PED 191 Foundations of Physical Education

Instructor: Britt Johnson
Office: 214F
Phone: 271-4309
E-mail: bjohnson35@missouriwestern.edu
Office Hours: Monday, Wednesday & Friday 10-11
Tuesday & Thursday 9-11 and by appointment

Additional information for class is available at: http://academic.missouriwestern.edu/bjohnson35/

Class Meeting times: Tuesday and Thursday 8-8:50 AM GISC 113 / 134


Catalog Description: Historic and Philosphic Analysis of Physical education emphasizing physical education as an academic discipline, professional opportunities, and associated fields. Recommended for freshman.

Standards Addressed:
- Teacher Education Unit Standards 1, 4, 5, 6, 7, 8, 9, 12
- DESE Standards 1, 6, 6.7, 9, 10
- Physical Education Content Standards 1 1.1, 1.9, 1.11
- Physical Education Content Standards 2 2.3
- Physical Education Content Standards 3 3.1, 3.4

Purpose: The purpose of this class is to
1) Address the standards stated above,
2) Address the conceptual framework theme of “Developing Physical Education Teacher Leaders: A commitment to Excellence in Physical Activity, Holistic Wellness, Personal and Professional Growth, and Scholarship.”

Students will have:
1) An understanding and knowledge of the historical and philosophical development of physical education and its significance to our culture.
2) Discussed the two primary ways that fitness has been important to society and relate each way to ancient Greece and Rome, medieval times, and contemporary America.
3) Contrast the education of the male youth of ancient Sparta with his counterparts in ancient Athens and Rome.
4) Discussed the contributions of several prominent figures in physical education, fitness, recreation and health.
5) Described how different fitness tests were created and their differences.

Course Objectives:
1. Discuss the relationships between science, medicine and Physical Education (DESE 9)
2. Describe the medieval concepts of scholasticism and asceticism and tell how each has influenced the development of physical education in the United States. (DESE 1)
3. Describe the influences of educational developmentalists and John Dewey on education and physical education (DESE 9)
4. Discuss the relationship between the new physical education and sports and explain how this relationship developed. (DESE 1)
5. An awareness and knowledge of physical education as an academic discipline within the education profession. (PSE 14)
6. Define the term “Scientific Foundation” and indicate how it relates to physical education (PSE 9)
7. Explain why having a knowledge of the disciplines in the scientific foundations is of value to the physical educator.
8. Explain what is meant by the scientific method of inquiry.
9. List the scientific disciplines that are included in the scientific foundation of physical education (DESE1)
10. Differentiate the scientific disciplines that are outside and within physical education.
11. Give examples in physical education activity situations that indicate how each of the scientific disciplines within physical education provide essential information to the physical educator.
12. Provide a thorough understanding of subfields of physical education and how they fit within the disciplines
13. State the usefulness of a degree in physical education (PSE 11)
14. List and explain various career opportunities that are available to a physical educator.
15. State the importance of teaching ability in both teaching and non-teaching careers.
16. Describe a variety of teaching careers. (PSE 14)
17. Describe a variety of coaching careers. (PSE 14)
18. Describe a variety of non-teaching careers. (PSE 14)
19. List the necessary preparation degrees, certificates, experiences to be qualified in your career selection. (PSE 14)
20. Develop an awareness of the physical educator as a professional and all connotations thereof.
**Academic dishonesty:** Any student in violation of academic regulations is subject to failing the assignment without hesitation. Possible causes of academic dishonesty include plagiarism, cheating, or knowingly furnishing false information. Students must turn in their own work. Citations are required for anything that is not common knowledge. Lack of appropriate citations constitutes plagiarism and is subject to failure of the assignment, and/or course as well as university discipline.

**Emergency procedures:** In case of emergency, file out of the class and building in an orderly fashion using the nearest exit. Do not use the elevators. Assist those who need assistance if possible, or report that someone needs help to those who can assist immediately. Assemble outside with the class for a head count.

