

HPE 2000 SUMMER 2015

HPE 2000 Course Requirements

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Office Hours: by appointment

- SUPPLEMENTAL TEXT: Freeman, Wm. (2001). *Physical Education and Sport in a Changing Society*, 6th ed. Allyn & Bacon, Publishing.

Required Text: None required, but will begin a portfolio

- **Using Chalk and Wire**

All PowerPoint notes are available on [my web page](#).

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HPE 2000

Chalk and Wire e-Portfolio Account –

Beginning Summer 2007, all newly admitted teacher education candidates will be required to purchase a Chalk and Wire e-Portfolio account. This web-based application will be used in multiple courses throughout your program, but you will only need to purchase your account ONE time since the accounts are good for five years. Accounts must be purchased through the KSU Bookstore. For additional information on how to purchase the account, the purpose of Chalk and Wire, and training opportunities please visit our website at www.kennesaw.edu/education/chalkandwire/

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HPE 2000

- ATTENDANCE POLICY – You are expected to attend class
- CLASS REQUIREMENTS:
- 10 definitions of “What is Physical Education?” from library or INTERNET
- 2 papers ([personal philosophy & historical event or individual](#))
- 4 EXAMS from class notes and handouts
- Fitness Assessment
- [KSU e-Portfolio](#) turned in at end of semester following
- [Portfolio Guidelines](#)

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New KSU Re-enrollment Policy, Effective Spring 2012

After taking or attempting an undergraduate course for the second time, students will not be allowed to re-enroll in that class without the permission of the department chair or his/her designee. It is the sole discretion of the department chair/designee to decide if and when a student will be allowed to enroll in a class that they have taken/attempted twice. There is no obligation on the part of the chair to allow a student to enroll in a course after the student's second attempt to take the course. This limitation is in place regardless of previous grades, including grades of “W” or “WF”. The standing exception to this policy is for courses described in the KSU Undergraduate catalog as being repeatable for credit.

Note: If permission is granted to re-enroll, students should be reminded of the new financial aid regulation that limits the number of times a student can “retake” a course and receive federal financial aid. Granting permission for students to re-enroll in a course for a third time does not guarantee the course will count for financial aid eligibility.

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Withdrawal from Courses

Students may withdraw from one or more courses any time before the last three weeks of the semester. However, as of fall 2004, students will be allowed a **maximum of eight total withdrawals if they enter KSU as a freshman. Transfer students will be allowed one withdrawal per fifteen credit hours attempted, for a maximum of eight.** Students who choose to pursue a second degree at KSU will be allowed two additional withdrawals. Students who entered KSU before fall 2004 will be allowed one withdrawal per fifteen credit hours attempted for a **maximum of eight** after the institution of this policy. **Students who exceed the maximum number of withdrawals will receive a grade of “WF” for any subsequent withdrawals.** To completely or partially withdraw from classes at KSU, a student must withdraw online through Owl Express.

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Plagiarism and Cheating

“No student shall **receive, attempt to receive, knowingly give or attempt to give unauthorized assistance** in the preparation of any work required to be **submitted for credit** as part of a course (including examinations, laboratory reports, essays, themes, term papers, etc.). When direct quotations are used, they should be indicated, and when the ideas, theories, data, figures, graphs, programs, electronic based information or illustrations of someone other than the student are incorporated into a paper or used in a project, **they should be duly acknowledged.**”

When in doubt – Ask Your Instructor

From: www.kennesaw.edu/judiciary/code.conduct.shtml

Forms of plagiarism

- **Intentional**
 - ✓ Copying a friend's work
 - ✓ Buying/borrowing papers
 - ✓ Cutting/pasting text from the internet
- **Unintentional**
 - ✓ Careless paraphrasing
 - ✓ Poor documentation
 - ✓ Quoting excessively
 - ✓ Failure to use YOUR own words

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Plagiarism is

- Theft of intellectual property
- Cheating
- A serious KSU academic honesty violation that may result in
 - an "F" for the course
 - suspension for at least one (1) semester

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Summary

- Plagiarism is a serious academic honesty issue at KSU
- Whether intentional or unintentional, violators will be appropriately disciplined
- Presenting someone else's work or ideas as your own is plagiarism
- Never give or receive unauthorized assistance
- Always consult your instructor (if you don't want your instructor to know what YOU did or how a colleague helped YOU, it IS a problem!)

