

PE 131 Introduction to Health & PE

W2020

Jayne Frazier; Email - fraziej@linnbenton.edu Office hours MW 10-11, TR 11:30-12:15

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 visit a workplace and interview a professional working in the discipline 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 each 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 self exploration report.**
5. Analyze a specific allied health, physical education, recreation, or sports medicine occupation by interviewing a professional in the discipline of interest. Visit the place of work and where possible, take observation opportunities and present your findings.
- 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.**
- 8. Analyze the recent trends in EXSS and health careers and apply this information in your own education and career path planning.**

Evaluation Methods (outcome #)	Due Dates	Points
List of resources in EXSS/Health field (7)	By week 8 (from lecture)	5
List of professional org., certs., websites (3)	By week 8 (from lecture)	5
Internet Search (statewide initiatives) (6)	By week 4 (from internet)	30
In class advisor sessions - OSU & WOU	TBA	20
Self Exploration Report (4) (8)		30

Journal Article	20 points	20
<i>Professional Visitation</i> (8)		30
Quiz, assignment pts, class notes, peer presentation points (15)	Throughout term	25
<i>Attendance / participation points</i>	Throughout term	10
<i>Self Exploration presentation / peer notes</i>	Present last 2 weeks	40 + 15
Guest Speakers	(5 pts X 7- 8 due)	35-40
Final	See academic calendar online	60
Total	315-325 total points	

*Total points may vary depending on quizzes and guest speakers. I do not have extra credit opportunities in this class. Late assignments will be accepted for only one week after the due date for partial credit. No make-ups for quizzes, group work, notes, video or guest speakers.

- 1. Text:** There is **no required** text for this class as we will have several different resources for the course. Be prepared to complete online searches for required assignments.
 - 2. Videos / Class notes:** Following any videos, you will be asked to turn in a brief summary of the five major points of each video. You must be present on the day of the video to receive the points. Class notes will be collected for (5) points. Notes eligible are those taken on that day.
 - 3. Internet Search:** You will be asked to do online search questions related to public health agencies/initiatives and web-sites related to careers in the fields of exercise science and health.
 - 4. Journal Article:** You will be required to review an article relating to your profession of interest. This article must relate to the area of an exercise or health career and should be related to a topic in your career choice. The article may discuss issues in the field, obesity, therapeutic modalities, exercise concerns, learning theories, etc. The articles should be completely cited for full credit. I would suggest using the health website on the LBCC library homepage. The critiques are to be typed and 2-3 pages in length. Divide the critique into two parts. I will have a grading protocol for you to follow.
 - Part I - objective:** Identify at least three main points and important information including statistics discussed in the article. You should briefly include sample size of any research and the findings of the research. Journal/ magazine name, date, title of article, pages must be cited for full credit.
 - Part II - subjective:** What do you think about the usefulness of the information provided in the article? How could you apply this information in your career choice and your personal life?
- Please attach a copy of the article you read with your critique in order to receive full credit. They should be placed in your portfolio when turning in at end of term.**

The following list has examples of professional journals that might be used. Many may be accessed online. Please do not use abstracts or general media magazines. Copy the entire article. You can also access professional organizations and find the related journal.

- * ACSM's Health and Fitness Journal
- * Physical Activity, Aging and Sports
- * Journal of Sport Rehabilitation
- * Medicine and Science in Sports and Exercise
- * Sport and Exercise Psychology
- * The Physical Educator or Health Education Journal
- * JOPERD Journal of Physical Education, Recreation and Dance
- * Athletic Administration
- * Journal of Community Health
- * American Journal of Public Health

5. Self-Exploration Paper: Develop a paper describing yourself as a potential professional in health, physical education or allied field. This paper is to be typed and in the following format: www.explorehealthcareers.org is another reputable online source. See grading protocol handed out in class assignment packet

1. Who are you? What's your story? Describe your personal assets (strengths) and liabilities. Use the information from two online personality types for reference. (Jung Typology and Holland code) **This assessment should be discussed, copied and included with this assignment. Be sure to discuss why you are choosing to be an advocate for healthy living...what does it mean to you? Attach results from both personality types**
2. How do these compare to the personal and professional traits needed by the potential professional? What have some of the guest speakers said about the profession? certifications, professional organizations and qualifications needed.
3. Where am I going? What are my tentative short and long-term goals in life? How am I going to get there? (What steps will you take?) Be specific.
4. What College or University do you plan to attend following LBCC? What types of classes will you need to take? **(3) Attach a copy of your graduation requirements from your next college of choice and degreeworks.** (Four year program or certification program)
5. **Name** at least two personal character references (people) you would list on a job application. List full name, job title, contact information, place of employment. What do you think each would say about your character, work ethic, etc.? Please do not list family members and /or friends unless they are professionals specifically in your field of choice.
6. Include a typed letter of recommendation from one of these people. **(0) 2 pts extra cr.**
7. Format: spelling, grammar, typed

6. Professional Visitation/Interview

1. Contact a professional in one of your disciplines of interest. Set up an appointment to meet with that person. If you plan to use a guest speaker from this class please discuss with me. Be sure you actually meet with them rather than just using the information given in class.
2. Be on time for the meeting. Record information from the interview on paper.
3. **Please address the questions that I give you related to this assignment.** You should also expand on these questions with at least three of your own.
4. Type a summary of this interview in an organized fashion to be turned in. Remember, you will also be using this information as part of your final presentation.
5. Contact information, job title and name must be on this typed summary.

7. Class Presentation: During the 9th and 10th week of classes, each student will give a brief presentation to the class (7-10 minutes in length). Please include each of the following:

1. Personal / professional goals, personality assessments, specific college goals / timelines.
2. Information gathered from journal readings, videos and online sources.
3. An overview of the career in which you have a personal interest. You should include information from online career sites about certifications, qualifications, professional organizations, salary, job outlook, typical day.
4. Material gathered during the professional interview and at least two guest speakers that impacted you and how they impacted you specifically. Choose two even if not in your field.
5. You will also be graded on your presentation manner and attendance during peer presentations. You are to use media prezzi, powerpoint or other presentation media for visual assistance during your presentation.

*****If you miss your day to present, you will be assigned to the end of the next day - ONLY if there is time. You will not receive points for the presentation portion if you do not present to the class.***

8. Peer notes: You will be required to take notes on peer presentation. These will be turned in when all presentations are complete.

Course Grading Protocol:

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

** If a student does not attend 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.