SPM 100: Introduction to Exercise, Health and Sport Sciences

Course Syllabus – Spring 2018

This syllabus serves as an outline and guide for the course. The instructor may modify it at any time so long as reasonable notice of the modification is provided. The instructor may also modify the General Course Outline at any time to accommodate the needs of this class. If you have any questions or concerns about the syllabus, please contact the instructor for clarification.

COURSE INFORMATION

LOCATION: Room 10 Bailey Hall, Gorham Campus and online
DATE/TIME: Thursday 2:00 p.m. to 3:15 p.m.
CREDITS: 3 credit hours
PREREQUISITES: None
BLACKBOARD: https://bb.courses.maine.edu/webapps/portal/execute/tabs/tabAction?tab_tab_group_id=_52_1

INSTRUCTOR INFORMATION

NAME: James E. (Jay) Graves, Ph.D.
OFFICES: Room 178 Science Building C-Wing (Portland)
          John Mitchell Center (Gorham)
CAMPUS MAPS: https://usm.maine.edu/sites/default/files/about/portland-campus-map.pdf
            http://usm.maine.edu/sites/default/files/about/gorham-campus-map.pdf
OFFICE HOURS: By appointment (preferred). Contact Bonnie Stearns (bstearns@maine.edu, 207 780-5585). Also available on Thursdays from noon until 2 pm in the Learning Commons on the Gorham campus.
OFFICE PHONE: (207) 780-5585
CELL and TXT (207) 420-5506
FAX: (801) 585-3992
EMAIL: james.graves@maine.edu
HOME PHONE: (207) 277-7094 (no calls between 10:00 p.m. and 7:00 a.m. please)

TA: TBD
OFFICE:
OFFICE HOURS:
E-MAIL
COURSE DESCRIPTION

This course is an introduction to a variety of sub-disciplines within the very broad field of exercise and sport science. In many cases the health benefits associated with participation in physical activity will be emphasized. It is the gateway course into the Athletic Training (http://usm.maine.edu/ehss/bs-athletic-training), Exercise Science (http://usm.maine.edu/ehss/bs-exercise-science) and Health Sciences (http://usm.maine.edu/ehss/bs-health-sciences) majors and is designed to introduce students enrolled in these majors to content that will be explored in greater depth in the more advanced courses within their major. The course is also designed for non-major students wishing to explore content in the health sciences or one of the many career opportunities available to students in the health sciences.

COURSE OBJECTIVES (Learning Outcomes)

Upon successful completion of this course you will be able to:

- Define exercise science.
- Explain what exercise scientists study.
- List career opportunities in exercise science.
- Identify the primary professional organizations related to athletic training, exercise science, and health science and the various certifications these organizations offer.
- Discuss the professional standards that a program in exercise science should attain to prepare students for career opportunities.
- Locate references and perform literature searches in exercise science.
- Construct a reference list in APA format using peer reviewed articles.
- Apply basic library skills and introductory knowledge pertaining to athletic training, exercise science or health science research including the definition of professional peer reviewed journals, types of manuscripts published in these journals, organizations associated with these publications, and importance to the profession.
- Define the various subspecialties of anatomy.
- Explain why exercise scientists should have a good background in anatomy.
- Identify and define the primary sub-disciplines of exercise science: exercise physiology, exercise epidemiology, athletic training, exercise and sport nutrition, biomechanics, motor control and learning, and exercise and sport psychology.
- List the components of an exercise prescription.
- Develop an exercise prescription for healthy and clinical populations.

TEACHING METHODS

This is a hybrid course that contains in-class face-to-face (FTF) and online components. It uses readings, reflection, discussion, online resources, written assignments and interactive blended instruction to deliver content. Much of the course will involve a “flipped” approach to learning: you will become exposed to course content outside of the classroom and discuss applying course content during the FTF class sessions. This course will emphasizes the application of content to further study using different in-class and online tools, approaches, and resources.
COURSE PHILOSOPHY, REQUIREMENTS AND ORGANIZATION

The structure for this course is based on a philosophy of self-directed learning using blended (mixed-mode) instruction. The online component of course is designed in an asynchronous format to provide students with flexibility in managing their learning. Asynchronous means that there is no requirement for students to be present online at a specific time. Requirements for the course have been established on a weekly basis and you may fulfill these requirements at your convenience during the week. Attendance during the FTF component of the course is not required but strongly encouraged.

Students electing to take courses with an online component should possess a high level of initiative, autonomy and ability to work independently. Time management and organizational skills are essential for the successful completion of this course. You will need access to a computer that can connect to the internet.

