

## PE 131 Introduction to Health & PE

## Fall 2021 Hybrid Course

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Please email for zoom or in-person 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 **Sunday at 11:00 pm**)**

**There will be an explanation and protocol at the top of each weekly assignment (s) in moodle. You will complete the assignment then submit as pdf or google doc in weekly submission box. There is no required text in this course this term. Open online resources will be used. Please be sure you have access to internet for assignments, moodle and possible zoom. Attendance face to face Wednesdays for contact tracing and points in this hybrid course.**

**Week 1:**

Introduction Form & Attendance  
Reputable resources

**Week 2:**

Levels of Intervention & Attendance  
Resources List

**Week 3:**

Guest speaker #1 & Attendance  
Health / Exercise Video clips and CD Summary

**Week 4:**

Guest Speaker #2  
Key Terms / Concepts

**Week 5:**

Guest Speaker #3  
Assignment

**Week 6:**

Guest Speaker #4    Journal Article

**Week 7:**

Guest Speaker #5    Assignment

**Week 8:**

Guest Speaker #6  
Pro visit / career research

**Week 9:** Personal academic / career progression plan

**Week 10:** Outcomes assessment

**Week 11:** Final Reflection Evaluation (This is due by Monday at 11 pm of finals week)

There will be extra credit granted for course attendance weeks 2-8. (5 pts p/day) Max 20 points

**Course Grading Protocol:**

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

Attendance will be taken each course day in Aviso. This is used for grading purposes as well as contact tracing. Attendance will be important on Wednesdays as there are guest speakers coming to the class. If you do not think you will be able to attend this hybrid course in person on Wednesdays, please discuss with your advisor to see if taking it Winter term may be a better fit.

Please be sure that you submit ALL assignments through moodle. **Late assignments will lose 10% of the assignment points by Monday after it is due and 20% points by the following Monday.** Assignments due the first five weeks of the term will no longer be able to be accepted by Monday of week six. 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 in person or at least check in with moodle the first week of class, the instructor may drop the student by Sunday after week one.** 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 / audit options. It is suggested students drop the course to avoid future transfer / 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.

**CLASSROOM REQUIREMENTS FOR ALL STUDENTS AND FACULTY DUE TO COVID-19**

Linn-Benton Community College has established rules and policies to make the return to the classroom as safe as possible. It is required for everyone to follow all of the campus rules and policies. To participate in this class, LBCC requires all students to comply with the following:    **MASKS REQUIRED AT ALL TIMES IN CLASSROOM**

- [Wear a mask or face covering](#) indoors at all times. Your mask or face covering must be properly worn (fully covering nose and mouth and tight-fitting). Mesh masks, face shields, or face covering that incorporates a valve designed to facilitate easy exhalation are not acceptable. If you have a medical condition or a disability that prevents you from wearing a mask or cloth face covering, you must obtain an accommodation from CFAR (Center for Accessibility Resources) to be exempt from this requirement.
- State guidelines to not limit class size. Physical distancing accommodations can be made upon request

and cleaning supplies are also available for personal use.