TIME & PLACE: Monday, Wednesday, and Friday 10:00-10:50 AM; Rm. 206 Johnson Center

INSTRUCTOR: Karen M. Smail, Ph.D.

OFFICE HOURS: MWF 11:00-12:00 or by appointment

OFFICE: RM. 312 Silcox Physical Education & Health Center (MWF) RM. 111 86 Wentworth Street (SOEHHP) (T,Th)

PHONE/FAX: (843)953-8247/953-6757

EMAIL: smailk@cofc.edu

PREREQUISITES: None

GRADING: A, A-, B+, B-, C+, C-, D+, D, D-, F

COURSE DESCRIPTION: The course focuses on skill acquisition with primary consideration being given to the cognitive, affective, physiological, and motor processes underlying the learning of motor skills. Topics covered include (but are not limited to): fundamental concepts, maturation, growth and aging, development and aging of body systems, early motor development, principles of motion and stability, locomotion, ballistic skills, manipulative skills, sensory system development, perceptual motor development, social and cultural constraints, psychosocial, functional constraints and development of cardio-respiratory endurance and strength and endurance.


COURSE OBJECTIVES: 1. Students develop an understanding of how humans:
   a. learn
   b. develop, and
   c. control simple and complex motor movements
2. Students learn about physical growth and development of systems from prenatal to adulthood
   a. maturation & aging
   b. skeletal system
   c. muscular system
   d. adipose tissue
   e. endocrine and nervous systems

3. Motor skill development will be discussed and explained
   a. Infant milestones
   b. Bipedal locomotion
   c. Ballistic skills
   d. Reaching and grasping

4. Life span fitness concepts will be defined and discussed
   a. Cardio-respiratory endurance
   b. Strength
   c. Flexibility
   d. Body composition

REQUIREMENTS:

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<tr>
<th>Exams</th>
<th>53%</th>
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<tbody>
<tr>
<td>Exam #1 (chpt. 1,4,5)</td>
<td>60 points</td>
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<td>Exam #2 (chpt. 6,7,8,9)</td>
<td>70 points</td>
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<td>Exam #3 (chpt.10,11,15,16,17)</td>
<td>100 points</td>
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<tr>
<th>Labs (3 @ 30 points each)</th>
<th>21%</th>
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<tr>
<td>Lab #1  Sport Injuries</td>
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<td>Lab #2  Assessing Skill Development</td>
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<td>Lab #3  Skill Acquisition</td>
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<th>Quizzes (max. 25 points)</th>
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<td>Paper (60 points)</td>
<td>14%</td>
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<th>Professional Activity points (25 points)</th>
<th>6%</th>
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| Bonus Assignments (1 points/chapter; max. 12 pts.) | |

DESCRIPTION OF PROJECTS:

1. **Exams:** There will be 3 unit exams, 2 exams will be held in class while the 3rd exam will be held during final exam week.
Exam #1 will cover chapters 1, 4, 5 as well as in-class discussions germane to the topics in these chapters. Questions will be derived from Lab #1.
Exam #2 will cover chapters 6, 7, 8, 9, 3 as well as in-class discussions germane to the topics in these chapters.
Exam #3 will cover chapters 10, 11, 15, 16, 17 as well as in-class discussions germane to the topics in these chapters.

DATE: Friday Dec. 5th, 9-11 AM, rm. Johnson 206

2. Labs: Labs will run in conjunction with the units covered in the text book. Labs will be typed and one submission is required per group as per the outline discussed in class. Labs will be done in groups and each group member will be evaluated on their contribution to the project by other group members, SO DO YOUR PART. Labs will be conducted outside of scheduled class time.

3. Paper: Final projects will be completed by each student in the class. Topics can be selected by the student in relation to subjects discussed throughout the semester. If you cannot select a topic the professor will assign one to you. Each student will be expected to write a paper following the specific details discussed in class.

4. Quizzes: Will be held throughout the semester based on assigned readings. Quizzes may not be announced during class so each student must keep up with the scheduled readings. WebCT calendar will have readings listed.

5. Professional Activity Points:
   1. Each student will maintain a level of participation in professional activities throughout the semester. Professional activities are different for each person depending on your area of interest. The question you need to ask yourself when determining if it is "professional" is “are you benefiting professionally from your involvement?” You may not get paid for your volunteer experience. A write up must be submitted to receive points for each activity. The write up must include the specific date, time, and location of your experience. Followed by a description of what you did and how you benefited from it professionally. These activities are recommended but not limited to student participation:
      a. First Aid/CPR certification (valid through Dec. 1, 2014) (5 pts)
b. Jump Rope for Heart (Fri. Oct. 3 10 am-1pm) (Participant 5 pts) (Volunteer 5 pts.)
c. Student organization meetings (HEHP club, and SSMA club) (2pts./meeting), officer, event coordinator (max. 10 pts)
d. Conferences – attend a conference (max. 15 pts.)
   *SCAHPERD – North Myrtle Beach, SC November 14-15, 2014
e. activities that assist with professional development (1 pt. per hour/session) (max. 10 pts. per activity)

Other activities that assist with professional development are available. Before completing volunteer activities verify with the professor that the activity is acceptable for professional activity points.

6. Bonus
Submit “Test Your Knowledge” questions located at the end of each chapter for each of the chapters covered by the exam. For example: Test 1 = chapters 1,4, and 5; Test 2 = chapters 6,7,8,9,3; Final Exam = 10,11,15,16,17. Questions must be typed and are due prior to the starting of the exam. Questions may be submitted electronically. Once the exam starts no submissions will be accepted for bonus points. One point per chapter will be awarded for a maximum of 13 points.

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 = <62

ATTENDANCE POLICY:
Attendance will be taken in every class. Each student is allowed 3 unexcused absences without penalty. After 3 unexcused absences, 5 points per additional unexcused absence will be deducted from your final grade average. If you are not present when roll is called and choose to enter the class late you are considered tardy. Being tardy two times equal one absence. Students will not be withdrawn for excessive absents, but will lose points as per the stated
policy above. Excused absences do not follow the above stated policy. Excused absences are in accordance with the College of Charleston policy.

EXAMINATION POLICY:

Exams must be taken on the day assigned unless arrangements are made prior to the test date. 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.

PROVISIONS FOR STUDENTS WITH SPECIAL NEEDS:

The College of Charleston and I are committed to the full inclusion of all students. Students who have a documented disability and require academic accommodations should contact the professor immediately. Please do not wait until a difficulty is encountered to communicate such requests.

MAKE UP POLICY:

Late assignments will not be accepted beyond the due date. All make up exams must be made up within one week of the original exam date. This is the students’ responsibility to make the necessary arrangements.

HONOR SYSTEM:

See the most current issue of the College of Charleston Student Handbook (Academic Honor System).