

EXER 221
Computer Applications in
Exercise Science
Fall 2004

INSTRUCTOR:

Dr. Donna Woolard	Room 100 Carter Gym
Office phone	893-1366
Office hours	MWF 8-9, MW 2-3
Email address	TTh 9-9:30, 10:30-11:30, 1-2
Home page	drwoolard@drwoolard.com
	www.drwoolard.com

CLASS INFORMATION:

Class Quiz Center	www.quizlab.com
Class Grades and Attendance Reports	www.mygradebook.com
MyGradeBook.com and Quizlab Classword	computersnpe
MyGradeBook.com and Quizlab Password	Campbell University ID

TEXT: Norton. (2003). *Peter Norton's Introduction to Computers* (5th ed.). New York: Glencoe/McGraw-Hill.

Companion Web Site:

<http://www.glencoe.com/norton/norton5e/introduction/>

<http://www.glencoe.com/norton/online/index.phtml>

RELATIONSHIP TO UNIVERSITY MISSION:

This class aids in achieving the University Statement of Purpose by:

- Transferring knowledge and values related to the broad field of exercise science to students
- Equipping students with needed skills and insights related to the broad field of exercise science, and by encouraging students to grow professionally and develop a strong sense of personal and professional integrity
- Preparing future professionals in the broad field of exercise science to lead purposeful lives through undergraduate professional preparation and education
- Providing services to the general community through research, professional service, continuing education, publications, presentations, and collaboration with other professionals and institutions within the broad field of exercise science

GENERAL DESCRIPTION:

This course provides students with experiences in integrating technology into physical education, sports and exercise science programs. Participants will be informed of hardware and software necessary and available for use in the related fields. The class will emphasize the interactive aspects of the World Wide Web such as online quizzes, the course bulletin board,

chat room discussion, email, and student presentation areas. Technology that can be used by fitness professionals, teachers, coaches, students and athletes to monitor progress, conduct self-assessment, and demonstrate motor skill learning will also be explored. Instructional methods used in class include lectures, discussions, laboratories, and activities. A variety of instructional resources will also be used in the class. Examples include SmartBoard demonstrations and interactions, digital movies, PowerPoint presentations, online quizzes, web pages, the Internet, computer components, and an email list.

Prerequisites:

1. Students are required to have Internet access and an email address and check it regularly. Assignments and class information will be routinely distributed by a class mailing list and Dr. Woolard's Home Page. Online resources, computer programs, and the World Wide Web will be used in assignments and class activities.
2. Dependable access to a computer with up-to-date integrated software packages (Microsoft Office and Internet Explorer for example) is highly recommended, but not required.
3. Freedom to use, install and/or download programs for use on a computer is also helpful.
4. There are enough computers and computer labs on campus that students should be able to complete all assignments. The School of Education Computer Lab located in the basement of Taylor is recommended. Up-to-date computers are also located in the Lundy-Fetterman School of Business computer lab and other locations on campus.

PROBLEM-SOLVING EMPHASIS:

Class activities include solving problems related to constructing environments and learning situations that integrate technology into physical education, exercise science and sport programs in appropriate and meaningful ways. The use of technology for the sake of using technology is to be avoided. Students are encouraged to use a variety of challenging technologies in creative and innovative ways.

SPECIFIC COMPETENCIES:

This course is specifically designed to meet guidelines and competencies required by the North Carolina Department of Public Instruction. To this end, a student who completes this course will be able to:

1. Use presentation software for program promotion and education.
2. Calculate and track data using spreadsheets/databases.
3. Facilitate communication with both individuals and groups using e-mail.
4. Locate information on the Web and determine its validity.
5. Develop a web site as a resource for those with whom they work.
6. Use authoring software and demonstrate an introductory knowledge of HTML sufficient to publish materials on the Web.
7. Demonstrate scanner, digital camera, and video camera use for the development of relevant computer applications.

8. Use clip art and other graphics to enhance the appearance of their work and aid in holding the attention of the reader or viewer.
9. Discuss the use of visual technologies (including VCRs, overhead projectors, and computer applications such as digital cameras and PowerPoint) and audio technologies (including LP records, audiotape, compact discs, and mini discs).
10. Demonstrate familiarity in the use of visual and audio technologies (beginning level of competence).
11. Delineate the basic principles of classroom technology use (i.e., effects of ambient light on projection systems, basics of recording/playback with different types of media).
12. Argue the pros and cons of old vs. new technologies.
13. Suggest innovative uses for audio and visual technologies in exercise science, sport, and physical education with emphasis on presenting information to clients and students in an engaging manner.

ASSIGNMENTS:

The class will be given various assignments as the semester progresses. These will include outside of class readings, web and computer-based assignments, and practical applications of technology. Each student is expected to complete reading assignments and participate in class activities and discussions. All work is to be turned in at the beginning of class. If you are absent, please arrange to have the work turned in for you. Late assignments will lose the equivalent of one letter grade per weekday that the paper is late. Spelling, sentence structure, and diction will be considered when evaluating written assignments. Neatness, thoroughness, and promptness will be evaluated as the trademarks of professionalism. All written assignments must be word-processed and printed using a quality printer unless otherwise specified by the instructor.

