COLLEGE OF CHARLESTON
School of Education Health and Human Performance
Department of Health and Human Performance
PEHD 201: Introduction to Physical Education
EXSC 201: Introduction to Exercise Science
Fall 2014

Instructor: Michael A. Hemphill, Ph.D.
Office: Silcox 311
Office hours: Mondays 10-12, Tuesdays 9-12 & by appointment
Phone: (843) 953-6056
Email: HemphillMA@cofc.edu

Course meeting: Monday and Wednesday; 2:00-3:15; Johnson 206

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

Grading Scale: (600 possible points)
≥ 91% A
88-90 A-
85-87 B+
82-84 B
79-81 B-
76-78 C+
73-75 C
70-72 C-
67-69 D+
64-66 D
58-63 D-
< 58 F

*Additional required readings will be assigned. Follow OAKS for postings.

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. 25 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. 25 points

4. **Professional Portfolio**: During the semester students will develop a professional portfolio containing all student generated work from the semester. This must be created using a Google Account with a C of C Username. Students are encouraged to begin building their page on the first day of class and update it as assignments are completed. 45 points

5. **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 and online. If you miss a quiz, refer to the make-up policy. 50 points total

6. **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. 60 points.

7. **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. **Accumulate 75 points total.**

8. **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.**

9. **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.**

10. **Attendance**: Students are expected to attend and participate in each class meeting. Attendance will be recorded by the instructor each class based on the following categories: Present (100%), Late (75%), Absent (0%), and Authorized Absent (no credit or penalty). An authorized absence will only apply when verifiable documentation is presented to the instructor in advance. At the end of the semester, the instructor may excuse up to 2 absences based on exemplary participation in class and group activities. **100 points.**

**Make up policy**: Quizzes cannot be made up for any reason. If you miss a quiz and would like to recover those points, you may accumulate up to 25 quiz points by completing an article review to be assigned by the instructor. Note that these options will be much more difficult and time consuming. Quizzes may be announced in advance or could be unannounced.

**Evaluation Criteria Summary:**

<table>
<thead>
<tr>
<th>Category</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Reading Summaries (2)</td>
<td>20</td>
</tr>
<tr>
<td>2. CITI Certification</td>
<td>25</td>
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<tr>
<td>3. Presidential Fitness Test</td>
<td>25</td>
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<tr>
<td>4. Professional Portfolio</td>
<td>45</td>
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<tr>
<td>5. Quizzes (5)</td>
<td>50</td>
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<tr>
<td>6. Article Critique</td>
<td>60</td>
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<tr>
<td>7. Professional Engagement</td>
<td>75</td>
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<tr>
<td>8. Problem-based Learning</td>
<td>100</td>
</tr>
<tr>
<td>9. Exams (2)</td>
<td>100</td>
</tr>
<tr>
<td>10. Attendance</td>
<td>100</td>
</tr>
<tr>
<td><strong>Point Total</strong></td>
<td><strong>600 points</strong></td>
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</tbody>
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**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 25% 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.

**Center for Student Learning:** I encourage you to utilize the Center for Student Learning (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](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 responsibility for notifying the instructor as soon as possible and for contacting me one week before accommodation is needed.

**Course Communication:** The instructor will be available to meet with students during scheduled office hours. Students may also contact the instructor via email to request an appointment. For any personal question, you may email the instructor directly. For course related questions, you are encouraged to ask the question during class or post your question to the OAKS discussion board that is designated for student questions.

**Technology Requirements:** Students are expected to use technology for all assignments in this course. The instructor requires students to create assignments using their C of C Google Apps account. Technology, such as iPads or laptops, may also be useful at times.

**Policy on Electronic Devices:** You are encouraged to use electronic devices in ways that enhance the educational experience, not in ways that detract from it. Inappropriate use of technology (e.g. texting in class, facebooking) will result in one absence per occurrence. Appropriate use of technology is important as it will allow for the course to integrate technology into several assignments.

