COURSE NUMBER
KIN 1301

COURSE TITLE
Foundations of Kinesiology

COURSE MEETING TIMES
Section 010: MWF 8:00 - 8:50 am
Section 020: MWF 10:00 – 10:50am

CREDITS
Three Semester Credit Hours (3-0-0)

PREREQUISITE COURSES
None

CO-REQUISITES
None

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

COURSE DELIVERY
This is a classroom course offering. The course will be delivered via face-to-face classroom meetings and the Blackboard Learning Management System. The Blackboard course site can be accessed at http://blackboard.angelo.edu

BROWSER COMPATIBILITY CHECK
It is the student’s responsibility to ensure that the browser used to access course material on his/her computer is compatible with ASU’s Blackboard Learning System. The faculty reserve the right to deny additional access to course assignments lost due to compatibility issues. Students are responsible for reviewing the guidelines posted in this course regarding accessing Blackboard assignments. Problems in this area need to be discussed with faculty at the time of occurrence, either via a phone call (preferred) during posted acceptable hours for calling, or via email notification during times outside those posted for calls.

Be sure to perform a browser test. Select the “Support” tab from the Blackboard homepage (http://www.blackboard.angelo.edu) Select “Test your Browser” option.
COURSE DESCRIPTION
Survey of the historical and philosophical foundations, scope, objectives, and future of kinesiology-related careers. In addition, scientific foundations, programs, professional considerations, and leadership requirements for employment within this profession will be emphasized.

COURSE STUDENT LEARNING OUTCOMES

<table>
<thead>
<tr>
<th>Student Learning Outcome</th>
<th>Assignment(s) or activity(ies) validating outcome achievement:</th>
</tr>
</thead>
<tbody>
<tr>
<td>By completing all course requirements, students will be able to:</td>
<td>Assignment(s) or activity(ies) validating outcome achievement:</td>
</tr>
<tr>
<td>Demonstrate an understanding of the philosophical and historical development of physical education, sport, and exercise science.</td>
<td>Chapter exams, homework &amp; in-class assignments</td>
</tr>
<tr>
<td>Demonstrate knowledge of basic concepts and vocabulary in physical education, exercise science, sport, and allied fields.</td>
<td>Chapter exams, homework &amp; in-class assignments</td>
</tr>
<tr>
<td>Compare and contrast various programs in physical education, exercise science, sport, and allied fields.</td>
<td>Chapter exams, homework &amp; in-class assignments</td>
</tr>
<tr>
<td>Demonstrate an understanding of the requirements and qualifications for employment in specific areas of interest within the field of kinesiology.</td>
<td>Chapter exams, homework &amp; in-class assignments, professional development assignments</td>
</tr>
<tr>
<td>Demonstrate knowledge of the characteristics of a leader in the profession of sport and exercise science.</td>
<td>Chapter exams, homework &amp; in-class assignments, professional development assignments</td>
</tr>
<tr>
<td>Discuss common problems and current issues in physical education, exercise science, sport, and allied fields.</td>
<td>Chapter exams, homework &amp; in-class assignments</td>
</tr>
</tbody>
</table>
REQUIRED TEXTS AND MATERIALS


OTHER REQUIRED MATERIALS

- Computer with MAC or Windows Operating System compatible with Blackboard
- Internet Access

GRADING SYSTEM

Course 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 = 90.00-100 percent
B = 80.00-89.99 percent
C = 70.00-79.99 percent
D = 60.00-69.99 percent
F = 0-59.99 percent

EVALUATION AND GRADES

Graded assignments, activities and percent of the overall course grade:

<table>
<thead>
<tr>
<th>ASSESSMENT</th>
<th>APPROXIMATE POINTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chapter Exams (100 points each)</td>
<td>400</td>
</tr>
<tr>
<td>(5 exams, lowest exam score will be dropped)</td>
<td></td>
</tr>
<tr>
<td>Professional Development Assignments</td>
<td>100</td>
</tr>
<tr>
<td>Chapter Worksheets &amp; In-Class Assignments</td>
<td>100</td>
</tr>
<tr>
<td>Total Points</td>
<td>600</td>
</tr>
</tbody>
</table>

TEACHING STRATEGIES

- Lecture, peer discussions, reflective writing, reading with a purpose, active learning strategies.
- Students are expected to be “active learners.” It is a basic assumption of the instructor that students will be involved discovering, processing, and applying the course information at a level that contributes to the learning environment.
ASSIGNMENT/ACTIVITY DESCRIPTIONS

Chapter Exams
Five exams will be administered. The lowest exam grade will be dropped to calculate the final course grade. Each exam will assess the student’s knowledge of information in the textbook, information covered in class, and assigned vocabulary and concepts. A study sheet will be provided at least one week in advance of the exam to help the student review. Possible exam questions may include multiple choice, matching, fill-in-the-blank, short answer, and discussion.

