Time and Place: Monday 4:00PM- 6:45 PM, Room 207, Silcox Center

Instructor: Mr. Victor Tringali, MS, CSCS

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


Course Description: 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.


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. Relate the content and scientific foundations of each sub-discipline of exercise science to their use in a variety of exercise science professions.
3. Learn the professional associations in physical education and exercise science and understand the benefits of membership
4. Relate exercise science and physical education to physical activity and health in society and throughout the lifespan.
5. Develop basic writing skills for the disciplines of physical education and exercise science.
6. 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.

Learning Outcomes:
1. By the end of the course, students will understand the historical foundations of Physical Education
2. By the end of the course students will be able to identify and understand cultural, environmental and psychosocial influences on health, physical activity and exercise
3. By the end of the course students will be able to identify the professional associations in physical education and exercise science
4. By the end of the course students will understand how exercise science and physical education contribute to health in society and throughout the lifespan.
Course Requirements:

1. **PROFESSIONAL ACTIVITIES**: Choose from the items below to help begin your professional development. Proof and verification of items is due in OAKS no later than **December 5th**. It is the student’s responsibility to provide documentation for all activities. Choose from any category to accumulate up to a maximum of 50 points. You may choose from more than one category. Students may not submit activities that they are receiving credit for in another course or extracurricular activity.
   
   **Value: 50 points**
   **Due Date: December 5th**

   a. **THE PROFESSIONAL ORGANIZATION OPTION**: Become a student member of a state, regional, or national exercise science, health or physical education professional organization (American College of Sports Medicine, NSCA, etc.). Provide proof of membership and describe how you were actively involved. To receive conference points, a synopsis of each session must be submitted. **These activities typically require you to pay a fee. Value = 25 points for membership; +25 for conference/convention attendance.**

   b. **THE PROFESSIONAL SERVICE OPTION**: Serve as a volunteer in a specific professional area—physical therapy, occupational therapy, nursing, sport medicine, etc. You must volunteer for at least 12 hours to receive credit for this option, to ensure an in-depth experience. Your participation for this activity must be verified prior to and following your participation by a description of your duties, the signature of and contact information (name, address, and phone number) for the person who can verify your participation. Write a description of your involvement, duties, and the overall impact the assignment had on your professional goals. **25 points**

   c. **THE PUBLIC RELATIONS OPTION**: Serve as a volunteer in health promotion/exercise-related activities during the semester. (Road races 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 of a contact person who can verify your participation. Write a brief description of each experience relating the experience to the field of physical education (exercise science, health promotion, or teacher education) and/or your intended career path. **25 points**

   d. **THE RESEARCH ASSISTANT OPTION**: Serve as a Human Performance Testing/Research Assistant (HPTA) at the College of Charleston. An HPTA assists a faculty member in HEHP with Human Performance testing or research. The student is responsible for making arrangements with faculty members. HPTAs must accumulate 12 hours throughout the semester. **25 points**

   e. **THE STRENGTH & CONDITIONING OPTION**: Serve as a Strength and Conditioning Assistant (SCA). SCAs will assist the S&C Staff in conducting various Field Tests related to obtaining present/baseline performance values for College of Charleston student-athletes. Duties may also include assistance during training sessions. A total of 12 hours must be accumulated to receive maximum points. It is the students’ responsibility to facilitate this option. **25 Points**

   f. **THE WILD CARD**: Student presents, **in writing**, a professional development activity to the instructor. Instructor will decide whether the activity qualifies and what the point value will
be for qualified activities. The activity must be original and will be judged based upon whether or not it is an enriching experience that is comparable to the items above. The instructor will not consider any wild card activities that were not pre-approved.

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! 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.

2. **ARTICLE CRITIQUE**: Students will select, print, read and write a critique on an article from a list provided by the instructor. 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: September 19*
   *Value = 50pts*

3. **LITERATURE REVIEW**: Students will select a health-related topic of interest and write a literature review covering the subject in detail and appropriately citing research. More information will be provided.

   *Value: 100 points*
   *Due date: Mid-Term*

4. **CAREER PLAN AND PHILOSOPHY**: During the semester students will develop a personal career plan containing relevant resources and referenced literature. A detailed rubric will be provided and time will be taken in class to describe the assignment in detail.

   *Value: 50 pts*

5. **CUMULATIVE EXAM**:

   *Value = 100 points*

6. **QUIZZES/CLASS ASSIGNMENTS**: Points will be awarded for in-class quizzes, small-group work and homework. Students must be present in class to receive assignment points. An alternative assignment may be allowed if the absence is pre-approved.

   *Value = 150 points*

**PARTICIPATION**  Students are expected to attend class having pre-read class materials. Students are expected to contribute to class discussions. To be active one must be prepared for class having read lecture material BEFORE class.

**Evaluation Criteria Summary:**

a. Professional Activities 50 points
b. Article Critique                     50 points

c. Literature Review    100 points

d. Exams 1 @ 100pts                     100 points

e. Career Plan/Philosophy  50 points

f. Quizzes/Class Assignments          150 points

Point Total                                 500 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%

Attendance: Each student is required to be in class. Missed in-class assignments may not be made up although, if the absence is pre-approved, an alternative assignment may be awarded. Coming to class on time is important. Each student is allowed one tardy. After that, 10 points will be deducted from the Point Total for each additional tardy.

Make-ups: Make-up work is allowed at the discretion of the professor. 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 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 December 5, 2016.

All assignments not submitted digitally must be typed. No hand-written assignments will be accepted unless otherwise determined by your professor.

Extra Credit: none

Honor System: Students must do their own work. Please see the 2016-2017 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 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 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 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.

Students can find the complete Honor Code and all related processes in the Student Handbook at http://www.cofc.edu/generaldocuments/handbook.pdf

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.