

## Edwp 344: Physical Literacy: Lifetime Fitness, Exercise, and Physical Activity

### **CURRICULUM & INSTRUCTION**

Physical Literacy: Lifetime Fitness, Exercise, and Physical Activity. Students will identify and define what physical literacy means in regards to lifetime fitness, exercise, and physical activity. Proficiency will be obtained in a variety of activities, and best practices for the K-12 setting will be modeled. Upon completion of the course, students will be competent in physical literacy within the K-12 physical education setting.

3 Credits

### **Prerequisites**

- [Bisc 207: Human Anatomy and Physiology](#)
- [Edwp 240: Introduction to Health and Physical Educ](#)
- [Edwp 241: Movement Fundamentals/Applied Motor Lear](#)

### **Instruction Type(s)**

- Lecture: Lecture for Edwp 344

### **Subject Areas**

- [Physical Education Teaching and Coaching](#)

### **Related Areas**

- [Art Teacher Education](#)
- [Chemistry Teacher Education](#)
- [Computer Teacher Education](#)
- [English/Language Arts Teacher Education](#)
- [Family and Consumer Sciences/Home Economics Teacher Education](#)
- [Foreign Language Teacher Education](#)
- [Mathematics Teacher Education](#)
- [Music Teacher Education](#)
- [Physics Teacher Education](#)
- [Reading Teacher Education](#)
- [Science Teacher Education/General Science Teacher Education](#)
- [Social Science Teacher Education](#)

