TIME & PLACE: T-R 9:25 AM-10:40 AM; Room 111
Silcox Physical Education & Health Center

INSTRUCTOR: Miriam Klous, Ph.D.

OFFICE HOURS: T-R 10:45-1:15 PM or by appointment

OFFICE: Room 309 Silcox Physical Education & Health Center

PHONE/FAX: (843) 953 5565 / (843) 953 6757

EMAIL: klousm@cofc.edu

PREREQUISITES: None


COURSE DESCRIPTION: The course focuses on skill acquisition with primary consideration being given to the cognitive and motor processes underlying the learning of skills across the lifespan. Topics covered include (but are not limited to) motor control, attention, individual differences, practice and knowledge of results, transfer of learning and motivation.


COURSE OBJECTIVES: 1. To provide students with the understanding of how humans:
   a. learn
   b. develop, and
   c. control simple and complex motor movements

   2. To assist students in learning 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

**TENTATIVE GRADING:**

1. **Exams** 45%
   - Exam #1 (chpt. 1, 4, 5)
   - Exam #2 (chpt. 1, 4, 5, 6, 7, 8, 9)
   - Exam #3 (chpt. 1, 4, 5, 6, 7, 8, 9, 10, 11, 15, 16, 17)

2. **Labs** (3 @ 30 points each) 30%
   - Lab #1 sports injuries in children
   - Lab #2 Assessing Skill Development
   - Lab #3 Skill Acquisition

3. **Quizzes** 15%
4. **Professional activity points** 10%
   (10 hours, min 2 activities)
5. **Bonus Assignments** (1 points/chapter; max. 12 pts)

Final grade will be calculated using the formula:

\[ 0.45 \cdot \text{average grade written exam} + 0.30 \cdot \text{average grade labs} + 0.15 \cdot \text{average grade quizzes} + 0.10 \cdot \text{grade professional activities} \]

**GRADED ITEMS:**

1. **Exams:** There will be 3 exams, 2 exams will be held in class while the 3rd exam will be held during final exam week. The format of the examinations will vary with the content that is being tested. Generally speaking, exams will be critical thinking, fill-in, and multiple choice format.
   - **Exam #1** will cover chapters 1, 4, and 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 as well as in class discussions germane to the topics in these chapters. Questions will be derived from Lab #1. Also, applications from concepts discussed in Unit 1 that relate to the knowledge of Unit 2 are required.
   - **Exam #3** will cover chapters 10, 11, 15, 16, and 17 as well as in class discussions germane to the topics in these chapters and knowledge. Also,
applications from concepts discussed in Unit 1 and Unit 2 that relate to the knowledge of Unit 3 are required.

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 of 3-4 people and each group member will be evaluated on their contribution to the project by other group member, SO DO YOUR PART. Labs will be conducted outside of scheduled class time.

4. Quizzes: The quizzes might be announced (or not) and given during class time or online using OAKS. Also, it can be asked to submit homework announced or unannounced. Homework will also be graded as a quiz.

5. Professional activity points (10 hours, min 2 activities):
   - Jump Rope for Heart (participant and/or volunteer)
   - Attend club meetings (PETE, Sports Medicine)
   - CPR/First Aid certificate (valid till May 2014)
   - Move, Groove, and get Active (Autism project)
   - 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. When choosing a professional activity this should be inspired by: ‘giving back to the community’. Therefore,
   - **Shadowing is not a professional activity you will receive points for**
   - **The two activities should be significantly different (e.g. volunteering at a half marathon and the bridge run is counted as 1 professional activity)**
Submit a description of your professional activities at the end of the semester. Describe (about ½ page per activity):
1. How this professional activity helps you to prepare for your future career as a health professional.
2. How this professional activity relates to the course content. Add an eye-catching experience as a specific example.

