



Physical Education Health and Recreation Department Syllabus

Course Name:	PEHR 1001	Course Number:	PEHR1001-01
CRN:	43872	Meeting Days and Time:	W 12:00-12:50pm
Semester/Year:	Fall/2013	Location:	Browning Learning Resource Center 101
Instructor:	Maureen "Mo" Eckroth	DSU Email Address:	eckroth@dixie.edu
Email Address:	eckroth@dixie.edu	Office Phone:	435-652-7569
Office Hours:	1:00-2:00pm Wed Or by appointment	Office Location:	Burns Arena 136

Academic Advisor: Dabney McIntyre mcintyre@dixie.edu 435-879-4693

Peer Mentor: Quade Peterson mpeter84@dmail.dixie.edu

Prerequisites: NA

Lab and other fees: NA

Course Description from Catalog:

A First Year Experience course designed to help students adapt to university life and become integrated into Dixie State University. Students will refine academic skills, create and foster social networks, learn about university resources, and explore different fields of study, degree options, and career opportunities. Sections offered by academic departments will include information pertinent to that discipline, while open major sections will include information about choosing a major or area of study. Multiple listed with all other sections of First Year Experience (all 1001 courses, ENGR 1000). Students may only take one FYE course for credit. FA

Credit Hours: 1

Lab Hours: 2

General Education Status: NA

Required Textbook (s) /Recommended Books/other materials:

You will be provided a student athlete handbook. You must purchase a Dixie State University 2013-2014 University Catalog (you may already have one from Orientation and Registration) and "Your First Year, How to Survive and Thrive at Dixie State University". All other materials will be provided. (Catalog may not be printed every year).

Department Objectives:

All PEHR courses have the following learning outcomes:

- A. Enhance development of physical, mental, social, and emotional well-being through physical education;
- B. Be supported to develop personal, lifelong commitment to physical activity for the long range health benefits;

- C. Develop competencies in athletic activities that will bring greater satisfaction to participation in athletics;
- D. Demonstrate an understanding of physiology that promotes safety in physical exercise;
- E. Develop a fitness plan pertinent to the physical activity of the course, as applicable

Course Objectives:

PEHR 1001 is a First Year Experience course designed to help students succeed in every aspect of college life at Dixie State University. The goal of the course is to help new and returning students make a successful transition to being a college student. Topics covered will include: NCAA eligibility rules, amateurism guidelines, DSU athletic / academic policies, drug and alcohol education, nutrition, choosing a career / major path, community engagement, SAAC, time management, strategies for reading textbooks, writing papers, studying, taking exams, talking to your professors, information about campus resources such as the Financial Aid Office, Tutoring Center, Library, Advisement Office, and Disability Resource Center; discussing peer interactions and professional networking, navigating the registration process, and gaining an appreciation for non-academic activities on campus.

Course Assignments and Assessments:

Your grade will be assigned based on your attendance, assignments, and a final exam. You and your coach will be notified at the midterm if you have a grade lower than a “C”.

Attendance	30%(includes lab hours)
Assignments	50%
Final Exam	10%
Midterm	10%

Attendance:

Roll will be taken at the beginning of the class, so make sure to come on time. If you are late, please let me know that you are here. If you miss class, you are responsible to turn in assignments that were due that day. If you are ill or have an emergency, please e-mail that day with circumstances. Understand that I know who travels on every trip and what time practice is scheduled. It is an NCAA violation to miss any class for practice!

Assignments / Projects:

During the semester, you will be assigned different projects / activities / assignments that will have a due date.

Final Exam:

To make sure that you understand the main principles of the course, a written final exam will be given. You will receive a review sheet prior to the exam.

Letter grades will be assigned based on % of points earned on the scale shown below:

A = 95-100 %	B- = 80-82%	D+ = 67-69%
A- = 90-94	C+ = 77-79	D = 64-66
B+ = 87-89	C = 74-76	D- = 60-63
B = 83-86	C- = 70-73	F = below 59

Instructor policy on late assignments, missed exams/quizzes, and unexcused absences:

Any assignment turned in late (except for an excused absence) will be deducted points for each week that it is late. Assignments will not be accepted 15 days past the due date. You are expected to keep all handouts and take notes from the class, including information provided by guest speakers. All of this information can be used during the final exam.

