College of Charleston
PEHD 201-001 Introduction to Physical Education and
EXSC 201-001 Introduction to Health and Human Performance
Spring 2013 3 Semester Credit Hours

Time and Place: Monday and Wednesday 2:00 PM- 3:15 PM, Room 207, Johnson Center

Instructor: Mr. Tom Carroll, M.Ed.

Office Hours: Monday and Wednesday from 10:00 AM – 11:30 AM and Tuesdays 12:30 PM - 1:30 PM (additional times are available by appointment)

Office: Lab 113 - Silcox Center for Physical Education and Health

Phone and E-mail 953-5558 (Dept. secretary); 953-4275 (office) carrollt@cofc.edu

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


Course Description: This section of EXSC/PEHD 201 is a required introductory course for 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 exercise science and physical education.


Course Objectives:

Educational opportunities within the course are designed to prepare the student to:

1. Understand the philosophical concepts of exercise science and physical education by
   A. identifying various traditional philosophies and explaining how each applies to the field
   B. writing and explaining a working definition of exercise science and physical education in general and a designated subfield in particular, and
   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, and
   C. relating reasons for understanding the history of exercise science and physical education to the current status of each field.

3. Relate exercise science and physical education to physical activity and health in society.
4. Identify professional associations and governing bodies related to exercise science and physical education and describe their roles within the various sub-disciplines of exercise science through licensure and certification.

5. Identify the various sub-disciplines of exercise science and describe the content and scientific foundations upon which each is based.

6. Relate the content and scientific foundations of each sub-discipline of exercise science to their use in a variety of exercise science professions.

**Course Requirements:**

1. **Professional Activities**  Choose from the items below to begin the path to professionalism. Proof and verification of items is due no later than **April 18, 2013** and will be included in the student wiki. A journal with relevant details and reflections for each activity will be kept on the student’s wiki. (CO #3 & #6)

   A. Join the *Student Sports Medicine Association*, the HHP Major’s Club or an applicable student organization with ties to exercise science, physical education and/or future professional goals, attend meetings and work on club projects.

   B. Become a student member of a state, regional, or national exercise science, health or physical education professional organization. Attend a State, Regional and/or National Conferences related to exercise science and/or physical education. Provide proof of membership and describe how you were actively involved.

   C. Serve as a volunteer in activities related to health, exercise, physical activity, and/or physical education during the semester. (Road runs and walks for health causes, health fairs, blood drives, Jump Rope for Heart, etc ...)

   D. Serve as a volunteer in a specific professional area—physical therapy, occupational therapy, nursing, sport medicine, etc.

   E. Serve as a volunteer in one of the many community-based causes supported by the Department of Health and Human Performance.

      * Move, Groove, and Get Active – The Autism Project – Contact: **Dr. Karen Smail**
      * Chucktown Squash – Contact: **Lynn Minkowski**
      * Lighten Up Charleston – Contact: **Dr. Mike Flynn**
      * Farm to School Initiative – Contact: **Dr. Olivia Thompson**
      * First Tee – Contact: **Derek Norberg**
      * Sport-Specific Performance Testing – Contact: **Tom Carroll**

   The *Professional Activities* assessment is based on a 50-point maximum. You may choose from more than one category or choose an applicable activity/experience not listed. Tailor your choices to career interests and/or areas you would like to know more about. This assignment individualizes your EXSC/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.** Students are expected to be punctual and dress appropriate when representing this Department and the College.

   Please note: Professional Activities may not be part of a student’s work- or team-related requirements. For example, student-athletes may not receive assignment credit for time spent in the training room. Team-related volunteer experiences are valuable, but efforts must be made to arrange professional experiences independent of team requirements. Time spent in the training room must be approved at least 2 weeks PRIOR to observations.
Due Date = April 18, 2013
Value = 50 points

2. **Presidential Fitness Test** Students will complete the Presidential Adult Physical Fitness Test and upload a table with results and standards/norms to their wiki. Students will write a reflection based on the results and draft an overall fitness goal with at least 2 specific, measurable goals. (CO #3)

**Due Date: February 7, 2013**
**Value = 50 points**

3. **Article Critique** Students will select, print, read and write a critique on an article from a list provided by the instructor. The Article Critique will include (1) a brief summary of the article and (2) a critical analysis of the content (its presentation and value) of the article. (CO #5)

**Due date: March 14, 2013**
**Value = 50 points**

4. **Group Movement Presentation** Students will work in small groups to create a movement presentation using technology. (CO #5)

**Due Date: March 25, 2013**
**Value = 25 points**

5. **Biography/Event/Current Heat Report** Students will investigate and complete a short biography or essay on an assigned historical figure, event or current contributor. Students will post each report on OAKs for review. In addition, students will be required to make specific comments on 4 of their fellow students’ posts. (CO #2)

**Due date: April 11, 2013**
**Value = 50 points**

6. **Oral presentation** Each student will be given 4 minutes to make an oral presentation discussing his/her professional area of interest, professional philosophy and professional activities. An outline of the presentation showing its main points shall be turned in and uploaded to OAKs prior to the student’s presentation. Presentations will begin **April 17, 2013**. (CO #1, #2, & #3)

