COLLEGE OF CHARLESTON

PEHD 201-01  Introduction to Physical Education

EXSC 201-01 Introduction to Health and Human Performance

Spring 2015  3 Semester Credit Hours

Location:        Robert Scott Small  Rm. 251

Instructor:      Mrs. Jody Ruff

Office:          Silcox Rm. 223

Office Hours:    Tuesday and Thursdays 11:00AM- 12:00pm (additional times are available by appointment)

Phone and E-mail:  953-3307 (Ms. Nancy Phelps, Administrative Assistant)
                   ruffj@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.


Additional references will be posted in OAKS.

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 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

6. Relate the content and scientific foundation 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 listed below that will enhance your understanding of the fields of exercise science and physical education. **Proof and verification of items is due no later than April 23, 2015.** A journal with relevant details and reflections for each activity will be ………
   
a. **Professional Organization Membership:** 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.) NOTE: these activities typically require you to pay a fee.
   
   Value = 25 pts.

   b. Join the Student Sports Medicine Association, the HHP Major’s Club or an applicable student organization with ties to exercise science, physical education. Attend meetings and/or work on a club project. Write a brief paragraph summarizing each meeting and/or project. Be sure to have a faculty sponsor and/or club president sign a sheet indicating that you attended a meeting or function with the club. (Attendance will be verified.) **(1 hour = 5 pts.)**
   
   Value = 5 pts./meeting Maximum points allowed = 20 pts.

   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…) Your participation must be documented by a signature and phone number/e-mail 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 – 50 pts.**

   d. Shadow a professional in the area of occupational therapy, nursing, sport medicine, etc. Your participation in this activity must be verified by the signature of a person who can verify your participation and the person’s phone number and e-mail address. Write a 3-5 paragraph description of your involvement, duties, and the overall impact the assignment had on your professional goals. **(1 hour = 5 pts.)**
   
   Value = 5 – 50 pts.
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 – Dr. Karen Smail

Chucktown Squash – Dr. Michael Hemphill

REACH Fitness Mentor - Betsey

Farm to School Initiative – Dr. Olivia Thompson

First Tee - Meghan Doherty

Sport-Specific Performance Testing – Tom Carroll

(1 hour = 5 pts.)

Value = 5 – 50 pts.

f. CPR Certification: Students may present a photocopy (front and back) of a valid CPR certification card. Also include a copy in your student portfolio. Students are encouraged to complete this certification, as it will be necessary for future classes.

Value = 25 pts.

The Professional Activities assessment is based on a **50 point maximum**. You may choose from more than one category or choose and applicable activity/experience not listed. Taylor 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! Students are expected to be punctual and dress appropriately when representing this Department and the College of Charleston.

**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.

2. **Presidential Fitness Test:** Students will complete the Presidential Adult Physical Fitness test and write a reflection based on the results and draft an overall fitness goal with at least 2 specific and measurable goals.

**Due Date: TBA**

**Value = 25 pts.**
3. **Article Critique:** Students will select, print, read and write a critique on an article approved by the instructor. The Article Critique will include (1) a brief summary of each article and (2) a critical analysis of the content (its presentation and value) of the article. A rubric will be distributed in class and formatting details will be discussed.

   **Due Date:** TBA  
   **Value:** 25 pts.

4. **Group Movement Presentation:** Students will work in small groups to create a movement presentation using technology.

   **Due Date:** TBA  
   **Value:** 25 pts

5. **Google Drive Portfolio:** During the semester students will develop an individual portfolio containing relevant course materials. A detailed rubric will be provided and time will be taken in class to describe the assignment in detail.

   **Due Dates:** Google D 1- January 29, 2015 (10 pts.)  
   Google D 2-April 23, 2015 (40 pts.)  
   **Value:** 50 pts.

6. **Tests:** Test 1 – TBA  
   Test 2 – TBA  
   **Value:** 100 pts. (2 Tests @ 50 pts. Each)

7. **Final Exam:**  
   **Value:** 100 pts.

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

   **Value:** 50 pts.

**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:

1. Professional Activities/Journal 50 points
2. Presidential Fitness Test/Report 25 points
3. Article Critique 25 points
4. Group Movement Presentation 25 points
5. Student Portfolio/Google Drive 25 points
6. Tests 2 @ 50 pts. 100 points
7. Final Exam – cumulative 100 points
8. Quizzes/ Class Assignments 50 points

Point Total 400 points

Evaluation Scale: (400 possible points)

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<th>Percentage</th>
<th>Points Range</th>
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<td>91%</td>
<td>364-400</td>
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<td>88-90</td>
<td>352-363</td>
<td>A-</td>
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<td>85-87</td>
<td>340-351</td>
<td>B+</td>
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<td>82-84</td>
<td>328-339</td>
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<td>79-81</td>
<td>316-327</td>
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<td>76-78</td>
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<td>58-63</td>
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Attendance: Each student is allowed two (2) absences for the semester. After the second, 15 points will be taken from the student’s point total. Coming to class is important. Each student is allowed one tardy. After that, 10 points will be deducted from the Point total for each additional tardy.

Make-up policy: Make-up work will be given at the discretion of the professor and is decided upon individually. 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 the 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 23, 2015.
All assignments not submitted digitally must be typewritten. **No hand-written assignments will be accepted.**

**Extra Credit:** none

**Honor System:** Students must do their own work. Please visit the 2014-2015 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 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 and 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 and 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.

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

**Center for Student Learning:** I encourage you to utilize the Center for Student Learning’s (CSL) academic support services for assistance in study strategies and course content. They offer tutoring, supplemental instruction, study skills appointments and workshops. Students of all abilities have become more successful using these programs throughout their academic career and the services are available to you at no additional
cost. For more information regarding these services, please visit the CSL website at http://csl.cofc.edu or call (843) 953-5635.

Center for Disability Services: The College will make reasonable accommodations for persons with documented disabilities. Students should apply at the Center for Disability Services/SNAP, located on the first floor of the Lightsey Center, Suite 104. Students approved for accommodations are responsible for notifying me as soon as possible and for contacting me one week before accommodation is needed.

Electronic Devices: Electronic devices will be used ONLY when specified by me. During class, all laptops, cell phones, iPads must be put away unless specified by me. Inappropriate use of technology (e.g. texting in class, facebooking, tweeting, snapchat, Instagram, etc.) will result in one absence per occurrence.

Course Content:

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

A. Topics
   a. Exercise Science and Physical Education Defined
   b. Scientific and Philosophical Foundations
   c. Physical Activity, Exercise and Chronic Disease
   d. Professional Considerations

B. Required Readings:
   b. The President’s Challenge Adult Fitness Test
   c. 2008 Physical Activity Guidelines for Americans.
   d. American College of Sports Medicine Position Stands

Unit 2: Historical Perspectives of Physical Education and Exercise Science as a Profession

A. Topics
   a. Early Influences
   b. Consolidation and Specialization
   c. Opportunities and Challenges In Physical Education and Sport Science
   d. The Future and Possible Changes in Physical Education, Exercise Science and Sports

B. Movement Basics