Instructor: Bob Pearson  
Office Location: D17  
Office Hours: By appointment  
Telephone: (580) 477-7800  
Email: bob.pearson@wosc.edu

COURSE NUMBER: HPER 1953

COURSE TITLE: Introduction to Health, Physical Education, and Recreation

CREDIT HOURS: 3

PREREQUISITES: None

COREQUISITES: None

CATALOG DESCRIPTION:
History, philosophy, current practices and opportunities in the field of health, physical education, and recreation. (LAS)

REQUIRED TEXT:

COURSE OBJECTIVES:
1. Students will identify the purpose and objectives of physical education, exercise science, and sport programs and be able to explain the meaning and importance of each.
2. Students will learn about the foundational concepts of the exercise and sport sciences.
3. Students will begin to understand and associate with the duties and responsibilities of a professional physical educator, exercise scientist, or sport educator.
4. Students will formulate a personal philosophy of physical education, exercise science, and sport based on an understanding of fundamental philosophical theories.
5. Students will investigate possible careers in physical education, exercise science, and sport and initiate activities to help prepare for a career in the chosen field.
6. Students will examine the legacy of the historical occurrences of physical education, exercise science, and sport as these have influenced and shaped existing programs.
7. Students will analyze current issues and trends in physical education, exercise science, and sport.

COURSE REQUIREMENTS:
Reading: Readings from the textbook and supplement readings will be required by the instructor.  
Class Discussion: Students will be required to participate in discussion forums using electronic message and chat. Discussions will be monitored by the instructor. Student participation will be evaluated.  
Writing: Written assignments will be required by the instructor.

Testing: 3 regular exams and one final.

TEST MAKE-UP POLICY:
Students must take tests during the scheduled times. If you cannot take a test when it is scheduled, contact the instructor before the test. Make-up tests will not be given except in the case of extenuating circumstances—at the instructor's discretion. If you miss a test and have contacted the instructor beforehand, you will be given an opportunity to (1) make up the test, (2) take a comprehensive final or (3) take a zero for the test, at the instructor's discretion.
**EVALUATION/GRADING:**

<table>
<thead>
<tr>
<th>Type</th>
<th>Points</th>
<th>Total Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tests (3 exams)</td>
<td>100</td>
<td>300</td>
</tr>
<tr>
<td>Reports (3 reports)</td>
<td>100</td>
<td>300</td>
</tr>
<tr>
<td>Final</td>
<td>100</td>
<td>100</td>
</tr>
<tr>
<td>Bonus: Discussion Forum</td>
<td>40</td>
<td>40 (possible bonus pts)</td>
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<tr>
<td><strong>Total Points Possible</strong></td>
<td><strong>700</strong></td>
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**GRADING:**

At the end of the semester, all points will be totaled and the final grade will be determined by the following:

- A 630 - 700
- B 560 - 629
- C 490 - 559
- D 420 - 489
- F 0 - 419

**STUDENT SPECIAL NEEDS ACCOMODATIONS:**

Students with disabilities should notify the instructor of any special needs.

**WITHDRAWING FROM COURSE:**

It is the responsibility of the student to properly withdraw from class if necessary. No administrative withdrawals will be given. An incomplete (I) or an audit (A) will be given at the discretion of the instructor and the department director. It is the student's responsibility to withdraw by the deadline given in the current schedule.