College of Charleston
EXSC 201-02
Introduction to Health and Human Performance CRN: 21763
PEHD 201-02
Introduction to Physical Education CRN: 20934
3 credit hours
Spring 2015 SYLLABUS

Instructor: John C Sieverdes, PhD
Office location: Silcox Physical Education Center, room 226
Office Hours: Monday 3-4:30, Tues 3-4:30, Thurs 11-12, or by appointment
Phone: 843-953-1039
E-mail: sieverdesjc@cofc.edu

Class Time & Place: TR 12:15-1:30 JPEC 206

Prerequisites: None

Course Description:
Content will include a study of history, principles, objectives, philosophy, current trends and issues, and literature related to physical education, health and exercise science. (Registrar Catalog)


Course Objectives: This course will provide a variety of lectures, guest lectures, readings, discussion, debates, presentations, writing exercises and other experiences designed to help the student:

1. Gain a working knowledge of the academic areas in HHP.
2. Understand basic fitness concepts, testing principles and interpretation.
3. Develop basic writing skills for the disciplines of physical education and exercise science.
4. Learn the professional associations in physical education and exercise science and understand the benefits of membership.
5. Develop an understanding of the historical perspective in physical education and exercise science.
6. Developing an effective multimedia presentation that is informed by research, working in a small group related to a relevant topic in physical education and/or exercise science.
7. Gain perspective on recent writings in physical education and exercise science and develop an understanding of these writings through discussion, debate, reflection and other activities.
Course Requirements:

1. **Summary of Course Readings**: Students will be expected to provide a class summary of assigned readings when called upon at random during class. **20 points**

2. **CITI Certification**: Complete CITI (Collaborative Institutional Training Initiative) training at www.citiprogram.org. Students must read the material and complete tests. Upon successful completion of the CITI training, you will receive an electronic certificate, which will be valid for at least three years. In previous semesters, students estimated that this takes up to three hours. **30 points**

3. **Presidential Fitness Test**: Students will complete the Presidential Adult Physical Fitness Test and analyze their results. Students will also write a reflection based on the test results and draft overall fitness goals with at least two specific, measurable goals aimed at either improving or maintaining fitness level. **50 points**

4. **Quizzes**: Unannounced or announced quizzes will be given to test student knowledge on assigned readings, check understanding prior to exams, or emphasize material. These quizzes may be administered during class or online. If you miss a quiz, refer to the make-up policy. **50 points total**

5. **Article Critique**: Students will write a critique on an empirical research article. The Article Critique will include (1) a brief summary of the article and (2) a critical analysis of the content of the article. A rubric is provided. **75 points**

6. **Professional Development**: Choose from a variety of activities that will enhance your understanding of the fields of exercise science and physical education. These activities are designed to help you explore your future profession and reflect on the experience. A professional development reflection form will be required for each activity. Please start this early or you will find yourself behind. **75 points**

7. **Problem-based Learning**: Working in small groups, students will be required to explore a health- or exercise-related problem, offer potential solutions, and defend their answer with research. Some of the work for this assignment will take place outside of class. More information will be provided. **100 points**

8. **Exams**: One exam will be administered prior to the midterm grading period. Students should be aware of the due date as no make-up exams or alternative arrangements will be made without advance notice. One cumulative exam will be administered at the end of the course. There is no provision provided to make-up the final exam. **100 points x 2 = 200 points**

9. **Attendance**: **100 points**
Evaluation Criteria Summary:
1. Reading Summaries (2) 20
2. CITI Certification 30
3. Presidential Fitness Test 50
5. Quizzes (5) 50
6. Article Critique 75
7. Professional Engagement 75
8. Problem-based Learning 100
9. Exams (2) 100
10. Attendance 100

Point Total: 600 points

Evaluation Scale:

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

Class Policies

Presentation of Assignments: Some assignments will be due in OAKS and others will be due via hard copy. Assignments are only accepted in the specified format. Hard copy assignments must be stapled and include the student’s name. Failure to meet this requirement results in an automatic letter grade reduction. It is expected that all assignments represent the student’s best work at that time. No hand-written assignments will be accepted. Students should make sure their OAKS submissions are in an appropriate format. Any assignment submitted that cannot be opened by the instructor is considered incomplete. To avoid potential problems, submit work as a .pdf file or in a Microsoft Office format. There will be detailed instructions for each assignment on OAKS in the content section.