**Course Calendar:** Please note that this course calendar is subject to change throughout the semester. You should visit the course calendar often and seek clarification during class as needed.
August
20 Wednesday  Introduction to the course
   Homework: Review all course information; research engagement opportunities; Read Chapter 1: What is Our Field?

25 Monday  Defining our Field(s)
   Homework: Read Chapter 2: The Academic Foundations of Exercise Science and Kinesiology; Complete Non-Majors PE Survey; Complete OAKS discussion post

27 Wednesday  Academic Foundations of PE and EXSC
   Homework: Read Chapter 5: The Development of American Physical Education to 1941; OAKS Quiz 1; Reply to 3 OAKS discussion posts

September
1 Monday  History of American Physical Education
   Homework: Read Chapter 7: American Exercise Science and Sport from 1941 to today; Complete OAKS Discussion Post

3 Wednesday  History of American Physical Education
   Homework: Read Chapter 9: Problems and Ethics in Exercise Science and Sport; OAKS Quiz 2

8 Monday  Ethical Issues in PE and EXSC
   Homework: Read Chapter 10: Preparing for a Career

10 Wednesday  Careers in Physical Education and Exercise Science
   Homework: Read Chapter 11: Traditional Careers in Physical Education

15 Monday  Careers in Physical Education and Exercise Science
   Homework: Read Chapter 12: Careers in Sport, Exercise Science, and Kinesiology

17 Wednesday  Careers in Physical Education and Exercise Science
   Homework: Read Chapter 13: International Exercise Science and Sport Today; OAKS Quiz 3

22 Monday  International Perspectives
   Homework: Read Chapter 14: Current Issues in Exercise Science and Sport

24 Wednesday  Contemporary issues in Physical Education and Exercise Science
   Homework: Read Chapter 15: Into the Future in Exercise Science and Sport; OAKS Quiz 4

29 Monday  Future Directions in Physical Education and Exercise Science
Homework: TBA

October
1 Wednesday       Future Directions in Physical Education and Exercise Science
    Homework: Prepare for Exam

6 Monday           Mid-term exam
    Homework: Read Writing Scientific Manuscripts: A Guide for Undergraduates; CITI Certification

8 Wednesday       Scientific Reading and Writing
    Homework: Begin Article Critique; Complete CITI Certification

13 Monday          Scientific Reading and Writing
    Homework: Continue Article Critique, DUE on Wednesday

15 Wednesday       Presidential Fitness Test and Reflection
    Homework: Complete Presidential Fitness Test; Read Problem-based Learning Guidelines

20 Monday          Introduction to Problem-based Learning
    Homework: Read 2008 Physical Activity Guidelines

22 Wednesday       Physical Activity Guidelines
    Homework: Read Shape of the Nation Executive Summary and Educating the Whole Child

27 Monday          Shape of the Nation Report
    Homework: Read Accelerating Progress in Obesity Prevention and The Soft American

29 Wednesday       Healthy People 2020
    Homework: OAKS Quiz 5

November
3 Monday           Fall Break.

5 Wednesday       Professional Socialization in PE and EXSC
    Homework: Begin Problem-based Learning Research; read position statements

10 Monday          Problem-based Learning Research

12 Wednesday       Problem-based Learning Research
<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>14 Friday</td>
<td>SCAHPERD Conference @ Myrtle Beach</td>
</tr>
<tr>
<td>17 Monday</td>
<td>Problem-based Learning Research</td>
</tr>
<tr>
<td>19 Wednesday</td>
<td>Problem-based Learning presentations</td>
</tr>
<tr>
<td>24 Monday</td>
<td>Problem-based Learning presentations</td>
</tr>
<tr>
<td>26 Wednesday</td>
<td>Thanksgiving Break</td>
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**December**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>1 Monday</td>
<td>Last day of fall semester classes</td>
</tr>
<tr>
<td>3 Wednesday</td>
<td>Final exams begin</td>
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**Cumulative Final Exam:** Wednesday, December 3, 12-3pm