PET 3020

Foundations of Physical Education and Sport Management

Course Description: This course is designed to introduce students to the fundamental concepts and knowledge in physical education, exercise science, and sport studies in terms of the history, philosophy, scientific foundations, and the future. It involves students in assessing the potential of various careers in these fields, and broadens students’ understanding of how the philosophies and activities of physical education, exercise science, and sport will play a major role in the active lifestyle of those they influence throughout their careers.


Course Objectives: Students will be expected to

1. Define and differentiate among the concepts of physical education, exercise science, sports, kinesiology, exercise, play, games, leisure, recreation, health, athletics, physical activity, physical fitness, and wellness.
2. Describe the purpose and objectives of the fields of physical education, exercise science, and sport.
3. Describe the characteristics of an academic discipline, the historical, philosophical, and operational content of each of the exercise and sport sciences.
4. Identify characteristics of a profession and be able to differentiate between a profession and a discipline.
5. Define the term philosophy and understand why philosophy is important; and develop a personal philosophy of physical education, exercise science, and sport based on the practical application of the philosophies studied.
6. Identify the factors that may influence their career choices and their desired lifestyle preferences; and compare job characteristics, such as education required and experiences preferred, and responsibilities of the position.
7. Be able to discuss the historical ideals from the ancient world to the 20th century and their legacy to subsequent physical education, exercise science, and sport programs.
8. Be able to discuss the importance of physical activity and how they can provide leadership in physical activity programs.
9. Be able to identify some of the current issues in sport and make discussions on selected topics in a support of solid evidences.
10. Identify how physical education, exercise science, and sport professionals can contribute to an improvement in the quality of life for individuals through physical activity.

Course Requirement: Students are expected to communicate with the professor in a prompt manner concerning the assignments, projects, and other issues that affect the students’ performance in class.
Evaluation:

- Self-Introduction.................................................................5%
- Chapter Quizzes (9 out of 11)............................................ 45%
- PPT Report on Issue in Sport............................................. 15%
- Responses to Presentations (5)......................................... 5%
- Final Exam..........................................................................30%
- Total.................................................................................100%

Final grades will be calculated based on the combination of exam grades, the written assignment and the group projects/presentations, and the responses given to other class projects.

Grading: The UWF standard (plus and minus) grading system is adopted.

- 93 – 100..............................................................................A
- 90 – 92............................................................................... A-
- 86 – 89.............................................................................. B+
- 81 – 85.............................................................................. B
- 78 – 80............................................................................... B-
- 75 – 77.............................................................................. C+
- 71 – 74.............................................................................. C
- 68 – 70............................................................................... C-
- 65 – 67.............................................................................. D+
- 61 – 64............................................................................... D
- 60 – 0..................................................................................F

Self-introduction: Each student needs to fill out each category of requested information in the Classlist during the first week of class in order to receive the grade on self-introduction, which is worthy of 5% of entire semester grade.

Quizzes and Exam: Chapter quizzes will be open during the entire week when the session is open. The quiz will be closed after the Sunday midnight of the week, but the study materials will remain open until the end of the semester. The final exam will be available during the final two weeks of the summer semester. Make-up quizzes and exams will be permitted ONLY in case of serious illness that requires consultation with a physician and of commitments to the university approved functions. No personal reasons should obtain excuses for missing any quiz or exam. Should you miss any quiz due to the stated excusable reasons, you MUST contact the professor no later than the first date of the following session begins. Make-up exams must be taken within one week of the quiz/exam date by submitting valid verification document for your missing of the regular quiz/exam. Only one make-up exam will be permitted per student during the semester.

There will be eleven (11) chapter quizzes and one final exam. The nine (9) best scored quizzes of the total of 11 are counted for grade calculation. Each quiz contains 15 T/F, multiple choice and/or matching questions based on material from chapter readings. 20 minutes limit is given to complete each quiz. The final exam contains approximately a total of 100
questions (50 T/F and 50 MC). All quizzes and the final exam are open book and **no collaborative work is permitted.** If any partners or group effort are detected, each person involved regardless his/her role in the process will face serious charge on academic misconduct.

**Assignment:** Students will complete a research project in a current issue in his/her major disciplinary field of study (i.e. PE, Sport Management, Exercise Science, Health Education, etc.). The detailed instruction is provided below and in the session 10 assignment section. Based on the needs, a Q&A session would be conducted during a particular online office hour after the assignment is given.

Semester Assignment: Part One

Make a 10-12 slides PowerPoint presentation, including title page and one last page listing a minimum of 4-5 references, about an issue in the student's majoring field. Some topics given below are examples that may help your brainstorming on the issue you may choose to work on, but the listed topic examples are certainly not all inclusive. You can also refer to the textbook chapters for some other ideas. However, any teaching of sport techniques and any duplication of textbook teaching of fundamental principles are NOT acceptable for this project.

- Decline of school physical education and its consequences
- Health issues for American youth
- Health issues for women
- Trends of personal fitness
- Motor learning and its application in swimming, etc.
- Motor development and its application to sports training
- Funding public sport facilities
- Motivation and demonization in sport participation
- Fine line between sport dedication and sport violence
- Normal body shape for Americans and the impact of media promotion of body image
- Other self-generated topics that fit the description of the assignment statement given earlier

Once the PowerPoint presentation is completed, upload the document in the "Discussion" folder. This will be due before midnight on Sunday, August 5.

Semester Assignment - Part Two

Once past the deadline of the assignment's Part One, you must comment on five (5) of the issues presented by your classmates. Your comment/critique on each presentation should be 1-2 paragraphs in length (Approximately 150 - 200 words). You should start offering your critiques as soon as Part One is due. You may comment on one presentation at a time and must complete all 5 critiques before midnight on Thursday, August 9.
**Assignment Policy:** Submit assignments in the defined time-line. Each day’s delay will cost the student 20% of the assignment grade. The professor will NOT accept the late assignment 48 hours after the original due time.

**Academic Misconduct Policy:**

*Honesty in our academic work is vital, and we will not knowingly act in ways which erode that integrity. Accordingly, we pledge not to cheat, nor to tolerate cheating, nor to plagiarize the work of others. (UWF Student Handbook).*

Academic dishonesty is a serious offense and will be taken seriously. Please refer to the UWF Student Handbook for a list of behaviors that fall under the definition of academic misconduct. The Handbook also outlines the penalties for academic misconduct and the due process procedures that must be followed. (The handbook is posted on the UWF web site at: [http://www.thezonelive.com/zone/public/6/handbook.asp](http://www.thezonelive.com/zone/public/6/handbook.asp))

**Additional information on plagiarism:** Plagiarism is a serious violation of academic standards and will be punished severely. Students who plagiarize will fail the course and will be referred to the Dean for academic dishonesty. Some students are surprised to learn that they plagiarized themselves when they inappropriately used work produced for one course in another course. If you are unsure, ask the professor for guidance. See the UWF Student Handbook for the University policy on academic conduct and plagiarism and the consequences for students who engage in academic misconduct. The Student Handbook can be accessed on the web at the following URL: [http://www.thezonelive.com/zone/public/6/handbook.asp](http://www.thezonelive.com/zone/public/6/handbook.asp)

**Special need:** If you have a documented disability and wish to discuss academic accommodation, or if you would need assistance in the event of an emergency evacuation, please contact the professor as soon as the course begins.