Professional Development Assignments
The purpose of these assignments is to help students with successful degree completion and with success after graduation. Students will become familiar with degree requirements and the advising process. Other activities will include developing a resume and performing a social media audit. In addition, students will survey the wide range of career opportunities available within the kinesiology field. In addition, the student will be required to provide an in-depth analysis of two careers. The analysis will include information such as minimum requirements (degree, licensure, certifications, etc.), earning potential, typical job duties, professional associations for professional development, and opportunities for advancement.

Chapter Worksheets/In-Class Assignments
The purpose of these assignments is to prepare students for new content and to reinforce important concepts. Worksheets will relate to textbook chapters or classroom discussions. Late submissions will not be accepted.

Attendance for Borderline Grades
Attendance is recorded every day, except the final exam day. Attendance may be taken by roll call or by the submission of an in-class activity. Excused absences require documentation prior to the absence and are only recognized for school sponsored activities, religious holy days, or military training. At the end of the semester attendance will be considered for students who are on the borderline of a higher letter grade (For example, students with an 88%, 78%, 68%, or 58%). The following formula will be applied:

- Three or fewer absences = 2 additional percentage points added to final grade
- Five or fewer absences = 1 additional percentage points added to final grade
- 10 or more unapproved absences will result in automatic failure of the course.

NOTE: If a student is not present when roll is called or if the student leaves class early an absence will be recorded.
GENERAL POLICIES RELATED TO THIS COURSE
All students are required to follow the policies and procedures presented in the following documents:

- Angelo State University Student Handbook located on the ASU website http://www.angelo.edu/student-handbook/
- ASU Undergraduate Catalog located on the ASU website https://www.angelo.edu/catalogs/

STUDENT RESPONSIBILITY
Students are expected to engage in course activities and submit work by due dates and times. The hope is that students will make substantive contributions which reflect integration of assigned materials as well as any outside readings as appropriate. Scholarly contribution is an expectation. For planning purposes, this class will probably require a minimum of 6-9 study hours per week on average.

ATTENDANCE POLICY
Attendance is taken every day and is necessary to fully understand the concepts and theories introduced in class. It is also important to arrive to class on-time to avoid disrupting the learning environment for other students. Quizzes and homework are often collected at the beginning of class so absences and tardiness will negatively impact your course grade. Make-up work is allowed for school sponsored activities, religious holy days, and military training but must be arranged in advance. Note: 10 or more unapproved absences will result in automatic failure of the course.

COMMUNICATION
Instructor will respond to email and/or telephone messages within 24 hours during working hours Monday through Friday. Weekend messages may not be returned until Monday.

Written communication via Blackboard: It is an expectation of this class that you use formal writing skills giving appropriate credit to the source for your ideas. Follow APA (2010) 6th edition (2nd Printing or higher only) guidelines for referencing.

Written communication via email: All private communication will be done exclusively through your ASU email address. Check frequently for announcements and policy changes.

ASSIGNMENT SUBMISSION
In this class, some assignments 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 rozena.mccabe@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

Late Assignments
Exam and major assignment due dates are shown on the calendar/schedule or posted within Blackboard.

- **Chapter worksheets and in-class assignments**: These assignments will not be accepted late.
- **Professional Development Assignments**: Late submission of these assignments will result in a deduction of points.
- **Chapter Exams**: No make-ups will be given on chapter exams unless prior arrangements have been made and approved. Remember that there will be five (5) exams given throughout the semester and the lowest grade will be dropped.

ACADEMIC HONESTY

Academic honesty is expected on all work. Students are expected to maintain complete honesty and integrity in their educational experiences. 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.