**Requests for Modification:** Please see the professor as soon as possible to make arrangements if you have a documented disability. It is your responsibility to inform the professor of your needs.

**Course requirements / Assignments:** 700 Total points

- Attendance / participation 50 pts
- Professional portfolio 100 pts
- Field of study paper 150 pts
- Current Event (2 @ 50 pts each) 100 pts
- Exams (2 @ 100 pts each) 200 pts
- Final Exam 100 pts

**Grading Scale:**

A - 700-644  
B – 643-588  
C – 587-525  
D – 524-420  
F – 419-0

**Late assignments:** All assignments are due at the start of class on the day they are due. If a paper is turned in after class has begun, it is deemed late. The penalty for a late assignment is a reduction of 10% per day it is late. A paper due on Monday that is turned in on Friday is 5 days late, and will be graded out of 50%, not 100%. A paper due on a day of an excused absence is still due on the assigned date, and will be considered late if not turned in on time.

**Attendance:** Students are required to attend class. Excused absences must be approved in advance by the professor and must be in writing. Each unexcused absence from class will result in a 10 point reduction on the students’ grade. DO NOT CALL THE PHYSICAL EDUCATION DEPARTMENT OFFICE. The message may not get relayed to the professor.

NO LATE ASSIGNMENTS WILL BE ACCEPTED AFTER THE LAST DAY OF CLASS (DEC 10)
**Multicultural Diversity:**
Candidates participate in classroom discussions to assist other teacher/students in selecting and applying appropriate educational strategies to bridge the gap of the needs of diverse learners. Strategies include, but are not limited to:
- Discussions of current issues / lawsuits of professional athletes
- Discussions of special needs students – mental and physical
- Fitness Assessment of morbidly obese individuals
- Exercise prescriptions for a diverse group of clientele

**Technology:**
Students will write a portfolio specific to their area of interest. This will be handed in as a folder, but should be kept on their computer as a backup. They will also have to use WebCT as a means of responding to questions.

**Writing Skills:**
Communicating well is one of the most important components of being an educated person; to that end you will be expected to speak well in class, in addition, several writing assignments will be assigned during the semester. Please follow these guidelines when completing assignments:
1. All assignments must be typed
2. Spell check and grammar check before handing in assignments and papers
3. Use 12 pt font with 1 in margins on the top and bottom, and 1 ½ in margins on the sides.
4. Properly reference any work that is not your own original thought.
5. Visit the Center for Academic Support if you have any writing problems. They will be happy to help you with your writing.

Information from the Center for Academic Support website:
The CAS provides trained peer tutors who assist with writing in all academic disciplines at Missouri Western, not only English Courses. However, writing tutorials are not for coursework exclusively; students can also come to our Center for help with resumes, cover letters, and applications for scholarships. Our tutors work with students one-on-one for half-hour sessions, focusing on any aspect of the writing process. In addition, handouts covering a variety of writing topics are available for student use.

**Tutoring hours for writing in fall and spring**
- Monday – Thursday 8AM to 4PM and 6PM to 9PM
- Friday - 8AM to 3PM
- Sunday – 6PM to 9PM

The Center offers students the option of using e-mail in order to receive help with their writing. The staff and tutors will provide a response within 48 hours of receiving students’ papers. To submit a paper for online tutoring, follow these steps:
1. Highlight and copy your paper
2. Go to your e-mail account and compose a message to the following address casolw@missouriwestern.edu
3. Type a brief description of the assignment and the nature of the help you are seeking
4. Please include the name of the class and the name of the instructor.
5. Paste your paper and send.

As soon as the Center for Academic Support receives your paper, you will be sent an e-mail telling you that the paper was received. Your paper and the tutor’s feedback will be sent to you via e-mail.

**STUDENTS WITH DISABILITIES:** Students seeking accommodations must first provide documentation of needed accommodations to the Accessibility Resource Center (ARC) located in Eder Hall, Suite 203. Once accommodations have been approved by the ARC, students are responsible for notifying their instructors of those accommodations. This should be done within the first two weeks of classes. Accommodations are not retroactive.