Attendance

Attendance is critical. If a student is absent during a quiz or in-class activity, a grade of zero (“0”) will be given for the assignment with no make-up allowed. See me prior to the start of this course if you participate in an activity that may cause a problem with attendance. Refer to the current Student Handbook for information on student responsibility regarding absences. Excessive unexcused absences beyond 4 will result in a lowering of the attendance grade by 25 points for the 5th absence and additional 25 point deductions for each absence henceforth. Two tardies later than 5 minutes after class starts will be counted as an absence unless arrangements with the professor has been made.

Policy for Submitting Assignments/Late Work

Your work is expected to be on time and is due at the beginning of class the day it is due. If you will miss a class period(s) during which an assignment is to be completed because of a planned college activity with prior excused absence, please make arrangements to turn in the assignment prior to the class. You may drop off assignments under my office door prior to the class time to have it counted on time or
through Oaks as communicated during class. If you miss a class period during which an assignment is to be submitted due to last-minute unplanned circumstances (e.g. sickness), you must immediately contact (e.g. email) Dr. Sieverdes with a written excuse for your absence to make suitable arrangements for submitting any missed work. Printer failure or computer access issues do not warrant an excuse unless it is a College-wide issue.

Make-up work is allowed at the discretion of the professor. Late work is accepted but at a letter grade deduction (A to B, B to C, or -10%) per 24-hr period including weekends. Write the time and date of your work when sliding it under my door if applicable. All assignments not submitted digitally must be typed.

**No hand-written assignments** will be accepted.

**Examination and Make-up Policy**

You will be notified at least one week in advance if there is a change in an exam date. Exams must be taken on the day assigned unless arrangements are made prior to the test date. All make up exams must be made up within one week of the original exam date. It is the students’ responsibility to make the necessary arrangements. If a student is absent on the day of an exam, he/she will receive a zero if the professor is not notified before class time. In case of taking a make-up exam, the professor reserves the right to give you a different exam.

**Policy for Response to Questions**

While we strive to be as responsive as possible 24/7 to all student questions/issues, there may be a delay after regular business hours M-F and on weekends. Please ask any major questions related to assignments or exams during office hours, by e-mail or in-person **prior to 5:00 pm on the day before an assignment is due or an exam is to be administered**. We encourage you to engage in open class discussion and ask questions anytime.

**Electronic Device Policy**

All cell phones, pagers, tablets, etc. are to be turned to “SILENT”. No electronic notifications or communications are allowed unless special arrangements have been made ahead of time. Please keep your phone in your bag or pocket and not on the desk during the class session. Laptop computers and tablets may be used for note taking purposes, though not for wireless communication (i.e. instant messaging, social media or email unless it is part of the class activity). Anyone found to be using a mobile phone for voice, text, or email during class will be asked to leave and will be marked absent for that class and forfeit the class participation/quiz grade for that day.

**Calculators:** Cellphones, tablets, and notebooks are not allowed as calculators at any time. Bring a calculator to class everyday including exams.

Note: If we do use our phone for a class activity, I will state it so, but then afterward, you must then follow the electronic device policy for the duration of the class.

**Provisions for Students with Special Needs**

If there is a student in this class who has a documented disability and has been approved to receive accommodations through SNAP Services, please feel free to come and discuss this with me after class or during my office hours during the first week of class: Any student eligible for and needing academic adjustments or accommodations because of a disability is requested to speak with the professor in a timely manner so that your needs can be addressed. The College will make reasonable accommodations for persons with documented disabilities. Students should apply for services at the Center for Disability
Services located on the first floor of the Lightsey Center, Suite 104. Students approved for accommodations should notify their professors as quickly as possible. **It is your responsibility to have your documentation to me 1 week prior to any test to allow proper time for preparation.**

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.

**College of Charleston’s 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 both by 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 via a cell phone or computer), 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*.

**Center for Student Learning**

I encourage you to utilize the Center for Student Learning’s (CSL) academic support services for assistance in study strategies, speaking & writing skills, 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](http://csl.cofc.edu) or call (843)953-5635.

**Copyright and Plagiarism:**

Please note that all materials used in this course are copyrighted. This includes, but is not limited to, handouts (i.e., PowerPoint presentations, syllabus, in-class materials, quizzes, exams, and other forms). Therefore, no student has the right to copy the handouts, unless permission is expressly granted by the
Instructor. As commonly defined, plagiarism consists of passing off as one's own the ideas, words, writings, of another person. In accordance with this definition, you are committing plagiarism if you copy the work of another person and turn it in as your own even if you have the permission of that person. Or, to paraphrase, quoting one source is plagiarism, but quoting many legitimate sources is research. This includes copy and pasting from information cites such as Wikipedia and other sites.

