

Pitt State Pathway

(Undergraduate Course Numbers through 699)

Please check only one:

- ☐ Course is **currently** a "General Education" course
 - ☒ Course is listed in the current catalog, but is **NOT** a "General Education" course
 - ☐ New course that is **NOT** listed in the current catalog and has **NOT** been legislated through PSU Faculty Senate and/or KBOR
- A. Submission date: **January 30, 2019**
- B. Department: **Health, Human Performance, and Recreation**
- C. College: **Education**
If two or more Colleges, please indicate which Colleges will be involved in teaching the course:
Click or tap here to enter text.
- D. Name of faculty member on record for the course (may be Coordinating Professor or Chair):
John Oppliger, Ph.D.
(As faculty of record, I verify all sections agree to address the Core or Essential Studies Element and corresponding Learning Outcome as indicated below.)
- E. Course prefix: **EXSCI**
- F. Course number: **200**
- G. Credit hours: **1**
- H. Title of course: **Introduction to Exercise Science**
Is this a change in the title of the course? **No**
(If "Yes," a Revision to Course form will need to be completed and uploaded to the Preliminary Briefcase and will go through the legislation process.)
- I. Will this course require a new course description? **No**
(If "Yes," please insert new course description here. A Revision of Course form will need to be completed and uploaded to the Preliminary Briefcase and will go through the legislation process)
Click or tap here to enter text.
- J. Does this course include a co-requisite laboratory course: **No**
If "Yes", please provide the co-requisite course name and number:
Click or tap here to enter text.
- K. Will this course be available on-line: **Yes**
If "Yes", please provide a detailed explanation: **This course will be offered on-line because it can be presented in the same format and with the same rigor as the in-class course.**
- L. Semester(s) course will be offered (choose all that apply): **Fall - Spring - Summer**
- M. Prerequisite(s): **None**
- N. Co-requisite(s) —other than lab course named above: **None**

- O. Select the *Pitt State Pathway* **Core Element** or **Essential Studies Element** based on the identified Learning Outcome to be covered in the course (choose only **one** set):
(Use **Link** to Refer to definitions, hierarchy, and rubrics in the *Pitt State Pathway* document)

Select **Only One** Element

- ☐ Communication
 - **Written Communication**.....
 - Students will communicate effectively.
- ☐ Communication
 - **Verbal Communication**.....
 - Students will communicate effectively.
- ☐ Quantitative/Analytic Methods and Scientific Literacy
 - **Quantitative/Analytic Methods**.....
 - Students will analyze data logically.
- ☐ Global Understanding and Civic Engagement
 - **Human Experience within a Global Context**.....
 - Students will explore global systems conscientiously.
- ☐ Global Understanding and Civic Engagement
 - **Human Systems within a Global Context**.....
 - Students will explore global systems conscientiously.
- ☐ Global Understanding and Civic Engagement
 - **Natural World within a Global Context**.....
 - Students will explore global systems conscientiously.
- ☐ Personal and Professional Behavior
 - **Wellness Strategies**.....
 - Students will model productive behaviors purposefully.

- P. Will the course address a **Companion Element**? **No**
(Refer to definitions, hierarchy, and rubrics in the *Pitt State Pathway* document.)

If "Yes," please select one: **Choose an item.**

- Q. What is the highest anticipated level of student achievement for the stated learning outcome(s) common across all sections of the course? Note: Sample assessment strategies will be submitted on the representative syllabus. **Benchmark**
(Refer to definitions, hierarchy, and rubrics in the *Pitt State Pathway* document.)

- R. Please submit course syllabus as an attachment, highlighting the following items: course objectives related to Learning Outcome(s), assessment strategies (e.g. exams, course project, etc.), and assessment tool(s) to be used to measure student achievement.

