Instructor: Michael A. Hemphill, Ph.D.
Office: Silcox 311
Office hours: Mon. & Wed. 1:30 - 3:30p; Fri. 11:00a – 12:00p; by appointment
Phone: (843) 953-6056
Email: hemphillma@cofc.edu

Course meeting: Monday & Wednesday’s, 11:00a – 12:15p, Johnson 207

Prerequisites: None. PEHD/EXSC 201 is a prerequisite for all 300 and 400 level PEHD/EXSC courses.

Grading Scale: (500 possible points)

- ≥ 91% (455 – 500) A
- 88-90 (440 – 454) A-
- 85-87 (425 – 439) B+
- 82-84 (410 – 424) B
- 79-81 (395 – 409) B-
- 76-78 (380 – 394) C+
- 73-75 (365 – 379) C
- 70-72 (350 – 364) C-
- 67-69 (335 – 349) D+
- 64-66 (320 – 334) D
- 58-63 (290 – 319) D-
- < 58 (< 290) F

*Additional readings will be assigned. Follow OAKS for postings.

Course Objectives: This course will provide a variety of lectures, guest lectures, readings, discussion, debates, presentations, writing exercises and other experiences designed to help the student:

1. Gain a working knowledge of the academic areas in HEHP.
2. Understand basic fitness concepts, testing principles and interpretation of these tests.
3. Develop basic writing skills for the disciplines of physical education and exercise science.
4. Learn the professional associations in physical education and exercise science and understand the benefits of membership.
5. Develop an understanding of the historical perspective in physical education and exercise science.
6. Developing an effective oral presentation, working in a small group related to a relevant topic in physical education and/or exercise science.
7. Gain perspective on recent writings in physical education and exercise science and develop an understanding of these writings through discussion, debate, reflection and other activities.

Course Requirements:

1. **Professional Activities:** Choose from the items below to help begin your professional development. Proof and verification of items is due in OAKS no later than **November 26th, 2012** and will be included in the student portfolio. It is the student’s responsibility to provide documentation for all activities. Choose from any category to accumulate up to a maximum of 75 points. You may choose from more than one category. One hour of volunteering, shadowing, participating, and/or observing time is equal to 5 points. Students may not submit activities that they are receiving credit for in another course or extracurricular activity.
   
   **Value:** 75 points
   **Due Date:** November 26

   **THE STUDENT CLUB OPTION:** Join the Sports Medicine Club, the Physical Education and Health Club or an applicable student organization with ties to exercise science or your future professional goals, attend meetings and work on club projects. Write a short paragraph that summarizes each meeting and/or project. Attendance will be verified through the club roster and attendance sheets. **Value = 10 points per meeting. Maximum points allowed 30. Elected officers may earn an additional 20 points.**

   **THE PROFESSIONAL ORGANIZATION OPTION:** Become a student member of a state, regional, or national exercise science, health or physical education professional organization (American College of Sports Medicine, AAHPERD, etc.) Provide proof of membership and describe how you were actively involved. To receive conference points, a synopsis of each session must be submitted. **These activities typically require you to pay a fee. Value = 20 points for membership; +30 for holding an office; +40 for conference/convention attendance.**
THE PROFESSIONAL SERVICE OPTION: Serve as a volunteer in a specific professional area—physical therapy, occupational therapy, nursing, sport medicine, etc. You must volunteer for at least 12 hours to receive credit for this option, to ensure an in-depth experience. Your participation for this activity must be verified prior to and following your participation by a description of your duties, the signature of and contact information (name, address, and phone number) for the person who can verify your participation. Write a description of your involvement, duties, and the overall impact the assignment had on your professional goals.

THE PUBLIC RELATIONS OPTION: Serve as a volunteer in health promotion/exercise-related activities during the semester. (Road races and walks for health causes, health fairs, blood drives, Jump Rope for Heart, etc.) Your participation must be documented by a signature and phone number of a contact person who can verify your participation. Write a brief description of each experience relating the experience to the field of physical education (exercise science, health promotion, or teacher education) and/or your intended career path.

