

FLORIDA ATLANTIC UNIVERSITY™

Graduate Programs—COURSE CHANGE REQUEST¹

UGPC APPROVAL _____
 UFS APPROVAL _____
 SCNS SUBMITTAL _____
 CONFIRMED _____
 BANNER POSTED _____
 CATALOG _____

DEPARTMENT: EXERCISE SCIENCE AND HEALTH PROMOTION	COLLEGE: EDUCATION
COURSE PREFIX AND NUMBER: PET 5930	CURRENT COURSE TITLE: SPECIAL TOPICS CLASS
CHANGE(S) ARE TO BE EFFECTIVE (LIST TERM): FALL 2013	_____ TERMINATE COURSE (LIST FINAL ACTIVE TERM):
CHANGE TITLE TO: N/A	CHANGE PREREQUISITES/MINIMUM GRADES TO*: N/A
CHANGE PREFIX FROM: TO:	CHANGE COREQUISITES TO*: N/A
CHANGE COURSE NO. FROM: TO:	
CHANGE CREDITS ² FROM: TO:	CHANGE REGISTRATION CONTROLS TO:
CHANGE GRADING FROM: TO:	CURRENTLY, THE GRADE MODE IS SATISFACTORY/UNSATISFACTORY. WE WANT TO CHANGE TO "STANDARD GRADE MODE".
CHANGE DESCRIPTION TO:	
Attach syllabus for ANY changes to current course information.	
Should the requested change(s) cause this course to overlap any other FAU courses, please list them here. No.	Please consult and list departments that might be affected by the change(s) and attach comments. ³ No affected departments with this grading change.

Faculty contact, email and complete phone number:
 B. Sue Graves, sgraves@fau.edu, 561-297-2938.

Approved by: Department Chair: <u>B. Sue Graves</u> College Curriculum Chair: <u>Pat R. Pelan</u> College Dean: <u>Valerie M. ...</u> UGPC Chair: <u>ACD ...</u> Graduate College Dean: <u>Brynn ...</u> UFS President: _____ Provost: _____	Date: <u>4-4-13</u> <u>4/10/13</u> <u>4/10/13</u> <u>9-11-13</u> <u>9-12-13</u>	1. Syllabus must be attached; see guidelines for requirements: www.fau.edu/provost/files/course_syllabus.2011.pdf 2. Review Provost Memorandum: Definition of a Credit Hour www.fau.edu/provost/files/Definition_Credit_Hour_Memo_2012.pdf 3. Consent from affected departments (attach if necessary)
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Email this form and syllabus to UGPC@fau.edu one week before the University Graduate Programs Committee meeting so that materials may be viewed on the UGPC website prior to the meeting.

College of Education
Department of Exercise Science and Health Promotion
PET 5930, 001 Coaching track and field - Fall Semester 2013 (3 Credit Hours)

Course Details:

Professor: TBD

Contact: E-mail:

Course Schedule: Distance Learning: <http://bb9.fau.edu> ENTIRELY ON LINE COURSE

ESHP Department number: None – Please use email.

Prerequisite: None

Course Description: This course is designed in collaboration with the US Track and Field and Cross Country Coaches Association Track and Field Academy. Upon course completion students qualify to take their Technical Certification exam through the Academy (Note: Pursuing USTCCCA Technical Certification is optional). The course overviews core training science concepts and track and field events common to High School and University competition. Upon completion student will be prepared to coach beginning and intermediate level athletes. The importance of a balanced approach to sport and life is emphasized, specifically how to avoid overtraining athletes. This is an entirely online course. No class meetings are scheduled.

I. Course Objectives:

- The learning experiences and activities in the course are designed to enable the students to:
 - Apply fundamental training theory to developing an athlete's potential in the core track and field disciplines of running, jumping, hurdling and throwing
- Identify and develop the foundational motor performance abilities relevant for specific track and field events.
- Teach the fundamental technique for performing all running, throwing, hurdling and jumping events common to High School and University competition.
- Evaluate an athlete's technique and be able to offer methods for correcting errors.
- Design a training plan compatible with the current physical and skill capabilities of athletes.

Required Text Book: Fundamentals of Teaching and Coaching Track and Field. The eLectureBook is available for purchase (\$65) at <http://www.trackandfieldscience.com/>

Expectations and Information:

- 10 You are expected to read and follow the syllabus.
- 20 Assignments MUST be submitted through blackboard or they will NOT be graded.
- 30 Late assignments WILL NOT receive credit, unless you have a university approved absence. Please do not request an extension. If university approved absence, the instructor will work with you to make up the work within a week of the deadline.
- 40 Check your FAU e-mail account for messages from me at least 4 times per week. Do not rely on forwarded messages to another account getting through.
- 50 **DO NOT e-mail or fax any of your assignments to the instructor.** Submit them through the appropriate BlackBoard site as per the instructions found in BlackBoard or in this syllabus. Include a heading with your name and title of assignment on each assignment submission.
- 50 **All assignments are to be submitted no later than MIDNIGHT on the due date.** Assignments may be turned in early.
- 60 Quizzes will be given via the blackboard site on the designated day from 6 AM to midnight. If you surpass the time allotted for you to take the quiz (40 minutes) you will lose 1 point for every minute or

