

**PELLISSIPPI STATE COMMUNITY COLLEGE
MASTER SYLLABUS**

**INTRODUCTION TO EXERCISE SCIENCE
PHED 1005**

Class Hours: 3.0
Laboratory Hours: 0

Credit Hours: 3.0
Revised: Fall 2017

Catalog Course Description

This course is an introduction to professional programs of study, including kinesiology, exercise science, physical education, and sports and leisure studies. This course is designed to acquaint students with the history and science of exercise and sport, to provide a better understanding of the role exercise plays in relation to education, medicine, and the society at large, and to help students choose the career most appropriate to their interests and capabilities.

Prerequisites

None

Corequisites

None

Textbook(s) and Other Course Materials

No text required. Required readings will be found in the library; on the Internet; in Brightspace/D2L; or in class handouts.

Week/Unit/Topic Basis

Week	Topic
1.	Introduction and Course Requirements; History, Philosophy and Principles
2.	Oral Presentation on Personal Philosophy
3.	Written and Oral report on Interview #1
4.	Speaker(s) with Discussion; Career choice Assignment
5.	Classroom work
6.	Speaker(s) with Discussion; Resume building Assignment
7.	Written and Oral report on Interview #2
8.	Speaker(s) with Discussion
9.	Advising Presentation
10.	Speaker(s) with Discussion; Resume Assignment due
11.	Written and Oral report on Interview#3
12.	Speaker(s) with Discussion; Advising Assignment due
13.	Written Oral and Reports and Discussion on Field Experiences
14.	Written Oral and Reports and Discussion on Career Choice Assignment
15.	Course wrap up and completion of Oral Reports and Discussion on Field Experiences and Career Choice Assignment

Course Goals

NOTE: Roman numerals after course objectives reference goals of the PHED program.

The course will

- A. Develop students' understanding and appreciation of Exercise Science as a field of scholarly study. I. 1-7, II.4, II.5, VII. 1-6
- B. Guide students to consider the relationships between Exercise Science knowledge, training, and career choices. I. 1-7, II.4, II.5, VII. 1-6
- C. Provide students with opportunities to interact with Exercise Science professionals and peers. I. 1-7, II.4, II.5, VII. 1-6
- D. Develop students' critical thinking skills and problem solving skills in order 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 fieldwork in Exercise Science. I. 1-7, II.4, II.5, IV.1, IV.4, VII. 1-6

Expected Student Learning Outcomes

NOTE: Capital letters after Expected Student Learning Outcomes reference the course goals listed above

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 a fieldwork experience in Exercise Science. E
4. Write a report a fieldwork experience in Exercise Science. E
5. Write a report on interviews with Exercise Science specialists in three different career areas. B, C
6. Write a report on their career choice in Exercise Science. B, C
7. Give an oral report concerning their interviews with Exercise Science professionals. B, C, D
8. Lead a discussion on their interviews. B, C, D
9. Give an oral report of their fieldwork experience. B, E
10. Lead a discussion on their field experiences. B, C, D, E
11. Lead a discussion on their career choice. B, C, D, E
12. Discuss major requirements with advisors. B, C, D
13. Design a resume. B, C
14. Access the Internet and other educational resource venues for information on Exercise Science. A, B, D
15. Write a summary of research findings on one selected special topic. A, B, C, D
16. Discuss special topics in Exercise Science. A, B, C, D, E
17. Interact with Exercise Science peers and Exercise Science specialty speakers during class. C
18. Students will discuss history, philosophy and principles of Exercise Science. A, B, D

Evaluation

Testing Procedures

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

Laboratory Expectations

Students will be required to work within one different Kinesiology setting outside of class for a minimum of three hours. Students will be required to give an oral and written presentation on their field experience and turn in a journal of these experiences. **Appropriate dress required.**

Field Work

Students will be required to use current information and dependable sources to prepare a presentation on a Kinesiology career choice.

Other Evaluation Methods

Participation and attend class	5%
History, Philosophy and Principles of Exercise Science	5%
Formulate and discuss one's own Personal Philosophy	10%
Complete Advising assignment	10%
Complete Resume assignment	10%
Three *Oral Reports on Interviews (5% each)	15%
Three Written Reports on Interviews (5% each) (2 full pages typed, double spaced, 12 font)	15%
Written Report and *Oral Presentation on Career Choice Assignment (2 full pages typed, double spaced, 12 font)	15%
Written Report and *Oral Presentation on One Field Experience (4 full pages typed, double spaced, 12 font)	<u>15%</u>

****In order to receive credit for the oral presentation, the written report must be turned into Assignments by the due date. No late assignments are accepted.***

Grading Scale

93 - 100	A
82 - 92	B
72 - 81	C
62 - 71	D
0 - 61	F

Policies

Attendance Policy

Seven absences will be allowed. Students with eight or more absences will not pass the course. Students who fail to participate in assigned activities will be counted as absent.

Tardiness/Lateness Policy: Students are expected to be on time for class. Students late for class will have points deducted from the participation total. Three times late equals an absence. Ten minutes late will result in an absence.

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.

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.

Please see the Pellissippi State Policies and Procedures Manual, Policy 04:02:00 Academic/Classroom Conduct and Disciplinary Sanctions for the complete policy.

Accommodations for Disabilities

Students who need accommodations because of a disability, have emergency medical information to share, or need special arrangements in case of a building evacuation should inform the instructor immediately and privately after class or in her or his office. Students must present a current accommodation plan from a Disability Services (DS) staff member in order to receive accommodations in this course. Contact DS at disabilityservices@pstcc.edu, by calling 865 539 7153 or TTY 865 694 6429, or by visiting Alexander 130. More information is available on the [Disability Services website](http://www.pstcc.edu/sswd/) (<http://www.pstcc.edu/sswd/>).

Other Policies

Brightspace:

All assignments and absences will be posted in Brightspace. It is the responsibility of each student to check Brightspace for accuracy after assignments have been graded and attendance posted.

All submissions into Assignments will supply a receipt the assignment was accepted. Please save the receipt in case verification is needed. If you do not receive a receipt the document was not accepted.

Cell Phone Policy:

Use of cell phones (texting, talking, surfing the web, reading emails, etc.) is not permitted during class. Usage of text messaging will only be allowed if there is an emergency on a particular day of class, and the student lets the instructor know ahead of time that he/she may be expecting a message. This will prevent students from missing material that is covered in class, and it is respectful to other students and the instructor.

Stepping out of the Classroom:

Students are to remain in the classroom during all classes, unless he/she needs to use the restroom. This will eliminate distractions to other classmates and allow all students to not miss any material covered in class.