Time and Place:

8:00 - 9:15 TTH; Room 111, Silcox Physical Education and Health Center

Instructor:

Deborah A. Miller, Ph.D., CHES

Office Hours:

10:45-1:30 & 3:15-4:30 TTH
(other times are available by appointment)

Office:

Room 310 - Silcox Center for Physical Education and Health

Phone:

953-5558 (Dept. secretary); 953-8248 (office)

E-mail:

millerd@cofc.edu

Prerequisites:

None. PEHD 201 is a prerequisite for all 300 and 400 level PEHD courses.

Grading:


Course Description:

This is a required introductory course for physical education majors, including those focusing on teaching, exercise science, and health promotion. The content will include a study of the history, principles, objectives, philosophy, as well as current trends and issues related to the professions associated with physical education, health education, exercise science, and athletic training. The primary focus will be to discuss the different professions related to all of these areas and to begin your professional journey toward certifications, licensure, and/or graduate school. To meet this goal, guest speakers will lecture and be available to answer your personal questions. This will be your opportunity to network with someone who is a specialist in your
interest area.

Textbook:


Supplemental Readings:

Butler, J.T., 2011. Principles of Health Education & Health Promotion
Healthy People 2020: Goals and Objectives
Additional readings will be placed in e-reserves.

Course Objectives:

Upon the successful completion of this course, the student should be able to:

- Differentiate between the philosophical concepts of physical education, health education/promotion and public health, athletic training, and exercise science;
- Compare and contrast a discipline and a profession;
- Identify historic leaders in the profession and describe their contributions to the field;
- Describe the role of physical activity to health in society;
- Identify professional associations and governing bodies related to teacher education, health promotion and public health, exercise science, and athletic training; and
- Discuss the role of licensure and certification within the various professions.

DESCRIPTION OF ASSIGNMENTS

All written assignments must be typed and double-spaced. Your paper should be stapled in the upper left hand corner AFTER it has been edited with a spelling checker and proofread. Late papers are only accepted due to extenuating circumstances that the professor determines. All papers will be graded by a rubric posted in WebCT. This rubric should be the last stapled page of your paper. Five points (5) will be deducted from your paper for NOT attaching the appropriate rubric.

1. **Human Subjects Certification:** (35 pts.) Due Dates = Feb. 3rd (Modules 1 - 4) 20 pts.
   Feb. 15th (Modules 5 - 9) 15 pts.

Each student must complete an on-line certification course for conducting research using human subjects. Upon the successful completion of the course, the student should download 2 copies of his/her certificate. The student should keep one copy for his/her records and hand in the other copy for a grade. This certification remains current for 3 years, which should enable the student to be involved with any kind of human subject's research through graduation.

Follow these steps to begin:
a. On the College's homepage, search for Research and Grants Administration (in the upper right hand corner) and click "Go".
b. "Click" on New IRB Training for Researchers found on the left side.
c. "Click" on the link that says IRB Researcher Training.
d. Print out the directions that you need to follow in order to register for the CITI Training Program.
e. After you have the directions in hand, "Click" on www.CITIprogram.org and begin the modules needed.

You must pass each module with a score of 80%. You can start and stop any time through the module and save your answers.

2. Membership in a Professional Organization: (25 pts.) Due Date = February 24th

Each student must become a member of a state, regional, or national athletic training, exercise science, health, or physical education professional organization. Choices include, but are not limited to: SCAHPERD (The SC Alliance for Health, Physical Education, Recreation, and Dance); AAHPERD (American Alliance for Health, Physical Education, Recreation, and Dance); ACSM (American College of Sport Medicine); or NATA (National Athletic Training Association). Other professional organizations must be approved by the instructor before the student will receive full credit.

3. Professional Resume: (25 pts.) Due Date = March 17th

Each student must create a professional resume that could be given to a future employer in the areas of Health and Human Performance. Sample resume styles will be discussed in class and you will be given samples to follow. You must go to Career Services on campus and have someone review your resume AND have them sign the final copy that you hand in to me.

4. Oral presentation: (10 pts.) Due Date = April 14th or 19th

Each student will be given 5 minutes to discuss his/her professional area of interest and what s/he learned from his/her shadowing or professional experiences. This presentation should include your perceptions of your future career and examples of how you envision yourself taking part in the profession. Presentations should be creative, well rehearsed, factual, and presented in a professional manner. Professional attire is required and students will be assessed with a rubric posted in WebCT. An outline of the presentation showing its main points is to be turned in to the professor the day of the presentation. Presentation dates will be randomly drawn. Students who miss class during these presentations will be docked 25 points from their final grade total.

