

**The University of Akron**

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**From the Selected Works of Michael Powell**

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2016

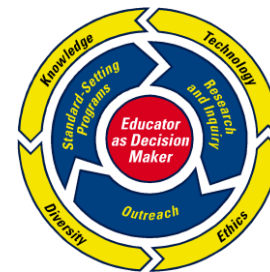
# PE Activities I\_Fitness, Leisure & Healthy Life Style.docx

Michael Powell, *The University of Akron*



Available at: <https://works.bepress.com/michael-powell/1/>

**The University of Akron**  
**College of Education**  
**[Sport Science & Wellness Education]**  
**[5550] [102] 71301 [ ] Physical Education Activities 1 [3]**  
**Fitness, Leisure, & Healthy Life Style**  
**Fall 2016**



<b>Instructor:</b>	<b>Mr. Michael Powell</b>	<b>Section:</b>	<b>001</b>
<b>Office:</b>	<b>Infocision Stadium 317</b>	<b>Building:</b>	<b>Infocision Stadium</b>
<b>Phone:</b>	<b>330- 972-6679 Cell: 330-603-5594</b>	<b>Room:</b>	<b>427</b>
<b>Email:</b>	<b>mdp18@zips.uakron.edu</b>	<b>Day/Time:</b>	<b>MW 1:45-3:00pm</b>
<b>Office Hours:</b>	<b>By appointment</b>		

## I. COURSE DESCRIPTION

Overview of the fitness and related activities are included. Assessment of the fitness components and the clinical practice of fitness related activities.

## II. RATIONALE

The purpose of the course is to acquire and/or develop content and pedagogical knowledge to successfully teach fitness and contemporary activities. In addition, students will perform activities so they may be more proficient at understanding and teaching them.

## III. REQUIRED/OPTIONAL TEXTS

Hoeger, W. K. & Hoeger, S. A. (2013). Lifetime Physical Fitness & Wellness: a personalized program. 13<sup>th</sup> edition. Cengage Learning.

## IV. COURSE GOALS/OBJECTIVES

Objectives	UA Conceptual Framework Proficiencies	Applicable Standards: [See above]	Assignments/Assessments [Identify portfolio items with asterisks (*)]
1. Skill and knowledge regarding fitness and contemporary physical activities related to games and sports.	Knowledge	NASPE 1, 2	Assignments
2. Skill and knowledge regarding exercise and health-related fitness.	Knowledge	NASPE 1, 2	Assignment and final evaluation
3. Assessment of health-related fitness	Knowledge	NASPE 1, 2	Assignment and final evaluation
4. Learn to perform the basic fundamental skills of fitness and contemporary activities.	Knowledge	NASPE 1, 2	Clinical practice

5. Learn the content knowledge information of fitness and contemporary activities.	Knowledge	NASPE 1, 2	Assignments and final evaluation
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## V. COURSE OUTLINE

Aug. 29	Introduction	
Aug 31	Chapter 1	Intro to the first 6 week project
Sept. 5	Labor Day – no class	
Sept. 7	Chapter 2	
Sept. 12	Present fitness activities – Student Rec. Center (blue gym)	
Sept. 14	Fitness activities cont. – Student Rec. Center	
Sept. 19	Chapter 3	
Sept. 21	Chapter 4	
Sept. 26	Chapter 5 (part) and nutrition analysis	
Sept. 28	Fitness testing or 1 mile walk on track	
Oct. 3	Chapter 5 finish	
Oct. 5	Chapter 6	
Oct. 10	Fitness testing or 1 mile walk on track	
Oct. 12	Chapter 7	
Oct. 17	Test 1 chapters 1-7	
Oct. 19	Chapter 8	First 6 week project brief summary is DUE!!
Oct. 24	Individual strength workouts – Student Rec. Center	
Oct. 26	Chapter 9	
Oct 31	Chapter 10 – go over end of semester project	
Nov. 2	Injury paper to be presented in class	
Nov. 7	Chapter 11 (develop 10 min. activity)	
Nov. 9	Presentation of 10 min. activities – Student Rec. Center	
Nov. 14	10 min. activities	
Nov. 16	10 min. activities	
Nov. 21	Chapter 12	
Nov. 23	Chapter 13	
Nov. 28	Chapter 14	
Nov. 30	Chapter 15	

Dec. 5            Review for Final – **12 Week Projects are DUE!!**  
Dec. 7            Final Exam chapters 8-15

\*Above activities are subject to change

## VI. INSTRUCTIONAL STRATEGIES/ACTIVITIES/TECHNOLOGY

- ♣ Discussion
- ♣ Written assignments
- ♣ Activities
- ♣ Class presentation

## VII. EVALUATION/STUDENT ASSESSMENT

Assignments:	100pts (4 at 25 pts)
Exams:	100 pts. (2 at 100 pts)
Presentation:	30pts
Other projects:	120 pts.
Activities	200
<b>Total:</b>	<b>650</b>

\*Point values are subject to change without notice

**Attendance is both expected and required. Grades will be lowered for absences. If you are absent, you are responsible for all information/assignments. There will be NO make-up classes**

Class assignments are due on the date specified. Assignments submitted late will result in a grade penalty.