Online quizzes are at www.quizlab.com and class attendance records and grades are at www.mygradebook.com. Log-in with the classword "computersnpe" and your Campbell University ID as your password.

Online quizzes may not be made up except under the most extraordinary circumstances. The quizzes will be posted and available for an extended time so that students may improve their scores and increase their knowledge. Students that delay taking the online quizzes are unwise and often suffer consequences for their procrastination. Should it be necessary to make up an online quiz, the student will be required to make an appointment to take a "closed book" written makeup quiz in the department office. The appointment must be scheduled within two weekdays of the quiz deadline.

MAJOR PROJECT:

Each student is to complete a major project illustrating his/her skill in incorporating technology into exercise science, physical education and/or sports programs. Students need to consult with the instructor before beginning the project. The major project will be worth 100 points toward the student's final grade.

Students may elect to work in small groups (2 or 3 people) on the major project. However, student group projects should be of a significantly greater depth and breadth than an individual

project. Those who are experienced in technology should not congregate into the same group. Students must consult with the instructor before forming a group and beginning a project.

Tentative Class Topics

Basic Principles of Classroom Technology	Translating Other Documents into HTML
Computerized Fitness Assessments	The Curriculum Web Page
Basics of Spreadsheets/Databases	The Publicity/Public Relations Web Page
Use of Scanners	The Portfolio Home Page
Use of Presentation Software	Options in the Development of Web Pages
Use of Movie Making Software	Professional Looking Graphics
Searching the World Wide Web	Use of Portable/Hand-held Computers
Web Page Development HTML	Use of Heart Rate Monitors
Web Page Development HTML Editors	Use of Body Fat Analyzers
Web Page Development WYSIWYG	

EVALUATION:

All tests and assignments will be given a point value. Student grades will be assigned according to the percentage of possible points earned by the end of the semester. See the example below.

Assignment	Points Earned	Points Possible	Percentages
Chapter 1 Test	60	65	92
Chapter 2 Test	38	46	83
Online Quick Quiz	10	10	100
Database Assessment	50	60	83
Inside the Computer Lab	5	5	100
Attendance Percentage* See Attendance Grades	$15 \div 18 = 83$	100	83
Totals	163	286	
Grade Calculation	$246 \div 286 = 0.86 = 86\% = B$ Calculation of final grade is based on percentage of points earned as shown here.		Do not average percentages for final grade!

Final grades will be assigned using the 7-point scale.

Grading Scale

- A = 93-100
- B = 85-92
- C = 77-84
- D = 70-76
- F = 69 & Below

ATTENDANCE:

Students should attend class and be punctual. Tests and class work may be made-up only if the absence is excused. The instructor should be notified of absences in advance whenever possible. Nonetheless, it is the student's responsibility to be up-to-date and to arrange for make-up work.

It is University policy that instructors take attendance and that excessive absences (15 percent) may result in automatic failure of the course. Instructors may set more restrictive standards at their discretion. It is important to note that the 15 percent rule covers all absences from class, excused and unexcused, including absences related to participation in athletic events, choir performances, major field trips and the like.

- For MWF classes, 7 absences may invoke the 15 percent rule
- For TTh classes, 5 absences may invoke the 15 percent rule
- For evening classes, 3 absences may invoke the 15 percent rule
- In physical activity classes, students inappropriately dressed for class activities may be marked as absent for that day

Attendance Grades: In this class, a reward and penalty system has designed to reward students that attend class regularly and penalize students that fail to attend class as scheduled. Your attendance record contributes to your final grade in the same manner as a test or assignment score. A student's attendance grade equals the percentage of days he/she attended class and roll was taken.

- Students that miss more than 7 MWF classes or 5 TTh classes will be assessed an additional absence penalty. The penalty is the loss of 2% (2 points) off your final grade for each absent in excess of the allowed days.
- Excused absences and game days do not count toward attendance grades provided they are properly documented. However, all absences count toward absence penalties.
- Habitual tardiness for class should be avoided and may be penalized. Being late for class three times may result in the student being charged with an unexcused absence.
- Extreme tardiness is marked as an absence.

INCLEMENT WEATHER POLICY:

Campbell University policy is to remain in operation during periods of inclement weather. However, if such extreme and emergency situations occur so as to compromise that practice an announcement will be posted on the Campbell University Web Site (www.campbell.edu). A message is posted on a dedicated telephone line whereby anyone can call in and get the message. The numbers are on campus dial 5700; local, but not on campus, dial 910-814-5700; long distance, 1-800-760-8980. The campus radio station, WCCE (90.1 FM), will be notified with the announcement. Other radio and television stations in the vicinity will be notified.