per week in combination of in-class and out-of-class activity.

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**Course Title:** Physical Education I

Course Description:

**Presents a broad perspective of sports activities including team cooperation. Explores the significance of sports in a variety of cultures. Analyzes rules, procedures, and practices that are safe and effective for specific activities. Explore the relationship between fitness and personal health goals. Set fitness goals and monitor progress. Required: Student Petition. This course carries high school credit only.**

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**Type of Course:** Developmental Education

Can this course be repeated for credit in a degree?

**No**

Are there prerequisites to this course?

**No**

Are there corequisites to this course?

**No**

Are there any requirements or recommendations for students taken this course?

**Yes**

**Recommendations:**

**Requirements:** **Student Petition**

Will this class use library resources?

**Yes**

Have you talked with a librarian regarding that impact?

**No**

Is there any other potential impact on another department?

**No**

Does this course belong on the Related Instruction list?

**No**

GRADING METHOD:

Pass/No Pass Only

**Audit: Yes**

When do you plan to offer this course?

- ✓ **Summer**
- ✓ **Fall**
- ✓ **Winter**
- ✓ **Spring**
- Not every term
- Not every year

Will this course appear in the college catalog?

**Yes**

Will this course appear in the schedule?

**Yes**

Student Learning Outcomes:

Upon successful completion of this course, students should be able to:

1. analyze and apply rules, procedures, and safe practices required to participate cooperatively as a team member;
2. articulate the relationship between health-related fitness and the pursuit of physical activity;
3. evaluate personal factors that impact participation;
4. set personal activity goals and work toward achieving them;
5. exhibit appropriate social behavior during physical activities, including conflict resolution skills.

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***This course does not include assessable General Education outcomes.***

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Major Topic Outline:

1. Rules, procedures, and safe practices for team sports
2. Health related fitness and factors impacting participation,
3. Activity goal setting,
4. Managing conflict in a competitive environment.

Does the content of this class relate to job skills in any of the following areas:

- |                                      |           |
|--------------------------------------|-----------|
| 1. Increased energy efficiency       | <b>No</b> |
| 2. Produce renewable energy          | <b>No</b> |
| 3. Prevent environmental degradation | <b>No</b> |
| 4. Clean up natural environment      | <b>No</b> |
| 5. Supports green services           | <b>No</b> |

Percent of course: 0%

First term to be offered:

**Next available term after approval**

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