In your discussions and/or your papers, it is unacceptable to copy word for word without quotation marks and the source of the quotation. We use the *APA Style Manual of the American Psychological Association* as a guide for all writing assignments. Quotes should be used sparingly. It is expected that you will summarize or paraphrase ideas giving appropriate credit to the source both in the body of your paper and the reference list. Papers are subject to be evaluated for originality via Bb Safe Assignment or Turnitin. Resources to help you understand this policy better are available at the ASU Writing Center [http://www.angelo.edu/dept/writing_center/academic_honesty.php](http://www.angelo.edu/dept/writing_center/academic_honesty.php).
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 a discussion board announcement. It is the student’s responsibility to look for such communications about the course on a daily basis.
Title IX at Angelo State University:

Angelo State University is committed to providing and strengthening an educational, working, and living environment where students, faculty, staff, and visitors are free from sex discrimination of any kind. In accordance with Title VII, Title IX, the Violence Against Women Act (VAWA), the Campus Sexual Violence Elimination Act (SaVE), and other federal and state laws, the University prohibits discrimination based on sex, which includes pregnancy, and other types of Sexual Misconduct. Sexual Misconduct is a broad term encompassing all forms of gender-based harassment or discrimination and unwelcome behavior of a sexual nature. The term includes sexual harassment, nonconsensual sexual contact, nonconsensual sexual intercourse, sexual assault, sexual exploitation, stalking, public indecency, interpersonal violence (domestic violence or dating violence), sexual violence, and any other misconduct based on sex.

You are encouraged to report any incidents involving sexual misconduct to the Office of Title IX Compliance and the Director of Title IX Compliance/Title IX Coordinator, Michelle Boone, J.D. You may submit reports in the following manner:

**Online:** [www.angelo.edu/Incident-form](http://www.angelo.edu/Incident-form)

**Face to Face:**
Mayer Administration Building,
Room 210

**Phone:**
325-942-2022

**E-Mail:**
michelle.boone@angelo.edu

*Note, as a faculty member at Angelo State, I am a mandatory reporter and must report incidents involving sexual misconduct to the Title IX Coordinator. Should you wish to speak to someone in confidence about an issue, you may contact the University Counseling Center (325-942-2371), the 24-Hour Crisis Helpline (325-486-6345), or the University Health Clinic (325-942-2171).*

