HHPK 144 .001
Fall 2012
Tuesday and Thursday
8:00 a.m. – 9:15 a.m. Field House, Room 103

Instructor: Henry H. Ross, EdD
Office: Field house 216
Phone: (903) 468-6043
Office Hours: Monday and Wednesday – 9:30am – 10:45am
Tuesday and Thursday – 2:00pm – 4:00pm
Friday by appointment only (8:30am – 10:30am)
E-mail Address: Henry.Ross@tamuc.edu

Prerequisites:
There are no prerequisites for this course.

Course Description:
The purpose of this course is to provide students with an introduction to human movement that includes the historical development of physical education, exercise science, and sport from ancient through contemporary cultures. This course offers the student both an introduction to the knowledge base as well as information on expanding career opportunities. Physiological, sociological, and psychological principles affecting human movement and sport are also studied.

Course Objectives: The student will…….

1. Develop an understanding of the nature and scope of physical education, exercise science, and sport.
2. Develop a meaning and philosophy of physical education, exercise science, and sport.
3. Develop knowledge and understanding of the objectives and the role that physical education, exercise science, and sport has on the educational arena as well as in society.
4. Gain knowledge concerning the general factors that affect movement.
5. Become familiar with the historical foundations of physical education, exercise science, and sport.
6. Develop an understanding of the sociological and psychological foundations of exercise science and sport.
7. Gain an awareness of the types of careers and professional considerations in physical education, exercise science, and sport.
8. Develop an understanding of the issues and challenges that may affect the future of physical education, exercise science, and sport.
Class Procedures:
The class will be taught using two instructional approaches. About 70% of class time will be spent in a lecture format and 30% in a small group format, in which discussions will be held. Guest speakers, films, and videos will be used depending on need and availability. The instructor has the right to modify the outline of the course. Therefore it is essential that the student attends class, or if absent, find out about course changes and what may have been missed.

Class Attendance and Participation:
Students are expected to attend class and participate appropriately in class sessions. An attendance grade will be determined by the number of class meeting minus the number of absences/tardies acquired by the student; divided by the class meetings. Tardy three times for a class will be equal to one absence. Regular attendance (attending at least 90% of the class meetings), spirited and appropriate discussion and thoughtful questions will help raise the student’s grade to the next highest grade for those students who may be on the borderline at the end of the semester.

Class Notes:
My notes or overheads will not be made available to students so it is suggested that arrangements be made with fellow classmates to obtain notes from them. If you have questions regarding their notes or your own notes, I will be happy to answer them. Power-point presentations will be made available however these presentations should not be used as a substitute for reading the chapter.

Assignments:
a. **Reading:** Because group discussion will be used for a portion of the class, it is absolutely necessary that assigned chapters be read – and read on time.
b. **Projects:** (1) The student shall submit a one-page to one and a half page paper discussing the assigned topic. The paper should be double spaced with standard font (12 point, Times New Roman) and margins (1”top/bottom and 1.5” left/right). Correct spelling, grammar, and punctuation are expected. The topic/question chosen, student’s name, course name, assignment number, and date should appear on a separate page. Cheating and plagiarism will not be tolerated and may result in a score of “0” (zero) on the assignment and/or a failing grade for the course.

Late Paper Policy
Written assignments are due on the dates specified in the Course Calendar. **NO LATE WORK IS WILL BE ACCEPTED!!** For all written assignments, the student should keep a “saved” copy of the assignment for future reference. Telling me you e-mailed me an assignment that I do not acknowledge is not acceptable nor is it acceptable to attach a file to an e-mail that I cannot read or print. **E-mail assignments must reach my “In Box” by 12:00 noon on the day that the assignment is due.** **THE BEST ADVICE IS TO TURN YOUR ASSIGNMENT IN ON TIME AND ALWAYS SAVE A COPY IN A FILE THAT IS EASILY ACCESSIBLE.**
Exams
There will be four exams equally spaced throughout the semester. The exams will only cover material from their respective chapters during the semester. The exams may include multiple choice, short answer, and essay questions that cover content from the class lectures, discussions, and readings. The fourth exam will be held during the final examination week. An opportunity to engage in a test review will be provided before an examination is administered. No “make-up” exams are available unless due to extenuating circumstances (i.e. death of an immediate family member, severe injury/illness, etc.) and the student has written approval from the instructor to take the exam at a later date.

