Time and Place: Tuesday and Thursday 8:00 AM- 9:15 PM, Room 206, Silcox Center

Instructor: Mr. Tom Carroll, M.Ed.

Office Hours: MW from 1:30 PM –2:30 PM; T/TR from 9:30 AM to 11:00 AM (additional times are available by appointment)

Office: Room 212 - Silcox Center for Physical Education and Health

Phone and E-mail 953-5558 (HHP Administrative Assistant); 953-4275 (Mr. Carroll’s office)
carrollt@cofc.edu

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


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 an 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 of 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
   Value = 100 points
   Assignments = Professional Activities, Reflection Journal, Professions Report

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

   For the 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 April 18. A journal with relevant details and reflections for each activity will be kept and submitted to the OAKS dropbox. The minimum requirement is 12 hours.

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

   B. Become a student member of a state, regional, or national exercise science, health or physical education professional organization. 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.

   C. 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, heath fairs, blood drives, Jump Rope for Heart, etc ...)

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

   E. 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! 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 = April 18, 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 pts), Class Discussion Board (25 pts), Test 1 (50 pts)

   **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 educational resources. Students will submit a list of 5 appropriate articles along with a summary of one of the articles. In addition, students will complete an Annotated Bibliography using the top 3 articles. 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 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: 100-150 points**

5. **Final Exam**

   The Final Essay/Exam will be a reflective essay.

   **Due: Saturday, April 29, 2017 by 11:00 am.**

   **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:**

<table>
<thead>
<tr>
<th>Evaluation Criteria</th>
<th>Points</th>
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<tbody>
<tr>
<td>1. Professionalism</td>
<td>100</td>
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<tr>
<td>2. Historical Foundations</td>
<td>100</td>
</tr>
<tr>
<td>3. Research</td>
<td>100</td>
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<tr>
<td>4. Quizzes/In-Class Assignments</td>
<td>150</td>
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<tr>
<td>5. Final Exam/Essay</td>
<td>50</td>
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<tr>
<td><strong>Point Total</strong></td>
<td><strong>500</strong></td>
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**Evaluation Scale:**

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<tr>
<th>Grade</th>
<th>Percentage</th>
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<tr>
<td>A</td>
<td>90-100%</td>
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<tr>
<td>A-</td>
<td>88-89%</td>
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<tr>
<td>B+</td>
<td>85-87%</td>
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<tr>
<td>B</td>
<td>80-84%</td>
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<tr>
<td>B-</td>
<td>78-79%</td>
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<tr>
<td>C+</td>
<td>75-77%</td>
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<td>C</td>
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<tr>
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<td>D</td>
<td>64-65%</td>
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<td>D-</td>
<td>62-63%</td>
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<td>F</td>
<td>less than 62%</td>
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**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 April 26, 2017.

All assignments not submitted digitally must be typed. No hand-written assignments will be accepted.

**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.

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
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

Week 1
Introduction, Course Requirements and HEHP Standards
Pre-Professional Practices and Professional Activities
   Guest Speakers from: Chucktown Squash, PETE the Autism Project and the REACH Program.

Week 2
EXSC/PEHD Curriculum and Course Requirements
Using Degree Works and the Planner Function

Week 3
Degree Works/Planner
Degree Works Assignment Due in OAKS
   Professions within Health and Human Performance

Week 4
Career Center Guest Speaker
   Self-Assessment Resources
   Self-Assessment

Week 5
Journal Articles and Annotated Bibliography Introduction
Peer-Reviewed Articles
Writing an Article Critique and Annotated Bibliography

Week 6
Library
Library

Week 7
NLM and APA Writing Styles
In Class Article Review

Week 8
Annotated Bibliography In-Class Edit
Mini-Journal Club
   Annotated Bibliography Due

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 Assignment

Week 12
    Senior Panel

Week 13
    Historical Foundations
    Historical Foundations II

Week 14
    Final Review

Week 15
    Historical Speed Dating
    Test 1 – Historical Figures and Current Trends

Culminating Essay Due – by Saturday, April 29 by 11 am.