THE RESEARCH ASSISTANT OPTION: Serve as a Human Performance Testing/Research Assistant (HPTA) at the College of Charleston. An HPTA assists a faculty member in HEHP with Human Performance testing or research. The student is responsible for making arrangements with faculty members. HPTAs must accumulate 12 hours throughout the semester.

THE STRENGTH & CONDITIONING OPTION: Serve as a Strength and Conditioning Assistant (SCA). SCAs will assist the S&C Staff in conducting various Field Tests related to obtaining present/baseline performance values for College of Charleston student-athletes. Duties may also include assistance during training sessions. A total of 12 hours must be accumulated to receive maximum points. It is the students’ responsibility to facilitate this option.

THE CITI OPTION: Complete CITI (Collaborative Institutional Training Initiative) training on the CofC IRB (Institutional Review Board) website. Students must read the material and complete tests. Upon successful completion of the CITI training, you will receive an electronic certificate, which will be put into your professional portfolio. You can find more information by searching for CITI on the C of C website. 25 points.

THE CHUCKTOWN SQUASH OPTION: Serve as a volunteer tutor, coach, or instructor with the Chucktown Squash program, an after-school program for under-served Charleston youth. Tutors are responsible for helping middle
school students with their homework and other academic activities, typically in a one-on-one setting. Coaches are responsible for helping during squash practice. Instructors* are required to provide instruction to students (*please see the course instructor before pursuing this option for further guidelines). Volunteers must accumulate a minimum of 5 total hours to receive any credit for this option. (see www.ChucktownSquash.org)

THE FIRST TEE OPTION: Volunteer opportunities may be available through Charleston First Tee, a non-profit organization focused on enhancing the life skills of local youth through the game of golf. A class presentation will provide more information. (see http://www.thefirstteegreatercharleston.org).

THE WILD CARD: Student presents, in writing, a professional development activity to the instructor. Instructor will decide whether the activity qualifies and what the point value will be for qualified activities. The activity must be original and will be judged based upon whether or not it is an enriching experience that is comparable the items above. The instructor will not consider any wild card activities that were not pre-approved.

Start early! Students who complete these activities on or before November 19th will receive five extra credit points.

2. First Aid/CPR Certification: Students must present a photo copy (front and back) of a valid Heartsaver CPR AED certification card in OAKS. Also include a copy in your student portfolio. The College of Charleston EMS runs First Aid classes at a reasonable rate for all College of Charleston Students, Faculty, and Staff. For more info College of Charleston EMS: http://fireandems.cofc.edu/cpr/index.php. Students are encouraged to complete this certification, as it will be necessary for future classes. If you are unable to complete the training due to scheduling or financial issues, you may earn the 25 points from completing the CITI training.
Value: 25 Points
Due Date: November 26th

3. Problem-based Learning Assignment: Working in small groups, students will be required to explore a health-related problem, offer potential solutions, and defend their answer with research. Much of the work for this assignment will take place outside of class. More information will be provided prior to the assignment.
Value: 75 points
Due date: Various dates throughout the term

4. Article Critique: Students will select, print, read and write a critique on an empirical research article. The Article Critique will include (1) a brief summary of the article and
(2) a critical analysis of the content of the article (impact, importance, quality of information. A rubric will be provided.

**Value: 60 points**
**Due date: October 22**

5. **Presidential Fitness Test**: Students will complete the Presidential Adult Physical Fitness Test and upload a table with results and standards/norms to their online portfolio. Students will also write a reflection based on the test results and draft a overall fitness goals with at least 2 specific, measurable goals aimed at either improving or maintaining fitness level.

**Value: 25 points**
**Due Date: October 17**

6. **Student Portfolio**: During the semester students will develop an individual portfolio containing: student resume, (resume packet can be obtained from Career Services in the Lightsey Conference Center, Room 216); student philosophy of exercise science as a discipline; statement of professional goals; five-year plan; physical fitness testing results, plan for improving/maintaining fitness level, a summary of professional development experiences for Fall 2012, and at least one example of student work (e.g. exemplary work from another class).