Legislative Process
Authorization and Notification Signatures
(Electronic signatures accepted)

Department Chairperson Approved ☒ Not Approved ☐


Department Chairperson Signature

1/30/19
Date

Faculty Senate General Education Committee..... Approved ☐ Not Approved ☐

Faculty Senate General Education Chairperson Signature

Date

Faculty Senate..... Approved ☐ Not Approved ☐

Faculty Senate Recording Secretary Signature

Date

Note: Each College curriculum representative will notify their respective College and Department(s) of the completion of the approval process.

*Originating Department: Please **complete** the entire form, acquire the Chairperson's signature, and save as **PSP.ABC123.Form**. Save the syllabus to be attached as **PSP.ABC123.Syll**. Email the completed form and attachments to psupathway@pittstate.edu.

Naming convention: **PSP.ABC123.Form**
PSP = Pitt State Pathway.
ABC123 = Course abbreviation and number

**Department of Health, Human Performance, and Recreation
School of Education
Pittsburg State University**

**Introduction to Exercise Science
EXSCI 200*01 - 1 Credit Hour
Fall 2019
On-line**

Instructor: Dr. Allison Barry
Office: 203A1
Office Hours: By appointment
E-mail: abarry@pittstate.edu

Course Description:

An introduction to the beginnings of exercise science as well as the career opportunities available within the field such as athletic training, cardiac rehab, medical, strength and conditioning, research, and personal training.

Pitt State Pathway Mission Statement:

The *Pitt State Pathway* curriculum serves as the heart of the university education by fostering interdisciplinary competencies that typify the educated person. It is designed to facilitate the development of key proficiencies including communication and information literacy. The *Pitt State Pathway* curriculum provides a transformational experience that challenges students to think creatively and critically, and to immerse themselves in the productive examination of humans in their global setting. By encouraging the development of skills that promote life-long learning, the *Pitt State Pathway* fosters a sense of personal responsibility, an appreciation of diversity, and an understanding of interconnectedness in our truly global society.

Pillar of the Pitt State Pathway and Learning Outcome to be Covered in This Course:

1. Personal and Professional Behavior

To lead productive lives, students must develop personal and professional behaviors, within and across disciplines. This will develop the aptitude to make informed choices regarding general wellness, fiscal decision-making, the development of personal and professional behaviors, and leadership skills. With these abilities, students will be better prepared and more confident in their abilities to actively engage and effectively perform in society.

Learning Outcome: *Students will model productive behaviors purposefully.*

Pitt State Pathway Essential Studies Element to be Covered In This Course:

1. Essential Studies Element: **Wellness Strategies:**

Wellness encompasses the concepts and importance of physical fitness and/or activity over the lifetime, chronic disease prevention/management, nutritional knowledge, mental health awareness, and continuous involvement in an exercise or physical/leisure time activity program to ensure students create a healthy lifestyle plan throughout their lifetime. Competency in this element means:

- *Understanding* chronic disease prevention/management;
- *Understanding* the principles of behavior and mental processes;
- *Evaluating* healthy lifestyle habits;
- *Analyzing* the benefits of exercise and physical/leisure time activity on mental health;
- *Creating* a healthy nutritional regimen;
- *Creating* a personalized exercise or physical/leisure time activity program;
- *Completing* an exercise or physical/leisure time activity course.

Prerequisite: None

Course Objectives:

- **Wellness Strategies:**
 - a. *Students will understand wellness strategies for life long health.*
- **Additional Objectives:**
 - a. *Understand* the primary functions of each body system,
 - b. *Discuss* how each body system can influence physical activity and exercise,
 - c. *Discuss* the differences between the acute and chronic responses of the human body to exercise,
 - d. *Identify* the primary cardiovascular, respiratory, metabolic, and neuromuscular diseases in humans,
 - e. *Describe* the importance of proper nutrition as it relates to enhancing health, physical activity, exercise, sport, and athletic performance,
 - f. *Discuss* the different psychological factors that influence participation in regular physical activity and exercise,
 - g. *Discuss* motor behavior and provide examples of how motor development, motor learning, and motor control contribute to the understanding of physical activity, exercise, sport, and athletic performance,
 - h. *Describe* the important concepts of kinematics and kinetics,
 - i. *Describe* the different types of equipment used in the assessment of cardiovascular and pulmonary function.