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Evaluation and Grading

Final Grade:

- Exam 1 = 20%
- Exam 2 = 20%
- Exam 3 = 20%
- Exam 4 = 20%
- Definitions = 3%
- Historical Paper = 12%
- Attendance = 5%
- 100%**

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Evaluation and Grading

	20%	20%	20%	20%	3%	12%	5%				
	Xm1	Xm2	Xm3	Xm4	Def.	Paper	AR	TOTAL	Major's Club	Peer Review	Final Grade
HPE 2000-FALL 2010 - 0100-0115 HAW	92	80	68	87	100	100	100	85.40	✓	B	

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Information

- KSU [e-Portfolio](#) to be started in HPE 2000

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HPE 2000

- Definitions: **What is physical education?**
Can include broad based definitions of terms associated with Physical Education or historical definitions.
- Papers: see [Assignments Sheet](#) on my web page.

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Where located?

- Home is: **WellStar College of Health & Human Services (now in Prillaman Hall)**
- Affiliated with Bagwell College of Education through as an Education Program Provider (EPP)

HPE Dept. web site:

Health Promotion and Physical Education

http://www.kennesaw.edu/col_hhs/hpe/

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HPE Dept. Expectations for Students Majoring In Health & Physical Education

- All candidates should:
- Remove your hats/hoodies when in a classroom
- Arrive at class a few minutes early & help with set up if set up is required
- Remember "Early is on-time - on-time is late - and late is not acceptable."
- Be punctual in their attendance at all class meetings – no or minimal absences
- Obtain class information if a class must be missed--also notify instructor of reason for absence
- Turn in work at the beginning of class
- Engage in all classes
- Assume a leadership role when appropriate

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HPE Dept. Expectations for Students Majoring In Health & Physical Education

- See your advisor regularly (Go early and go often!!)
- Conduct yourself in a professional manner
- Show respect for ALL – Each individual should be treated with kindness, courtesy, and respect
- Turn OFF cell phones when in class
- Turn in your very best work with attention to detail.
- Exhibit academic integrity in all work – NO plagiarism – Do your own work – If the work of others is claimed as your own, you must be willing to accept the consequences!
- [HPE Dispositions' statement](#) completed by all HPE Faculty

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KSU HPE Faculty



Dr. Kandice Porter:
School Health Education;
HPE Dept. Chair



Dr. Peter St. Pierre; HPE Program Coordinator; Elem. PE Methods; TOSS Supervision; Adapted PE; Tests & Measurements



Dr. Mitchell Collins:
2003 KSU Distinguished Scholar Award; 2005 KSU Distinguished Prof. Award
Associate Dean of Data and Infrastructure (WCHHS)

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KSU HPE Faculty

Dr. Tom Donovan:
Pedagogy; Middle & Secondary Curriculum; TOSS/Student Teaching Supervisor



Ms. Amy Howton:
Dance;
HPS 1000 Coordinator



Dr. Bernie Goldfine:
2002 KSU Distinguished Teaching Award; Activity Coordinator



Dr. Michael Hales:
Functional A&P for HPE and Applied Kinesiology



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KSU HPE Faculty



Dr. Jane Petrillo:
Health Promotion

Mr. Andy Smith:
PE Field
Experiences
Coordinator;
HPS Majors'
Club Advisor



Dr. Jin Wang:
Biomechanics,
Sport Psyc.; 2004
SDAAHPERD
Scholar;
2010 R. Tait
McKenzie Award

