College of Charleston
EXSC 201-202
Introduction to Health and Human Performance
PEHD 201-202
Introduction to Physical Education
3 Credit Hours
Fall 2015 Syllabus

Instructor: Ginny Leavitt, MEd, EP-C
Office Hours: By appointment
E-mail: vem3y.va@gmail.com or leavittvm@cofc.edu

Class time and place: M & W 4:00-5:15pm; Maybank Hall Room 103

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

Grading 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%


Course Objectives: This course may provide a variety of lectures, guest lectures, readings, discussions, debates, presentations, writing exercises, and other experiences designed for the student:

1. Gain 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. Develop 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:

Professional Activities: Choose from the items below to begin the path to professionalism. Proof and verification of items is due no later than **November 23, 2015**. For all volunteer activities, proof and verification would include a signature from a representative of your attendance (sample letter attached). For items A and B, a copy of your receipt or certification is acceptable. A journal with relevant details and reflections for each activity will be kept on submitted to the OAKS dropbox. Total value is 50 points maximum.

A. Become a student member of a state, regional, or national exercise science, health or physical education professional organization (American College of Sports Medicine, AAPHERD, etc.). **25 points for joining**

**Note, a fee is typically required for membership.**

B. Attend a State, Regional and/or National Conferences related to exercise science and/or physical education. Provide proof of membership and describe how you were actively involved. **25 points for attending a meeting**

**Note, a fee is typically required for attending.**

C. Join the Student Sports Medicine Association, the HHP Major’s Club or an applicable student organization with ties to exercise science, physical education and/or future professional goals; attend meetings and work on club projects.

*Note: 1 hour of volunteer, shadowing, participation, and/or observation time is equal to 5 points (5 hours is 25 points). Students are expected to be punctual and dress appropriate when representing this Department and the College.

D. 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 ...)

E. Serve as a volunteer in a specific professional area--physical therapy, occupational therapy, nursing, sport medicine, etc.

F. Serve as a volunteer in one of the many community-based causes supported by the Department of Health and Human Performance.

The Professional Activities assessment is based on a 50-point maximum. You may choose from more than one category or choose an applicable activity/experience not listed. Tailor 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! I recommend starting early, or you risk falling behind.

*For C, D, E and F: 1 hour of volunteer, shadowing, participation, and/or observation time is equal to 5 points (5 hours is 25 points). Students are expected to be punctual and dress appropriate when representing this Department and the College.
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.

Due Date = November 23rd, 2015
Value = 25 points + 25 points for the Journal/Reflection = 50 points total

Presidential Fitness Test: Students will complete the Presidential Adult Physical Fitness Test and compare their results to the standards/norms. Students will write a reflection based on the results and draft an overall fitness goal with at least 2 specific, measurable objectives.

Due Date: November 11, 2015
Value = 25 points

Article Critique: Students will select, print, read and write a critique on an article from a list provided by the instructor, or one of your choosing that has received prior approval from me. The Article Critique will include (1) a brief summary of the article and (2) a critical analysis of the content (its presentation and value) of the article.

Due date: October 21, 2015
Value = 25 points

Exams:
Test I – October 5 (in OAKS)
Test 2 - November 2 (in class)
Value = 100 points (2 Exams @ 50 points each)

Final Exam: The Final Exam will be cumulative
Due Date TBD
Value = 100 points

Quizzes: There will be 4 in-class quizzes that will take no more than 20 minutes to complete.
Value = 25 points each; 4x25 = 100 points

Attendance: If you are not in class, it is hard to learn. Attendance will be taken at every class, and the following point values will be assigned: Present (100%), Late > 5 minutes (75%) and unexcused absence (0%). Up to 2 unexcused absences may be dropped at the end of the semester. Excused and authorized absences will not affect the grade – students must inform me ahead of time with documentation of a verifiable absence. Studying for
another exam, flying home to see family, or missing class because of work are just some examples of unexcused (i.e. not authorized) absences.

**Value = 100 points**

**Problem-Based Learning:** Working in small groups, students will be required to identify and explore a health- or exercise-related problem, the population it affects, offer potential solutions, and defend their answers with research. Some of this work may take place outside of class, but class time will be provided towards the end of the semester (see course calendar). Students will be expected to work together, as the grade is reflective of the overall work. More information will be provided.

**Value = 100 points**

**Evaluation Criteria Summary: TOTAL = 600**
1. Professional Activities/Journal 50 points
2. Presidential Fitness Test/Report 25 points
3. Article Critique 25 points
4. Exams (2) 50 points each 100 points
5. Final Exam – cumulative 100 points
6. Quizzes (4) 25 points each 100 points
7. Attendance 100 points
8. Problem-Based Learning 100 points

**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.

**Class Policies**

**Presentation of Assignments:** Some assignments will be due via hard copy, and some may be submitted via OAKS. Assignments will only be accepted in the specified format. Hard copy assignments must be stapled and include the student's name. No hand-written assignments will be accepted. Students should make sure their OAKS submissions are in an appropriate format. Any assignments that are submitted and cannot be opened by the instructor will be considered incomplete. To avoid potential problems, I suggest submitting work as a .pdf file.
Late Assignments: Your work is expected to be on time and is due at the beginning of class. If you miss a class period during which an assignment is due because of a prior excused absence or a planned college activity, then please make arrangements to turn in the assignment prior to the class. You may email me the assignment ahead of time (i.e. before the class period you are to miss). 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) me 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. Late work is accepted but at a deduction of a letter grade (i.e. A to B, A- to B-, etc.) per 24 hour period, including weekends. All late assignments must be emailed.

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 or call (843) 953-5635.

Center for Disability Service: 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 the instructor as soon as possible and for contacting me one week before accommodation is needed.

Course Communication/Response Time to Questions: As an adjunct, I do not have an assigned office and therefore do not have designated office hours. Office hours will be by appointment only, upon a student’s emailed request. For any personal questions, you may email me directly. For course related questions, I encourage you to ask during class or to post to the OAKS discussion board that is designated for student questions. Please do not wait until the last minute before an assignment is due to ask a question, as I do not check my email 24/7. To ensure best response time, please email before 5:30pm on the evening before an assignment is due or before an exam.

Electronic Devices: Electronic devices can be a great tool to enhance educational experience and not one that should detract from that. Inappropriate use of technology (i.e. texting in class, Facebook, Pinterest, etc.) will result in one absence per occurrence.
**CofC’s Honor Code and Academic Integrity:** Lying, cheating, attempted cheating, and plagiarism are violations of our Honor Code that, when identified, are investigated. If an incident is determined by the instructor to be a misunderstanding, then it 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 will be signed by both instructor and student and forwarded to the Dean of Students and placed in the student’s file. In cases of suspected academic dishonesty, the instructor and others with knowledge of the incident will report directly to the Dean of Students. Please refer to the Student Handbook for more details.

**Course Calendar:** *subject to change; advanced notice will be given

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