Academic Honesty
At all times students are expected to complete work independently unless instructed to do otherwise (e.g. group presentation). You should properly reference writings or ideas from others. If you are not sure how to do this, it is your responsibility to learn how by consulting APA guidelines or the instructor. Cheating on exams is definitely forbidden. The use of notes (unless permission is given by the instructor) or soliciting help from fellow students during an exam is not allowed. Instances of plagiarism, cheating, or other forms of dishonesty that are discovered may result in a failing grade on the given assignment for all involved students. More severe cases will be referred to the Head of the Department and may result in a failing grade for the course.

General Information:
*Students requesting accommodations for disabilities are encouraged to contact the Office of Student Disability Resources and Services.* The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. **For more information, please contact the Coordinator of Student Disability Resources and Services, Gee Library, Room 132, (903) 886-5150 or (903) 886-5835.**

“All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment.” (See Student’s Guide Handbook, Policies and Procedures, Conduct)

*PLEASE, TURN OFF CELL PHONES DURING CLASS.*
An emergency number to give to those who might need to contact you is 903-886-5868 (University Police) or 903-886-5048 (Dean of Students) or 903-886-5549 (Health and Human Performance Administrative Assistant, Billie Abell).
# Course Calendar fall 2012: *(subject to modification)*

<table>
<thead>
<tr>
<th>DATE</th>
<th>TOPIC</th>
<th>READINGS/ASSIGNMENT</th>
</tr>
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<tbody>
<tr>
<td>8/28</td>
<td>Introduction/Syllabus</td>
<td>Assignment Sheet</td>
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<tr>
<td>8/30</td>
<td>Meaning and Scope</td>
<td>Chapter 1</td>
</tr>
<tr>
<td>9/4</td>
<td>Philosophy Goals, and Objectives</td>
<td>Chapter 2</td>
</tr>
<tr>
<td>9/6</td>
<td>Role in Society</td>
<td>Chapter 3 / *Assignment #1 (due)</td>
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<tr>
<td>9/11</td>
<td>Historical Foundations</td>
<td>Chapter 4</td>
</tr>
<tr>
<td>9/18</td>
<td>Class and/or Small Group Discussion</td>
<td>*Assignment #2 (due)</td>
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<tr>
<td>9/20</td>
<td>Test Review</td>
<td></td>
</tr>
<tr>
<td>9/25</td>
<td>Exam #1 <em>(Chapters 1, 2, 3, and 4)</em></td>
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<tr>
<td>9/27</td>
<td>Motor Behavior</td>
<td>Chapter 5 / *Assignment #3 (due)</td>
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<tr>
<td>10/2</td>
<td>NO CLASS</td>
<td></td>
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<tr>
<td>10/4</td>
<td>Biomechanical Foundations</td>
<td>Chapter 6 / *Assignment #4 (due)</td>
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<tr>
<td>10/9</td>
<td>Exercise Physiology and Fitness</td>
<td>Chapter 7</td>
</tr>
<tr>
<td>10/11</td>
<td>NO CLASS …….. Out of Class Assignment Due / *Assignment #5 (due)</td>
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<tr>
<td>10/16</td>
<td>Class and/or Small Group Discussion</td>
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<tr>
<td>10/18</td>
<td>Test Review</td>
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<tr>
<td>10/23</td>
<td>Exam #2 <em>(Chapters 5, 6, and 7)</em></td>
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<td>10/25</td>
<td>Sociological Foundations</td>
<td>Chapter 8 / *Assignment #6 (due)</td>
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<td>10/30</td>
<td>Sport and Exercise Psychology</td>
<td>Chapter 9</td>
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<td>11/1</td>
<td>Sport Pedagogy</td>
<td>Chapter 10 / *Assignment #7 (due)</td>
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<td>11/6</td>
<td>Class and/or Small Group Discussion</td>
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<td>11/8</td>
<td>Test Review</td>
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<tr>
<td>11/13</td>
<td>Exam #3 <em>(Chapters 8, 9, and 10)</em></td>
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<td>11/15</td>
<td>Career and Professional Development</td>
<td>Chapter 11 / *Assignment #8 (due)</td>
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<td>11/20</td>
<td>Teaching and Coaching Careers</td>
<td>Chapter 12</td>
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<tr>
<td>11/22</td>
<td>THANKSGIVING BREAK ……… THANKSGIVING BREAK</td>
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<tr>
<td>11/27</td>
<td>Fitness and Health-Related Careers</td>
<td>Chapter 13 / *Assignment #9 (due)</td>
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<td>11/29</td>
<td>NO CLASS</td>
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<tr>
<td>12/4</td>
<td>Sport Careers</td>
<td>Chapter 14 / *Assignment #10 (due)</td>
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<tr>
<td>12/6</td>
<td>Class and/or Small Group Discussion/ Test Review</td>
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<tr>
<td>12/10 – 12/14</td>
<td>FINAL EXAM WEEK</td>
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Grading:
Final grading will tentatively be done on a percentage based on the total points possible.

