

PE 151 Concepts

Fall 2010

Instructor: Will Stern

Office Hours: Posted—B315

Extension: 1512

stern@covenant.edu

Course Description

Introduction to principles of physical education, fitness, and health. Topics to be covered through lectures and laboratories include exercise physiology, fitness testing, nutrition, diet, systems of training and motor skill acquisition for lifetime sports. Development of a personal exercise program will be the culminating activity for the course. Two units.

Objectives

The students will demonstrate his/her knowledge of materials covered in class:

- A. by completing lab assignments,
- B. passing two non-cumulative learning experiences,
- C. creating an individual wellness program plan,
- D. writing an integrative essay regarding wellness and Christianity,
- E. attending all classes fully prepared to engage in learning.

Students may vary in their competency levels and abilities. You can expect to acquire the concepts presented in this class only if you honor all class policies, attend class regularly, complete all assigned work in good faith and on time, and meet all other course expectations of you as a student.

Learning Methods

Active participation by the student in class, lab sessions, lectures, and discussions is expected.

Text

Fitness For a Lifetime (5th ed), Fanning and Stern, Hunter, 2008

Class Times

- Section 1—Tuesday & Thursday 8:30–9:20 am.....Final Time..... **8:00 am** (Tuesday, December 14)
- Section 2—Tuesday & Thursday 9:30–10:20 am.....Final Time.... **10:30 am** (Tuesday, December 14)
- Section 3—Tuesday & Thursday 1:30–2:20 pm.....Final Time.... **10:30 am** (Monday, December 13)
- Section 4—Tuesday & Thursday 2:30–3:20 pm.....Final Time..... **2:00 pm** (Wednesday, December 15)

Students Responsibilities

The student will demonstrate his/her knowledge of the materials covered by completing lab assignments, completing the program plan, and taking three learning experiences.

The student is expected to read, understand and sign the class contract.

It is entirely the student's responsibility to communicate to the instructor of any problems, to make sure the instructor receives the message and also follow up so the student knows that without any doubt the instructor has actually received the intended communication.

Evaluation

- Activities (Labs, Internet, Quizzes, Blogs and In-class activities) Objectives A, B, E 230 points 23%
- Two Written Learning Experiences (300 each) Objective B..... 600 points 60%
- Final Essay Learning Experience Objective D (**required**) 50 points 5%
- S2E2** Plan Objective C (**required**) 120 points 12%

Stress and Sleep: Time Management

Eating: Nutrition Inventory

Exercise: Exercise Guide

Please note: The paper style sheet (for extra credit) and the Rubric guide will be given to each student and discussed in detail when the **S2E2** activity is assigned.

Class Policies

Class Attendance/Participation

The student is expected to attend and participate in all classes. Each student gets two (2) free activity absences without penalty (including sickness). Any written work that is turned in after it was collected in the class it was due is assessed a minimum of a 10% penalty for each class it is late.

Grading Scale							
A+	N/A	B+	870	C+	770	D+	670
A	930	B	830	C	730	D	630
A-	900	B-	800	C-	700	D-	600

Health Problems

Students with any physical problems, which may affect their ability to perform in class, should notify the instructor by **September 2** (put in writing/may also require medical notification).

ADA Statement—Please Note: If you have a disability which may require assistance or accommodations, or you have questions related to any accommodations for testing, note takers, readers, etc., please speak with me as soon as possible.

Extended Time for Testing

Students who have on file in the office of records a current psychological evaluation that recommends extended time for testing shall be granted that accommodation on a case-by-case basis at the recommendation of the dean of records. Typically, extended time will entail 1.5 times the normal test period. The Dean of Records can make recommendation for additional accommodations on a case-by-case basis. Despite the accommodation regarding the administration of tests, all other assignments will be due according to the announced dates.

Make-up Learning Experiences

Make-up dates must be arranged with the instructor. Notify the instructor **ahead of time** if you will be unable to attend a Learning Experience.

Extra Credit

A student may receive extra credit by using the tighter formatting guidelines for the **S2E2** plan paper. A student can earn up to 10 points extra credit. Please note that there may be additional opportunities for extra credit.

Tentative Schedule

Chapter 1

Chapter 2

Chapter 4

Chapter 5

Learning Experience 1

Chapter 6

Chapter 7

Chapter 8

Chapter 9

Learning Experience 2

The above schedule, policies, procedures, and assignments in this course are subject to change in the event of extenuating circumstances, by mutual agreement, and/or to ensure better student learning.

Class web site: <http://www.super-super.com/hpe151/>