

Course Syllabus
INTRODUCTION TO PHYSICAL FITNESS & SPORTS PE 1301

Instructor: Aaron Tavitas

Office: PPG #107

E-mail: mtavitas@sulross.edu

Office Hours: Monday – Friday, 8:00-10:00am & 4:00-5:00pm

TTh 11:00 - 12:15

Phone: 837-8230

COURSE DESCRIPTION:

This course is designed to emphasize the aims, objectives and historical background of sports, fitness and recreation.

PURPOSE OF COURSE:

This course is designed to provide insights into the meaning, objectives and philosophy of sports & fitness in the public schools. It will involve the history and current trends that are taking place in the field of sports & fitness. Special emphasis will be placed on the role of the physical educator in the public schools.

COURSE CONTENT:

- A. Physical Fitness -- definitions, objectives, philosophy
- B. History and impact of physical fitness and physical education.
- C. Role of the physical fitness program in the public schools.
- D. Impact of racism, sexism, elitism and Title IX in physical education.
- E. Motivation for voluntary exercise participation.
- F. Impact that sports have in public schools and society.
- G. Modern concepts of fitness and health.
- H. Exercise and chronic disease.
 - I. Professional opportunities and responsibilities.
- J. Nutrition

METHOD OF INSTRUCTION:

Lecture and discussion with audio-visual aids.

PROGRAM LEARNING OUTCOMES: The kinesiology student will:

- 1) Understand and apply principles of physical fitness in developing an individualized health fitness plan.

- 2) Demonstrate a knowledge of movement concepts and biomechanical principles by analyzing movement and sport skills .
- 3) Know and use test and measurement concepts and principles to assess fitness and skill performance and be able to explain results.

STUDENT OUTCOMES:

Texas Examination of Educator Standards (TEXES)

Domain I Competency 004 — the student will understand and apply knowledge of individual, dual, and team sports and activities.

Competency 005 — the student will understand the principles, techniques, skills and safety practices for personal performance activities, cooperative and nontraditional games, recreational activities and outdoor pursuits.

Domain II Competency 006 — the student will understand the major body systems, principles of physical fitness development and training, and the benefits of a healthy, active lifestyle.

Competency 007 — the student will understand principles and activities for developing and maintaining cardiovascular endurance.

Competency 008 – the student will understand the principle and activities for developing and maintaining flexibility, posture, muscular strength and endurance

Competency 009 — the student will understand health and wellness concepts, including weight control and stress management and analyze ways in which personal behaviors influence health and wellness.

Domain III Competency 011 — the student will understand factors relevant to learning and performance in physical education and uses this knowledge to create learning environments and opportunities that promote students' development in various domains

Competency 012 — the student will understand the structure, organization, goals and purposes of physical education programs

Competency 013 — the student will understand legal issues and responsibilities of physical education teachers in relation to supervision, planning, safety, first aid and risk management

COURSE OUTLINE:

DAY 1 Course Introduction and Study Skills

DAY 2 Blackboard Training and Intros
DAY 3 Introduction to Sport & Fitness
DAY 4 Fundamentals of Physical Fitness & Quality of Life
DAY 5 Importance of Physical Activity
DAY 6 Scientific Foundations of Exercise & Sports
DAY 7 Principles of Physical Activity
DAY 8 Preparing for Physical Activity
DAY 9 Review for Major Exam I

DAY 10 *Test I*

DAY 11 Objectives of Physical Education
DAY 12 Sport vs. Play
DAY 13 Nutrition in Sports
DAY 14 The Liver
DAY 15 The Nervous System
DAY 16 The Muscular System
DAY 17 Review for Major Exam II

DAY 18 *Test II*

DAY 19 Sports and Relationship to Physical Education
DAY 20 Philosophies of Physical Education and Exercise
DAY 21 Physical Education and Coaching as a Profession
DAY 22 Licensure Requirements
DAY 23 Developing a Personal Philosophy of Physical Education
DAY 24 Ethics in Physical Education, Exercise Science & Sports
DAY 25 History and Development of Physical Education
DAY 26 Early Cultures: Greeks, Spartans, and Athenians
DAY 27 Ancient and Modern Olympics
DAY 28 Sport Specialization

DAY 29 *Review for Final Exam*

December TBA Final Exam

****EXACT DATES AND ACTIVITIES MAY BE SUBJECT TO CHANGE.****

TEXTBOOK:

None required.

STUDENT EVALUATION:

- A. One Final Exam - 100 points**
 - B. Two Test - 200 points**
 - C. Eight Quizzes - 100 points**
 - D. Daily Writing Assignments - 100 points**
- Total possible points is 500***

Points converted to your letter grade:

450 ~ 500 = A

400 ~ 449 = B

350 ~ 349 = C

300 ~ 349 = D

Below 300 = F

*There will be numerous “daily quizzes” given throughout the semester. Some will be announced and others will not. ***Missed quizzes for authorized absences will not be made up but they will not be counted against the student.*** These quizzes will be averaged and will count for 100 points.

An unauthorized absence during a major exam may mean you do not get a grade for the major exam. If you are a habitually tardy student, please know that excessive tardies will not be tolerated. Three tardies will equal one absence!

Classroom Decorum:

- 1. No hats or hoodies may be worn in class***
- 2. All cell phones and other electronic entertainment devices need to be turned off and placed out of sight or you risk being removed from the classroom.***

Attendance Policy:

As a freshman, you are beginning your professional journey. You are expected to be in class and on time. Un-excused absences and tardiness demonstrate a lack of responsibility and dependability. As per the University Catalog you may be dropped for excessive absences.

Evaluation:

At the end of the course, each student will be asked to complete an evaluation on the course design and instruction received.

It is the policy of Sul Ross State University to provide reasonable accommodations to students with disabilities. If you would like to request such accommodations because of a physical or mental disability, please contact the ADA Coordinator for Program Accessibility in the Briscoe Administration Building Room 206 or call (432) 837-8203.

Chain of Command –	Instructor -	Coach Aaron Tavitias
	Department Chair -	Dr. Jim Hector
	Dean of Professional Studies -	Dr. Kip Sullivan
	V. P. for Academic Affairs -	Dr. Quint Thurman
	President -	Dr. Bill Kibler