

Exploring Global Wellness (PEA 094)

Phil Beccue & Staff

Westmont Global Semester

Credit Hours: 1

Fall of 2025

CONTACT INFORMATION

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COURSE DESCRIPTION

This course introduces new sports to students as well as builds on their current knowledge and experience. To support the 1-unit Physical Education course, students engage in a variety of local (indigenous) sports, often with local communities. Hiking is included in most locations. Emphasis will be exposure to fitness, skill-based and leisure activities, including cardiovascular, muscular endurance, and flexibility. Students will learn skill-specific components related to successful participation in sport through learning from local athletes.

PREREQUISITES

None.

COURSE REQUIREMENTS

Students will successfully fulfill the following requirements:

1. Active listening, participating in each class, and keeping a positive attitude.
2. Correctly demonstrate skills through drills, mini games, as well as correctly score a game.
3. Demonstrate Christian character while participating in sport, such as honesty, sportsmanship, respect for each other and the professor.
4. Seek to enjoy the new activity.
5. Two short papers (2-pages each) that will explore the history of a sport we engage.
6. Learn rules, sport etiquette, terminology, and equipment of each sport.

ATTENDANCE POLICY

Following college policies, the student shall be allowed, without penalty, as many absences per semester as the number of times the class meets per week, which is 1-2 times. Being late to class will evoke additional penalties (2 tardies equal 1 absence). As our physical education course will often entail interacting and learning from our local, non-Western hosts, attendance and participation reflects respect for our hosts and their cultures.

GRADING CRITERIA

1. Participation/Attitude
2. Attendance
3. Skill Assessment/Scoring

100-95%: A
94-90%: A-
89-87%: B+
86-84%: B

83-80%: B-
79-77%: C+
76-74%: C
73-70%: C-

ACCESSIBILITY AND ACCOMMODATIONS

Students who choose to disclose a disability are encouraged to contact the Office of Disability Services (ODS) as early as possible in the semester to discuss possible accommodations for this course. Formal accommodations will only be granted for students whose disabilities have been verified by the ODS. Accommodations are designed to minimize the impact of a disability and ensure equal access to programs for all students with disabilities. Please contact ods@westmont.edu or visit their website for more information.

HONOR AND RESPECT

Westmont's Community Life Statement calls us to treat each other according to two commands from Jesus: "Love one another as I have loved you," and "Love your neighbor as yourself." Given our different skill and fitness levels, it is essential that we support one another in our physical activities, as a way to build our community as well as to be Christian witnesses to the locals with whom we enjoy our physical activities.