

PELLISSIPPI STATE COMMUNITY COLLEGE
MASTER SYLLABUS

**ORIENTATION TO EXERCISE SCIENCE
PHED 1000**

Class Hours: 1.0

Credit Hours: 1.0

Laboratory Hours: 0.0

Date Revised: Spring 2011

Catalog Course Description:

Overview of the professional and disciplinary area of exercise science, with emphasis on introductory field experience. For exercise science majors only.

Entry Level Standards:

Students must be able to read at the college level.

Prerequisites:

None

Co-requisites:

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:

Week	Topic
1	Introduction and Course Requirements
2	Oral Presentation on Personal Philosophy
3	Oral Report on Interview #1
4	Speaker(s) with Discussion
5	Classroom work
6	Speaker(s) with Discussion
7	Oral Report on Interview #2
8	Speaker(s) with Discussion
9	Oral Report on Interview #3
10	Speaker(s) with Discussion
11	Oral Report on Interview #4

- 12 Speaker(s) with Discussion
- 13 Oral Reports and Discussion of Field Experiences
- 14 Oral Reports and Discussion of Field Experiences
- 15 Course wrap up and completion of Oral Reports and Discussion on Field Experiences
Final Exam Period

*** The 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 Wellness, Personal Trainer, Athletic Trainer, Teacher, Coach, Health Club Professional, and Referee/Official.

II. Course Goals*:

The course will:

- A. Develop an understanding and appreciation of Exercise Science as field of scholarly study. I. 1-7, II.4, II.5, VII. 1-6
- B. Understand relationships between Exercise Science knowledge and training and career choices. I. 1-7, II.4, II.5, VII. 1-6
- C. Provide opportunities to interact with Exercise Science professionals and peers. I. 1-7, II.4, II.5, VII. 1-6
- D. Develop critical thinking skills and problem solving skills to review and analyze information relating to Exercise Science. I. 1-7, II.4, II.5, III.2, III.3 VII. 1-6
- E. Provide an opportunity for the student to experience field work in Exercise Science.

*Roman numerals after course objectives reference goals of the Natural and Behavioral Sciences program (Career Program Goals and General Education Goals are listed http://www.pstcc.edu/departments/curriculum_and_instruction/syllabi/)

III. Expected Student Learning Outcomes*:

Students will 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.
- 5. Write a report on interviews with Exercise Science specialists in four different career areas. B, C
- 6. Give an oral report concerning their interviews with Exercise Science professionals. B, C, D
- 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

* Capital letters after Expected Student Learning Outcomes reference the course goals listed above.

IV. Evaluation:

A.

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.

B.

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. **Appropriate dress!!!!**

C.

Participation and Attendance	20 points
Formulate and discuss Personal Philosophy	10 points
Four Oral Reports on Interviews (5 points each)	20 points
Four Written Reports on Interviews (5 points each)	20 points
(2 full pages typed, double spaced)	
Written Report and Oral Presentation on Two Field Experiences	
(4 full pages typed, double spaced)	
	<u>30 points</u>
	100 points

***Instructions for Written Reports**

Be typed in Microsoft Word or other word processor.

Use a 12-point font (no larger than 12 point)

Use 1 inch margins (no larger than 1 inch)

Double-space

Be spell-checked. But, make sure you read it and read it again. A spell-checker and/or grammar checker doesn't exist that can replace a human reader!

D. Other Evaluation Methods:

Extra Credit Options: 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:

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

V. Policies:

A. Attendance Policy:

Pellissippi State expects students to attend all scheduled instructional activities. As a minimum, students in all courses (excluding distance learning courses) must be present for at least 75 percent of their scheduled class and laboratory meetings in order to receive credit for the course. Individual departments/programs/disciplines, with the approval of the vice president of Academic Affairs, may have requirements that are more stringent. In very specific circumstances, an appeal of the policy may be addressed to the head of the department in which the course was taken. If further action is warranted, the appeal may be addressed to the vice president of Academic Affairs.

B. Academic Dishonesty:

Academic misconduct committed either directly or indirectly by an individual or group is subject to disciplinary action. Prohibited activities include but are not limited to the following practices:

- Cheating, including but not limited to unauthorized assistance from material, people, or devices when taking a test, quiz, or examination; writing papers or reports; solving problems; or completing academic assignments.
- Plagiarism, including but not limited to paraphrasing, summarizing, or directly quoting published or unpublished work of another person, including online or computerized services, without proper documentation of the original source.
- Purchasing or otherwise obtaining prewritten essays, research papers, or materials prepared by another person or agency that sells term papers or other academic materials to be presented as one's own work.
- Taking an exam for another student.
- Providing others with information and/or answers regarding exams, quizzes, homework or other classroom assignments unless explicitly authorized by the instructor.
- Any of the above occurring within the Web or distance learning environment.

C. Accommodations for disabilities:

Students who need accommodations because of a disability, have emergency medical information to share, or need special arrangements in case the building must be evacuated should inform the instructor immediately, privately after class or in her or his office. Students must present a current accommodation plan from a staff member in Services for Students with Disabilities (SSWD) in order to receive accommodations in this course. Services for Students with Disabilities may be contacted by going to Goins 127, 132, 134, 135, 131 or by phone: 539-7153 or TTY 694-6429. More information is available at <http://www.pstcc.edu/sswd/>.

D. Other Policies:

Attendance Policy:

Two absences will be allowed. On the third and subsequent absences, four points will be deducted from the final total. Students with five or more absences will not pass the course. Students who fail to participate in assigned activities will be counted as absent.

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Tardiness/Lateness Policy:

Students are expected to be on time for class. Students late for class will have points deducted from the participation total. Ten minutes late will result in a tardy. Three tardies equal an absence. Twenty minutes late will result in an absence.

Injury Policy:

Students injured during class must inform the instructor immediately. An accident/incident report must be filed. This applies to all injuries no matter how minor.

Gum, Food, Drink, etc. Policy:

In accordance with the guidelines of the Student Recreation Center, any type of chewing gum, tobacco products, food, or drinks are not allowed in Physical Education classes. The exception would be that WATER is allowed in the weight room provided that it is in a spill-proof container.

Make-up Policy:

After one week, students will not be allowed to make-up written examinations.

With documentation, students will be allowed to make-up absences. Make-up sessions should be supervised and consist of activities engaged in during the sessions that the student missed.

All PHED courses are available to PSCC faculty and students in the online course management system, D2L. Faculty members are trained to use all facets of the online learning system and are encouraged to use the system to deliver instruction and accept course work. Thus, faculty and students are able to access their courses, contact one another, hold class discussions, and submit assignments in the online environment. In the event of a closure of the college, all courses will continue uninterrupted in the online environment. It is each student's responsibility to check both his/her PSCC email and his/her online course for announcements, assignments, and deadlines if the college is closed.