ORIENTATION TO EXERCISE SCIENCE  
PHED 1000

Class Hours: 1.0  
Credit Hours: 1.0  
Laboratory Hours: 0.0  
Date Revised: Spring 01

Catalog Course Description:

Overview of the professional and disciplinary area of exercise science with emphasis on career choices and introductory field experiences.

Entry Level Standards:

Students must be able to read at the college level.

Prerequisites:

None

Textbook(s) and Other Course Materials:

No text required. Required readings will be found in the library, on the Internet, or in class handouts.

I. Week/Unit/Topic Basis:

<table>
<thead>
<tr>
<th>Week</th>
<th>Topic</th>
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<tbody>
<tr>
<td>1</td>
<td>Introduction and Course Requirements</td>
</tr>
</tbody>
</table>
| 2 | Speaker(s) with Discussion  
(Speakers will be professionals from a variety of areas in the Exercise Science field. These areas will include, but not be limited to the following: Cardiac Rehabilitation, Rehabilitation Specialist, Corporate Fitness, Personal Trainer, Athletic Trainer, Teacher, Coach, Health Club Professional, and Referee/Official.) |
| 3 | Classroom work (Body Fat Composition Testing Procedures) |
| 4 | Speaker(s) with Discussion |
| 5 | Oral Report on Interview #1 |
| 6 | Speaker(s) with Discussion |
| 7 | Oral Report on Interview #2 |
| 8 | Speaker(s) with Discussion |
| 9 | Oral Report on Interview #3 |
II. Course Objectives*:

A. Develop an understanding and appreciation of Exercise Science as field of scholarly study.  I.5

B. Understand relationships between Exercise Science knowledge and training and career choices.  I.5, II.1

C. Provide opportunities to interact with Exercise Science professionals and peers. II.1, II.2

D. Develop critical thinking skills and problem solving skills to review and analyze information relating to Exercise Science.  III.1,III.2

E. Provide an opportunity for the student to experience field work in Exercise Science. II.1, II.2

*Roman numerals after course objectives reference goals of the university parallel program.

III. Instructional Processes*:

Students will:

1. Listen to and participate in lectures and discussions regarding concepts and factual information relevant to the discipline of Exercise Science and its related career opportunities. Communication Outcome, Personal Development Outcome, Information Literacy Outcome, Active Learning Strategy

2. Listen to and participate in lectures and discussions regarding the problems, issues, and special topics in Exercise Science. Communication Outcome, Problem Solving and Decision Making Outcome, Active Learning Strategy

3. Perform career exploration research by job shadowing professionals in two different fields of the many possible career choices available to an Exercise Science major (field work). Personal Development Outcome, Cultural Diversity and Social Adaptation Outcome, Information literacy Outcome, Transitional Strategy

4. Access the Internet and other appropriate research facilities to gain knowledge and information pertaining to Exercise Science. Technological Literacy Outcome, Information Literacy Outcome

*Strategies and outcomes listed after instructional processes reference Pellissippi State’s goals for strengthening general education knowledge and skills, connecting coursework to experiences beyond the classroom, and encouraging students to take active and responsible roles in the educational process.
IV. Expectations for Student Performance*:

Upon successful completion of this course, the student should be able to:

1. List and discuss various employment/career opportunities resulting from a degree in Exercise Science. B, D, E
2. Formulate their personal philosophy of Exercise Science. A, B, C, D, E
3. Participate in field work experiences in Exercise Science. E
4. Write a report on field work experiences in Exercise Science. D
5. Write a report on interviews with Exercise Science specialists in four different career areas. B, C
7. Lead a discussion on their interviews. B, C, D
8. Give an oral report of their field work experience. B, E
9. Lead a discussion on their field experiences. B, C, D, E
10. Access the Internet and other educational resource venues for information on Exercise Science. A, B, D
11. Write a summary of research findings on one selected special topic. A, B, C, D
12. Discuss special topics in Exercise Science. A, B, C, D, E
13. Interact with Exercise Science peers and Exercise Science specialty speakers during class. C

*Letters after performance expectations reference the course objectives listed above.

V. Evaluation:

A. Testing Procedures:

N/A

B. Laboratory Expectations:

Students will be required to interview four professionals in the Exercise Science area. The student will write a commentary on each of these four interviews and give an oral report about each professional interviewed.

C. Field Work:

Students will be required to work within two different Exercise Science settings outside of class for a minimum of six hours (three hours minimum in each area). Students will be required to give an oral presentation on their field experiences and turn in a journal of these experiences.

D. Extra Credit (maximum of five points):

Articles on a course related subject -- 1 point each (maximum of 5 points)
5 – 7 page report on course related subject – 5 points

E. Grading Scale:

<table>
<thead>
<tr>
<th>Activity</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Participation and Attendance</td>
<td>10 points</td>
</tr>
<tr>
<td>Review, write, and report on 1 Exercise Science Issue</td>
<td>10 points</td>
</tr>
<tr>
<td>Formulate and discuss Personal Philosophy</td>
<td>10 points</td>
</tr>
<tr>
<td>Four Oral Reports on Interviews (5 points each)</td>
<td>20 points</td>
</tr>
<tr>
<td>Four Written Reports on Interviews (5 points each)</td>
<td>20 points</td>
</tr>
<tr>
<td>Written Report and Oral Presentation on Two Field Experiences</td>
<td>30 points</td>
</tr>
<tr>
<td><strong>Total:</strong></td>
<td><strong>100 points</strong></td>
</tr>
</tbody>
</table>

93 - 100  A
82 - 92  B
72 - 81  C
62 - 71  D
Below 62  F

VI. Policies:

A. Attendance Policy:

Pelissippi State Technical Community College expects students to attend all scheduled instructional activities. As a minimum, students in all courses must be present for at least 75 percent of their scheduled class and laboratory meeting in order to receive credit for the course. Individual department/programs/disciplines, with the approval to the vice president to Academic and Student Affairs, may have requirements that are more stringent.

B. Academic Dishonesty:

With any form of proof of dishonesty with regard to student work or testing, the instructor may elect from a range of actions. Academic dishonesty could lead failure for the entire course or dismissal from the institution.

C. Other Policies:

Classroom disruptions, inappropriate behavior, inappropriate attire, or any form of behavior that may prove distracting during lecture or detrimental to the college during field work will not be tolerated and may lower the final grade.