Course Outline:

CLASS DATES / FALL 2013

August 21, 2013	Syllabus, 2-week Day Planner, First Week Checklist, Study Table Schedule & Sign-Up, Missed Class Forms
August 28, 2013	Student Athlete Handbook & Eligibility
September 4, 2013	Student Athlete Handbook & Conduct
September 11, 2013	John Potter - *Social Media
September 18, 2013	Textbook Material
September 25, 2013	Don Reid - *Head of Campus Security
October 2, 2013	Mid-Term Exam
October 9, 2013	Textbook Material
October 16, 2013	Del Beatty - *Dean of Students
October 23, 2013	Registration SP '13 (Schedule Meetings) GE / Majors
October 30, 2013	Community Engagement - MUST ATTEND 10-31-13
November 6, 2013	Textbook Material
November 13, 2013	Final Exam Schedule, Drug & Alcohol Program
November 20, 2013	Nutrition
November 27, 2013	No Class -- Thanksgiving Holiday
December 4, 2013	Final Exam Review
December 9, 2013	Final Exam 12-12:30pm

*Due to guest speakers, schedule may change

Class Topics:	Orientation, VASA Test, campus locations, student-athlete protocol, being a successful student athlete, drug/alcohol school and NCAA policies, introduction to all Bachelor Degree programs, SAAC activities, social media protocol, spring class registration, and time management skill sets.
Study Table / Lab:	Required 2 hours per week , starting August 27 th through November 30 th . There will be no labs the week of November 25 th -29 th . 26 Hours of required lab time added to class attendance makes up 30% of your grade. If you are out of town, or lab is scheduled on a holiday, those hours must be made up before November 27 th .

Grading Scale:

A = 95-100 %	B- = 80-82%	D+ = 67-69%
A- = 90-94	C+ = 77-79	D = 64-66
B+ = 87-89	C = 74-76	D- = 60-63
B = 83-86	C- = 70-73	F = below 59

Important Semester Dates:**2013 Fall Semester**

Aug 19	Classwork Starts
Aug 22	Last Day to Waitlist
Aug 23	Last Day to Add Without Signature
Aug 28	Drop/Audit Fee Begins (\$10 per class)
Sep 2	Labor Day
Sep 3	\$50 Late Registration/Payment Fee
Sep 9	Pell Grant Census
Sep 9	Last Day for Refund
Sep 9	Last Day to drop without receiving a "W" grade
Sep 10	Courses dropped for non-payment
Sep 13	Last Day to Add/Audit
Oct 9	Mid-Term Grades Due
Oct 10-11	Semester Break
Oct 14	Last Day to Drop Individual Class
Oct 21	Spring and Summer 2014 class schedules available online
Nov 8	Last Day for Complete Withdrawal
Nov 11	Spring Registration open to Seniors (90+ credits)
Nov 12	Career Day
Nov 12	Spring Registration open to Juniors (60+ credits)
Nov 13	Spring Registration open to Sophomores (30+ credits)
Nov 14	Spring Registration Open to All Students
Nov 27-29	Thanksgiving Break
Dec 6	Classwork Ends
Dec 9-13	Final Exams

Important Links:

As a student at Dixie State University, you have access to several helpful resources:

- [Library](#)
- Computer Lab (located at the [Smith Computer Center](#) and the [Library](#))
- [Disability Resource Center](#) - Provides services and accommodations to students with disabilities.
- [IT Student Help Desk](#) - We provide support for the following: Blackboard Vista, Dmail, wireless, software resources for students, and student laptop lease program.
- [Online Writing Lab](#) - Many writing classes utilize this site. Among other things, students can use the Online Writing Lab to submit papers electronically to the Writing Center.

- [Testing Center](#)
- [Tutoring Center](#) - Free and open to all students. Improve your study skills and clarify concepts and class material.
- [Writing Center](#) - "Our mission is to help you become a better writer by approaching your assignments as a process of invention, writing, and revision."

See our [Campus Map](#) for the location of these and other resources.

Policies and Statements

- Disability Statement:

If you suspect or are aware that you have a disability that may affect your success in the course you are strongly encouraged to contact the Disability Resource Center (DRC) located at the North Plaza Building. The disability will be evaluated and eligible students will receive assistance in obtaining reasonable accommodations. Phone # 435-652-7516 M.

- [Academic dishonesty / Academic integrity policy](#)
- Reference to "[Policy for Absences Related to College Functions](#)"
- [Disruptive behavior policy](#) / classroom expectations
- Dmail:

You are required to frequently check your Dmail account. Important class and university information will be sent to your Dmail account, including DSU bills, financial aid/scholarship notices, notices of cancelled classes, reminders of important dates and deadlines, and other information critical to your success at DSU and in your courses. To access your Dmail account, visit go.dixie.edu/dmail. If you do not know your Dmail username or you have forgotten your PIN, visit go.dixie.edu/mydixie and follow the respective instructions.