

**Sul Ross State University
Kinesiology Department
PE 1301 – Intro to Sport
Fall 2016**

Syllabus

Instructor: J.C. McDonald

Phone: 837-8209

Office Hours: M(9-12,), T(8-9,), W(9-12), Th(8-9), F(9-12)

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Course Description: A study of the historical and philosophical foundations, scope, objectives, and future of sport and fitness related careers. In addition, the scientific foundations, programs, professional considerations, and leadership requirements for employment within this profession will be emphasized.

Text: Class lecture and notes

Course Objectives: At the completion of the course the student shall be able to:

1. Demonstrate an understanding of the philosophical and historical development of sport and exercise science.
2. Distinguish between the various programs in exercise science, sport and allied fields, and demonstrate an understanding of the requirements and qualifications for employment in each specific area.
3. Demonstrate knowledge of the foundations of sport and exercise science. This will include the following areas:
Biological Foundations, Exercise Physiology, Psychological Foundations, Sociological Foundations, and Biomechanical Foundations
4. Demonstrate knowledge of the necessary ingredients for becoming a leader in the profession of sport and exercise science.

Student Learning Outcomes: Bachelor of Science in Kinesiology and Human Performance

1. The Kinesiology and Sport Science students will understand the principles of motor learning; understand the practice for developing motor skills; apply knowledge to biomechanical principles; apply knowledge of individual and team sports and understand the principles of dance, personal performance activities, recreational activities and outdoor pursuits (Movement Skills and Knowledge Domain).
2. The Kinesiology and Sport Science students will understand major body systems, principles of physical fitness and benefits of a healthy lifestyle; understand the principles and activities for developing cardiovascular endurance; understand principles and activities for developing and maintaining flexibility, muscular

- strength and endurance; and understand health and wellness concepts (Health-Related Physical Fitness Domain).
3. The Kinesiology and Sport Science students will know how to use effective instruction and assessment to prepare physically educated individuals; understand factors relevant to learning and performance in physical education and use knowledge to promote students' development; understand the structure and purposes of physical education programs; and understand legal issues and responsibilities of physical education teachers (The Physical Education Program Domain).

Standards & Competencies:

- **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.

Exams and Grading Procedures: Late assignments will not be accepted

1. A total of four (4) exams worth 100 points each will be administered on specified dates.
2. Physical Education EC-12 TExES certification information, Pedagogy & Professional Responsibility (PPR) test, Content Area exam worth 30 points
3. Current event articles (10) with summary worth 10 points each.
4. Portfolio Biography/Edit, Philosophy, Resume, Achievements, Professional Organizations and Memberships, Picture Gallery, Professional Development,

- Community Service 100 points each.
5. Future of our Field paper regarding Physical Education worth 50 points.

680-612=A 611-544=B 543-476=C 475-408=D 407-below=F

Class Attendance: *Attendance is mandatory and three tardies will equal one absence. Failure to attend lecture will be used in determining your grade for this course. Students are expected to attend each class period and will be held accountable for all work covered in the course despite valid reasons for absence from class. It is the student's responsibility to arrange for the completion of any missed work.

3 unexcused absences-lowering 1 letter grade; 6 unexcused absences-dropped from course

Disability Support Policy Statement: Sul Ross State University is committed to equal access in compliance with the Americans with Disabilities Act of 1973. It is the student's responsibility to initiate a request for accessibility services. Students seeking accessibility services must contact Mary Schwartz, M. Ed., L.P.C., in Counseling and Accessibility Services, Ferguson Hall, Room 112. The mailing address is P.O. Box C-122, Sul Ross State University, Alpine, Texas 79832. Telephone: 432-837-8691. E-mail: mschwartz@sulross.edu

Academic Dishonesty: Honesty in completing assignments is essential to the mission of the university and to the development of the personal integrity of the student. Cheating, plagiarism, or other kinds of academic dishonesty will not be tolerated and will result in appropriate sanctions that may include failing an assignment, failing the class, or being suspended or expelled. Suspected cases in this course may be reported to Student Life.

STANDARDS

Standard I

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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

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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.

Southern Association of Schools and Colleges (SACS)

PROGRAM LEARNING OUTCOMES:

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