Course Description: EXSC 201 is a required introductory course for physical education & exercise science majors. 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.

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

Course Delivery: Course is delivered on-line in an asynchronous format through OAKS, CofC's Learning Management System (LMS). To log on: https://lms.cofc.edu

This course is being conducted asynchronously via OAKS however, it is NOT self-paced. New modules open weekly on Wednesdays. Due dates are assigned to learning activities throughout the week. All items due must be turned in by 11:30 PM EST on the published due date.

Textbook: None. Required readings will be listed and linked in the Content area of OAKS

Technology Requirements:

- A high speed internet connection is required to successfully complete this course. Lack of access or computer technical issues will not be considered an excuse for missing or late work.
- CofC OAKs access
- Webcam, microphone and audio capabilities
- Adobe Reader and Adobe Flash Player
- Access to Google Apps using your Cof C account
Instructor:  
Dr. Karen Hakim-Butt (Dr. or Professor KHB)  
Professor in Health and Human Performance  
Email: hakimbuttkl@cofc.edu (best method)  
Office: 309 Silcox

Office Hours:  
- In office - Tuesday & Thursday 9:30 - 10:30 AM  
- Online Google Hang-outs, by appointment (Virtual Office)

Phone: 843-953-6056 (least preferred method)

| Technology Support: | Student Computing Support Desk  
(843)953-8000 or [http://blogs.cofc.edu/scs/](http://blogs.cofc.edu/scs/) |
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<td>The instructor is not qualified or responsible for assisting you with technical support. For technical support, please contact the Student Computing Support Desk.</td>
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Computing and OAKs Tutorials:  
Please check in on and participate in computing and OAKs tutorials whenever needed. Additional tutorials can be found under content in OAKs.

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OnLine Learning Tutorials:  
[http://tutorials.library.cofc.edu/tutorial/online student](http://tutorials.library.cofc.edu/tutorial/online student)
Course Objectives:

- **Understand** the importance of physical activity in daily life and the implications of this for exercise science and physical education
- **Explore** how historical perspectives have influenced and shaped the fields today
- **Understand** the sub disciplines of exercise science and physical education, how they are structured, and the types of knowledge studied by its scholars and applied in professional practice
- **Explore** research and writings in physical education and exercise science
- **Understand** the nature and demands of professional occupations and the career options available to students graduating from the department of HEHP at CofC
- **Explore** professional short and long-term goals and your personal philosophy based on those goals
- **Experience / observe** professional(s) within the various fields
- **Explore** the structure of the primary options within the department of Health and Human Performance at CofC

Student Learning Outcomes:

By the conclusion of the course, students will be able to:

- **Discuss** what we currently know about daily physical activity and implications on your discipline
- **Identify** historic leaders in the profession, **describe** their contributions and discuss how history has influenced the field as we know it today
- **Describe** the content, type of knowledge studied, scientific foundations and professional organizations of the various sub disciplines
- Narrow down an area of interest, select, read and **write an annotated bibliography**(ies), develop an **infographic** and present findings
- **Explore** a career, develop long term goals, **backward plan** major program and **develop** short term goals based on those plans
- **Shadow / interview** a professional in the areas of teaching / coaching, exercise science and public health and reflect upon the experience
- **Describe** the structure and career choices of his/her chosen option, **backward plan** a program of study, meet with an advisor
How do I earn my grade?

Click on each link for further information.

- Introduction and Welcome Assignments (5%)
- Infographics (2) (10%)
- Annotated Bibliographies (10%)
- Reflection Papers & Philosophy (5%)
- Long and Short Term Goals, Degree Works Plan (5%)
- TED talk assignment (5%)
- Historical Posts (5%)
- Quizzes (10%)
- Content Questions (10%)
- Professional Development (10%)
- Discussion Boards (10%)
- Final - VoiceThread Presentation (15%)
- Pop Challenges (extra credit)

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 Navigation:**

This course is divided into 8 modules, each lasting 1 - 3 weeks. Each new module will open on a Wednesday (1:00 AM EST) and close on a Tuesday (11:30 PM EST). Each module will contain:

- An introduction to the module
- A checklist to assist us with time management and keeping us organized
- Technology and support links
- Required lectures and readings
- Optional readings for the enthusiastic learner
- Discussion boards
- Application Assignments (quiz, content question(s), assignments)

**Course Communication:**

- For course related questions, please use the discussion board titled “I have a question” so that the entire class may benefit from your question and related responses. Students are encouraged to try to help answer these questions.
- Student questions posted on the weekend or during CofC holidays will receive a reply within 48-72 hours. Questions posted during the week will receive a reply within 24 - 48 hours.
- Please only use a direct email to me if the question is personal in nature (that would not be relevant to anyone else in class) or includes sensitive information.
- Remember the “check 3 before you check with me” rule (see below)
- If you have a technology related question, you may post to the “Technology question” board (please keep in mind that I am not qualified to answer tech questions but maybe your classmates can help) or check with

**Student Computing Support Desk** (843)953-8000 or [http://blogs.cofc.edu/scs/](http://blogs.cofc.edu/scs/)
Netiquette:

- Sarcasm doesn’t always come across well online so stay positive in all communication
- Use appropriate capitalization - NO YELLING please!
- Please pay attention to your grammar, spelling and sentence structure
- Keep dialog professional - be cautious of offensive language
- Use clear subject lines
- Please avoid abbreviations (except for my name)
- Think before hitting enter/reply - it can't be taken back
- Be forgiving, anyone can make a mistake, myself included!
- Please review the following recommendations for proper online behavior
  [Link to Netiquette guidelines](http://www.albion.com/netiquette/corerules.html)

Class Philosophy: This class is built on community. Each person’s objective is the same: To **LEARN.** This class is designed to have you learn in a community with your peers and your course instructor. Therefore, each of you must make a commitment to approach our class with a great attitude and a willingness to help each other learn. We are a community of learners. Let's work together to make this class a valuable learning experience and class for everyone!

Participation: Students are expected to spend 5+ hours a week on course content; check in at least 4 times a week; check 3 before you ask me (if you have a question: 1. Look in the syllabus; 2. Look in OAKS content; 3. Post your question on the appropriate discussion board, all prior to asking me); respond to at least 2 peers/posts/or post on each discussion board, and 1 - be the only one to post a unique response. In other words, be original, be creative and don’t repeat what’s already been posted.
Accessibility Statement: The College of Charleston is committed to providing access for all participants. Students with a documented disability requesting accommodations in this course must be registered with the Center for Disability Services/SNAP and must discuss needed accommodations with the instructor preferably prior to the first week of class but before the end of the drop/add period. Please visit their website at http://disabilityservices.cofc.edu/index.php or call (843) 953-1431 for further information on their services.

Center for Student Learning: Please utilize the Center for Student Learning (CSL) academic support services for assistance in study strategies and course content. The CSL offers various academic tutoring utilizing different delivery methods via supplemental instruction, study skills appointments, academic coaching, workshops and more. For more information regarding these free services, please visit the CSL website at http://csl.cofc.edu or call (843) 953-5635.

Student Code of Conduct: Students are encouraged to review the Honor System of The College of Charleston online: http://studentaffairs.cofc.edu/honor-system/ The honor code specifically prohibits lying, cheating, attempted cheating, and plagiarism. Any violation of the Student Code of Conduct will be referred to the Dean of Students.

PLEASE READ THE EXSC 201 SURVIVAL GUIDE!