- fraction of a minute over. Make up quizzes WILL NOT be given unless there is a documented excuse (e.g. note from physician, etc.). You are expected to treat online quizzes as you would a quiz in a classroom (NO textbooks, notes or outside help may be used). You will only be allowed ONE quiz reset per semester in event you encounter problems with BlackBoard. The quiz may only be reset on the day of the exam or the next day. Therefore, make sure you use a reliable computer (campus, library).
- 80 Any changes in the syllabus will be made by an announcement via e-mail and/or BlackBoard by the instructor. Note that this syllabus is a tentative schedule.
- 90 Cheating or plagiarism on any assignment or exam will result in a failing grade on the assignment or exam and possibly even the course. Submitting any assignment for this course that has previously been completed for another course is also considered academic dishonesty and will result in a zero for that assignment. Your work will be sent to the ESHP department for review. Safe Assign, an academic dishonesty program, will be used to evaluate plagiarism. **By signing up for this course the student agrees to allow Safe Assign to check any and all papers submitted to BlackBoard for plagiarism.** Appropriate FAU guidelines will be followed for disciplinary action. See FAU catalog for specifics.
- 100 APA tutorials are available to you on BlackBoard to review. APA manuals are available at the FAU bookstore. They are designed to help you with APA writing style and to familiarize you with what constitutes plagiarism. Your research papers MUST be written in your own words and you MUST cite where your information came from.
- 110 You must safeguard your logon ID and password. Consequences resulting from misuse of your logon ID and password are your sole responsibility.
- 120 You are expected to have access to Microsoft Word/Open Office, and Powerpoint, Microsoft Excel/Open Office Spreadsheet and use these formats for your assignments. If you do not have these programs on your computer you are expected to access them through a computer in the library, a computer lab at FAU or elsewhere.

1. Assignments/Exams:

Syllabus Exam (10 point deduction if not completed)

This exam is to familiarize you with how to take exams on blackboard and ensure that you read the syllabus thoroughly. **No credit is given for completing the exam; however 10 points will be deducted from your final grade if you do not take this exam.**

Quizzes (6 TOTAL)

20 points total/20 points per quiz

- All quizzes available only on designated day from 6am-midnight
- Points will be deducted if the examinee exceeds the time allotted (40 minutes) for the exam. All of the quizzes can be found in the "Quiz" section of BlackBoard and will not be visible until the day of the quiz.
- You must complete the quiz upon opening it.
- There will only be ONE quiz reset per SEMESTER.

APPLICATION ASSIGNMENTS (2 TOTAL)

paper 1. 100 points: Develop an annual training plan

- You will select an event and develop an annual training plan. Use the Training Theory modules as a guide to the format of the training plan. **A grading rubric is available on BlackBoard.**

Submit it through BlackBoard.

paper 2. 100 points: Teach a skill

- You will select an event (for example – the sprint start). I will provide you with a video clip of an athlete performing this skill and you will write an analysis of the technique, errors and how to correct these errors. Use the technique modules provided in the eLectureBook as a guide for undertaking this assignment. **A grading rubric is available on BlackBoard. Submit it through BlackBoard.**

FORUM PARTICIPATION (7 TOTAL)

0 points total/10 points per Forum

There are 7 Discussion Forums distributed throughout the semester that require your participation. You must make your initial post by Thursday and respond to two classmates by Sunday (midnight). Read the forum questions carefully before posting. **A grading rubric is available on BlackBoard.**

RESEARCH PAPER

100 points.

You will be assigned a track and field skill to research and write a four page paper on. Read below for the paper format guidelines, which must be followed in order to be eligible to receive full credit for this assignment.

- A minimum of four **scientific references** is required. All references must be from peer-reviewed scientific sources. **Do not use the following sites for references-** “.com” sites, newspapers, magazines, your textbook, Wikipedia.
- Be sure to interpret your findings from your research **IN YOUR OWN WORDS** but cite where your information came from! **Your paper will be submitted through BlackBoard’s plagiarism program.**

WRITING FORMAT- READ THE FOLLOWING BEFORE WRITING YOUR RESEARCH PAPER

- The **four-page summary (not including title/reference pages, you should have a total of 6 pages when you submit)** of the health issue assigned should be typed in Microsoft Word (size 12 font, double-spaced, 1” margins on all sides)
- The paper must be written using APA style. APA guidelines for writing and referencing can be obtained from: www.apastyle.org.
- The paper must be free of spelling and grammatical errors (points will be deducted for spelling and grammar errors).
- Cite your references used for your background research within the body of the paper and include them on the reference page.**
- You may only use 6 lines (80-85 words) of direct quotes total in your paper, any more will result in a zero.
- The paper should provide an overview, definition, statistics, and conclusion (what, when, how, why, who, where, prevention, treatment). Think about how you can present this information in a way that can save a life or have a positive influence on health behaviors. **DO NOT** include pictures, graphs or lines of any sort.
- Late work **WILL NOT** be accepted. **A grading rubric for this paper can be found on Blackboard. You must use Microsoft Excel to open the rubric.**

II. EVALUATION: Your final grade will be calculated as follows:

Exams (6 @ 20 points each): 120 points

Writing plan: 100 points

Technique skill/technique analysis: 100 points

Forum participation: 70 points

Research paper: 100 points

... Tentative Course Schedule (may be subject to change):

Week 1	Introduction Athlete's performance potential Getting to know the athlete's body Forum 1
Week 2	Getting to know the athlete's body Quiz 1
Week 3	Training theory concepts Forum 2
Week 4	Training theory concepts Quiz 2
Week 5	Teaching, analyzing and coaching skills Forum 3
Week 6	Sprints/relays Quiz 3 Annual Training Plan Due
Week 7	Hurdling events Forum 4
Week 8	Jumping events Quiz 4
Week 9	Jumping events Forum 5
Week 10	Throwing events Quiz 5
Week 11	Endurance Events; Skill/technique video assigned Forum 6
Week 12	Skill/Technique analysis Due Quiz 6 Forum 7
Exam week	Research paper due USTCCCA Certification Exam (optional)