COURSE ASSIGNMENTS

Course assignments include posting to an online discussion board (weekly), written assignments submitted to the online Blackboard site (weekly), and two online examinations (a midterm and a final). Creating written assignments off-line and submitting as a .doc or .pdf file attachment is recommended.

PARTICIPATION IN DISCUSSION

This course uses online discussion to document understanding of material and facilitate interaction and idea sharing. Typically, participation in online discussions is based on posted responses and replies (Dawley, 2007). A response is a discussion board posting that addresses the specific discussion topic and a reply is a discussion board posting that addresses a posting of another student or the instructor. For this course, responses are required. Replies are not required but encouraged. Participation points for responses are assigned as follows:

- Full credit (5 points): thoroughly addresses each part of the discussion instructions or question; is effectively organized; displays correct grammar and spelling; shows evidence of critical thinking; and meets the required deadline. Partial credit (1 - 4 points): posting is complete but does not meet the full credit requirements. Zero credit (0 points): no posting (participation) on the assigned discussion topic by the due date.

Depending on the size of the class discussion topics may be organized using a small group format.

MIDTERM and FINAL EXAMINATIONS

Midterm and final examinations will be multiple choice and true/false format. They will be made available online for a one-week period. There will be no time limit on the exams but the completed exam must be submitted by midnight on the day that it is due. Online examinations
will cover the content presented in the textbook and discussed in class. They will be open book, open notes and collaboration is encouraged.

ASSIGNMENT POLICY

Assignments must be submitted via Blackboard by midnight on the day they are due. Late assignments will not be accepted unless prior arrangements have been made with the instructor.

COURSE EVALUATION

<table>
<thead>
<tr>
<th>Component</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Participation in weekly online discussion</td>
<td>60</td>
</tr>
<tr>
<td>(12 @ 5 pts/ea.)</td>
<td>60</td>
</tr>
<tr>
<td>Completion of weekly assignments</td>
<td>120</td>
</tr>
<tr>
<td>(12 @ 10 pts/ea.)</td>
<td>120</td>
</tr>
<tr>
<td>Midterm Examination</td>
<td>90</td>
</tr>
<tr>
<td>Final Examination</td>
<td>90</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>360</strong></td>
</tr>
</tbody>
</table>

GRADES will be based on a percentage of the total points possible: ≥ 93.0% = A, 90.0% - 92.9% = A-, 87.0% - 89.9% = B+, 83.0% - 86.9% = B, 80.0% - 82.9% = B-, 77.0% - 79.9% = C+, 73.0% - 76.9% = C, 70.0% - 72.9% = C-, 67.0% - 69.9% = D+, 63.0% - 66.0% = D, 60.0% - 62.9% = D-, below 60.0% = F.

COMMUNICATION

Announcements: The announcement feature in Blackboard will be used to broadcast messages intended for everyone enrolled in the course. You should check for new announcements on a regular basis and whenever you log in to Blackboard.

Discussions: The discussion board feature in Blackboard will be used for online discussions about specific topics; as a place to post questions and answers among students and faculty; and as a place for students to communicate with each other.

Email: Please use Blackboard email to communicate with the instructor about this course. Other email clients may be used whenever Blackboard is not operational on campus or if the topic is not related to the class. Use email (not the discussion board) if a message is private in nature. Check your email frequently since this is the primary means of direct communication. Students should check for new email on a regular basis and whenever they log in to Blackboard.

Responses from the instructor: Unless otherwise noted you may expect a response from the instructor within 48 hours.

Phone/Personal appointment: I am available for in person communication outside of class. You may stop by the Learning Commons during regularly scheduled office hours (noon to 2 pm on Thursdays. I recommend you call first or speak to me immediately after class to confirm that
my schedule has not changed for that day). You may also schedule a phone or in-person appointment on either the Gorham or Portland Campuses. To schedule an appointment please contact Bonnie Stearns, Senior Staff for Academic Administration in the CSTH (Phone: 207 780-5585, email: bstearns@maine.edu).

ATTENDANCE POLICY

Attendance in class is strongly encouraged but not required. Extra credit will be awarded for good attendance (10 points for 12 or more classes, 15 points for perfect attendance). Participation online is required to earn discussion points and complete all assignments.

ONLINE GUIDELINES

There are unique responsibilities that come with participating in a course with an online component.

**Electronic or equipment failure:** It is your responsibility to maintain your computer and other equipment needed to participate in the online component of this class. Equipment failures will not be an acceptable excuse for late or absent assignments.

