School: School of Health and Sports Science

Department: Kinesiology (KIN)

Faculty: Dr. Nancy Huff

Email: nhuff@umobile.edu

Course: KIN 211 History and Principles of Physical Education, Exercise Science and Sports

Credit: 3 Semester Hours

DEFINITION OF CREDIT HOUR: One credit hour is equivalent to fifteen hours of faculty instruction and a minimum of thirty hours of student reading and work on other assignments in addition to class time. Online classes involve equivalent amounts of time for instruction and coursework or otherwise demonstrate student mastery of concepts through assessments which are appropriately mapped to course learning outcomes.

PREREQUISITE: NONE

COURSE DESCRIPTION: Introduces the student to the specialized areas of study within physical education, exercise science and sport through a study of their history and the basic principles supporting these areas. Recommended for KIN majors and minors only. Credit, three

OBJECTIVES

The student will be able to: (Codes for Alabama State Department standards are listed after appropriate objective.)

1. demonstrate knowledge of historical, philosophical, and social perspectives of physical education and related legislation; (2)(a)1.(iv)
2. demonstrate the ability to achieve and maintain a health-enhancing level of fitness throughout the program (2)(b)2.
3. demonstrate knowledge of strategies to become an advocate in the school and community to promote a variety of physical activity opportunities (2)(f)2.(i)
4. demonstrate knowledge of professional organizations (e.g. local, state, and national) for physical education and the broader education field (2)(f)2.(ii)
5. demonstrate knowledge of community resources to enhance physical opportunities (2)(f)2.(iii)
6. demonstrate knowledge concerning the following specialized areas of study: sport philosophy, sport history, sport sociology, sport and exercise psychology, motor development, motor learning, biomechanics, exercise physiology, sports medicine, sport
7. formulate a philosophy of physical education, exercise science, and sport;
8. identify career opportunities in physical education, exercise science, and sport.
9. self-assess strengths, interests, goals, and career preferences.
10. understand professional preparation curriculum and how to maximize educational opportunities.
11. discuss issues and challenges related to leadership in physical activity, leadership in youth sport, the growing field and our and identity, and the gap between research and practice.
12. the use of library resources and Internet resources to search the related literature in physical education, exercise science, and sport.
13. develop an introduction professional portfolio
14. discuss strategies for intentionally integrating Christian Worldview into the field of human performance and exercise science.

TEXTBOOK:

Wuest, Deborah A. & Bucher, Charles. Foundations of physical education and sport newest edition

REQUIRED ACTIVITIES: (Codes for Alabama State Department standards are listed after appropriate activity.)

The student will be involved in lecture/discussion, individual and group projects, assignments, oral reports, and other learning activities.

1. Written Examinations: There will be four exams. Exams will be varied in format (multiple choice, true/false, short answer, computation, and essay). The tests will be based on the material delivered in class by the instructor and over the readings in the text. (2)(a)1.(iv); (2)(f)2.(i); (2)(f)2.(ii); (2)(f)2.(iii)

*No make-up examinations will be given unless there are unusual circumstances.

2. Critique: The student will be required to submit a critique after reading articles from professional journals related to the course content. More specific information about this project will be discussed in the class.

3. Electronic Portfolio: The student will create a professional electronic portfolio that offers the student the opportunity to select and showcase academic work and community service. The portfolio will contain a resume and other pertinent materials selected by the
student to represent the student’s best work. As part of this project, digital video clips will be included. The primary objective of this project is to better prepare you to effectively use technology and Internet resources and to encourage you to begin developing a professional portfolio that will be effective for future employment. More specific information about this project will be discussed in the class. (2)(f)2.(ii)

4. **Learning activities and other assignments**: Each student will be involved in various learning activities, which will provide the student with opportunities to apply his/her knowledge in a practical way. The learn activities may involve computer-assisted labs, data collection, analysis of data, examination of curriculum materials and written summary. (2)(f)2.(i); (2)(f)2.(ii) (2)(f)2.(iii);

5. **Health Related Physical Fitness Assessment**: Each student will take a health related fitness assessment, determine fitness status and set goals for achieving and maintaining those goals. (2)(b)2.

6. **Class Participation**: Class participation is very important in the class. See the attendance policy.

**ATTENDANCE POLICY:**

- After four absences, the grade will be lowered by one letter
- After five absences, the student must drop the class or take an incomplete.
- Three tardies or leaving ten or more minutes early equal one absence. Tardies are defined as ten minutes past the designated start of class time.

**DROP DATE**: Last day to drop without a failing grade (F) NOVEMBER 7, 2017 (Offices close at 5:30)

**ADA STATEMENT:**

It is the policy of the University of Mobile to provide reasonable accommodations for persons with disabilities as defined in Section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990. Eligibility for services requires prior documentation of the disability. The Academic Advisor and the Disability Services Coordinator, Mrs. Julia Lucy, coordinate support services for students with disabilities and are accommodation resources for faculty and administration.
Course Website:

A webpage for this course can be found by logging into https://umportal.umobile.edu/ics and selecting MY COURSES under QUICK LINKS. In order to comply with the Higher Education Act which requires verification of student identity in online work, all online coursework submitted to the faculty member must be completed by secure login and passcode or sent from the student’s official University E-Mail Account.

Tutoring and Writing Assistance:

Tutoring in a variety of areas and writing assistance are available free of charge to UM students through both UM’s Learning Center (on-campus peer tutoring service) and Tutor.com (online tutoring service). Students may schedule Learning Center appointments at http://umobile.edu/learningcenter/ or by contacting the Learning Center located on the 2nd floor of the Bedsole Library (251.442.2377), and may access Tutor.com through the MyUM course website.

COURSE OUTLINE AND TENTATIVE SCHEDULE: (Codes for Alabama State Department standards are listed after appropriate topic.)

Week One

1. Nature and Scope of Physical Education, Exercise Science, and Sport
   1. Meaning and Scope
   2. Philosophy Goals, and Objectives
   3. Role in Society (2)(f)2.(i)

Weeks Two-Fourteen

1. Foundations of Physical Education, Exercise Science, and Sport
   1. Historical, philosophical, and social perspectives of physical education and related legislation
   2. Exam 1 (2)(a)1.(iv)
   3. Motor Behavior
   4. Biomechanical Foundations
   5. Exercise Physiology and Fitness assessment (2)(b)2.
   6. Exam 2
   7. Sociological Foundations
   8. Sport and Exercise Psychology
   9. Sport Pedagogy
   10. Exam 3
Week Fifteen

- Careers and Professional Considerations
  2. Career and Professional Development (2)(f)2.(ii)
  3. Teaching and Coaching Careers
  4. Fitness- and Health-Related Careers
  5. Sport Careers

Week Sixteen

IV Issues, Challenges, and the Future (2)(f)2.(i)

Final Exam (2)(a)1.(iv); (2)(f)2.(ii); (2)(f)2.(iii)

**FINAL EXAM SCHEDULING:** Students are expected to take the final exam on the scheduled exam date. Students enrolled in face-to-face classes need to make all travel arrangements to accommodate the date of the final exam. The final exam should not be given early.