5. First Aid/CPR Certification: (25 pts.) Due Date = April 14th

Each student must present a photocopy of a valid Standard First Aid/CPR certification card by April 15th. The photocopy must show both the back and front of the card. You may become certified through the American Red Cross, the National Safety Council (Green Cross), or the American Heart Association. The instructor will arrange several certification courses on campus. However, it is ultimately the student's responsibility to find a
This introductory course begins your journey toward becoming a professional in an ever-changing discipline/profession. Each student must complete a total of 60 points of professional activities. However, choose from the list of activities that best meet your personal and professional goals. You can mix and match any of these professional experiences. These documented experiences must be totaled and handed in to the professor by April 14th. Please take full advantage of this assignment and enjoy yourself!

A. Join the Physical Education and Health Club, the Student Sports Medicine Association (SSMA), or an applicable student organization with ties to your future professional goals. Attend meetings and/or work on a club project. Write a brief paragraph summarizing each meeting and/or project. Be sure to have the faculty sponsor and/or club president sign a sheet indicating that you attended a meeting or function with the club. (Attendance will be double checked by the club roster and attendance sheets.) (1 hour = 5 pts.)

Value = 5 pts./meeting Maximum points allowed 20

B. Attend a state, regional, or national athletic training, exercise science, health, or physical education professional convention. To receive conference or convention points, a synopsis of each session must be submitted. Type a one paragraph summary of each speaker’s presentation and get a signature from the presider to verify your attendance.

Value = 5 pts./session 30 pts.

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 your experience to your intended career path. (1 hour = 5 pts.)

Value = 5 - 60 points

D. Shadow a professional in an area that you are interested in professionally -- strength and conditioning, personal training, physical therapy, occupational therapy, nursing, sports medicine, etc. Your participation in this activity must be verified by the signature of a person who can verify your participation and that person’s phone number. Write a 3-5 paragraph description of your involvement, duties, and the overall impact the assignment had on your professional goals.

Students who hope to become certified athletic trainers or teachers, MUST complete 10 documented hours of shadowing in order to enter these programs within the department. (1 hour = 5 pts.)

Value = 5 - 60 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. Sheett in Fitness and/or Performance Testing conducted in the PEHD Labs. **Mr. Carroll is your contact person.** 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 few weeks of the semester, so please contact Mr. Carroll ASAP if you are interested in one of these positions.

(1 hour = 5 pts.)

Value = 60 points

F. Serve as a Strength and Conditioning Assistant (SCA). SCAs will assist the Strength and Conditioning 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.

(1 hour = 5 pts.)

Value = 5 - 60 points

7. **Three exams will be given and each will be 50 points.**

**Evaluation Criteria Summary:**

<table>
<thead>
<tr>
<th>Criteria</th>
<th>Value</th>
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<tbody>
<tr>
<td>Human Subjects Certification</td>
<td>35 pts.</td>
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<tr>
<td>First Aid/CPR Certification</td>
<td>25 pts.</td>
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<tr>
<td>Professional Membership</td>
<td>25 pts.</td>
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<tr>
<td>Resume</td>
<td>25 pts.</td>
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<tr>
<td>Oral Presentation</td>
<td>10 pts.</td>
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<tr>
<td>Professional Activities</td>
<td>60 pts.</td>
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<tr>
<td>Exams [2 @ 50pts]</td>
<td>100 pts.</td>
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<tr>
<td>Final Exam</td>
<td>50 pts.</td>
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<td><strong>GRAND TOTAL</strong></td>
<td><strong>330 pts.</strong></td>
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**Evaluation Scale:**

A = 90-100%  
A- = 88-89%  
B+ = 85-87%  
B = 80-84%  
B- = 78-79%  
C+ = 75-77%  
C = 70-74%  
C- = 68-69%  
D+ = 66-67%  
D = 64-65%  
D- = 62-63%  
F = less than 62%
MAKE-UP EXAMS:

Make-up exams are given at the discretion of the professor and are decided upon individually. If there is an emergency or you are ill the day of an exam, it is your responsibility to get in touch with me as soon as possible. According to the College Bulletin, it is in your best interest to contact the Dean of Students and bring documentation in the case of an emergency or prolonged illness.

ATTENDANCE:

Students are expected to attend class every day and have all reading materials completed so that s/he can contribute fully to class discussions. Two (2) tardies equal one (1) absence. Your grade will be lowered one full letter grade on your 3rd unexcused absence!!! Excused absences include, but are not limited to: death of a family member or friend, court appearance, hospitalization of self or close friend, automobile accident, or some other unpreventable occurrence. All documentation should be taken to the Dean of Students for verification and then the original documentation should be shown to the professor for her final approval. A student will be dropped from the course with a WA on the 4th unexcused absence. Your attendance is REQUIRED during the student presentations. Your final point total will have 25 points deducted for each class that you arrive late or miss during these presentations.

