



Health and Wellness Dpt. Fall 2019

Chair: Bob Benson, 701-774-4291

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## HPER 208: Introduction to Physical Education

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### **COURSE SYLLABUS**

#### **COURSE INFORMATION**

HPER 208 Introduction to Physical Education, 3 Credits

Course Description: This course is designed for prospective physical education majors. It is also designed for individuals in related fields such as training, recreation, coaching, or other career opportunities. The course includes emphasis on historical, cultural, social, and scientific foundations. The course will also explore current issues and problems in the field today. The course will also explore career teaching and non-teaching career opportunities.

#### **INSTRUCTOR**

Katie Kauffman , [katie.kauffman@ndus.edu](mailto:katie.kauffman@ndus.edu) 208-410-2881

No Campus Office as I live in Twin Falls, Idaho

Office Hours: I can be reached by phone Monday to Friday from 9:00 to 4:00 MST.

The easiest way to get a hold of me is through email. All email needs to be sent through your school-issued email. Please do not send messages through blackboard. I can be reached by phone at the above number, but email is still best as I check it very often.

#### **TEXTBOOK & MATERIALS**

FOUNDATIONS OF PHYSICAL EDUCATION, EXERCISE SCIENCE, AND SPORT 20<sup>TH</sup> EDITION

Jennifer L. Walton-Fisette, Deborah A. Wuest

## **STUDENT LEARNING OUTCOMES**

### **INSTITUTIONAL OUTCOMES**

1. Students will apply health related knowledge to promote physical and mental wellbeing.

### **PROGRAM OUTCOMES**

1. Students will apply health related knowledge to promote physical and mental wellbeing.

### **COURSE OUTCOMES**

1. Identify desired outcomes of PE
2. Develop ideas about the role of PE and sport in society
3. Examine issues, challenges, and future of PE and sport
4. Identify different career paths for PE majors

### **ASSESSMENT TASKS (FOR COURSE OUTCOMES)**

- Examinations
- Written or oral assignments
- Online discussions and/or completion of assignments

### **PROCESS SKILLS**

- Improve insight into the foundations of Physical Education (PE).
- Develop an appreciation for the historical perspective of PE.
- Identify objectives of PE.
- Understand the relationship between PE and sport.
- Identify issues, problems, and trends confronting the profession today.
- Develop a personal philosophy of PE.

### **CONCEPTS & ISSUES**

- Foundations and history of PE
- Objectives of PE
- Current issues and trends in PE
- Importance of personal philosophy
- Careers both teaching and non-teaching

## **ASSESSMENT PORTFOLIO**

Each degree seeking student is required to maintain an assessment portfolio on Blackboard for his/her time at Williston State College. For this class you should include evidence of completing institutional learning outcomes.

## **GRADING POLICY**

Assignments will be given frequently. These assignments will come in a variety of forms, including discussions on Blackboard, written assignments, and exams.

Late Assignments: Unless prior notice has been given late assignments will be graded at 50% of original credit.

Grading Scale:

A = 90%-100%, B = 80%-89%, C = 70%-79%, D = 60%-69%, F = 59% and below

## **ACCESSIBILITY STATEMENT**

Williston State College is committed to providing equal access to students. If you have a disability which may impact your performance, attendance, or grades in this course that requires accommodations, you must first register with Accessibility Support Services. Please note that classroom accommodations cannot be provided until your instructors receive an Accommodations Form, signed by you and the Accessibility Support Services Coordinator. The link to the WSC Accessibility webpage is <https://willistonstate.edu/students/Student-Services/Accessibility/>.

## **IMPORTANT DATES**

- Last day to drop: September 1, 2021
- Last day to withdraw: September 1, 2021
- For important dates concerning holidays, last date to withdraw from class, etc., please visit the WSC catalog available on the website: [www.willistonstate.edu](http://www.willistonstate.edu).

## **ACADEMIC RESOURCES**

Take advantage of academic resources available to you at Williston State College:

- **Communication Lab:** Supplemental instruction is provided to assist students who are either having difficulty or desiring extra help with specific subjects. The Communication Lab assists with composition, writing, communication, and public speaking. The Communication Lab is located in Stevens Hall 120. Students should make appointments at [wsc.writinglab@willistonstate.edu](mailto:wsc.writinglab@willistonstate.edu). You can also call the Comm. Lab 701-774-4511.
- **Math Lab:** Supplemental instruction is provided to assist students who are either having difficulty or desiring extra help with specific subjects. The Math Lab assists with all math needs. The Math Lab is located in Stevens Hall room 209.
- **Learning Commons:** It's not just the Library anymore. In addition to the normal library functions (book checkout, research assistance, etc.), the Learning Commons serves a number of other functions. Get help with Blackboard and other Distance Ed questions. The "technology counter" provides an opportunity to play with some of the latest technology. Computers and printers available. If you have questions, call (701-774-4226). To contact the Office of Extended Learning please email [wsc.extendedlearning@willistonstate.edu](mailto:wsc.extendedlearning@willistonstate.edu).
- **SmarThinking:** Web based program that offers live tutoring services in a variety of subject areas at no cost to the student. With SmarThinking you can access live tutors,

ask a question and come back the next day for a response, and/or submit writing pieces to be reviewed. If you have further questions or need assistance in using this great tool, please stop in the Learning Commons in Stevens Hall or contact Katie Wenke at 701-774-4594.