**Value = 45 points**
**Due Date: November 26**

7. **Exams**: Two in-class exams (tentatively scheduled on the calendar)

**Value = 80 points (2 Exams @ 40 points each)**

8. **Quizzes/Readings**: Unannounced or announced quizzes will be given to test student knowledge on assigned readings, check understanding prior to exams, or emphasize material. If you are absent, you cannot make up the quiz. You can earn the quiz points back through an alternate assignment.

**Value = 40 points**

9. **Final Exam**: Cumulative.

**Value = 75 points**

**Attendance**: Each student is allowed 3 total absences during the semester. The instructor does not require any documentation for excused/unexcused absences. The 4th absence will result in a 1 point deduction from the overall final grade. Any absence after the 4th will result in a 2 point deduction from the final grade. Students who are late more than one time may also be counted absent.

**Make up policy**: In class quizzes cannot be made up for any reason. If you miss a quiz and would like to recover those points, you may accumulate up to 25 quiz points for
completing CITI training on your own time or by completing an article review to be assigned by the instructor. Note that these options will be much more difficult and time consuming. Quizzes may be announced one week in advance or could be unannounced. Online lecture quizzes must be taken within the assigned time. Make up exams will be permitted but the make-up exam will be more difficult than the regular exam. If you miss a class you are responsible for getting the material from another student. The instructor will not provide handouts or lecture information for those who are absent.

**Evaluation Criteria Summary:**

<table>
<thead>
<tr>
<th>Criteria</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Professional Activities</td>
<td>75</td>
</tr>
<tr>
<td>First Aid/CPR Certification</td>
<td>25</td>
</tr>
<tr>
<td>Problem-based Learning</td>
<td>75</td>
</tr>
<tr>
<td>Article Critique</td>
<td>60</td>
</tr>
<tr>
<td>Presidential Fitness Test</td>
<td>25</td>
</tr>
<tr>
<td>Student Portfolio</td>
<td>45</td>
</tr>
<tr>
<td>Exams 2 @ 40pts</td>
<td>80</td>
</tr>
<tr>
<td>Quizzes</td>
<td>40</td>
</tr>
<tr>
<td>Cumulative Final Exam</td>
<td>75</td>
</tr>
<tr>
<td><strong>Point Total:</strong></td>
<td><strong>500 points</strong></td>
</tr>
</tbody>
</table>

**Presentation of Assignments:** Some assignments will be due in OAKS and others will be due via hard copy. Assignments are only accepted in the specified format. Hard copy assignments must be stapled and include the student’s name. Failure to meet this requirement results in an automatic 25% grade reduction. It is expected that all assignments represent the student’s best work at that time. No hand-written assignments will be accepted unless specifically requested by the instructor. Students should make sure their OAKS submissions are in an appropriate format. Any assignment submitted that cannot be opened by the instructor is considered incomplete. To avoid potential problems, submit work as a .pdf file.

**Electronic Devices:**

- Your phone must be put away during class. Texting during class is not permitted.
- If you use a laptop computer or other device, it must be tuned to a notes page. E-mailing, Facebooking, or other web surfing are NOT permitted.
- You are encouraged to use your electronic devices in ways that enhance the educational experience, not in ways that detract from it.

**Seating:** To expedite the attendance process and improve the instructor’s ability to get to know student names, students will be assigned to seats. A seating chart will be issued during the second week of class based on students’ chosen seats.

**College of Charleston Student Handbook:** This is a guide to your responsibilities and
rights as a student. If you are not familiar with this document, please take the time to review the information contained within the handbook (on C of C website).

**Academic Honesty**: Please refer to the current College of Charleston Student Handbook for the definition of academic dishonesty and the subsequent penalties. Faculty members are required to report violations of the Honor Code to the Office of Student Affairs. If you are found guilty of an honor code violation your grade in the class will be XF and will be so indicated on your transcript. Students at College of Charleston are expected to be at all times in compliance with the Honor Code. Scholastic dishonesty will not be tolerated in this course. Examples of cheating include giving or receiving aid during examinations, using any type of crib sheet, copying from or looking to another exam, or submitting another’s work as your own.