HONOR CODE:

Each student is required to complete the various assignments individually unless it is noted otherwise in the syllabus. Please see the current Student Handbook - (Academic Honor System) for a description of the College's Honor System, which will be enforced in this class.

The 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.

TENTATIVE COURSE OUTLINE

<table>
<thead>
<tr>
<th>JANUARY</th>
<th>TOPIC</th>
<th>TEXT</th>
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<tbody>
<tr>
<td>11 - T</td>
<td>Course Overview and Class introductions</td>
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<tr>
<td>13 - TH</td>
<td>WebCT and your syllabus</td>
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<td></td>
<td>The Beginning of Your Professional Career</td>
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<td>18 - T</td>
<td>Physical Education, Exercise Science, Health Education, Public Health,</td>
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<td>Athletic Training, and Sport Studies - Dynamic Fields</td>
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<td></td>
<td>Exercise and Sport Sciences, Health Education/Health</td>
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<td>Date</td>
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| 20 - TH | Promotion/Public Health  
Defining an Academic Discipline | 2 |
| 25 - T | Historical Perspectives of Early American Physical Education and Sport | 8 |
| 27 - TH | 20th Century Physical Education, Exercise Science, and Sport | 9 |

**FEBRUARY**

| 1 - T | T | Guest Speaker: Mrs. Futrell - Athletic Training |
| 3 - TH | TH | Guest Speaker: Dr. Smail - Teacher Education  
Class begins at 8:30  
(CITI Modules 1-4 Due) |
| 8 - T | T | Guest Speaker: Dr. Smail - Research Projects  
Class begins at 8:30 |
| 10 - TH | TH | *** Exam 1 ***  
Chapters 1, 2, 8, & 9 |
| 15 - T | T | Guest Speakers: Ms. Laura Lageman & Mr. Otto German  
Sport Administration, Coaching, Being an Athlete & NCAA Compliance  
(CITI Modules 5-9 Due) |
| 17 - TH | TH | Guest Speaker: Dr. Sharp - Exercise Science |
| 22 - T | T | Writing a Professional Resume  
The Profession of Health Education, Physical Education, Exercise Science, and Sport Studies |
| 24 - TH | TH | Public Health vs Health Promotion  
(Professional Membership Due) |

**MARCH**

| 1 - T | T | Selecting and Preparing for a Career  
Internships: How can they help me professionally?  
Credit vs. Non-credit Internships |
| 3 - TH | TH | Ethical Issues & Ethical Codes of Conduct |
| 7 - 11 | T | *** ENJOY SPRING BREAK *** |
| 15 - T | T | Ethical Issues & Ethical Codes of Conduct  
Registered Dietitians |
| 17 - TR | TR | Guest Speaker: Mr. Steve Bamell  
Certified Strength & Conditioning Specialist  
(Resume Due with signature from Career Services) |
| 22 - T | T | Health behaviors assessments & fitness tools |
| 24 - TH | TH | *** EXAM II ***  
(Chapters 3, 5, & 6) |
<table>
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<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>29 - T</td>
<td>Opportunities and Challenges in Health Education, Physical Education, and Exercise Science</td>
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<tr>
<td>31 - TH</td>
<td>Decision-making among the clients you work with Opportunities and Challenges in Health Education, Physical Education, and Exercise Science</td>
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**APRIL**

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<tr>
<th>Date</th>
<th>Event</th>
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<tr>
<td>5 - T</td>
<td>Video: Historical Overview of Women in Sports</td>
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<tr>
<td>7 - TH</td>
<td>Issues in Sports: Title IX, Minorities, Violence (Resume Final Draft Due)</td>
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<tr>
<td>12 - T</td>
<td>Guest Speaker: MUSC Admissions</td>
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<tr>
<td>14 - TH</td>
<td>*** Student Presentations *** (First Aid and CPR Certification Due)</td>
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<tr>
<td>19 - T</td>
<td>*** Student Presentations ***</td>
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<tr>
<td>21 - TH</td>
<td>Living Actively in the 21st Century</td>
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**MAY**

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<th>Date</th>
<th>Event</th>
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<tr>
<td>3 - TUES</td>
<td>*** FINAL EXAM *** Tuesday  8:00 - 11:00 (Chapters 10, 11, &amp; 12 and all class materials)</td>
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**Professional Associations: Umbrella Organizations**

- American Alliance for Health, Physical Education, Recreation, and Dance
- American Public Health Association
- American College of Sports Medicine
- American School Health Association
- National Athletic Trainers' Association
- The National Strength and Conditioning Association

**Specific Sub-discipline Organizations**

- 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**

- Aerobics and Fitness Association of America
- American Society of Exercise Physiologists
- American Physical Therapy Association
- American Occupational Therapy Association
- American Nursing Association
- American Council on Exercise
- American Dietetic Association
Governmental Organizations

Centers for Disease Control and Prevention
National Institutes of Health