**Classroom equivalency:** Online communications, including e-mail, discussion threads, and chat room participation are equivalent to communication in a physical classroom and are subject to the Student Code of Conduct. Specifically:

- Posting photos or comments that would be off-topic or offensive in a classroom are also off-topic in an online discussion thread.
- Off-color language (swearing) is never appropriate.
- Using angry or abusive language is called "flaming", and is not acceptable.
- Do not use ALL CAPS, except for titles, because it is the equivalent of shouting online. Avoid overuse of certain punctuation marks such as exclamation points (!!!!!) and question marks (?????). Multiple punctuation marks used occasionally for emphasis is acceptable.
- Online communications, including e-mail in Blackboard, are University property and subject to GRAMA regulations. Privacy regarding communication in Blackboard must not be assumed unless mutually agreed upon in advance.

As with assignments, the instructor will respond to email in a reasonable amount of time (usually with 48 hours). Use the Blackboard email address as the preferred means of communication. Note that content may be shared with the class when there are valid teaching/learning reasons for doing so and mutual privacy agreements for the communications have not been previously made.

CLASSROOM CLIMATE

You can expect a very relaxed classroom atmosphere. It is perfectly acceptable to come and go as you please as long as it is not disruptive. Electronic devices including portable computers, electronic tablets and smart phones are welcome and may be used as you wish. Please turn all
audio off prior to class to avoid disruption. We will be privileged to have several guest speakers during the semester. Please refrain from using electronic devices during guest presentations.

TECHNOLOGY REQUIREMENTS AND ASSISTANCE

The following Online course guidelines apply:

- It is your responsibility to maintain your computer and related equipment in order to participate in the online component of this course.
- Equipment failures will not be an acceptable excuse for late or absent assignments.
- You are responsible for making sure your assignments, including attachments, are received before the deadline.
- You are responsible for submitting assignments with the required naming convention, correct file extension, and using the software type and version required for the assignment.
- Your instructor may elect to use a plagiarism detection service in this course, in which case you may be required to submit your written work to such a service as part of your assignment.

Resources for technology related questions include:

Instructional Technology and Media Services: ITMS provides the University of Southern Maine community with access to instructional and multimedia technologies and support for the use of technology in the classroom.

Center for Technology Enhanced Learning: Although USM Online's Center for Technology Enhanced Learning (CTEL) is designed primarily to support the efforts of faculty, departments, and programs who want to develop online and blended programs and courses there is an ever-growing repository of support pages that can assist many on-line learners and a link to Online Student Services. The Libraries & Technology Web site has a variety of useful support links including Student Tech Support (ResNet).

Computing Services offers a variety of services to USM students, faculty and staff, including helpdesk support, repairs, training, software licensing, student computing support, network services, server maintenance, IT security, database and application development, and sales. There is also a link to public computing facilities that lists locations and hours of operation.

TEXT


New and used paper copies are available from Amazon.com. An electronic copy of the text (ebook) can be purchased from Vitalsource. You may also purchase a paperbound copy of a
print/PDF bundle from Holcomb Hathaway. The text will also be placed on two-hour reserve in the Glickman Family Library on the Portland campus and in the Gorham Library and Learning Commons in Bailey Hall on the Gorham campus.

SUPPLEMENTARY TEXTS


ADDITIONAL READINGS

Pertinent journal articles for review and other readings may be placed online or on electronic reserve.

COMPLIANCE WITH SECTION 504 OF THE REHABILITATION ACT OF 1973

The University of Southern Maine seeks to provide equal access to its programs, services and activities for people with disabilities. If you need an accommodation for this class, reasonable prior notice must be given to the Disability Service Center (DSC). The DSC is located on the Portland Campus in 242 Luther Bonney Hall (e-mail address is dsc-usm@maine.edu and phone number is (207) 780-4706). DSC will work with us to make arrangements for accommodations.

STATEMENT ON ACADEMIC HONESTY

Cheating will not be tolerated. Any evidence of cheating will be fully investigated and the maximum penalty will be applied under the circumstances. The Student Academic Integrity Policy specifies students’ rights and consequences of conduct involving cheating, plagiarism, collusion, fraud, theft, etc.

Wherever the ideas or words of others appear in your work they must be properly cited. Failure to make clear the sources of any outside material that you incorporate in your work constitutes plagiarism and is against University policy.

FACULTY AND STUDENT RESPONSIBILITIES

“It is expected that students will conduct their affairs with proper regard for the rights of others and of the University. All members of the University community share a responsibility for maintaining an environment where actions are guided by mutual respect, integrity, and reason.” (http://usm.maine.edu/sites/default/files/deanofstudents/Student-Conduct-Code-042115-FINAL-APPROVED-051815.pdf). It is the responsibility of faculty to enforce responsible classroom behaviors and manage courses in accordance with policy outlined in the Faculty Handbook (https://usm.maine.edu/provost/faculty-handbook).
REFERENCES CITED