Eastern Illinois University

College of Education and Professional Studies

Kinesiology and Sports Studies Department

KSS 1500-001 – Kinesiology and Sports Studies as a Profession (2-0-2)

Fall 2016 12-12:50 MW

Instructor: Mary Sanders Email: [mlssanders2@eiu.edu](mailto:mlssanders2@eiu.edu)

Office: 2554 Lantz

Office Hours: 11am-12:30pm TR 11am-12pm W or by appointment

Course

Description: An introductory professional course which includes the general scope, purpose, history, growth and development, and career assessment of physical education.

Course

Objectives: 1. To identify events and people that served as catalysts for the growth of physical education, exercise science, and sport studies.

2. To discuss recent developments in physical education, exercise science, and sport studies.

3. To become aware of the role of lifespan involvement in physical education, exercise science, and sport in society and in education.

4. To understand and debate current physical education/activity issues and laws based on historical, philosophical, and sociological perspectives (NASPE 1.5).

5. To use technologies to communicate, locate resources, and enhance continuing professional development (NASPE 9.3).

6. To encourage students to actively participate in the professional physical education community (NASPE 10.2).

7. To explore and examine the career options available in physical education, exercise science, and sport studies.

8. To use available resources (literature, professional associations) to develop as a reflective professional (NASPE 8.2).

Evaluation: Exams – 40%

Assignments (resume, cover letter, presentation) – 40%

Article reviews – 10%

Topic paper – 10%

Grading Scale

A = 90-100%

B = 80-89%

C = 70-79%

D = 60-69%

F = <60%

General Information:

**ALL KSS majors** (sport management, exercise science, teacher certification, athletic training) must

earn a grade of “C” or better in this course or it must be retaken.

1. Attendance

BE HERE. You should plan to attend every class, be on time, and stay the entire class period. Attendance is expected and will be taken at each class meeting. Please notify the instructor in advance for planned and foreseeable events and any absences due to illness, family emergencies, and university sponsored events, etc. Students are responsible for verifying excused absences and must provide a written document noting the absence. **It is the student’s responsibility to contact the instructor before or immediately following an absence in order to catch up on missed class time/homework (please do not wait until the next class). Student-athletes must contact the instructor before missing class due to competition/traveling.**

2. Assignments

All work is due on the DUE DATE, and will be collected at the beginning of class. Work turned in after the due date will not be accepted. Students will be allowed to make up work due to excused absences. If you are absent and it is unexcused, assignments or in-class work missed cannot be made up, and will result in a zero. There is no extra credit work in this class.

3. Class Preparation

PARTICIPATE WITH EFFORT. Be prepared and put forth a solid and consistent effort in class.

Do what you have to do to be ready.

TAKE INITIATIVE FOR YOURSELF. You are responsible for creating value for yourself in this course. This means doing reading and work outside of class.

HELP OTHERS. The ultimate success and reward for each of you depends on your ability to help and support your classmates, and where differences of opinion and healthy debate are respected.

* Bring all materials, including assignments, textbook, and packet, to each class.
* Read any assigned readings before class.
* Conduct yourself in a professional manner.

4. Electronic Devices:

Please extend courtesy to your instructor and fellow students by turning off your electronic devices and placing cell phones in silent/vibrate mode. Do not text in class. Thank you for your cooperation.

Textbook: Lumpkin, A. (2014). Introduction to Physical Education, Exercise Science, and

Sport Studies. 9th Edition. New York, NY: McGraw-Hill

Final Exam: The final exam will be given on Wednesday, December 14, 2016, at 12:30pm.

Course packet: KSS 1500 course packet must be purchased at the Union Bookstore in the MLK

University Union (approximately $3.00).

Tentative Schedule

Week 1 Physical Education, Exercise Science, and Sports Studies – Dynamic Fields

Week 2 Physical Education, Exercise Science, and Sports Studies – Dynamic Fields

Week 3 Exercise and Sport Sciences

Week 4 Professions of Physical Education, Exercise Science, and Sport

Week 5 Professions of Physical Education, Exercise Science, and Sport

Week 6 Philosophy of Physical Education, Exercise Science, and Sport

Week 7 Career options

Week 8 Preparation for a career

Week 9 Preparation for a career

Week 10 Early heritages in sport and gymnastics

Week 11 Early American Physical Education and Sport

Week 12 Twentieth and twenty-first century Physical Education, Exercise Science, and Sport

Week 13 Opportunities and challenges in Physical Education and Exercise Science

Week 14 Issues in sport

Week 15 Issues in sport – leadership for active learning

Academic Integrity: Students are expected to maintain principles of academic integrity and conduct

as defined in EIU’s Code of Conduct (<http://www.eiu.edu/judicial/studentconcuctcode.php>).

Violations will be reported to the Office of Student Standards.

Student Success Center: Students who are having difficulty achieving their academic goals are encouraged to contact the Student Success Center ([www.eiu.edu/~success](http://www.eiu.edu/~success)) for assistance with time management, test taking, note taking, avoiding procrastination, setting goals, and other skills to support academic achievement. The Student Success Center provides individualized consultations. To make an appointment, call [217-581-6696](callto:+1217-581-6696), or go to 9th Street Hall, Room 1302.

Disability Services: If you are a student with a documented disability in need of accommodations to fully participate in this class, please contact the Office of Student Disability Services (OSDS). All accommodations must be approved through OSDS. Stop by Ninth Street Hall, Room 2006, or call 217-581-6583 to make an appointment.