**Disability**: In compliance with the Americans with Disabilities Act (ADA), all qualified students enrolled in this course are entitled to “reasonable accommodations.” Please notify the instructor during the first week of class of any accommodations needed for the course.

**Tentative Course Schedule***:
*The course schedule will likely change throughout the semester. You should always pay attention to OAKS postings and announcements in the course for updates. While the schedule may change, the following content reflects the progression of the course:

**Unit 1**: Introduction to Exercise Science, Physical Education, and Contemporary Issues
**Unit 2**: Principles and Scope of Exercise Science and Physical Education
**Unit 3**: Historical Perspectives of Physical Education and Exercise Science

<table>
<thead>
<tr>
<th>Date</th>
<th>Reading &amp; Topic</th>
<th>Assignments &amp; Activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>W 8/22</td>
<td>Intro and syllabus</td>
<td><strong>Homework</strong>: Read syllabus and OAKS; Read “Project Health”</td>
</tr>
<tr>
<td>M 8/27</td>
<td>Intro to HHP</td>
<td></td>
</tr>
<tr>
<td>M 9/3</td>
<td>Positive Youth Development</td>
<td></td>
</tr>
<tr>
<td>W 9/5</td>
<td>Guest Speaker: First Tee of Greater Charleston</td>
<td>Review websites before class: <a href="http://www.thefirstteegreatercharleston.org">www.thefIRSTTEEGreatercharleston.ORG</a> <a href="http://www.thefirsttee.org">www.thefirsttee.ORG</a></td>
</tr>
</tbody>
</table>

**Homework**: Read “Beating Obesity”
M 9/10 Obesity
W 9/12 Weight of the Nation
   Review website before class:
   http://theweightofthenation.hbo.com/
   Homework: Read “Obesity and Diabetes…” & Read “Obesity Campaigns…”

M 9/17 MUSC Volunteer Opportunities
   Review websites before class:
   http://www.musckids.com/volunteers
   http://www.muschealth.com/volunteer

W 9/19 Healthy People 2020
   Review website before class:
   Homework: Problem-based learning

M 9/24 Exam I
W 9/26 Writing and Research in HHP
   Homework: Two articles: review and empirical; Problem-based learning;

M 10/1 Writing and research (continued)
W 10/3 Developing a WIKI portfolio
   Homework: Article critique; TBA

M 10/8 Fitness Testing*  *Class location TBA
W 10/10 Fitness Testing*
   Homework: Article critique; fitness results, reflection and plan; Read “Sports medicine: The last 100 years”; Problem-based learning

M 10/15 Fall Break
W 10/17 Guest Lecture: Exercise Science
   Homework: Complete article critique assignment; Read article on physical education (reading TBA); Read “Physical Activity Guidelines”; Problem-based learning

M 10/22 Guest Lecture: Physical Education
W 10/24 Physical Activity
   Homework: Problem-based Learning; TBA

M 10/29 Your professional portfolio
W 10/31  Resume & Philosophy  
**Homework:** Problem-based Learning; TBA

M 11/5  Fitness principles
W 11/7  
**Homework:** Problem-based Learning; TBA

M 11/12  Fitness principles
W 11/14  TBA  
**Homework:** Problem-based Learning; TBA

M 11/19  Exam II  
+5 Extra credit if all professional activities submitted by this date
W 11/21  Thanksgiving holiday; no class  
**Homework:** Complete *Professional Activities* and *First Aid/CPR Certification*

M 11/26  Historical Perspectives  
Professional Activities DUE (not accepted late)
W 11/28  Historical Perspectives  
**Homework:** TBA

M 12/3  Last day of class  
**Assignments/topics TBA**
**Homework:** Prepare for cumulative final exam

**Cumulative Final Exam:** Wednesday, December 12, 8am