**Dr. Ping
Johnson:**
Health
Educ. &
Health
Promotion



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KSU HPE Faculty



Mrs. Virginia Rendini
HPE P-12 Program



Mrs. Lori Scheck
HPE P12 Program



Ms. Margaret Tilley
HPE Advising
Coordinator

Mrs. Abby Dawson,
Advising Coordinator

**Ms. Susan
Whitlock:**
Activities; Chair
of HPS PTEU
Admission's
Committee;
Coaching Minor
Coordinator



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KSU HPE Faculty



Jasmine Ward – Health
Promotion



James Annesi – Liaison
with Health Promotion
Research & Development

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HPE 2000 - Basic Definitions

- Terms used under the “umbrella” term of Physical Education
- **Exercise:**
- Use/exertion of the body
- **Play:**
- Activity used as amusement; Child’s play = Paidia; Adult play = Ludus (increased skill needed/expected)
- **Games:**
- Organized play; outcome is governed by rules

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HPE 2000 - Basic Definitions

- **Leisure:**
- Freedom from work; may or may not have physical activity associated with it.
- **Recreation:**
- Activity that refreshes one after work; may or may not have physical activity associated with it.
- **Sport:**
- Organized/Competitive form of play
(? Trash sports - American Gladiators?)

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HPE 2000 - Basic Definitions

- **Athletics:**
- Activity that is organized & training is required; skilled individuals compete
- **Wellness:**
- Maximum level of well being

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HPE 2000 - Basic Definitions

- **Physical Education:**
- Physical education is a process through which an individual obtains optimal physical, mental, & social skills & fitness through physical activity. (Lumpkin)

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Goals/Objectives of Physical Education

1. To help individuals move skillfully & effectively
2. To understand/appreciate movement
3. To understand/appreciate scientific principles
4. To develop interpersonal relationships
5. To develop the body to respond to demands
6. To improve the quality of life (reduce stress; lessen effects of osteoporosis)

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NEW NASPE Standards in PE (AAHPERD 2013-Charlotte, N.C.)

- **Developing "Physically Literate" Individuals:**
- 1) **Standard 1** The physically literate individual demonstrates competency (*the quality of being adequately or well qualified – physically and intellectually*) in a variety of motor skills and movement patterns.
- **Standard 2** The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.
- **Standard 3** The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
- **Standard 4** The physically literate individual exhibits responsible personal and social behavior that respects self and others.
- **Standard 5** The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

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Characteristics of a Profession

- Abraham Flexner's classifications of a profession:
- Intellectual activity (a body of knowledge)
- **Human movement** = basis for Phys. Educ.
- Practical use of the body of knowledge - some application
- Research resulting in new ideas (body's response to exercise)

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Characteristics of a Profession

- Self organization: [SHAPE AMERICA](#); [Southern District SHAPE America](#); [SHAPE Georgia](#)
- Capacity for communication (internal & external) [JOPERD](#); [Research Quarterly](#); [Strategies](#); Conference; Conventions; [GAHPERD](#)
- Dedication to helping others (altruism- unselfish concern for others)

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Characteristics of an EMERGING Profession

- Charles Beucher's classification of an emerging profession
- Is what we do unique?
- Are we selective in admitting students?
- Is there rigorous training?
- Are we self-regulatory? How do we remove the unwanted?

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Characteristics of a DISCIPLINE

- Franklin Henry's definition of a discipline:
- An organized body of knowledge collectively embraced in a formal course of learning. The acquisition of such knowledge is assumed to be an adequate & worthy objective. There is no need to demonstrate or require practical application. The content is theoretical/scholarly Vs technical/professional.
- A DISCIPLINE of study exists purely for itself.

