

DISCLAIMER: The course outline below serves as a general informational guide for students. Course content and assessment modes may vary for different lecturers. Actual course outlines will be made known to students on GeNIEus by the individual lecturers. **DO NOT** purchase textbooks based on the information contained in this document.

IPE3101 INTRODUCTION TO PHYSICAL EDUCATION & SPORT

COURSE DESCRIPTION

This course emphasizes concepts related to the broad field of physical education and sport. It provides an overview of the disciplines that study the field's philosophical, historical, cultural, and sociological foundations and their applications to professional practice.

The course examines Singapore's PE and Sports infrastructure and their relationships in promoting participation in sports from recreational to high performance levels. The daily work in physical education and sport, looking at the traditional field of teaching and coaching, is also highlighted. Current issues and future directions in the field are also explored and discussed.

COURSE OBJECTIVES

At the completion of this course, student teachers will be able to:

1. Define the concepts of physical education, play and sport and their relationships.
2. Discuss the roles of physical education and sport in education and society.
3. Identify the characteristics of a physically educated person.
4. Understand the major historical and cultural influences on the emergence of physical education and sport.
5. Discuss the roles and responsibilities of the physical educator.
6. Examine the teaching of PE as a professional endeavour.
7. Discuss problems and issues in physical education and sport in the 21st century and explore the future directions of PE and sport.

COURSE CONTENT

1. Physical education and sport – definitions
2. History of PE and sport
3. Philosophy in physical education and sport
4. Aims, objectives and desired outcomes of physical education and sport
5. Characteristics of a physically education person
6. Issues and problems in physical education and sport
7. The Olympic movement

COURSE OUTLINE

Week	Outline
1	Course Introduction Physical Education and Sport – Definitions
2	Philosophy in Physical Education and Sport History of PE and Sport (International & Singapore)
3	History of PE and Sport (International & Singapore)
4	History of PE and Sport (International & Singapore)
5	Sports in Singapore and its impact on PE (e.g. Vision 2030; PESTA, PESEB roles, School based programmes)
6	Aims, Objectives and Desired Outcomes of PE & Sport Singapore PE Syllabus
7	Class Test
8	Issues and Problems in PE and Sport
9	Obesity and Physical Inactivity
10	The Olympic Movement
11	Class Presentation
12	Class Presentation

COURSE ASSESSMENT

	Component weightage	Due Dates
Mid-term test	30 %	dd-mm-yr
Written Assignment (group)	30 %	
Final Presentation (group)	30 %	
Class Participation	10 %	dd-mm-yr

Participation in all classes is compulsory.

COURSE REFERENCES

Required/Recommended Texts

1. Aplin, N. (Ed.). (2009). *Perspectives on Physical Education and Sport Science in Singapore: An eye on the Youth Olympics 2010*. Singapore: McGraw-Hill.
2. Koh, T.H.M & Tan, H.E.K (Eds). (2006). *Introduction to Physical Education*. Singapore: Pearson Education South Asia Pte Ltd.