

PES131: Foundations of Physical Activity & Health (Fall 2005, 2 credits)
School of Physical Activity & Health, Eastern Oregon University
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Description: Overview of career opportunities and success skills in physical activity and health. The class focuses on topics such as professional writing, academic literature, pedagogy, technical knowledge, and national certification exams. Fitness tests are also conducted for each student.

Goals: Students will . . .

1. Examine their career goals and choose an appropriate academic track to achieve these goals.
2. Understand the different sub-disciplines in the physical activity and health fields.
3. Pass fitness tests required for their degree.
4. Understand basic principles of pedagogy such as writing lesson plans, teaching philosophy, designing appropriate exams, curriculum design, and class management.
5. Demonstrate understanding of how to professionally write and reference information.
6. Recognize and critically evaluate academic sources of information and understand where to quickly find this information.
7. Develop competency in essential computer skills required for their academic and professional careers.

Text: Siedentop, D. (2004). *Introduction to Physical Education, Fitness, and Sport* (5th ed.). New York: McGraw-Hill. ISBN 0072930322

Requirements

- 40% Exams: Multiple choice, true false, matching, and essay question exams as indicated on the schedule.
- 30% Assignments: Unit plans, skill assessments, and other assignments given by instructor.
- 30% Fitness tests: Battery of fitness tests conducted in class. Minimum percentiles will be identified and required to complete the class.

Computer Technology

Each student will be required to submit or access assignments through various methods such as email (including attachments), Blackboard, the internet, Adobe Acrobat Reader, or a word processor. The student should be proficient in these activities and possess up-to-date software. For assistance with any of the required technology, contact computer support or read the help documentation accompanying the product. Blackboard also maintains a manual that is helpful for students. As a last resort, contact the instructor.

Late Work

Assignments are due as indicated by the schedule or instructor. All late work carries a penalty of 10 percent off the total possible of the assignment. **No work will be accepted after the final regularly scheduled class (last meeting date on the schedule before the final exam).**

Academic Integrity

Students are expected to adhere to the Student Conduct Code and exhibit honesty in their learning by turning in their original work and providing information from their own knowledge. Any students caught cheating, lying, or plagiarizing may fail the class and be subject to further discipline by the university. **Students are NOT allowed to log into another student's Blackboard account for any reason.**

According to www.webster.com "plagiarize" means "to steal and pass off (the ideas or words of another) as one's own," or, "use (another's production) without crediting the source." Eastern Oregon University's Writing Lab website (<http://www3.eou.edu/writelab/>) contains helpful information about plagiarism and how to avoid it. Each student will be responsible for knowing this information.

Online Exams

Exams are administered without a proctor. Students are allowed to utilize any sources such as the internet, classmates, discussion boards, text books, and additional readings. However, all information submitted must be original work from the student. To avoid penalties for plagiarism, all copied and borrowed materials from sources must be properly cited (see APA style guide at <http://www.eou.edu/~bsather/documents/apa.pdf>). The same rules apply for information taken from the textbook, class notes, and class discussions. All essay responses must also be original work. **Students are NOT allowed to turn in the same essays or copied materials from a partner's essays.**

Each exam or quiz must be started on the date and time (or timeframe) conveyed by the instructor. Students must complete and submit the test within the specified time limit to avoid a penalty. Once the exam is started the time will run until it is submitted, regardless of what computer activity occurs during the exam. Because of this, it is recommended to keep a personal clock running to ensure the exam is submitted on time. Since many exams include essay items that require the student to type lengthy responses, typing speed is a success factor. The instructor considers typing and other computer competencies as important proficiencies for college students. Deficiencies in these areas should be improved throughout the term with practice.

Disability Services

Any student who feels they may need accommodations for any type of disability must contact EOU's Disability Services Coordinator to discuss arrangements.

Grades

Students are responsible for reviewing their grades online to ensure that all assignments are turned in and properly recorded. The instructor will provide a username, password, and web address. The following are the percentages required for each letter grade:

A 93+	B+ 88-89	C+ 78-79	D+ 68-69	F <59
A- 90-92	B 82-87	C 72-77	D 62-67	
	B- 80-81	C- 70-71	D- 60-61	