**College of Charleston Student Handbook:**
This is a guide to your responsibilities and rights as a student. If you are not familiar with this document, please take the time to review the information contained within the handbook. [http://studentaffairs.cofc.edu/honor-system/studenthandbook/](http://studentaffairs.cofc.edu/honor-system/studenthandbook/).

**Changes to Syllabus:**
The schedule, policies, and procedures listed in this syllabus are subject to change, at the discretion of the Instructor(s). Updates will be provided to students.

### Class Syllabus EXSC 201-02

<table>
<thead>
<tr>
<th>Date</th>
<th>Tuesday</th>
<th>Chap</th>
<th>Date</th>
<th>Thursday</th>
<th>Chap</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/13</td>
<td>Introduction to the course: Review all course information; Read Chapter 1: What is Our Field?</td>
<td>-</td>
<td>1/15</td>
<td>Defining our Field(s): Read Chapter 2: The Academic Foundations of Exercise Science and Kinesiology; Complete OAKS discussion post</td>
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<tr>
<td>1/20</td>
<td>Academic Foundations of PE and EXSC: Read Chapter 5: The Development of American Physical Education to 1941; Reply to 3 OAKS discussion posts</td>
<td>2</td>
<td>1/22</td>
<td>History of American Physical Education: Read Chapter 7: American Exercise Science and Sport from 1941 to today; OAKS Quiz 1</td>
<td>5</td>
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<tr>
<td>1/27</td>
<td>History of American Physical Education: Read Chapter 9: Problems and Ethics in Exercise Science and Sport;</td>
<td>7</td>
<td>1/29</td>
<td>Ethical Issues in PE and EXSC: Read Chapter 10: Preparing for a Career;</td>
<td>9</td>
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<tr>
<td>2/3</td>
<td>Careers in Physical Education and Exercise Science: Read Chapter 11: Traditional Careers in Physical Education</td>
<td>10</td>
<td>2/5</td>
<td>Careers in Physical Education and Exercise Science: Read Chapter 12: Careers in Sport, Exercise Science, and Kinesiology; OAKS Quiz 2</td>
<td>11</td>
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<td>2/10</td>
<td>Careers in Physical Education and Exercise Science: Read Chapter 13: International Exercise Science and Sport Today;</td>
<td>12</td>
<td>2/12</td>
<td>International Perspectives: Read Chapter 14: Current Issues in Exercise Science and Sport</td>
<td>13</td>
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<td>2/17</td>
<td>Contemporary issues in Physical Education and Exercise Science: Read Chapter 15: Into the Future in Exercise Science and Sport; Remember to begin Citi Certification</td>
<td>14</td>
<td>2/19</td>
<td>Future Directions in Physical Education and Exercise Science: Read A Central Dogma for Kinesiology; OAKS Quiz 3</td>
<td>15</td>
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| 2/24   | Future Directions in Physical Education and Exam Review                                        | 2/26   | **Mid-term Exam**  
Homework: Read *Writing Scientific Manuscripts: A Guide for Undergraduates:* |
| 3/3    | **BREAK**                                                                                   | 3/10   | Ethics and Scientific Reading and Writing  
Homework: Begin Article Critique; Complete CITI Certification |
| 3/17   | Presidential Fitness Test and Reflection  
Homework: Read *2008 Physical Activity Guidelines:* | 3/19   | Physical Activity Guidelines  
Homework: Complete Presidential Fitness Test; OAKS Quiz 4 |
| 3/24   | Physical Activity trends  
Homework: Begin Problem-based Learning Research; read position statements; | 3/26   | Problem-based Learning Research  
Homework: none |
| 3/31   | Problem-based Learning Research  
Homework: Read *Shape of the Nation Executive Summary and Educating the Whole Child* | 4/2    | Shape of the Nation Report  
Homework: none  
OAKS Quiz 5 |
| 4/7    | Problem-based Learning Research  
Homework: Read *Accelerating Progress in Obesity Prevention* and *The Soft American* | 4/9    | Obesity prevention and lifestyle  
Homework: none |
| 4/14   | Problem-based Learning Research  
Homework: none | 4/16   | Healthy People 2020  
Homework: none |
| 4/21   | Problem-based Learning Research | 4/23   | Review for Exam |
| 4/28   | **Reading Day – No Class/ optional makeup day**  
Individual Training plan due | 5/5    | **Final Exam**  
Tues May 5th 12-3pm |