**Due date: Beginning April 17, 2013**
**Value = 25 points**

7. **Student Wiki** During the semester students will develop an individual wiki containing relevant course materials. A detailed rubric will be provided and time will be taken in class to describe the assignment in full. (CO #1, #2, and #3)

**Due Dates: Wiki I – January 31, 2013 (10 points); Wiki II – April 18, 2013 (40 points)**
**Value = 50 points**

8. **Exams** Test 1 – Feb. 25, 2013; Test 2 - April 1, 2013 (no fooling!). (CO #1 - #6)

**Value = 100 points (2 Exams @ 50 points each)**
9. **Final Exam**  Monday, April 29, 2013 from 12 noon to 3:00 pm - The final exam will be cumulative. (CO #1 - #6)

**Value = 100 points**

10. **Quizzes/Class Assignments**  Points will be awarded for in-class quizzes, small-group work and homework.

**Value = 25 points**

**Participation**  Students are expected to attend class having pre-read class materials. Students are expected to contribute to class discussions. If one falls ill during class, that student should excuse him/herself from class.

To be *active* one must be prepared for class having read lecture material BEFORE class.

**Evaluation Criteria Summary:**

<table>
<thead>
<tr>
<th>Assignment</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Professional Activities/Journal</td>
<td>50</td>
</tr>
<tr>
<td>Presidential Fitness Test/Report</td>
<td>25</td>
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<tr>
<td>Article Critique</td>
<td>50</td>
</tr>
<tr>
<td>Group Movement Presentation</td>
<td>25</td>
</tr>
<tr>
<td>Biography/Event/Current Heat Report</td>
<td>50</td>
</tr>
<tr>
<td>Oral Presentation</td>
<td>25</td>
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<tr>
<td>Student Portfolio/Wiki</td>
<td>50</td>
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<tr>
<td>Exams 2 @ 50pts</td>
<td>100</td>
</tr>
<tr>
<td>Final Exam – cumulative</td>
<td>100</td>
</tr>
<tr>
<td>Quizzes/Class Assignments</td>
<td>25</td>
</tr>
</tbody>
</table>

**Point Total**  500 points

**Evaluation Scale:**

<table>
<thead>
<tr>
<th>Grade</th>
<th>Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>90-100%</td>
</tr>
<tr>
<td>A-</td>
<td>88-89%</td>
</tr>
<tr>
<td>B+</td>
<td>85-87%</td>
</tr>
<tr>
<td>B</td>
<td>80-84%</td>
</tr>
<tr>
<td>B-</td>
<td>78-79%</td>
</tr>
<tr>
<td>C+</td>
<td>75-77%</td>
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<tr>
<td>C</td>
<td>70-74%</td>
</tr>
<tr>
<td>C-</td>
<td>68-69%</td>
</tr>
<tr>
<td>D+</td>
<td>66-67%</td>
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<tr>
<td>D</td>
<td>64-65%</td>
</tr>
<tr>
<td>D-</td>
<td>62-63%</td>
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<tr>
<td>F</td>
<td>less than 62%</td>
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</tbody>
</table>

**Attendance:**  Each student is allowed two absences for the semester. After the second, 15 points will be taken from the student’s point total. Coming to class on time is important. Each student is allowed one tardy. After that, 10 points will be deducted from the *Point Total* for each additional tardy.

**Make-ups:**  Make-up work is allowed at the discretion of the professor. 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 25% of total point value per day including weekends. Failure to contact the instructor about late work will result in a zero for that assignment. Students have 24 hours after the due date to email the instructor or no points will be assigned.
NO ASSIGNMENTS WILL BE ACCEPTED AFTER April 25, 2013.

All assignments not submitted digitally must be typed. No hand-written assignments will be accepted.

**Extra Credit:** none

**Honor System:** Students must do their own work. Please see the 2012-2013 Student 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 degree of deception involved.

Incidents where the instructor determines the student’s actions are related more to a misunderstanding will 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

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.

**Course Content:**

Unit 1: Principles and Scope of Exercise Science and Physical Education

A. Topics
   1. Exercise Science and Physical Education Defined
   2. Scientific and Philosophical Foundations
   3. Physical Activity, Exercise and Chronic Disease
   4. Professional Considerations
B. Required Readings
   Course Text, Chapters 1, 2, 3, and 12;
   The President’s Challenge Adult Fitness Test;
   2008 Physical Activity Guidelines for Americans.
   American College of Sports Medicine Position Stands

Unit 2: Historical Perspectives of Physical Education as a Profession
A. Topics
   1. Early Influences
   2. Consolidation and Specialization
B. Required Readings
   Course Text, Chapters 1, 3-9 (Historical Content), 11, and 12

Helpful Links

Professional Associations:
   Umbrella Organizations

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

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
American Council on Exercise
American Dietetic Association

Governmental Organizations

Center for Disease Control
National Institutes of Health