

# Edwp 344: Physical Literacy: Lifetime Fitness, Exe 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

