College of Charleston  
Health and Human Performance  
PEHD 201 Introduction to Physical Education  
Fall 2011

Instructor: Susan Flynn  
Time and Dates: Monday & Wednesdays 11:00 AM to 12:30 PM  
Place: Silcox room 409  
Office Hours: Mondays and Wednesdays 10:00-10:45 a.m. or by appointment  
Office: Room 229, 86 Wentworth Street College of Education  
Phone: 843-953-0815  
Email: flynns@cofc.edu

Course Description: PEHD 201 is a required introductory course for the physical education major. Content will include a study of history, principles, objectives, philosophy, current trends and issues, and literature related to the professions associated with physical education, health and exercise science.


Additional Course Material: Bring a 3 prong/2 pocket folder with your name in black sharpie write on the front, written assignments will be put in your folder when turning in.

Course Objectives:
Educational opportunities within the course are designed to prepare the student to:
1. Understand the philosophical concepts of exercise science by:
   a. identifying various traditional philosophies and explaining how each applies to the field  
   b. writing and explaining a working definition of physical education, health, and/or exercise  
   c. writing a personal philosophy based on future career goals and ethical standards.  
2. Develop an historical foundation as a basis for current developments in the field by:
   a. describing the major contributions of various disciplines,  
   b. identifying historic leaders in the profession, and describing their contributions to the field,  
   c. relating reasons for understanding the history of physical education, health, and exercise science to the current status of each field.  
3. Relate physical education, health, and exercise science to physical activity and health in society.
4. Identify professional associations and governing bodies related to physical education, health and exercise science and describe their roles through licensure and certification.

**Evaluation Criteria:**  
<table>
<thead>
<tr>
<th>Point Total</th>
<th>410 points</th>
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<tr>
<td>1. Community Engagement/professional development</td>
<td>60</td>
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<td>2. Career Survey (reflection of self and goals)</td>
<td>20</td>
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<td>3. Personal Fitness Assessments</td>
<td>20</td>
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<td>4. Biography/Historical Figure</td>
<td>35</td>
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<td>5. Student Wiki (Rubric on OAKS, includes resume)</td>
<td>40</td>
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<td>6. OAKS Quizzes</td>
<td>90</td>
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<td>7. OAK Discussion (1-Intro of Self (must include picture) 2-SOFT America; 3-Historical Figure &amp; 4-Article Critique)</td>
<td>40</td>
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<td>8. Article Critique</td>
<td>50</td>
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<td>9. Final</td>
<td>50</td>
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1. **Professional Development**  
60 points

Volunteer your time for community events that enhance your professional track. You may choose from more than one category. Tailor your choices to career interests or areas you would like to know more about. This assignment individualizes your PEHD 201 experience. Please take full advantage of this assignment! 1 hour of volunteer, shadowing, participation, and/or observation time is equal to 5 points. Proof and verification of hours needs to be included in your folder and posted on your wiki.

**Ideas of PD are as follows:** (other opportunities will be posted on OAKS)

- Serve as a volunteer in health promotion/exercise-related activities  
  Road runs and walks for health causes, health fairs, blood drives, Jump Rope for Heart, etc. Your participation must be documented by a signature on your hours sheet or include a copy of an email from the organization leader and phone number of a contact person who can verify your participation. **Write a brief description of each experience relating said experience to exercise science and/or your intended career path.** 1 hour of volunteer time is equal to 5 points.

- Serve as a volunteer in a specific professional area—physical therapy, occupational therapy, nursing, sport medicine, etc.  
  Secure the signature of a person who can verify your participation and include an email from your supervisor stating your involvement. Write a description of your involvement and duties.

- First Aid/CPR Certification 20 Points. Students must present a photocopy of a valid Standard First Aid/CPR certification card. The photocopy must show both back and front of card along with class information. The copy will be included in your class folder.
2. Career Survey 20 Points
Students will investigate a career choice and will be required to write a report providing information such as educational requirements, job outlook, starting salaries, possible challenges, etc.... Students will turn in a written report and contribute to class discussions based on their topic. The report will follow the career questions sheet provided on OAKS.

3. Fitness Assessments 20 points
Students will complete a personal fitness assessment and compare results to normative data using the National Physical Activity Plan. Students will then complete a written reflection. Results and the reflection will be due in the class folder and posted on your wiki. http://www.adultfitnesstest.org

4. Biography/Historical Figure Report 35 points
Students will investigate and complete a short biography on an assigned historical figure in the field. In addition each student will select a current leader in the field about which they will also complete a short biographical sketch and synopsis of current work. A posting of the assigned historical figure will be posted on OAKS providing historical leaders name, picture, contribution to the fields and three key facts about the person. In addition each student will presentation their assigned historical figure on the dates listed on syllabus (5 pts of the 35)