93-100% =A	90-92% =A-	
87-89% =B+	83-86% = B	80-82% =B-
77-79% =C+	73-76% =C	70-72% =C-
67-69% =D+	63-66% =D	60-62% =D-
		00-59% =F

## VIII. CONCEPTUAL FRAMEWORK PROFICIENCIES

*The following boilerplate language should appear on every syllabus of the College of Education under the above heading:*

The University of Akron, College of Education has identified **Educator as Decision Maker** as the theme of our conceptual framework, which has been developed around the core components of professional practice and scholarship identified in the mission statement of the college: **Knowledge, Technology, Diversity, and Ethics**. The theme and components provide direction for programs, courses, teaching, candidate performance, scholarship, service, and unit accountability. It is our goal to provide opportunities to candidates to develop a solid foundation in the identified proficiencies for each of the core components through well-planned coursework. This foundation then transfers into knowledge-based decision making as it applies to **Standards Setting Programs, Research and Inquiry, and Outreach**. Descriptions of the proficiencies are provided at <http://www.uakron.edu/colleges/educ/COE/cf-proficiencies.php>

As you progress through your program, you will find the **conceptual framework** aligned with course objectives. You will also find the **conceptual framework** theme and core components reflected throughout the College of Education. This reflects our commitment to these central tenets and our vision that all of our graduates will be effective **decision makers** throughout their professional careers.

## IX. STUDENT ETHICS AND OTHER POLICY INFORMATION

*The following boilerplate language should appear on every syllabus of the College of Education under the above heading:*

For further information about The University of Akron's policies regarding student ethics and conduct, please consult the following sources:

<http://www.uakron.edu/gradsch/docs/Gradbulletin.pdf>, then select "General Information" (academic honesty); or <http://www.uakron.edu/studentlife/sja/codecon.php> (Student Code of Conduct). Any student who feels she/he may need an accommodation based on the impact of a disability please consult <http://www.uakron.edu/access> and the Office of Accessibility at (330) 972-7928.

## X. BIBLIOGRAPHY

Freeman, W. H. (2001). Physical Education and Sport in a Changing Society. Needham Heights, MA: Allyn & Bacon/Longman  
Syracuse University Press.

Mood, D. Musker, F. & Rink, J (1999) Sports and Recreational Activities. McGraw Hill  
Note: the above information is subject to change

## Title IX, Campus SAVE Act, Violence Against Women Act- Dean of Students

The University of Akron is committed to providing an environment free of all forms of discrimination, including sexual violence and sexual harassment. This includes instances of attempted and/or completed sexual assault, domestic and dating violence, gender-based stalking, and sexual harassment. If you (or someone you know) has experienced or experiences sexual

violence or sexual harassment, know that you are not alone. Help is available, regardless of when the violence or harassment occurred, and even if the person who did this is not a student, faculty or staff member.

Confidential help is available. If you wish to speak to a professional, in confidence, please contact:

- **Rape Crisis Center – [www.rccmsc.org](http://www.rccmsc.org) – 24 Hour Hotline: 877-906-RAPE Office Located in the Student Recreation and Wellness Center 246 and the office number is: 330-972-6328**
- **University Counseling and Testing Center – [uakron.edu/counseling](http://uakron.edu/counseling) 330-972-7082**
- **University Health Services – [uakron.edu/healthservices](http://uakron.edu/healthservices) 330-972-7808**

Please know the majority of other University of Akron employees, including faculty members, are considered to be “responsible employees” under the law and are required to report sexual harassment and sexual violence. If you tell me about a situation, I will be required to report it to the Title IX Coordinator and possibly the police. You will still have options about how your case will be handled, including whether or not you wish to pursue a law enforcement or complaint process. You have a range of options available and we want to ensure you have access to the resources you need.

Additional information, resources, support and the University of Akron protocols for responding to sexual violence are available at [uakron.edu/Title-IX](http://uakron.edu/Title-IX).

### **Accommodations- Office of Accessibility**

### **Standard Syllabus Statement**

In pursuant to University policy #3359-38-01, The University of Akron recognizes its responsibility for creating an institutional atmosphere in which students with disabilities have the opportunity to be successful. Any student who feels he/she may need an accommodation based on the impact of a disability should contact the Office of Accessibility at 330-972-7928 (v), 330-972-5764 (tdd) or [access@uakron.edu](mailto:access@uakron.edu). The office is located in Simmons Hall Room 105.

After the student’s eligibility for services is determined, his/her instructors will be provided a letter which will outline the student’s accommodations.

Additionally, the Office of Accessibility recommends that courses which have out of classroom experiences such as internship, Co-op, and clinical settings utilize the Experiential Learning and/or Supplemental Learning Statement in conjunction with the Standard Syllabus Statement. This statement should be used to address the uniqueness of these settings.

### **Experiential Learning and/or Supplemental Learning Statement**

The information contained in accommodation letters is limited to classroom accommodations only. Internship, co-ops, clinicals and other out of classroom learning experiences are often very different than a typical classroom format. As a result, the University recognizes the types of academic accommodations reasonable for these experiences will often differ from those used in the classroom setting. Any student who feels he/she may need an accommodation based on the impact of a disability should contact the Office of Accessibility at 330-972-7928 (v), 330-972-5764 (tdd) or [access@uakron.edu](mailto:access@uakron.edu). The office is located in Simmons Hall Room 105.

*Developed by: Sean Cai, Kathy Mummey and Michael Powell*

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*Date Fall 2008, revised Fall 2016*

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