

**Clarendon College**  
**PHED 1301**  
**Introduction to Physical Fitness & Sport**  
**Spring 2026**

**CLARENDON COLLEGE Division of Science & Health**

**Course Name:** PHED 1301 Introduction to Health & Physical Education, Sections 101

**Credit Hours:** 3

**Classroom Location:** SEC 101 Admin 107 – Monday/Wednesday/Friday @ 9am-9:55am

**Instructor:** Mark James

**Office Location:** Bulldog Gym

Email: [mark.james@clarendoncollege.edu](mailto:mark.james@clarendoncollege.edu)

**Office Hours:** 1pm to 2pm Monday/Wednesday/Friday, 9am to 12pm Tuesday/Thursday

**Course Description:**

Presentation of the need for physical and psychological basis of movement in physical education and the areas in which it can be pursued. Shows designs for physical education for grades K-12 and outlines how physical education can be pursued.

**Statement of Purpose** This course is designed to increase the knowledge, understanding, and development of health and physical education leadership qualities in future health and physical educators. The course content is suggested by the American Alliance for Health, Physical Education, Recreation, and Dance. It is also the Framework for Curriculum Development in Health Education and Physical Education K-12.

**Textbook:**

No Textbook Required

**Student Requirements:**

Students are required to complete all coursework and participate in class discussions.

**Methods of Instruction:**

Lecture, Handouts, Group work, Individual demonstration, Discussion

In accordance with recommendations from the Texas Higher Education Coordinating Board, all life and physical science courses at Clarendon College will address the following core objectives:

**Critical Thinking Skills** – including creative thinking, innovation, inquiry, and analysis, evaluation and synthesis of information.

**Communication Skills** – including effective written, oral, and visual communication.

**Empirical and Quantitative Skills** – including application of scientific and mathematical concepts.

**Teamwork** – including the ability to consider different points of view and to work effectively with others to support a shared purpose or goal.

**Course Objectives**

As a result of this course, you should be able to:

1. Have a basic understanding of the biological, historical, and philosophical foundations of the field.
2. Inform students of current and future trends of AAHPERD.

3. Prepare students to follow and meet the ethical and professional standards in the teaching profession.

**Grading Policies:**

Tests and assignments will be given periodically throughout the semester.

You will receive a grade in this class based on the following: Participation, Assignments, Attendance and Exams.

Assignments – 40%      Attendance – 40%      Exams – 20%

The final semester grades will be figured as set in the current catalog:

90 to 100 = A 80 to 89 = B 70 to 79 = C 60 to 69 = D Below 59 = F

A student's final grade will be made available through the student portal at Clarendon College's website.

**Classroom Policies:**

You are required to attend every meeting.

**Classroom Conduct:**

Failure to comply with lawful direction of a classroom instructor is a disruption for all students enrolled in the class. Disciplinary actions for cheating in a course are at the discretion of the individual instructor. The instructor of that course will file a report with the Vice President of Students when a student is caught cheating in the course, whether it be a workforce or academic course. The report shall include the course, instructor, student's name, and the type of cheating involved. Students who are reported as cheating to the Vice President of Students more than once shall be disciplined by the Vice President. The Vice President will notify all involved parties within fourteen days of any action taken.

**American with Disabilities Act Statement:** Clarendon College provides reasonable accommodations for persons with temporary or permanent disabilities. Should you require special accommodations, notify the Office of Student Services (806-874-3571 or 800-687- 9737). We will work with you to make whatever accommodations we need to make.

**Dropping a Course:** A student may drop any other course with a grade of "W" any time after the census date for the semester and on or before the end of the 12th week of a long semester, or on or before the last day to drop a class of a term as designated in the college calendar. The request for permission to drop a course is initiated by the student by procuring a drop form from the Office of Student Services. (Refer to other policies concerning this issue in the current college catalog online.)

**Withdrawal:** If you decide that you are unable to complete this course or that it will be impossible to complete the course with a passing grade, you may drop the course and receive a "W" on your transcript instead. Withdrawal from a course is a formal procedure that you must initiate. If you do not go through the formal withdrawal procedure, you will receive a grade of "F" on your transcript. A student is permitted to drop a course if he/she obtains an official drop slip from the office and has the instructor sign the slip before the 12th class week.

## Course Schedule

**Course Name:** PHED 1301 Introduction to Physical Fitness & Sport    **Semester:** Spring 2026

Week 1	Intro and Syllabus
Week 2	Considerations for Effective Skill Learning
Week 3	Principles of Physical Fitness
Week 3	Aerobic Dance and Zumba
Week 4	Dance
Week 4	Yoga and Pilates
Week 5	Exam #1 – Assignment #1 Due
Week 5	Recreational Sports
Week 6	Hiking, Backpacking, and Camping
Week 6	Swimming, Diving, Water Exercise and Fitness Swimming
Week 7	Lifetime Activities
Week 7	Exam #2 Assignment #2 Due
Week 8	Basketball
Week 8	Volleyball
Week 9	Golf
Week 9	Soccer
Week 10	Softball
Week 10	Exam #3 - Assignment #3 Due
Week 11	Cycling
Week 11	Field Hockey
Week 12	Football: Flag and Touch
Week 12	Gymnastics and Tumbling
Week 13	Handball Racquetball
Week 13	Tennis
Week 14	Track and Field
Week 14	Bowling
Week 15	Weight Training
Week 15	Exam #4 – Assignment #4 Due
Week 16	Flex Day
Finals Week	Final Exam
*****	Schedule Subject to Change