

Sul Ross State University
KES 4310 – Program Planning and Evaluation
Spring 2020

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Location: In Person
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Office Hours: **Monday-Thursday 2:30-5:30PM Friday 10-12PM**

Course Description:

This course will outline the principles associated with program planning, testing, evaluation, and rehabilitation protocols for multiple forms of athletic training.

Course Text:

G. Gregory Haff. & N. Travis Triplet (2016). *Essentials of Strength Training & Conditioning (4rd ed)*. Champaign, IL: Human Kinetics.

Standard Alignment:

Domain I Movement Skills and Knowledge
(approximately 38% of the test)

Standards assessed:

Physical Education EC-12 Standard I:

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

Physical Education EC-12 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.

Domain II Health-Related Physical Fitness

(approximately 31% of the test)

Standards assessed:

Physical Education EC-12 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.

SACS Program Learning Outcomes – KES 4310

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 in physical education and uses knowledge to promote students' development; understands the structure and purposes of physical education programs; and understand legal issues and responsibilities of physical education teachers (The Physical Education Program Domain).

Academic Honesty:

Plagiarism and Cheating of any kind on an examination, quiz, or assignment will result at least in an "F" for that assignment (and may, depending on the severity of the case, lead to an "F" for the entire course) and may be subject to appropriate referral to the Office of Student Conduct for further action. I will assume for this course that you will adhere to the academic creed of this University and will maintain the highest standards of academic integrity. In other words, don't cheat by giving answers to others or taking them from anyone else. I will also adhere to the highest standards of academic integrity, so please do not ask me to change (or expect me to change) your grade illegitimately or to bend or break rules for one person that will not apply to everyone.

Disability Statement:

The Sul Ross State University is committed to providing reasonable accommodations for all persons with disabilities. This syllabus is available in alternate formats upon request. Students with disabilities who need accommodations in this course must contact the professor at the beginning of the semester to discuss needed accommodations. No accommodations will be

provided until the student has met with the professor to request accommodations. Qualified students with disabilities needing academic or other accommodations to ensure full participation in the programs, services and activities at Sul Ross State University should contact Disability Services Coordinator, Ferg 112, Box C-122, Alpine, TX, 79832 (432-837-8203).

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publicly may require personal reflection/comments, but the assignments will not require you to disclose any personally identity-sensitive information. If you have any concerns about this, please contact your instructor.

Marketable Skills – The following marketable skills are met in this course:

- **Creativity**
- **Collaboration** – students will interact with various co-workers and/or clients
- **Communication** – students will develop proper work related communication skills
- **Critical Thinking** – students will critically decipher a multitude of real-world scenarios
- **Career Readiness** – students will learn skills necessary to thrive in their Chosen profession

ADA 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

Course Schedule:

Week 1-2 – Chapter 14 Test and Assignment

Week 3-4 – Chapter 15 Test and Assignment

Week 5-6 – Chapter 17 Test and Assignment

Week 7-8 – Chapter 18 Test and Assignment

Week 9-10 – Chapter 19/20 Test and Assignment

Week 11-12 – Chapter 21/23 Test and Assignment

Week 13-14 – Chapter 24 Test and Assignment

Week 15-16 – Final Project and Final Exam due

Grade Breakdown:

Quizzes	445
Assignment	255
Final Exam	500
Total	1200