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Characteristics of a DISCIPLINE

- Examples of DISCIPLINES of Study:
- Physiology: science dealing with living organisms
- Exercise Physiology: Study of human systems under effects of exercise
- Physics: Study of properties of matter & energy
- Biomechanics: Mechanical principles applied to humans in motion

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Characteristics of a DISCIPLINE

- Gerald Kenyon's Criteria for a DISCIPLINE
- There should be a focus of attention
- There should be a unique body of knowledge
- A particular mode of inquiry/research method
- Primary objective of a discipline = gain knowledge
- Primary objective of a profession = apply knowledge in a way to serve others

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Subdisciplines in Physical Education

- Cultural disciplines: Sport History & Sport Philosophy (Meaning of sport in our lives)
- Social disciplines: Sport Sociology & Sport Psychology (Human/social behavior in a sport setting)
- Scientific disciplines: Biomechanics (laws of physics effecting the body) & Sport Physiology (body's response to & during exercise)
- Movement Pedagogy: teaching methods (skills & play)

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Uniqueness of Physical Education

- The uniqueness of Physical Education is its **multi-theoretical** approach to the study of human movement
- Aspects of many subdisciplines contribute to the total body of knowledge that is Physical Education
- Actually go beyond most disciplines, but not fully recognized

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Average Teacher Salaries for 2014-15

Georgia Salary Scale for teachers

Cobb County Salary Scale for Teachers

State	Avg. Salary	National Rank
Georgia	42,141	20
North Carolina	41,496	21
Virginia	40,247	24
Texas	38,359	26
Florida	38,230	29
South Carolina	37,938	30
Alabama	37,606	31
Tennessee	37,413	32
Mississippi	31,954	49

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Alternatives to Teaching Physical Education

- **Health Promotion/Wellness:** It is the science & art of helping people change their lifestyle to move toward a state of optimal health & wellness.
- Wellness is striving to achieve one's potential in each of the seven dimensions: physical, emotional, mental, social, environmental, occupational, and spiritual.

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Alternatives to Teaching Physical Education

- **Health promotion/wellness** job possibilities: health club industry; personal training; community agencies (American Heart Association, etc); health care industry; YMCA/YWCA; Consulting; Entertainment; Colleges/Universities.; Sales; Health information specialist (writing)

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Alternatives to Teaching Physical Education

- Salary: \$20K+ - ?
- Additional certifications: ACSM; ACE; CHES; etc.
- Programs: Smoking cessation; stress management; lowback health; diet/nutrition; HIV/AIDS Awareness; Fitness

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Health Promotion Minor

■ Benefits of a Health Promotion Minor:

- Prepares students with the knowledge and skills to design, implement, and evaluate health promotion programs.
- Focuses on improving quality of life and overall well-being of individuals, worksites, and communities through behavioral, policy, and environmental initiatives.
- Expands the credentials of students entering health related professions.

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Health Promotion Minor

- **Minor Core (12 credit hours)**
- HPE 3300 Personal Health Behaviors (3)___
- HPE 3850 Health Promotion and Program Planning (3)___
- HPE 4500 Introduction to Epidemiology (3)___
- HPE 4600 Health Promotion Applications (3)___
-
- **Minor Electives (6 credit hours)**
- Select 6 credit hours from the following:
- HPE 2900 Peer Health Education (3)___
- HPE 3250 Family Health and Sexuality (3)___
- HPE 3600 Child & Adolescent Health Issues (3)___
- HPE 4200 Intro to Community & Worksite Health (3)___
- HPE 4750 Health Promotion Internship (1-6)___

*Any 3000 or 4000 level KSU course with content appropriate to Health Promotion with the approval of the Health Promotion Program Coordinator and the Chair of the Department offering the course

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Alternatives to Teaching Physical Education

- **Sport Management:** Study of the application of business principles to the area of sport
- Available positions: Professional sport; intercollegiate sport; sport facility management; community based sport; fitness industry; sporting goods; athletic representation

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Coaching Minor

The Coaching Minor is designed to:

