

PE 131 Introduction to Health & PE Winter 2021 Online (CRN 30464)

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Please email for zoom or phone office hours.

Course Description:

This is a professional orientation course for students interested in pursuing a career in the exercise science, allied or public health, recreation or sports fields. The importance of these professions in our society will be discussed. An overview of professional opportunities and required academic qualifications associated with specific occupations will be presented. Future trends and professional opportunities will be examined. Guest speakers representing a variety of health and sport science professions will present an overview of jobs and academic training. Students will research education and career pathways of choice.

Course Outcomes and Objectives:

Upon successful completion of this course, with a C (70%) grade or better, the student will:

1. Understand the purpose of public health, and how health promotion, health prevention and health education fit into overall strategies aimed at promoting the health of all citizens.
2. Be knowledgeable of current trends and statistics, priorities and career paths available to prospective majors in exercise science, allied health and physical education. Guest speakers in some of these fields will present facts and figures related to each of the careers.
- 3. Create a list of professional organizations, certifications / licensing and education requirements, websites for a variety of professional opportunities in public health, health education and exercise science.**
- 4. Begin developing a professional philosophy by compiling your academic and career progression plan.**
5. Analyze a specific allied health, physical education, recreation, or sports medicine occupation by interviewing / researching a professional in the discipline of interest. Visit the place of work and where possible, take observation opportunities..
6. Discuss the importance of state and national initiatives in the shaping of exercise science and health professions.
- 7. Identify 10 reputable resources in the fields of exercise science and health. Understand the importance of recognizing and using reputable resources.**
- 8. Analyze the recent trends in EXSS and health careers and apply this information in your own education and career path planning.**

Calendar of assignment due dates: (Each week's assignments due **Saturday at 11:00 pm**)

There will be an explanation and protocol at the top of each assignment each week in moodle. You will complete the assignment and submit as pdf in weekly submission box.

Assignments excluding guest speaker questions and attendance / participation points

Week 1:

Introduction Form & 1 attendance	10 points
Reputable resources	10 points

Week 2:

Levels of Intervention	15 points
Resources List	15 points

Week 3:

Guest speaker #1	10 points
Health / Exercise Video clips	15 points
CD Summary	15 points

Week 4:

Guest Speaker #2	10 points
Key Terms / Concepts	20 points

Week 5:

Guest Speaker #3	10 points
Assignment	10 points

Week 6:

Guest Speaker #4	10 points
Journal Article	20 points

Week 7:

Guest Speaker #5	10 points
Assignment	10 points

Week 8:

Guest Speaker ? Make up	___ points
Pro visit / career research	25 points

Week 9: Personal academic /
career progression plan

40 points

Week 10: Outcomes assessment

40 points

Week 11: Final Reflection Evaluation 40 points

Total: 315 - 335 points

(Points may vary due to guest speaker availability)

Course Grading Protocol:

90-100% = A 79-89% = B 69-78% = C 59-68% = D > 59% = F

Please be sure that you submit ALL assignments through moodle. **Late assignments will lose 5 points by Monday after it is due and 10 points by the following Saturday.** Please be in contact with me if for some reason you are struggling to complete assignments. Do not wait until after they are due to communicate. All late work after week one will have points deducted.

** If a student does not attend or check in with moodle the first week of class, the instructor may drop that student. After the first week of classes, any students remaining on the class roster will receive an A-F unless we have discussed pass/no pass or audit options. It is suggested students drop the course to avoid future transfer and grade complications if they do not plan to attend.

CFAR Statement:

Students who may need accommodations due to documented disabilities, or who have medical information which the instructor should know, or who need special arrangements in an emergency, should speak with the instructor during the first week of class. If you believe you may need accommodations, but are not yet registered with CFAR, please go to <http://linnbenton.edu/cfar> for steps on how to apply for services or call 541-917-4789.