1. **COURSE TITLE\*:** Introduction to Exercise Science
2. **CATALOG – PREFIX/COURSE NUMBER/COURSE SECTION\*:** HFES 1101
3. **PREREQUISITE(S)\*:** None **COREQUISITE(S)\*:** None
4. **COURSE TIME/LOCATION/MODALITY: (*Course Syllabus – Individual Instructor Specific*)**
5. **CREDIT HOURS\*:** 3 **LECTURE HOURS\*:** 3

**LABORATORY HOURS\*: (contact hours)** 0 **OBSERVATION HOURS\*:** 0

1. **FACULTY CONTACT INFORMATION: *(Course Syllabus – Individual Instructor Specific)***
2. **COURSE DESCRIPTION:** This course is the introduction to exercise science and the sub-disciplines. It is designed to help students define professional goals and explore the many careers in exercise science. Students will begin to gain the competencies essential and the commitment required to be in the field of exercise science.
3. **LEARNING OUTCOMES:**

1. Identify and define the basic concepts of physical activity, fitness and wellness.

2. Identify potential career opportunities, educational requirements, and certifications in exercise science and the sub-disciplines.

3. Identify professional organizations, journals and best practices that support the profession.

4. Investigate the skills and knowledge essential for a practitioner in the field of exercise science.

5. Utilize effective communication skills to present scholarly physical activity, fitness and wellness topics.

1. **ADOPTED TEXT(S)\*:**

*Foundations of Physical Education, Exercise Science, and Sport*

21th Edition (Inclusive Access e-book only with Connect)

Walton-Fisette, Jennifer and Wuest, Deborah

New York City, NY: McGraw-Hill.

ISBN – 9781265280703

**9a: SUPPLEMENTAL TEXTS APPROVED BY FULL TIME DEPARTMENTAL FACULTY (INSTRUCTOR MUST NOTIFY THE BOOKSTORE BEFORE THE TEXTBOOK ORDERING DEADLINE DATE PRIOR TO ADOPTION) \*\*\*.**

1. **OTHER REQUIRED MATERIALS: (SEE APPENDIX C FOR TECHNOLOGY REQUEST FORM.)\*\***

Students may choose to opt-out and not be charged or receive this Follett Access (Inclusive Access) class resource.  Not having this resource could impact the student’s ability to stay current in the course and may impact academic success.  To opt-out, student must contact the campus bookstore.

1. **GRADING SCALE\*\*\*:**

Grading will follow the policy in the catalog. The scale is as follows:

A: 90 – 100

B: 80 – 89

C: 70 – 79

D: 60 – 69

F: 0 – 59

1. **GRADING PROCEDURES OR ASSESSMENTS: (*Course Syllabus – Individual Instructor Specific – Sample Below)***

* Writing Assignments (2) – 20%
* Scholarly article reviews and/or web site reviews - 10%
* Exams - 50%
* \*Class participation – 20%

\*May include overall attendance, case studies, fitness testing, observations, chapter reviews, participation in class discussions, chapter quizzes, and group activities.

1. **COURSE METHODOLOGY: *(Course Syllabus – Individual Instructor Specific – Samples Below)***

Written tests, lecture, field trips (classroom observations of elementary and secondary physical education classes), papers (personal philosophy and interview of a professional), web site reviews, journal article reviews, and case study discussions, quizzes, chapter reviews.

1. **COURSE OUTLINE: *(Course Syllabus – Individual Instructor Specific)***

* Week One - Introduction to course, meaning and scope - define physical education, exercise science, health, recreation, leisure, dance (LO 1)
* Week Two - Philosophies of physical education (LOs 4 and 5)
* Week Three - Health and physical education in society (LO 1)
* Week Four - History of physical education in the world (LOs 1 and 5)
* Week Five - History of physical education in the United States cont. (LO 1 and 5)
* Week Six - Motor behavior and motor development (LOs 2, 3 and 4)
* Week Seven - Biomechanical foundations (LOs 2, 3, and 4)
* Week Eight - Biomechanical foundations cont. and Mid-term Exam (LO 1, 2, 3, 4, and 5)
* Week Nine - Exercise physiology and fitness (LOs 1, 2, 3, and 4)
* Week Ten - Exercise physiology and fitness cont. (LOs 1, 2, 3, and 4)
* Week Eleven - Careers in physical education and professional development (LOs 2, 3, 4, and 5)
* Week Twelve - Teaching and coaching careers (LOs 2, 3, and 4)
* Week Thirteen - Fitness and health-related fields (LOs 2, 3, and 4)
* Week Fourteen - Sport careers (LOs 2, 3, and 4)
* Week Fifteen - The future of physical education - issues and trends (LOs 2 and 4)
* Week Sixteen - Final exam (LOs 1, 2, 3, 4, and 5)

1. **SPECIFIC MANAGEMENT REQUIREMENTS\*\*\*:**

None

1. **FERPA:** Students need to understand that their work may be seen by others. Others may see your work when being distributed, during group project work, or if it is chosen for demonstration purposes. Students also need to know that there is a strong possibility that your work may be submitted to other entities for the purpose of plagiarism checks.
2. **ACCOMMODATIONS:**

Students requesting accommodations may contact Ryan Hall, Accessibility Coordinator at rhall21@sscc.edu or 937-393-3431, X 2604.

Students seeking a religious accommodation for absences permitted under Ohio’s Testing Your Faith Act must provide the instructor and the Academic Affairs office with written notice of the specific dates for which the student requires an accommodation and must do so no later than fourteen (14) days after the first day of instruction or fourteen (14) days before the dates of absence, whichever comes first. For more information about Religious Accommodations, contact Ryan Hall, Accessibility Coordinator at [rhall21@sscc.edu](mailto:rhall21@sscc.edu) or 937-393-3431 X 2604.

1. **OTHER INFORMATION\*\*\*:**

None

**SYLLABUS TEMPLATE KEY**

**\*** Item cannot be altered from that which is included in the master syllabus approved by the Curriculum Committee.

**\*\*** Any alteration or addition must be approved by the Curriculum Committee

**\*\*\*** Item should begin with language as approved in the master syllabus but may be added to at the discretion of the faculty member.