- prepare students with the knowledge and skills to work in a coaching environment
- expand the credentials of students entering the teacher education profession
- provide training and enhance marketability for graduates in all academic disciplines who might seek coaching and teaching positions at public or private school settings
- help meet the recreational or community sport league demands for trained volunteer coaches
- expand networks in coaching arena for professional development

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Coaching Minor Curriculum

Required Courses:

- HPE 2300 First Aid/CPR Instructor Training (3 hrs)
- HPE 3050 Coaching Principles (3 hrs)
- HPE 3100 Sociological and Psychological Aspects of HPE (3 hrs)
- **Select 3 of the following 4 courses:**
 - HPE 3060 Advanced Coaching Methodology: Basketball and Volleyball (3 hrs)
 - HPE 3070 Advanced Coaching Methodology: Soccer and Tennis (3 hrs)
 - HPE 3080 Advanced Coaching Methodology: Softball and Baseball (3 hrs)
 - HPE 3395 Coaching Practicum (3 hrs)
- **TOTAL CREDIT HOURS: 18**

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New HPE Curriculum Effective Fall 2015

■ New HPE Curriculum:

- New Courses Include:
 - HPE 2050 Fund Teach HPE (3) - (Sp,Su)
 - HPE 2140 Fitness Dev & Assmt (3) - (F)
 - HPE 2250 Func A&P for HPE (3) - (Sp, Su)
 - HPE 3600 Child & Adol Health (3) - (F)
 - HPE 4340 Applied Kinesiology (4) - (F, Su)
 - HPE 1140 Educ Dance & Gymnastics (3) - (F, Sp)
 - HPE 1560 Invasion/Target (2) - (Sp)
 - HPE 1580 Stirke-Fld/Net-Wall (2) - (F, Su)
 - HPE 1900 Adventure Educ & Facili (3) - (Sp, Su)

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Admission Requirements

- Application available on [HPE Dept. web page](#) or in HPE Main Office.
- **NEW: WELL 1000; HPE 2000; HPE 2050; HPE 2250; HPE 1560, HPE 1580, EDUC 2110**
- Achieve a GPA or AGPA of 2.75 (for students new to KSU – Fall 1999);
- Applicants with a 3.0 GPA or higher are **guaranteed admission** to teacher education provided they meet all other criteria; those with a 2.75-2.99 GPA are not. Their admission is dependent upon further review by the BCOE
- Satisfactory Dispositions' Review

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Admission Requirements

- Receive a "C" or better in all required HPE & EDUC major courses
- Complete either HPE 1560 or 1580 for admission
- Submit 3 acceptable faculty recommendations,
- A current completed course check sheet with Projected Class Schedule
- Passed GACE Program Admission Exams (math, reading, and writing – can exempt with SAT total of 1000 or ACT of 43 (English + Mathematics))
- Complete the Georgia Educator Ethics-Program Entry Exam. Create a MyPSC account on the GaPSC website and select "7" as your reason for testing to be eligible to take the exam
- Exhibit responsible professional behavior in all classes, field experiences, and interactions with peers and faculty

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Admission Requirements

- **All** teacher candidates are required to apply for *Ga Pre-Service Teacher Certification*. The two required documents can be downloaded from these links and the **hard copies** must be submitted to the Education Student Services, Kennesaw Hall Suite 1314:
 - Pre-Certification Application (Only complete Pages 1 & 3, disregard page 2- no fees due)
<http://www.gapsc.com/Certification/Downloads/Application.pdf>
 - Verification of Lawful Presence (requires copy of Driver's License or Legal Id)
<http://www.gapsc.com/Certification/Downloads/VLPforms.pdf>
 - This form must be signed by a Notary Public. KSU students can utilize Notaries in Education Student Services, Registrar and Financial Aid offices at no cost
 - Demonstrate interest in field through participation in and contribution to HPE Majors' Club and/or other professional activities
 - Passed Background Criminal History Check
 - Submit additional materials to Bagwell College of Education

