COURSE: CSRF 6346: Human Kinetics
PROFESSOR: Dr. Allyn Byars; PhD, CSCS, *D
OFFICE: CHP 204B (Human Performance Laboratory)
OFFICE HOURS: By appointment only
EMAIL: allyn.byars@angelo.edu
PHONE: 325.486.6166

REQUIRED TEXTBOOK

COURSE DESCRIPTION
An overview of kinesiology including: exercise physiology, motor behavior, and biomechanics related to sport preparation and human performance. This course will assist the student in preparing for various certifications offered by the American College of Sports Medicine, the National Strength and Conditioning Association, and other recommended organizations.

STUDENT LEARNING OUTCOMES:

1. Students will have a comprehensive understanding of exercise science and how it applies to strength and conditioning.
2. Students will be able to apply testing and evaluation principles for assessing and interpretation of various performance variables related to strength and conditioning.
3. Students will be able to apply appropriate exercise techniques used in the development and improvement of aerobic and anaerobic performance.
4. Students will be able to apply program design principles for the development and improvement of aerobic and anaerobic performance.

PRE-REQUISITE SKILLS
Accessing internet web sites, use of ASU Library resources, and proficiency with Microsoft Word and/or PowerPoint are expected. Computer access requirements are further delineated in the Graduate Handbook. Tutorials for ASU Library and for Blackboard are available through RamPort. The ASU Graduate Student Handbook should be reviewed before taking this course.

GRADING SYSTEM
Final grades will be dependent upon completing course requirements and meeting the student learning outcomes.

The following grading scale is in use for this course:

A = 450-500 points
B = 400-449 points
C = 350-399 points
D = 300-349 points
F = < 300 points
EVALUATION AND GRADES
The overall course grade is based on the following point values for quizzes, projects/assignments, and exams:

- Quizzes: 100 points
- Projects/Assignments: 100 points
- Exams: 300 points

**TOTAL**: 500 points

TEACHING STRATEGIES
- The course will include lecture, discussion, instructional videos, PowerPoint presentations, and practical experience through various projects/assignments relative to the textbook material and learning outcomes of the course.
- Students are expected to be “active learners.” It is a basic assumption of the instructor that students will be involved (beyond the materials and lectures presented in the course) discovering, processing, and applying the course information using peer-review journal articles, researching additional information and examples on the Internet, and discussing course material with their peers.

ASSIGNMENT/ACTIVITY DESCRIPTIONS
Three comprehensive scheduled exams (300 points) and scheduled quizzes (100 points) will be announced throughout the semester and consist of multiple choice questions and scored as either correct or incorrect. Questions will be taken from the weekly lectures and the textbook. Only the best ten quizzes will be used to determine the overall quiz grade. Other quiz scores will be dropped which includes any missed quizzes. Projects/assignments (100 points) will be announced throughout the semester and will include activities relative to the textbook material and learning outcomes of the course.

GENERAL POLICIES RELATED TO THIS COURSE
All students are required to follow the policies and procedures presented in the following documents:

- ASU Graduate Catalog located on the ASU website [https://www.angelo.edu/content/files/16795-201213-undergraduate-catalog](https://www.angelo.edu/content/files/16795-201213-undergraduate-catalog)

CLASSROOM POLICIES
The following classroom policies and student responsibilities will be enforced:

1. There will be no smoking or use of smokeless tobacco.

2. There will be NO use of cell phones (including TEXT MESSAGING) or any other unauthorized electronic equipment during lectures and quizzes. Use of cell phones during class is **strictly prohibited**. Upon entering the classroom turn all cell phones and/or other handheld electronic devices off to prevent distractions affecting other student’s learning opportunities.
3. Please be **considerate** to others while in class. **Classroom conversations** will be limited to the lecture discussions only unless otherwise noted.

4. **Professional behavior is expected.** Everyone in the classroom is considered to be an adult professional and therefore should conduct themselves as one.

5. It is the **student’s responsibility** for the information discussed in class even in lieu of one’s absence. It is also the student’s responsibility for all work and is encouraged to have a contact within the class. All students are encouraged to set up an appointment to meet with the professor as needed throughout the duration of the course. The purpose of the aforementioned is for additional assistance in understanding the concepts presented in the course.

6. There are **NO extra credit** opportunities in this course. Therefore, please do not inquire about such and/or raising your grade particularly at the end of the semester.

**COMMUNICATION**

Faculty will generally respond to email and/or telephone messages within 24 hours during working hours Monday through Friday. Students will be notified of exceptions (e.g., professional conferences). Weekend messages will not be returned until Monday. **Written communication via email:** All private communication will be done exclusively through your ASU email address. Check frequently for announcements and policy changes. **Virtual communication:** Office hours and/or advising may be conducted via telephone correspondence.

