Time and Place: M/W 2:00-3:15p, PCTR 409
Instructor: Susan Flynn
Office Hours: Monday 12:30 to 1:30 PM  Tuesday 2:30 to 3:30 PM or by Appointment
Office: Room 229, 86 Wentworth Street  College of Education Building
Phone/Email Office: 843-953-0815 Email: flynns@cofc.edu

Course Description: This section of 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.
National Physical Activity Plan.

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, 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 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>Evaluation Criteria</th>
<th>Points</th>
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<tbody>
<tr>
<td>1. Professional Activities</td>
<td>60</td>
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<td>2. Profession Report</td>
<td>25</td>
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<td>3. Article Critique</td>
<td>25</td>
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<td>4. Biography/Current Heat</td>
<td>30</td>
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<td>5. Personal Fitness Assessments</td>
<td>20</td>
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<td>6. Oral Presentation</td>
<td>25</td>
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<td>7. Student Portfolio</td>
<td>45</td>
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<td>8. OAKS Tests</td>
<td>80</td>
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<td>9. OAK Discussion Assignments</td>
<td>10</td>
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<tr>
<td>10. Final Exam – cumulative</td>
<td>80</td>
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<tr>
<td><strong>Point Total</strong></td>
<td><strong>400</strong></td>
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**Professional Activities**

60-point maximum

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.

**Choose** from the items below to begin the path to professionalism. Proof and verification of items is due no later than April 18, 2011 and will be included in the student portfolio.

**A. Join the Student Sports Medicine Club, the Physical Education and Health Majors Club or an applicable student organization with ties to Health and Human Performance concentrations or future professional goals, attend meetings and work on club projects. Write a brief paragraph summarizing each meeting and/or project. Attendance will be verified through the club roster and attendance sheets.**

**Value = 10 points per meeting. Maximum points allowed 50. Elected officers may earn an additional 20 points (30 max.)**

**B. Become a student member of a state, regional, or national exercise science, health or physical education professional organization. Possible organizations are listed below. Provide proof of membership and describe how you were actively involved. To receive conference points, a synopsis of each session must be submitted.**
Value = 20 points for membership; +30 for holding an office; + 40 for conference/convention attendance.

C. Serve as a volunteer in health promotion/exercise-related activities during the semester. (Road runs 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 said experience to exercise science and/or your intended career path. 1 hour of volunteer time is equal to 5 points.

D. Serve as a volunteer in a specific professional area—physical therapy, occupational therapy, nursing, sport medicine, etc. You must volunteer for an average of two hours per week for a minimum of 6 weeks. Your participation for this activity must be verified prior to and following your participation by a description of your duties, the signature of a person who can verify your participation, and that person’s phone number. Write a description of your involvement, duties, and the overall impact the assignment had on your professional goals. 1 hour of volunteer time is equal to 5 points.

E. Serve as a Human Performance Testing Assistant (HPTA) at the College of Charleston. An HPTA is responsible for assisting Mr. Carroll, Dr. Sharp and/or Dr. Scheett in Fitness and/or Performance Testing conducted in the PEHD Labs. Past testing included but was not limited to hydrostatic weighing, Wingate, YMCA cycle ergometer, sub-maximal VO$_2$ and maximal VO$_2$. HPTAs need to accumulate 12 hours throughout the semester. A majority of testing occurs in the first two weeks of the semester, so please contact Mr. Carroll ASAP if you are interested in one of these positions. 1 hour of volunteer time is equal to 5 points.

F. Serve as a Sports Performance Assistant (SPA). SPAs will assist the Sports Performance 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. 1 hour of volunteer time is equal to 5 points.

G. First Aid/CPR Certification  25 Points
Students must present a photo copy of a valid Standard First Aid/CPR certification card. The photocopy must show both back and front of card along with class information and a brief paragraph discussing overall impression of the course as it relates to professional goals. The copy will be included in the 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 contact C of C EMS.

2. Profession Report 25 Points
Due: February 2nd
Students will investigate a career choices 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. A rubric will be available outlining specific assignment requirements.

3. Article Critique 25 points
Due: April 6th
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. A rubric will be provided.

Due: February 7th
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.

5. Fitness Assessments: 20 pts
Due: April 23rd
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 included in the student portfolio.

6. Oral presentation 25 points
Due: April 11th
Each student will be given 4-5 minutes to make an oral presentation discussing his/her professional area of interest and how it is associated with exercise science and how that association will benefit those persons he/she will directly serve as a professional. Presentations should include personal perceptions of desired professional area and examples of how the student envisions him/herself taking part in the profession. Presentations will be presented in a professional manner with students dressed appropriately and with a professional carriage. An outline of the presentation showing its main points is to be turned in prior to student’s presentation.

7. Student Portfolio 45 points
Due: April 20th
During the semester students will develop an individual portfolio containing:
A.- PEHD 201 syllabus check list
B.-student resume, (a resume packet can be obtained from Career Services in the Lightsey Conference Center, Room 216--that's connected to the book store). Students
must include a draft of their resume with feedback and signature from the Career Services Center
C. student’s professional philosophy
D. statement of professional goals and plans for the next five years, the results of the physical fitness test with Reflection essay,
E. a description of any professional activity in which student participated during the course of the semester and its value (or lack thereof) to you as a future professional,
F. appropriate point value for each professional activity plus Grand Total
G. any other PEHD 201 assignment the student chooses to include, and
H. any other items designated by the instructor throughout the semester.

8. OAKS Tests: 80 points (4 @ 20 points each)
Tests will cover information presented during lectures, class discussions and assigned readings
   Test One: 1/24 to 1/28 Chapters 1, 2 & 3
   Test Two: 2/14 to 2/18 Chapters 5 & 6
   Test Three: 2/21 to 2/25 Chapters 7, 8 & 9 Historical Perspectives
   Test Four: 4/18 to 4/22 Chapters 10, 11 & 12

9. OAKS Discussions 10 points
Discussion questions will be posted on OAKS, with a deadline date to be completed posted on the OAKS calendar.
Discussion One: Introducing Self (2.5 pts and .5 to add your picture)
Discussion Two: Career Goals (3 pts)
Discussion Three: TBA

10. Final Exam 80 points
The final exam will be cumulative.

Participation Students are expected to attend class having pre-read class materials. Students are expected to contribute to class discussions. To be active one must be prepared for class having read lecture material BEFORE class.

Evaluation Scale:

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<tr>
<th>Grade</th>
<th>Percentage</th>
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<tr>
<td>A</td>
<td>90-100%</td>
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<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>
</tr>
<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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Attendance: Each student is allowed two undocumented absences for the semester. After the third, 15 points will be taken from the student’s point total. Coming to class on time is important.
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 50% of total point value. Failure to contact the instructor about late work will result in a zero for that assignment.

NO ASSIGNMENTS WILL BE ACCEPTED AFTER April 20th

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 degree of deception involved.

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:/Umbrella 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
American Council on Exercise
American Dietetic Association

Governmental Organizations
Center for Disease Control
National Institutes of Health