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**Summary of Undergraduate Teacher Education Student Fees
Fall 2015**

Area	Service Rendered	Fee Amount
EDUC Classes with Field Component	Support/Collaboration	\$50
Adm. to Teacher Ed.	Processing	\$20
Background Criminal History Check	Required for Program Admission & Field Experiences	\$30
Each Practicum (HPE 4410 & 4430)	Supervision Travel and Supplies	\$50
Student Teaching (HPE 4850)	Supervision Travel	\$50
Chalk & Wire Portfolio	HPE & EDUC courses	@ \$100 plus tax
edTPA Portfolio Assessment	Required for Program Certification	\$300

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**Summary of Undergraduate Teacher Education Student Fees
Fall 2014
GACE FEES**

A \$25 registration fee and a \$28 test center fee are included in each test fee below.

Test	Total Fee
Program Admission (combined test: #700)	\$128
Program Admission (any two tests): #200-Reading #201-Math #201 Writing	\$103
Program Admission (single test)	\$78
Content (combined test - # 615)	\$193
Content (single test #115 or #116)	\$123
Additional Fees:	Additional Fees:
Test center, date, or time change	\$15
Canceled test registration	\$30

Admission to Practicum Requirements

- See [my web page](#) for application or main HPE Office for information
- Student must have been admitted to the teacher education program without concerns
- Maintained an AGPA of 2.75 as well as an AGPA of 2.75 in **EACH** of the following HPE major course areas:
 - 1) Professional Skills
 - 2) HPE Major Core
 - 3) Professional Education
- Receive a positive [Dispositions](#) Review

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Admission to Practicum Requirements

- Received a "C" or better in all required HPE major courses
- Successfully completed HPE 3450 **before** HPE 4410, or HPE 3550 **and** HPE 3650 **before** HPE 4430
- Received positive evaluations in all field experiences

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Admission to Practicum Requirements

- Exhibited responsible professional behavior in classes, field experiences, and interactions with peers and faculty
- Continued participation and professional contribution to HPE Majors' Club and/or other professional activities
- Received unanimous approval from faculty

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Admission to Practicum Requirements

- Cannot apply for practica or student teaching in a school you attended nor in which you have a relative/family working or attending

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HPE 2000 Fitness Assessment

Name: _____ Age: _____ Gender: M / F
 Date: _____ Height: _____ft. _____in. BMI: _____ BMI Rating: _____

MALES		
Chest: _____	Abdomen: _____	Thigh: _____
Chest: _____	Abdomen: _____	Thigh: _____
Chest: _____	Abdomen: _____	Thigh: _____
Weight: _____	Percent Body Fat: _____	
Fat Wt.: _____	Lean Wt.: _____	
FEMALES		
Triceps: _____	Suprailiac: _____	Thigh: _____
Triceps: _____	Suprailiac: _____	Thigh: _____
Triceps: _____	Suprailiac: _____	Thigh: _____
Weight: _____	Percent Body Fat: _____	
Fat Wt.: _____	Lean Wt.: _____	

HPE 2000 Fitness Assessment

FLEXIBILITY			PUSH-UPS		
S&R 1 R / L					
/			CRUNCHES		
S&R 2 R / L					
/			MILE RUN		
S&R 3 R / L					
/			HEART RATE		

Component	Healthy Fitness Zones					
	Males			Females		
Cardiorespiratory Endurance (1 mile run, previous standards)	8:30-7:00			10:00-8:00		
Muscular Strength- Push Up	≥18			≥7		
Muscular Endurance- Curl-Up	≥24			≥18		
Muscular Flexibility- Sit & Reach	8"			12"		
Body Composition: BMI	Health	NI	HFZ	Health	NI	HFZ
	Risk	<28	28-28	18-28	>28	26-28 18-25