EXSC 201-05: Introduction to Exercise Science
Fall 2017

Instructor: Elizabeth “Izzy” P. Kelley, M.S.
Email: kelleyep@cofc.edu
Office Hours: M 11:00-12:00; T/Th 10:00-11:30; additional times available by appointment
Office: Silcox 152

Course Meeting: TR 12:15-1:30 in Johnson 207
Prerequisites: None

Course Description: A required introductory course for physical education major. Content will include a study of history, principles, objectives, philosophy, current trends and issues, and literature related to physical education, health and exercise science.


Course Objectives: Educational opportunities within the course are designed to prepare the student to

1. Understand the philosophical concepts of exercise science and physical education by:
   a. Identifying various traditional philosophies and explaining how each applies to the field
   b. Writing and explaining a working definition of exercise science and physical education in general, and a designated subfield in particular, and
   c. Writing a personal philosophy based on future career goals and ethical standards
2. Develop a historical foundation as a basis for current developments in the field by
   a. Describing the major contributions of various disciplines
   b. Identifying historic leaders in the profession, and describing their contributions to the field, and
   c. Relating reasons for understanding the history of exercise science and physical education to the current status of each field
3. Relate exercise science and physical education to physical activity and health in society

Student Learning Outcomes:

1. By the end of the course, students in PEHD/EXSC 201 will be able to identify professional associations and governing bodies related to exercise science and physical education
2. By the end of the course, students in PEHD/EXSC 201 will be able to identify the various sub-disciplines or exercise science and describe the content and scientific foundations upon which each is based
3. By the end of the course, students in PEHD/EXSC 201 will be able to differentiate between scholarly and non-scholarly journal articles

Course Requirements:

1. Professionalism
   a. Value = 100 points
b. Assignments = Professional Activities, Reflection Journal, Professions Report

c. Students will complete 3 formal assignments related to professionalism: Professional Activities, Activities Journal, and a Professions Report

**Professional Activities and Journal**

**Choose** from the items **below** to begin the path to professionalism. Proof and verification of items is due no later than November 22nd. A journal with relevant details and reflections for each activity will be kept digitally and submitted to the OAKS dropbox. **The minimum requirement is 12 hours.**

Option 1. Join a student organization with ties to exercise science, physical education and/or future professional goals; attend meetings and work on club projects. Hours will be verified with organization leaders.

Option 2. Become a student member of a state, regional, or national exercise science, health or physical education professional organization (e.g. American College of Sports Medicine; ACSM). 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.

Option 3. 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, Move Groove, Get Active, etc ...)

Option 4. Serve as a volunteer in a specific professional area--physical therapy, occupational therapy, nursing, sport medicine, etc....

Option 5. 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 (the latter **must be cleared by the professor** for credit towards Professional Activities). 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. When participating in professional activities, refrain from using one’s cell/smart phone.**

Please note: Professional Activities may not be part of a student’s work- or team-related requirement. 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 that is not related to personal rehabilitation must be approved at least 2 weeks PRIOR to observations.

**Due Date = November 22nd, 2017**

**Value = 25 possible* points for 12 hours + 25 possible* points for the Journal/Reflection = 50 points**

*Note: “possible” means you may earn but are not guaranteed to earn. Your hours must be relevant. Your journal entries must be organized, accurate and detailed (relevant, specific).
2. Historical Foundations – A list of historical figures, places, and events will be provided to each student.
   Assignments = Speed dating (25 points); Class Discussion Board (25 points), Test 1 (50 points)
   Total value = 100 points

3. Research
   Assignments = Article Report and Summary, Annotated Bibliography, Infographic
   Students will select a topic and choose articles related to movement, physical activity, physical education, health, or athletic training from peer-reviewed journals and other appropriate education resources. Students will submit a list of at least 5 appropriate articles along with a summary of one of the articles. In addition, students will complete an Annotated Bibliography using the top three most relevant articles to their topic. Finally, the student will prepare an Infographic summarizing the findings of the articles chosen.
   Value = Article Summary = 20 points, Annotated Bibliography = 30 points and Infographic = 50 points

4. Quizzes/Class points will be awarded for in-class quizzes, small-group work and homework.
   Assignments students must be present in class to receive assignment points. An alternative assignment may be allowed if the absence is pre-approved.
   Value 100-150 points

5. Final Exam will include an in-class portion and a reflective essay
   Essay Due: December 5th by 11:59 pm
   Final Exam: Tuesday December 12th by 3:00 pm
   Value: 50 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**:
1. Professionalism 100 points
2. Historical Foundations 100 points
3. Research 100 points
4. Quizzes/In-Class Assignments 100 points
5. Final Exam/Essay 100 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. Being habitually absent is detrimental to one’s academic journey. Missing class will result in missing in-class work, which will result in a loss of points. An additional penalty of 20 points per absence will be assigned after the 3rd absence has occurred.

**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 11 am on December 4th, 2017. All assignments not submitted digitally must be typed. **No hand-written assignments** will be accepted.

**Extra Credit:** None

**Electronic Devices:** Cell phones are not to be used during class sessions, unless otherwise notified. Laptop computers or tablets may be used for note taking purposes ONLY on lecture days; not for wireless communication or social media (iMessage, email, Facebook, Instagram, Twitter, etc.). If laptops are misused or cell phones used, you will be asked to leave the classroom and will be marked absent for that class.

**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. The instructor will handle incidents where the instructor determines the student’s actions are related more to a misunderstanding. 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](http://www.cofc.edu/generaldocuments/handbook.pdf)
Disability
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.

Tentative Course Calendar

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<th>Date</th>
<th>Topic</th>
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<tr>
<td>Week 1</td>
<td>Introduction, Course Requirements and HEHP Standards</td>
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<td>Pre-Professional Practices and Professional Activities</td>
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<td>Guest Speakers from: Chucktown Squash, PETE, the Autism Project</td>
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<td>and the REACH Program.</td>
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<td>Week 2</td>
<td>EXSC/PEHD Curriculum and Course Requirements</td>
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<td>Using Degree Works and the Planner Function</td>
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<td>Week 3</td>
<td>Degree Works/Planner</td>
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<td>Degree Works Assignment Due in OAKS</td>
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<td>Professions within Health and Human Performance</td>
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<td>Week 4</td>
<td>Career Center Guest Speaker</td>
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<td>Self-Assessment Resources</td>
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<td>Self-Assessment</td>
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<td>Week 5</td>
<td>Journal Articles and Annotated Bibliography Introduction</td>
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<td>Peer-Reviewed Articles</td>
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<td>Writing an Article Critique and Annotated Bibliography</td>
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<td>Week 6</td>
<td>Library</td>
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<td>Week 7</td>
<td>NLM and APA Writing Styles</td>
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<td>In Class Article Review</td>
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<td>Week 8</td>
<td>Annotated Bibliography In-Class Edit</td>
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| Week 9          | Infographics – Bring Computers, Laptops, or Tablet  
|                | Infographics – Day Two                        |
| Week 10        | Current Topics and Trends, Professional Organizations  
|                | Faculty Panel                                  |
| Week 11        | Infographic Draft In-Class Review              |
|                | Infographic Assignment Due                    |
|                | Speed Dating Historical Figures Assignments   |
| Week 12        | Senior Panel                                   |
| Week 13        | Historical Foundations                         |
|                | Historical Foundations II                      |
| Week 14        | Historical Speed Dating                        |
| Week 15        | Finals Review                                  |
|                | Culminating Essay due December 5th by 11:59 pm |

Final Exam – December 12th at 12:00