6. Bonus: Submit ‘test-your-knowledge’ questions located in the book at the end of each chapter for each of the chapters covered by the exam (test 1: chapter 1, 4, 5; test 2: chapter 6-9; final exam: chapter 10, 11, 15-17). 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 12 points).
### EVALUATION SCALE:

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<thead>
<tr>
<th>Grade</th>
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<tr>
<td>A</td>
<td>90-100%</td>
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<td>A−</td>
<td>88-89%</td>
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<td>B+</td>
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<td>B</td>
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### ATTENDANCE POLICY:

Class attendance is required. Attendance will be taken in every class. In agreement with the honor code, you sign the attendance sheet only for yourself. Each student is allowed 2 unexcused absences without penalty. After 2 unexcused absences, 1% per additional unexcused absence will be deducted from your final grade. If you are not present when roll is taken and choose to enter the class late you are considered tardy. Being tardy two times equal one absence. Students will be withdrawn for excessive absents (WA when > 5 unexcused absences). Excused absences do not follow the above stated policy. For an excused absence appropriate documentation must be provided from the Undergraduate Dean’s Office. In case of an excused absence, you will be held responsible for the class material covered during your absence.

### 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. In case of unexcused absence, exams, quizzes or submission of homework assignments that are announced or unannounced cannot be retaken/resubmitted. If a student is absent on the day of an exam or quiz, 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.

### ASSIGNMENT POLICY:

All assignments (research paper, lab, or homework are due at the beginning of class (9:25 AM) on the day they are due. Assignments can be submitted in hard copy or electronic copy to the instructor. If a copy is not received on time, 1 point will be subtracted for each hour the assignment is submitted late in the first 12 hours. After these 12 hours, 3 additional points will be subtracted for each 24 hours the assignment is submitted late (when submitting an assignment 13-37 hours late, you will lose 12 + 3 = 15 points).
ELECTRONIC DEVICE POLICY: Please turn off the sound of all electronic devices during class. NO TEXT MESSAGING or other forms of electronic communication permitted. Laptops are allowed to be used in class to take notes.

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 instructor. Please do so during the first week of class of any accommodations needed for the course.

COLLEGE OF CHARLESTONS 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 both by 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 via a cell phone or computer), 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://studentaffairs.cofc.edu/honor-system/studenthandbook/index.php

COLLEGE OF CHARLESTON STUDENT HANDBOOK:
This is a guide to your responsibilities and rights as a student. If you are not familiar with this document, please take the time to review the information contained within the handbook. www.cofc.edu/studentaffairs/general_info/studenthandbook.html.
TENTATIVE COURSE OUTLINE

*It is expected that in preparation for your class you take the online quiz of the chapter that will be discussed in class the following day*

**Week 1** Introduction to PEHD 235 – online quiz
   January 9: no class – online quiz

**Week 2** Fundamental concepts – chapter 1
Physical growth and aging – chapter 4
   January 14
   January 16

**Week 3** Physical growth and aging – chapter 4 (cont.)
Development and aging of body systems – chapter 5
   January 21
   January 23: **Explanation Lab #1**

**Week 4** Development and aging of body systems – chapter 5 (cont.)
   January 28
   January 30

**Week 5** Development and aging of body systems – chapter 5 (cont.)
   February 4
   February 6: Review Exam 1

**Week 6** Early motor development – chapter 6
   February 11: Exam 1
   February 13

**Week 7** Early motor development – chapter 6 (cont.)
   Presentations lab #1
   February 18: **Lab #1 due**
   February 20: **Explanation Lab #2**

**Week 8** Presentations lab #1
   February 25
   February 27

**Week 9** Spring break
   March 4
   March 6
**Week 10**
Development of human locomotion – chapter 7
  March 11
  March 13

**Week 11** Development of ballistic skills – chapter 8
  March 18
  March 20: Lab #2 due

**Week 12** Development of manipulative skills – chapter 9
  March 25
  March 27

**Week 13** Sensory-perceptual development – chapter 10
  April 1:
  April 3: Explanation Lab #3, Review exam #2

**Week 14** Sensory-perceptual development – chapter 10
  Perception and action in development – chapter 11
  April 8: Exam #2
  April 10

**Week 15** Development of cardio-respiratory endurance – chapter 15
  Development of strength and flexibility - chapter 16
  April 15
  April 17

**Week 16** Development of body composition – chapter 17
  April 22: Lab #3 due

**Week 17**
April 29 Professional activity points are due at 9:25 AM
May 1 Exam 3: 8:00-11:00 AM