

Course Syllabus
INTRODUCTION TO PHYSICAL FITNESS & SPORTS PE 1301

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Office Hours: Monday – Friday, 8:00-10:00am & 4:00-5:00pm or call for appointment.

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)

Standard I

The physical education teacher demonstrates competency in a variety of movement skills and helps students develop these skills.

Competency 004

The teacher understands and applies knowledge of individual, dual and team sports and activities.

Standard II

The physical education teacher understands principles and benefits of a healthy, physically active lifestyle and motivates students to participate in activities that promote this lifestyle.

Competency 006

The teacher understands major body systems, principles of physical fitness development and training and the benefits of a healthy, active lifestyle.

Standard III

The physical education teacher uses knowledge of individual and group motivation and behavior to create and manage a safe, productive learning environment and promotes students' self-management, self-motivation and social skills through participation in physical activities.

Competency 004

The teacher understands and applies knowledge of individual, dual and team sports and activities.

Competency 005

The teacher understands principles, techniques, skills and safety practices for dance, personal performance activities, cooperative and nontraditional games, recreational activities and outdoor pursuits.

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
<u>DAY 10</u>	<u>Test I</u>
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
<u>DAY 18</u>	<u>Test II</u>
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
<u>DAY 29</u>	<u>Review for Final Exam</u>
<i>December TBA</i>	<i>Final Exam</i>

****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**
 - E. Power Point Portfolio - 100 points**
- Total possible points is 600***

Points converted to your letter grade:

550 ~ 600 = A

500 ~ 549 = B

450 ~ 499 = C

400 ~ 449 = D

Below 400 = 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