Exam #1 = 100 points
Exam #2 = 100 points
Exam #3 = 100 points
Exam #4 = 100 points
Attendance and Participation = 100 points
10 Assignments @ 50 points each = 500 points

Total = 1000 points

**TENTATIVE FINAL GRADING SCALE**

<table>
<thead>
<tr>
<th>Points</th>
<th>Average</th>
<th>Grade</th>
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</thead>
<tbody>
<tr>
<td>900 - 1000</td>
<td>90% - 100%</td>
<td>A</td>
</tr>
<tr>
<td>800 - 899</td>
<td>80% - 89%</td>
<td>B</td>
</tr>
<tr>
<td>700 - 799</td>
<td>70% - 79%</td>
<td>C</td>
</tr>
<tr>
<td>600 - 699</td>
<td>60% - 69%</td>
<td>D</td>
</tr>
<tr>
<td>599 and below</td>
<td>50% and Below</td>
<td>F</td>
</tr>
</tbody>
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*If you drop the class, and you are not passing the course, the grade assigned will be Dropped Failing.*

**Required Textbook:**
Fall Semester, 2012
Assignments and due dates for HHPK 144.001
All Assignments are due by 12:00 noon on the due date.

Assignment #1 (Due 9/6/12)
Self-Assessment Activity #2, page 64.

Assignment #2 (Due 9/18/12)
Self Assessment Activity #1, page 101

Assignment #3 (Due 9/27/12)
Self-Assessment Activity #1, page 146.

Assignment #4 (Due 10/4/12)
Self-Assessment Activity #1, page 181

OR
Self-Assessment Activity #3, page 181

Assignment #5 (Due 10/11/12)
Self-Assessment Activity #5, page 214

And
Self-Assessment Activity #6, page 214

Assignment #6 (Due 10/25/12)
Self-Assessment Activity #2, page 263

OR
Self-Assessment Activity #3, page 263
Assignment #7 (Due 11/1/12)

Self-Assessment Activity #1, page 304

OR

Self-Assessment Activity #1, page 338

OR

Self-Assessment Activity #2, page 338

Assignment #8 (Due 11/15/12)

Self-Assessment Activity #1, page 374

Assignment #9 (Due 11/27/12)

Self-Assessment #1, page 413

OR

Any of the Self-Assessment Activities on pages 451 – 452

Assignment #10 (Due 12/4/12)

Self-Assessment #2, page 480

OR

Self-Assessment #4, page 506