Method(s) of Assessment:

1. **Wellness Strategies:** The student will complete two (2) exams, a mid-term and a final exam, to demonstrate that they *understand wellness strategies for life long health.*
 - The exams will be objective in nature.
 - Each exam will consist of 50 multiple-choice questions (five (5) of which will be directly utilized to assess the designated level of student learning).
2. **Additional Method(s) of Assessment:**
 - Quizzes will be utilized to ensure student adherence to reviewing presented materials on a consistent basis.
 - Laboratory activities will be incorporated into the course to assist students with discussion topics related to the course objectives.

Required Text:

The student is strongly encouraged to purchase/rent the course textbook to assist in learning the material covered:

- **Potteiger, J.A. ACSM's Introduction to Exercise Science. 3rd ed. Wolters Kluwer. 2018**

Course Outline/Content:

- Please see the Modules section in the Canvas course.

Etiquette Expectations (Netiquette):

- It is expected that all students will communicate with one another and the professor in proper tone and civility, whether the communication is by electronic means, by phone, or face-to-face.
- E-mails are to be written in standard speaking style and not in popular abbreviations used online and/or using regional colloquialisms.
- Proper spelling and grammar are expected in communications with other students and the professor.
- Please be aware of and sensitive to all cultural differences of students and the professor when communicating.

Course and University Policies:

- Any student who, because of a disabling condition, may require special arrangements in order to meet course requirements should contact the instructor as soon as possible to make necessary accommodations. Please click the link to the **Syllabus Supplement** for more detailed information: <https://www.pittstate.edu/registrar/files/documents/syllabus-supplement-spring-2019-updated-10-5-18-.pdf>.
- As stated in the **Syllabus Supplement** regarding Dead Week Policy: (<https://www.pittstate.edu/registrar/files/documents/syllabus-supplement-spring-2019-updated-10-5-18-.pdf>) "no tests or major assignments will be presented during the week prior to final examination week, *unless identified in the course syllabus presented at the start of the semester.*" For this class, final points, the syllabus, assignments, due dates, exams, and/or quizzes may be changed accordingly throughout the semester as deemed necessary by the professor.

Grading Policy:

Course grades will be determined from earned scores (e.g., two exams) and for timely completion of the fitness evaluation. *Assignments may be changed/added/withdrawn at the discretion of the professor/instructor at any time during the semester.*

Grading Scale:	A = 100 – 90%
	B = 89 – 80%
	C = 79 – 70%
	D = 69 – 60%

• Midterm & Final Examinations (100 pts each)	200 pt
• <u>Weekly Quizzes</u>	<u>160 pts</u>
Total	360 pts

Note: Extra credit homework will **NOT** be accepted after the instructor's due date has passed.

Minimum Technology Requirements:

- Gorilla Geeks is a great resource for technical issues with Canvas, log ins, etc. They can be reached at the following:
- Gorilla Geeks Help Desk: 1.620.235.4600
- E-mail: geeks@pittstate.edu
- Web site: <https://www.pittstate.edu/it/gorilla-geeks.html>

- Most everyone is new to the Learning Management System (LMS) of Canvas. If you are not completely comfortable with Canvas please click the link to a Canvas help page: <https://www.pittstate.edu/it/information-technology-services/canvas.html>
- Students will need to be familiar and competent with general computer skills such as downloading information, saving, and uploading. Advanced skills that may be necessary are video chat (mic and webcam) and uploading PowerPoint Presentations with a self-video embedded within.
- If you have technical questions, you can message the professor, use the Help menu the Canvas menu to the left, and/or contact Gorilla Geeks (see above for contact information).