## **STUDENT ACADEMIC INTEGRITY**

Work submitted for this course must follow Student Academic Integrity as cited in the WSC Student Code of Conduct:

Acts of cheating and plagiarism are prohibited. Cases of academic dishonesty may be treated as an academic matter or as a disciplinary matter at the discretion of the instructor.

Cheating is defined as fraud, deceit, or dishonesty in an academic assignment. It includes using or attempting to use materials, or assisting others in using materials that are prohibited or inappropriate in the context of the academic assignment in question.

Plagiarism is presenting someone else's work or ideas as your own, with or without their consent, by incorporating it into your work without full acknowledgement. All published and unpublished material, whether in manuscript, printed or electronic form, is covered under this definition.

Self-plagiarism is the use of one's own previous work in another context without citing that it was used previously.

The instructor may reflect the incident of academic dishonesty through the assignment of the student's grade in the course. If the student has a grievance related to this action, that grievance would be directed to the Chair of the department in which the course is housed.

Alternatively, the instructor may refer the case as a disciplinary matter to the Vice President for Academic Affairs. The Vice President for Academic Affairs may refer the case to the Student Review Committee for action.

Breach of academic integrity may result in failure of the assignment, exam, and/or class.

## **STUDENT RESPONSIBILITIES:**

- You are expected to read the relevant materials and participate in class discussions in a timely manner.
- You are expected to respect your fellow students and the Instructor in online and on campus discussions.
- It is your responsibility to ask questions when you are uncertain about assignments or course materials.
- If you have questions concerning grades, you should contact the Instructor immediately. You are responsible for checking Blackboard in a timely fashion to ensure that the grade recorded is your correct grade.

- It is your responsibility to contact the Instructor as soon as possible if you are encountering any issues that would hinder your performance in this class.
- You are responsible for earning your grade (with the Instructor making every effort to help you learn the material).
- If you are concerned about your grade, you should speak to the Instructor NO LATER than mid-term. No consideration will be given to request to adjust your grade at the end of the semester unless there is an error in calculations.

## **GRIEVANCE POLICY**

Occasionally, students are dissatisfied with some dimension of the course. In such cases, students should first schedule a meeting with the instructor. If the student and instructor cannot reach a satisfactory resolution, the student should schedule a meeting with the Chair of the Department. (See the Student Code of Conduct.)

## **TITLE IX**

Survivors of sexual assault, domestic violence, and sexual harassment: please be aware that as an instructor, I am legally obligated to report all instances of sexual assault, domestic violence, and sexual harassment involving students. If you would like to speak to someone confidentially, please contact the WSC Counselor at (701)774-4212 (they are NOT mandated to report such instances).

## **FINAL PROJECT**

Students will participate in a discussion board activity in which they will present the start of their teaching or coaching philosophy. Students will interact with each other and make suggestions for improvements or modifications to two classmates. After this is completed students will work to make final adjustments and will submit a completed draft of the philosophy to the instructor for a final grade.

## **SCOPE AND SEQUENCE OF THE COURSE (SUBJECT TO CHANGE)**

| <b>Day/Week</b>    | <b>Instruction Includes</b>   |
|--------------------|---|
| <b>August 24</b>   | First Day of Class  |
| <b>September 2</b> | Syllabus Welcome Quiz (Failure to complete on time will result in drop from the course) |
| <b>August 31</b>   | Discussion Board: Combating Obesity   |
| <b>August 31</b>   | Chapter 1 Assignment  |
| <b>September 7</b> | <b>Chapter 2 Assignment</b>   |

| <b>Day/Week</b>     | <b>Instruction Includes</b>   |
|---------------------|---|
| <b>September 14</b> | <b>Chapter 3 Assignment</b>   |
| <b>September 14</b> | Unit 1 Test   |
| <b>September 21</b> | Chapter 4 Assignment  |
| <b>September 28</b> | <b>Chapter 5 Assignment</b>   |
| <b>October 5</b>    | <b>Chapter 6 Assignment</b>   |
| <b>October 12</b>   | Chapter 7 Assignment  |
| <b>October 19</b>   | Chapter 8 Assignment  |
| <b>October 26</b>   | Chapter 9 Assignment  |
| <b>November 2</b>   | Chapter 10 Assignment   |
| <b>November 2</b>   | Unit 2 Test   |
| <b>November 9</b>   | Chapter 11 Assignment   |
| <b>November 16</b>  | <b>Chapter 12 Assignment</b>  |
| <b>November 23</b>  | <b>Chapter 13 Assignment</b>  |
| <b>November 30</b>  | Chapter 14 Assignment   |
| <b>November 30</b>  | Unit 3 Test   |
| <b>December 7</b>   | Chapter 15 Assignment   |
| <b>December 7</b>   | Discussion Board Introductory Draft of Teaching/Coaching Philosophy |
| <b>December 15</b>  | Final Project (Final Draft of Teaching/Coaching Philosophy)         |