5. Student Wiki 40 points
During the semester students will develop a professional wiki containing:
A. Picture, email and link to the College of Charleston
B. Final Resume (turn in your draft with comments in your class folder)
   (a resume packet can be obtained from Career Services in the Lightsey Conference Center, Room 216)
C. Sample cover letter for a job
D. Student’s professional philosophy
E. Statement of professional goals and plans for the next five years,
F. Results of the physical fitness test with Reflection essay,
G. Professional Development descriptions with appropriate point value for each professional activity plus Grand Total. (hours verification and email verifications are to be turned in your class folder and posted on your wiki).
H. Article Review assignment
   FOLLOW RUBRIC TO COMPLETE ASSIGNMENT COMPLETELY

6. OAKS Quizzes: 90 points
Quizzes will cover information presented during lectures, class discussions and assigned readings.
Quiz one: Orientation/syllabus quiz (10)
Quiz Two: Fitness & Chapters 1 (20)
Quiz Three: Chapters 1, 2 & 3 (20)
7. OAKS Discussions
Discussion questions will be posted on OAKS, with a deadline date to be completed posted on the OAKS calendar.
Discussion One: Introducing Self-follow guidelines provided (add your picture)
Discussion Two: Soft American article review (10 pts)
Discussion Three: Historical Figure (10 pts)
Discussion Four: Article Review (10 pts)

8. Article Critique
Students will select, print, read and write a critique on an article from a list provided at the end of the below article. The Article Critique will include (1) a brief summary of the article and (2) a critical analysis of the content of the article. (3) a complete copy of the article.
Rubric is posted on OAKS. Place paper in the OAKS drop box in word document format only. Article can be placed in PDF format in the drop box.

Roberts CK and Barnard RJ.

Participation: Students are expected to attend class having pre-read class materials. Students are expected to contribute to class discussions.

Attendance: Each student is allowed two documented absences. After that, 2 points will be taken from the student’s point total for each missed class.

Make-ups: Only extenuating circumstances warrant a make-up. It is the student’s responsibility to see the instructor if he/she has missed any work. Contact with the professor must be timely--as soon as the student returns to school after an absence or during an absence, if possible.

Late assignments will be penalized 50% of total point value. Failure to contact the instructor about late work will result in a zero for that assignment.
All assignments must be typed. No hand-written assignments will be accepted.

Honor System: Students must do their own work. Please see the 2010-2011Student Handbook - (Academic Honor System) for a description of the College’s Honor System, which is fully supported in this class.

College of Charleston Honor Code and Academic Integrity
Lying, cheating, attempted cheating, and plagiarism are violations of our Honor Code that, when identified, are investigated. Each incident will be examined to determine the
Incidents where the instructor determines the student’s actions are related more to a misunderstanding will be handled by the instructor. A written intervention designed to help prevent the student from repeating the error will be given to the student. The intervention, submitted by form and signed by both the instructor and the student, will be forwarded to the Dean of Students and placed in the student’s file.

Cases of suspected academic dishonesty will be reported directly by the instructor and/or others having knowledge of the incident to the Dean of Students. A student found responsible by the Honor Board for academic dishonesty will receive a XF in the course, indicating failure of the course due to academic dishonesty. This grade will appear on the student’s transcript for two years after which the student may petition for the X to be expunged. The student may also be placed on disciplinary probation, suspended (temporary removal) or expelled (permanent removal) from the College by the Honor Board.

Students should be aware that unauthorized collaboration—working together without permission—is a form of cheating. Unless the instructor specifies that students can work together on an assignment, quiz and/or test, no collaboration during the completion of the assignment is permitted. Other forms of cheating include possessing or using an unauthorized study aid (which could include accessing information stored on a cell phone), copying from others’ exams, fabricating data, and giving unauthorized assistance.

Research conducted and/or papers written for other classes cannot be used in whole or in part for any assignment in this class without obtaining prior permission from the instructor.

Students can find the complete Honor Code and all related processes in the Student Handbook at [http://www.cofc.edu/generaldocuments/handbook.pdf](http://www.cofc.edu/generaldocuments/handbook.pdf)

This College abides by section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act that stipulates no student shall be denied access to an education "solely by reason of a handicap." Disabilities covered by law include, but are not limited to, learning disabilities and hearing, sight or mobility impairments. If you have a documented disability that may have some impact on your work in this class and for which you may require accommodations, please see an administrator at the Center of Disability Services, (843) 953-1431 or me so that such accommodation may be arranged.

**Professional Associations/Umbrerlla Organizations**

- American College of Sport Medicine
- The National Strength and Conditioning Association
- American Alliance for Health, Physical Education, Recreation, and Dance

**Specific Sub-discipline Organizations**

- National Athletic Trainers’ Association
- American Association of Cardiovascular and Pulmonary Rehabilitation
- American Society of Biomechanics
- North American Society for the Psychology of Sport and Physical Activity

**Organizations with Related Interests**

- American Society of Exercise Physiologists
- American Physical Therapy Association
- American Occupational Therapy Association
- Aerobics and Fitness Association of America
- American Nursing Association

**Governmental Organizations**

- American Council on Exercise
- American Dietetic Association

- Center for Disease Control
- National Institutes of Health