

**MURRAY STATE UNIVERSITY
COURSE SYLLABUS**

Revised Fall 2015

DEPARTMENT: ADOLESCENT, CAREER, AND SPECIAL EDUCATION

COURSE PREFIX: HPE COURSE NUMBER: 175 CREDIT HOURS: 3

I. TITLE: Foundations of Health and Physical Education

II. COURSE DESCRIPTION AND PREREQUISITE(S):

Designed to provide an overview of health and physical education. This will examine the scope, history, philosophy, aims and objectives of health and physical education programs as well as career opportunities in the field.

Prerequisite(s): permission of the program coordinator

III. COURSE OBJECTIVES:

Class activities will be centered on the attainment of the course objectives listed below. Following each objective, and enclosed in parentheses, are numbers which reference the Kentucky Teacher Standards for Preparation and Certification (KTS), the Interstate Teacher Assessment and Support Continuum (InTASC), the Joint Committee on National Health Education Standards (NHES) and the Society for Public Health Education (SOPHE) standards addressed by that objective. Upon successful completion of this class, students will be able to

- A. describe the history of health and physical education (KTS 1; InTASC 4; NHES 1);
- B. discuss the challenges and trends affecting health and physical education in schools, neighborhoods and society (KTS 1; InTASC 4,5; NHES 3);
- C. identify the culture of sports and the direct impact it plays on physical activity in the US (KTS 1; InTASC 4,5; NHES 1, 2);
- D. discuss and write intelligently about the role of health and physical education and programs within the context of the school setting (KTS 1; InTASC 4,5; NHES 1, 2, 4);
- E. identify and discuss deterrents of wellness to include lifestyle choices (NHES 1, 2, 3, 4, 5, 6, 7, 8); and
- F. discuss and identify how past and present sport-related issues have influenced politics, economy, career opportunities, gender equity, and the role of the collegiate athlete (KTS # 1, InTASC # 4, 5; NHES 1, 2).

IV. CONTENT OUTLINE:

- A. Meaning and philosophy of health and physical education
- B. Objectives for health and physical education
- C. Role of health and physical education in society and education
- D. Historical foundations of health and physical education
- E. Psychological foundations of health and physical education
- F. Sociological foundations of health and physical education
- G. Preparing for a career in health and physical education
- H. Issues and challenges in health and physical education
- I. Future of health and physical education

V. INSTRUCTIONAL ACTIVITIES:

- A. Lecture/discussions focusing on acquisition of knowledge and integration of physical education subject matter with other disciplines
- B. Exit slips to assess student learning, reflective thinking and problem solving

VI. FIELD, CLINICAL, AND/OR LABORATORY EXPERIENCES: none

VII. TEXT(S) AND RESOURCES: none

VIII. EVALUATION AND GRADING PROCEDURES:

*Part of your professionalism/participation grade comes from coming to class and actively and appropriately engaging in assignments and class discussion. Grades will be posted in Canvas.

IX. ATTENDANCE POLICY:

Students are expected to adhere to the MSU Attendance Policy outlined in the current MSU *Bulletin*.

X. ACADEMIC HONESTY POLICY:

Murray State University takes seriously its moral and educational obligation to maintain high standards of academic honesty and ethical behavior. Instructors are expected to evaluate students' academic achievements accurately, as well as ascertain that work submitted by students is authentic and the result of their own efforts, and consistent with established academic standards. Students are obligated to respect and abide by the basic standards of personal and professional integrity.

Violations of Academic Honesty include:

Cheating - Intentionally using or attempting to use unauthorized information such as books, notes, study aids, or other electronic, online, or digital devices in any academic exercise; as well as unauthorized communication of information by any means to or from others during any academic exercise.

Fabrication and Falsification - Intentional alteration or invention of any information or citation in an academic exercise. Falsification involves changing information whereas fabrication involves inventing or counterfeiting information.

Multiple Submission - The submission of substantial portions of the same academic work, including oral reports, for credit more than once without authorization from the instructor.

Plagiarism - Intentionally or knowingly representing the words, ideas, creative work, or data of someone else as one's own in any academic exercise, without due and proper acknowledgement.

Instructors should outline their expectations that may go beyond the scope of this policy at the beginning of each course and identify such expectations and restrictions in the course syllabus. When an instructor receives evidence, either directly or indirectly, of academic dishonesty, he or she should investigate the instance. The faculty member should then take appropriate disciplinary action.

Disciplinary action may include, but is not limited to the following:

- 1) Requiring the student(s) to repeat the exercise or do additional related exercise(s).
- 2) Lowering the grade or failing the student(s) on the particular exercise(s) involved.
- 3) Lowering the grade or failing the student(s) in the course.

If the disciplinary action results in the awarding of a grade of E in the course, the student(s) may not drop the course.

Faculty reserve the right to invalidate any exercise or other evaluative measures if substantial evidence exists that the integrity of the exercise has been compromised. Faculty also reserve the right to document in the course syllabi further academic honesty policy elements related to the individual disciplines.

A student may appeal the decision of the faculty member with the department chair in writing within five working days. Note: If, at any point in this process, the student alleges that actions have taken place that may be in violation of the Murray State University Non-Discrimination Statement, this process must be suspended and the matter be directed to the Office of Institutional Diversity, Equity and Access. Any appeal will be forwarded to the appropriate university committee as determined by the Provost.

XI. NON-DISCRIMINATION POLICY AND STUDENTS WITH DISABILITIES:

Policy Statement

Murray State University endorses the intent of all federal and state laws created to prohibit discrimination. Murray State University does not discriminate on the basis of race, color, national origin, gender, sexual orientation, religion, age, veteran status, or disability in employment, admissions, or the provision of services and provides, upon request, reasonable accommodation including auxiliary aids and services necessary to afford individuals with disabilities equal access to participate in all programs and activities. For more information, contact the Executive Director of Institutional Diversity, Equity and Access, 103 Wells Hall, (270) 809-3155 (voice), (270) 809-3361 (TDD).

Students with Disabilities

Students requiring special assistance due to a disability should visit the Office of Student Disability Services immediately for assistance with accommodations. For more information, students should contact the Office of Student Disability Services, 423 Wells Hall, Murray, KY 42071. 270-809-2018 (voice) 270-809-5889(TDD).