

**Clarendon College**  
**PHED 1301**  
**Introduction to Physical Fitness & Sport**  
**Summer II 2024**

**CLARENDON COLLEGE Division of Science & Health**

**Course Name:** PHED 1301 Introduction to Physical Fitness & Sport

**Credit Hours:** 3

**Classroom Location:** Online

**Instructor:** Mark James

**Office Location:** Bulldog Gym

Email: [mark.james@clarendoncollege.edu](mailto:mark.james@clarendoncollege.edu)

**Office Hours:** 1pm to 2pm Monday through Friday

**Course Description:**

Presentation of the need for physical and psychological basis of movement in physical education and the areas in which it can be pursued. Shows designs for physical education for grades K-12 and outlines how physical education can be pursued.

Statement of Purpose This course is designed to increase the knowledge, understanding, and development of health and physical education leadership qualities in future health and physical educators. The course content is suggested by the American Alliance for Health, Physical Education, Recreation, and Dance. It is also the Framework for Curriculum Development in Health Education and Physical Education K-12.

**Textbook:**

Introduction to Physical Education, Fitness & Sport (Siedentop)

**Student Requirements:**

Students are required to complete all coursework and participate in class discussions.

**Methods of Instruction:**

Lecture, Handouts, Group work, Individual demonstration, Discussion

In accordance with recommendations from the Texas Higher Education Coordinating Board, all life and physical science courses at Clarendon College will address the following core objectives:

**Critical Thinking Skills** – including creative thinking, innovation, inquiry, and analysis, evaluation and synthesis of information.

**Communication Skills** – including effective written, oral, and visual communication.

**Empirical and Quantitative Skills** – including application of scientific and mathematical concepts.

**Teamwork** – including the ability to consider different points of view and to work effectively with others to support a shared purpose or goal.

**Course Objectives**

As a result of this course, you should be able to:

1. Have a basic understanding of the biological, historical, and philosophical foundations of the field.
2. Inform students of current and future trends of AAHPERD.
3. Prepare students to follow and meet the ethical and professional standards in the teaching profession.

**Grading Policies:**

Tests and assignments will be given periodically throughout the semester.

You will receive a grade in this class based on the following: Participation, Assignments, Attendance and Exams.

Discussion Forums – 70%      Assignments – 20%      Quizzes – 10%

The final semester grades will be figured as set in the current catalog:

90 to 100 = A 80 to 89 = B 70 to 79 = C 60 to 69 = D Below 59 = F

A student's final grade will be made available through the student portal at Clarendon College's website.

**Classroom Conduct:**

Failure to comply with lawful direction of a classroom instructor is a disruption for all students enrolled in the class. Disciplinary actions for cheating in a course are at the discretion of the individual instructor. The instructor of that course will file a report with the Vice President of Students when a student is caught cheating in the course, whether it be a workforce or academic course. The report shall include the course, instructor, student's name, and the type of cheating involved. Students who are reported as cheating to the Vice President of Students more than once shall be disciplined by the Vice President. The Vice President will notify all involved parties within fourteen days of any action taken.

**Accommodation Statement****REQUIREMENTS OF THE AMERICANS WITH DISABILITIES ACT:**

In accordance with the Americans with Disabilities Act and Section 504 of the Rehabilitation Act of 1973, any student who feels that he or she may need any special assistance or accommodation because of an impairment or disabling condition should contact the Associate Dean of Enrollment Services at 806-874-4837 / [janean.reish@clarendoncollege.edu](mailto:janean.reish@clarendoncollege.edu) or visit the Clarendon campus at Clarendon College. It is the policy of Clarendon College to provide reasonable accommodation as required to afford equal educational opportunity. It is the student's responsibility to contact the Associate Dean of Enrollment Services.

**Dropping a Course:** A student may drop any other course with a grade of "W" any time after the census date for the semester and on or before the end of the 12th week of a long semester, or on or before the last day to drop a class of a term as designated in the college calendar. The request for permission to drop a course is initiated by the student by procuring a drop form from the Office of Student Services. (Refer to other policies concerning this issue in the current college catalog online.)

**Withdrawal:** If you decide that you are unable to complete this course or that it will be impossible to complete the course with a passing grade, you may drop the course and receive a "W" on your transcript instead. Withdrawal from a course is a formal procedure that you must initiate. If you do not go through the formal withdrawal procedure, you will receive a grade of "F" on your transcript. A student is permitted to drop a course if he/she obtains an official drop slip from the office and has the instructor sign the slip before the 12th class week.

**Grievance Policy**

If you have a dispute concerning your grade or policies in this class, it is your responsibility to FIRST contact the instructor, either by e-mail or in person, to discuss the matter. Should things remain unresolved after this initial contact, please follow the procedures described in the Clarendon College Catalogue. In the vast majority of cases, the matter can be resolved at the instructor/student level, and learning to communicate your concerns in a civilized manner is part of the college experience.

**Student Rights and Responsibilities**

Student Rights and Responsibilities are listed on the College website at:

<http://www.clarendoncollege.edu/Resources/Student%20Services/StudentRightsResponsibilities.pdf>.

**Nondiscrimination Policy**

Clarendon College, in accordance with applicable federal and state law, prohibits discrimination, including harassment, on the basis of race, color, national or ethnic origin, religion, sex, disability, age, sexual orientation, or veteran status. It is the policy of Clarendon College not to discriminate based on gender, age, disability, race, color, religion, marital status, veteran's status, national or ethnic origin, or sexual orientation. Harassment of a student in class, i.e., a pattern of behavior directed against a particular student with the intent of humiliating or intimidating that student will not be tolerated. The mere expression of one's ideas is not harassment and is fully protected by academic freedom, but personal harassment of individual students is not permitted.

**Tentative Course Schedule**

This schedule includes the due dates of all graded activities and those used for weekly attendance. The course schedule is subject to change. If changes are made, you will receive a message in your OpenLMS course. I will also change the course schedule itself to reflect any changes made.

Each quiz will be used for weekly attendance. All graded activities in each section are due by 10:00am cst on the due date. If you have any questions, please contact me by email mark.james@clarendoncollege.edu). I will be checking my email on a very regular basis and I should be able to respond within 24 hours. Please let me know if you have any questions.

**Class Orientation section – due July 9 at 10 a.m.**

- Ice Breaker Message (graded) - Attendance activity

**Section I- due July 18 at 10 a.m. (cst)**

- Section 1 Forum I
- Section 1 Forum II
- Section 1 Quiz (attendance activity)
- Section 1 Written Assignment
- Section I Forum - How is the class going?

**Section II – due July 27 at 10 a.m. (cst)**

- Section II Forum I
- Section II Forum II
- Section II Quiz (attendance activity)

- Section II - Written Assignment
- Section II Forum - How is the class going?

**Section III – due August 4 at 10 a.m. (cst)**

- Section III Forum I
- Section III Forum II
- Section III Quiz – (attendance activity)
- Section III – Written Assignment
- Section III Forum - How is the class going?

**Section IV - Final Exam and End of Course Evaluation – due August 13 at 10 a.m. (cst)**

- Graded Activity: Final Exam (attendance activity)