
Course Number: **Section:** 101 **Term:**
Credits: 3.000

Room	Meeting Days	Meeting Time
	MW	09:30 AM - 10:45 AM

Faculty Information:

Instructor(s):

Department:

Phone Number:

Use Course Mail:

Office Location:

Prerequisites:

Other Prerequisite(s): NONE

Textbook(s):

INTRO TO PHYSICAL ED, EXERCISE SCIENCE & SPORT STUDIES (LOOSE-LEAF), LUMPKIN

Req

Course Description:

Historical, theoretical, ethical and philosophical foundations of exercise science and health promotion, including an emphasis on role, responsibilities, work settings and future direction of the profession.

Course Objectives/Competencies:

General Education Outcomes:

- Information Literacy Competency
- Critical Thinking/Problem Solving Competency

Course Outcomes:

Best practices

Identify best practices in exercise science and health promotion.

Wellness model

Identify and interpret the health of a person using the wellness-illness continuum using core coaching competencies.

Various roles

Explain the various roles exercise science and health promotion plays in a culture, including its economic, political, ethical and social impact.

Careers and opportunities

Describe the numerous careers and opportunities within the exercise science and health promotion profession.

Course Outline:

Overview of exercise science and health promotion

Develop personal philosophy

Trends, movement and future implications

Importance of physical activity and exercise

Professional organizations and certifications

Preparation and selecting a career

Core competencies in coaching for fitness, health and wellness

Wellness-illness continuum

Course Requirements:

Students are expected to participate in all scheduled course activities, complete assigned readings prior to scheduled course activities, and complete and submit all assigned work by the deadline. For in-person sections, attendance is expected at each class meeting.

Attendance is important and therefore will be required.

Attendance Requirements: You are expected to attend every class for which you are registered. Being late for class is not acceptable and will affect your grade. Tardiness over 5 minutes and/or early dismissal by 10 minutes is considered a missed class. Attendance is important to the ultimate accomplishment of the primary objective of the class and therefore will be required. All absences will affect the evaluation process in the following manner for Fall and Spring term:

4 absences for a class that meets 2 times a week = drop 1 letter grade

6 absences = drop 2 letter grades

8 absences = drop 3 letter grades

10 absences = "F" for the class

Class Policies:

Policies for this specific course are listed below. Please see the section on _____ Policies for additional information on institution-wide policies. Students are expected to participate in all scheduled course activities. For in-person sections, attendance will be taken at the beginning of each class period. It is the responsibility of students who come in late to notify the instructor of their attendance for that class period. Please notify the course instructor in advance by phone or email if you will not be in class.

Exercise, Wellness & Sport Science Department Disclaimer: Warning/Disclaimer

There are risks of injury associated with any activity involving physical exercise. These injuries can be musculoskeletal and/or cardiovascular. I understand that I am responsible for monitoring my own condition and I shall cease participation should any unusual symptoms occur. My participating in this program represents my understanding and acceptance of risk.

Exercise, Wellness & Sport Science Department Disclaimer: Student Conduct

Students must maintain appropriate behavior in the classroom/lab at all times. Horseplay and/or irresponsible behavior will not be tolerated. Please refer to the _____ Student Handbook, Code of Student Conduct Violations: Level I, II & III Offenses. To insure the safety of all students enrolled in a given course, the faculty member reserves the right to remove any student from the classroom/lab environment and refer the student to Student Judicial Affairs.

Disclaimer - The course schedule is subject to change, however, students will be given prior notification if this occurs. It is the responsibility of the student to stay current on all course schedule updates.

Evaluation/Grades:

Exams and Assignments	Points/Percentage	Grading Scale
Quizzes (4 x 50 points each)	200	100 to 90 = A 89.9 to 80 = B 79.9 to 70 = C 69.9 to 60 = D 59.9 to 0 = F Must have C or better to continue
Linkedin assignment	50	
Research Paper	50	
Interview Field Observation	50	
Future Career	50	
Topic Reflection (2 at 10 pts each)	20	
Self Reflection - Holistic Approach for Success	30	
Total	450	

Course Schedule:

Course Schedule for ENS1116 - 101		
Week	Material to be covered	Assignments Due
1	Welcome and Review Course Requirements Quest for Fitness - Movie Textbook - Unit 2, Chapters 7, 8 & 9	Read
2	Quest for Fitness - Movie Chapters 7, 8 & 9 Holistic Approach to Success!	Make sure you keep you Appointment for your Holistic Approach to These appointments will be individually and have different dates. If y cancel please call and reschedule before the deadline which is Wedne October 29, 2014 *Quest for Fitness - Reflection Paper DUE Wednesday August 27, 2
3	Off Monday September 1st	Prep for Quiz #1
4	Textbook Unit 1 Chapters 1, 2 & 3	QUIZ #1 Monday September 8th Wednesday September 10th, Start Unit 1
5	Research	Library Visit - Wednesday September 17th meet in the library, we ar computer class room under the staircase. Begin thinking of a health, wellness, sport topic to research. Pick something that is of interest to do you want to know???

6	Continuing with Chapters 1, 2 & 3	
7	Social Media We will meet both Monday and Wednesday 13-223	
8	QUIZ #2 Textbook Unit 2 Chapters 4, 5 & 6 Exploring Careers	QUIZ #2 Chapters 1,2 & 3 Monday October 6th GUEST SPEAKER - ??????????
9	Personal Philosophy Personal and Professional Goal Setting	Research Paper DUE Wednesday October 15th
10	Monday October 20 th _____Strength and Conditioning Coach UD Good week to visit your sites for your Fieldtrip Observation Interviews! I will be out of town at a conference Wednesday October 22 so it is a perfect time to schedule these interviews.	Wednesday October 22nd class does not meet.
11	Continuing with Unit 1 Chapters 4, 5 & 6	Holistic Approach to Success Plan DUE Wednesday October 29th
12	Unit 2 Chapters 4, 5 & 6 Quiz # 3	Fieldtrip Observation Interview - DUE Monday November 3rd QUIZ #3 - Wednesday November 5th
13	Textbook Unit 3 Chapters 10, 11, & 12 No Class Wednesday November 12th	Linkedin Assignment - DUE Monday November 10th GUEST SPEAKER - _____ Program Director at _____ Cancer Alliance - Monday November 10th No Class Wednesday November 12th, Campus Closed.
14	Chapters 10, 11 & 12	
15	Escape Fire	Escape Fire Reflection #2 DUE Wednesday November 26th
16	Textbook Unit 3 Chapters 10, 11 & 12	Future Career - DUE Wednesday, December 3rd
17	Finals Week! Our class will only meet on Monday December 8th	QUIZ #4 Monday December 8th

Make-up Work:

- Time management is important. BE ON TIME! It is disrespectful to your classmates and instructor to be late to class.
- Respect the rights of everyone in the class. Show consideration for students and instructors.
- Turn off all pagers, computers, cell phones, audio and video equipment anything that is a distraction and place them away for safekeeping.
- **Late work is not accepted. Missed exams are only made-up with prior approval.**

Teaching Syllabus #1 Redacted 3.17.15