**Harassment, Discrimination and Sexual Misconduct**
Consistent with its mission, Missouri Western seeks to assure all community members learn and work in a welcoming and inclusive environment. Title VII, Title IX and University policy prohibit harassment, discrimination and sexual misconduct. Missouri Western encourages anyone experiencing harassment, discrimination or sexual misconduct to talk to someone from the Campus and Local Resources list found in the Student Handbook (https://www.missouriwestern.edu/studentaffairs/wp-.../handbook.pdf) about what happened so they can get the support they need and Missouri Western can respond appropriately.

There are both confidential and non-confidential resources and reporting options available to you. Missouri Western is legally obligated to respond to reports of sexual misconduct, and therefore we cannot guarantee the confidentiality of a report, unless made to a confidential resource. Responses may vary from support services to formal investigations. As a faculty member, I am required to report incidents of sexual misconduct and thus cannot guarantee confidentiality. I must provide our Title IX coordinator with relevant details such as the names of those involved in the incident. For more information about policies and resources or reporting options, please visit the following website: https://www.missouriwestern.edu/titleix/sexual-misconduct-policy/

Students have received information via email regarding training regarding Title IX. Student employees may have additional required training. Please follow the link in the email sent to your MWSU student account to complete the training. Students who do not complete the training will receive a hold on their account, prohibiting future semester enrollment until the training is complete. These training courses will ensure that all students are appropriately educated about these important regulations.
**Change of Schedules**
In the event Missouri Western State University would be closed during a scheduled exam, your instructor will contact you through your MWSU Goldlink email account with alternative plans.

**Tentative Course Schedule**

<table>
<thead>
<tr>
<th>Week</th>
<th>Tuesday</th>
<th>Thursday</th>
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<tbody>
<tr>
<td>1</td>
<td>Syllabus</td>
<td>Types of fields / jobs</td>
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<tr>
<td>2</td>
<td>Majors in HPER</td>
<td>Resume / Portfolio</td>
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<tr>
<td>3</td>
<td>Movement and the senses</td>
<td>History of Movement</td>
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<tr>
<td>4</td>
<td>The Olympics</td>
<td>Olympic Activity</td>
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<td></td>
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<td>Class meets in Looney Gym</td>
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<tr>
<td>5</td>
<td>Definitions and Terms</td>
<td>Physical Education theorists</td>
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<tr>
<td>6</td>
<td>Modern / Postmodern Sport</td>
<td>Obesity / Body Composition</td>
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<tr>
<td>7</td>
<td><strong>Exam #1</strong></td>
<td>Health</td>
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<tr>
<td>8</td>
<td>Exercise Science</td>
<td>Athletic Training</td>
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<tr>
<td>9</td>
<td>Recreation</td>
<td>Physical Education Pedagogy</td>
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<tr>
<td>10</td>
<td><strong>Current event #1</strong></td>
<td><strong>Exam #2</strong></td>
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<tr>
<td>11</td>
<td>RSM Careers</td>
<td>College Professor and Sports Psychology</td>
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<td></td>
<td><strong>Field of Study Paper Due</strong></td>
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<tr>
<td>12</td>
<td>Athletic Director, Coaching</td>
<td>Health Careers</td>
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<td></td>
<td>and Sports Information Director</td>
<td><strong>Portfolio Due</strong></td>
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<tr>
<td>13</td>
<td><strong>No Class</strong></td>
<td><strong>Fall Break</strong></td>
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<tr>
<td>14</td>
<td>Cardiac Rehab, Personal Trainer,</td>
<td><strong>Current Event #2</strong></td>
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<td></td>
<td>Strength and Conditioning Coach</td>
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<tr>
<td>15</td>
<td>Professional Organizations</td>
<td>Review for Final Exam</td>
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**Final exam**  Tuesday December 15 from 8:30-10:20