**Note:** It is **inappropriate** to contact the professor by calling his/her personal phone number unless permission is granted.

**ASSIGNMENT SUBMISSION**

In this class, various assignments will need to be submitted through the Assignments link in the Blackboard course site. This is for grading purposes. Issues with technology use arise from time to time. If a technology issue does occur regarding an assignment submission, email me at **allyn.byars@angelo.edu** and attach a copy of what you are trying to submit. This lets your faculty know you completed the assignment on time and are just having problems with the online submission feature in Blackboard. Once the problem is resolved, submit your assignment through the appropriate link. This process will document the problem and establish a timeline. Be sure to keep a backup of all work.

**LATE WORK OR MISSED ASSIGNMENTS POLICY**

Due dates and times for exams, quizzes, and assignments are shown on the course outline posted within Blackboard. Failure of a student to complete an exam, quiz, or assignment within the stated timeframe allotted will result in a score of zero. Exceptions to this policy are on a case by case basis (e.g., prior approval of faculty).

**ACADEMIC HONESTY** Academic honesty is expected on all work. Students are expected to maintain complete honesty and integrity. Any student found guilty of any form of dishonesty in academic work is subject of disciplinary action and possible expulsion from ASU.

The **Kinesiology Department** adheres to the academic honesty statement as set forth in the Angelo State University Student Handbook (2011-2012) [http://www.angelo.edu/student-handbook/code-of-student-conduct/misconduct.php](http://www.angelo.edu/student-handbook/code-of-student-conduct/misconduct.php) The University "faculty expects all students to engage in all academic pursuits in a manner that is above reproach and to maintain complete honesty and integrity in the academic experience both in and out of the classroom setting and may initiate
disciplinary proceedings against a student accused of any form of academic dishonesty, including but not limited to, cheating on an examination or other academic work, plagiarism, collusion, and the abuse of resource materials."

PLAGIARISM
Plagiarism at ASU is a serious topic. The Angelo State University’s Honor Code gives specific details on plagiarism and what it encompasses. Plagiarism is the action or practice of taking someone else's work, idea, etc., and passing it off as one's own. Plagiarism is literary theft.

STUDENTS WITH DISABILITIES
1. “Angelo State University is committed to the principle that no qualified individual with a disability shall, on the basis of disability, be excluded from participation in or be denied the benefits of the services, programs, or activities of the university, or be subjected to discrimination by the university, as provided by the Americans with Disabilities Act of 1990 (ADA), the Americans with Disabilities Act Amendments Act of 2008 (ADAAA), and subsequent legislation.”

2. The Office of Student Affairs is the designated campus department charged with the responsibility of reviewing and authorizing requests for reasonable accommodations based on a disability, and it is the student’s responsibility to initiate such a request by contacting the Office of Student Affairs, University Center, Room 112 at (325) 942-2047 or (325) 942-2211(TDD/FAX) or by e-mail at studentservices@angelo.edu to begin the process. The Office of Student Affairs will establish the particular documentation requirements necessary for the various types of disabilities.

Reasonable accommodations will be made for students determined to be disabled or who have documented disabilities.

INCOMPLETE GRADE POLICY (OP 10.11 Grading Procedures)
It is policy that incomplete grades be reserved for student illness or personal misfortune. Please contact faculty if you have serious illness or a personal misfortune that would keep you from completing course work. Documentation may be required.

STUDENT ABSENCE FOR OBSERVANCE OF RELIGIOUS HOLY DAYS
“A student who intends to observe a religious holy day should make that intention known in writing to the instructor prior to the absence.” Please see ASU Operating Policy 10.19.

COPYRIGHT POLICY
Students officially enrolled in this course should make only one printed copy of the given articles and/or chapters. You are expressly prohibited from distributing or reproducing any portion of course readings in printed or electronic form without written permission from the copyright holders or publishers.

SYLLABUS CHANGES
The faculty member reserves the option to make changes as necessary to this syllabus and the course content. If changes become necessary during this course, the faculty will notify students of such changes by email, course announcements and/or via Blackboard announcement. It is the student’s responsibility to look for such communications about the course on a daily basis.
COURSE EVALUATION
Students are provided the opportunity, and are strongly encouraged to participate in a course evaluation at the end of the semester. Areas on the IDEA evaluation include:

1. Gaining factual knowledge (terminology, classifications, methods, trends)
2. Learning fundamental principles, generalizations, or theories
3. Learning to apply course material (to improve thinking, problem solving, and decisions)
4. Developing specific skills, competencies, and points of view needed by professionals in the field most closely related to this course