For more information about resources related to sexual misconduct, Title IX, or Angelo State’s policy please visit: [www.angelo.edu/title-ix](http://www.angelo.edu/title-ix).
<table>
<thead>
<tr>
<th>DATE</th>
<th>READ BEFORE CLASS</th>
<th>CLASS TOPIC</th>
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</thead>
<tbody>
<tr>
<td>Mon Aug 26</td>
<td></td>
<td>Course Orientation and Introduction</td>
</tr>
<tr>
<td>Wed Aug 28</td>
<td>Chapter 1</td>
<td>Fundamentals and Paradoxes</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Tour of Department</td>
</tr>
<tr>
<td>Fri Aug 30</td>
<td></td>
<td>Chapter 1 continued</td>
</tr>
<tr>
<td>Mon Sep 2</td>
<td>No Class</td>
<td>Labor Day</td>
</tr>
<tr>
<td>Wed Sep 4</td>
<td>Chapter 2</td>
<td>Pathways to the Pillars</td>
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<td></td>
<td></td>
<td>Assign Timeline</td>
</tr>
<tr>
<td>Fri Sep 6</td>
<td></td>
<td>Chapter 2 continued</td>
</tr>
<tr>
<td>Mon Sep 9</td>
<td>Chapter 3</td>
<td>A History of Kinesiology</td>
</tr>
<tr>
<td>Wed Sep 11</td>
<td>Timeline Due</td>
<td>Chapter 3 continued</td>
</tr>
<tr>
<td>Fri Sep 13</td>
<td></td>
<td><strong>Exam 1 – Chapters 1, 2 &amp; 3, class notes, and vocabulary</strong></td>
</tr>
<tr>
<td>Mon Sep 16</td>
<td>Chapter 4</td>
<td>Biomechanics</td>
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<td></td>
<td></td>
<td>Assign Resume</td>
</tr>
<tr>
<td>Wed Sep 18</td>
<td></td>
<td>Chapter 4 continued</td>
</tr>
<tr>
<td>Fri Sep 20</td>
<td>Chapter 5</td>
<td>Exercise and Sport Psychology Video assignment</td>
</tr>
<tr>
<td>Mon Sep 23</td>
<td>Resume Assignment Due</td>
<td>Chapter 5 continued</td>
</tr>
<tr>
<td>Wed Sep 25</td>
<td>Chapter 7</td>
<td>Motor Behavior</td>
</tr>
<tr>
<td>Fri Sep 27</td>
<td></td>
<td>Chapter 7 continued</td>
</tr>
<tr>
<td>Mon Sep 30</td>
<td>Chapter 12</td>
<td>Sport Management</td>
</tr>
<tr>
<td>Wed Oct 2</td>
<td></td>
<td>Chapter 12 continued</td>
</tr>
<tr>
<td>Fri Oct 4</td>
<td></td>
<td><strong>Exam 2 – Chapters 4, 5, 7, &amp; 12 class notes, and vocabulary</strong></td>
</tr>
<tr>
<td>Mon Oct 7</td>
<td></td>
<td>Branding Yourself</td>
</tr>
<tr>
<td>Wed Oct 9</td>
<td>Chapter 8</td>
<td>Philosophy of Kinesiology</td>
</tr>
<tr>
<td>Fri Oct 11</td>
<td></td>
<td>Chapter 8 continued</td>
</tr>
<tr>
<td>Mon Oct 14</td>
<td>Chapter 10</td>
<td>Sociology of Sport, Exercise, and Physical Activity</td>
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<tr>
<td></td>
<td>Branding Assignment Due</td>
<td>Chapter 10 continued</td>
</tr>
<tr>
<td>Wed Oct 16</td>
<td></td>
<td>Chapter 10 continued</td>
</tr>
<tr>
<td>Fri Oct 18</td>
<td></td>
<td>Schooled: The Price of College Sports</td>
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<tr>
<td>Date</td>
<td>Topic</td>
<td>Notes</td>
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<tr>
<td>Mon Oct 21</td>
<td>Chapter 16</td>
<td>Diversity: Sport as a Welcoming Space</td>
</tr>
<tr>
<td>Wed Oct 23</td>
<td>Chapter 16 continued</td>
<td></td>
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<tr>
<td>Fri Oct 25</td>
<td>Exam 3 - Chapters 8, 10, &amp; 16</td>
<td></td>
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<tr>
<td></td>
<td>class notes, and vocabulary</td>
<td></td>
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<tr>
<td>Mon Oct 28</td>
<td>Advising Preparation</td>
<td></td>
</tr>
<tr>
<td>Wed Oct 30</td>
<td>Advising Assignment Due</td>
<td>In-Class Advising</td>
</tr>
<tr>
<td>Fri Nov 1</td>
<td>ASU Participation Activity</td>
<td></td>
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<tr>
<td>Mon Nov 4</td>
<td>Chapter 6</td>
<td>Exercise and Sport Physiology</td>
</tr>
<tr>
<td></td>
<td>ASU Participation Activity Due</td>
<td>Career Exploration Activity Assigned</td>
</tr>
<tr>
<td>Wed Nov 6</td>
<td>Chapter 6 continued</td>
<td></td>
</tr>
<tr>
<td>Fri Nov 8</td>
<td>Chapter 13</td>
<td>Healthy Living</td>
</tr>
<tr>
<td>Mon Nov 11</td>
<td>Chapter 13 continued</td>
<td></td>
</tr>
<tr>
<td>Wed Nov 13</td>
<td>Chapter 9</td>
<td>Sport Pedagogy and Physical Activity</td>
</tr>
<tr>
<td>Fri Nov 15</td>
<td>Chapter 9 continued</td>
<td></td>
</tr>
<tr>
<td>Mon Nov 18</td>
<td>Chapter 11</td>
<td>Adapted Physical Activity</td>
</tr>
<tr>
<td>Wed Nov 20</td>
<td>Chapter 11 continued</td>
<td></td>
</tr>
<tr>
<td>Fri Nov 22</td>
<td>Chapter 14</td>
<td>Restoring Function</td>
</tr>
<tr>
<td>Mon Nov 25</td>
<td>Exam 4 – Chapters 6, 13, 9, 11 &amp; 14</td>
<td></td>
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<tr>
<td></td>
<td>class notes, and vocabulary</td>
<td></td>
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<tr>
<td><strong>Wed Nov 27</strong></td>
<td>NO CLASS</td>
<td>Thanksgiving Break</td>
</tr>
<tr>
<td><strong>Fri Nov 29</strong></td>
<td>NO CLASS</td>
<td>Thanksgiving Break</td>
</tr>
<tr>
<td>Mon Dec 2</td>
<td>Career Exploration Paper Due</td>
<td>Career Exploration Presentations</td>
</tr>
<tr>
<td>Wed Dec 4</td>
<td>Final Exam Review</td>
<td></td>
</tr>
<tr>
<td>Fri Dec 6</td>
<td>Semester wrap-up</td>
<td></td>
</tr>
<tr>
<td>Mon Dec 9</td>
<td>Section 010 8:00 am start time</td>
<td>Exam 5 – Comprehensive Final Exam</td>
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<tr>
<td></td>
<td>Section 020 10:30am start time</td>
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</tbody>
</table>

**IMPORTANT DATE:** Thursday October 31 is the last day to drop a class or withdraw from the University for the Fall 2018 semester.

**End of syllabus.**