KINESIOLOGY 1301
Foundations of Kinesiology
SPRING 2020

Instructor: Dr. Kathleen M. Price
Email: Kathleen.Price@angelo.edu
Phone: Dr. Price (325) 486-6175 or Kinesiology Department Office (325)942-2173
Office: Ben Kelly Center for Human Performance (CHP) #108
Office Hours: MWF 8:30-10:00 MWF and 12:00-12:30 Friday
            TTH 8:30-9:30 and 10:45-11:45 and 1:30-2:00

Course Information

Course Description
This course provides students with the opportunity to study the historical and philosophical foundations, scope, objectives, and future of sport and fitness related careers. In addition, the scientific foundations, programs, professional considerations, and leadership requirements for employment within this profession will be emphasized.

Course Credits
3 semester hours

Prerequisite Skills
Accessing Internet websites, using ASU Library resources, and proficiency with Microsoft Word and/or PowerPoint are expectations of KIN 1301.

Program Outcomes
Upon completion of KIN 1301, the student will be introduced to many of the core sub-disciplines of kinesiology. This will encourage students to explore the research and physical activity contributions that each has to offer.
Upon completion of the program of study for Kinesiology 1301, the student will be prepared to:

**Student Learning Outcomes**

<table>
<thead>
<tr>
<th>Student Learning Outcome</th>
<th>Assignment(s) or activity(ies) used in validating outcome achievement:</th>
</tr>
</thead>
<tbody>
<tr>
<td>By completing all course requirements, students will be able to:</td>
<td>This will be assessed by homework, exams, and lab opportunities.</td>
</tr>
<tr>
<td>Demonstrate an understanding of the philosophical and historical development of sport and exercise science.</td>
<td></td>
</tr>
<tr>
<td>Distinguish between various programs in exercise science, sport and allied fields, and demonstrate an understanding of the requirements and qualifications for employment in each specific area.</td>
<td>This will be assessed by homework, exams, and lab opportunities.</td>
</tr>
<tr>
<td>Demonstrate knowledge of the foundations of sport and exercise science. This includes: biological foundations, sociological foundations, exercise physiology, biomedical foundations, and psychological foundations.</td>
<td>This will be assessed by homework, exams, and lab opportunities.</td>
</tr>
<tr>
<td>Demonstrate knowledge of the characteristics of a leader in the profession of sport and exercise science.</td>
<td>This will be assessed by homework, exams, and lab opportunities.</td>
</tr>
<tr>
<td>Demonstrate knowledge of current trends in education and possible influences on teaching methodology, curriculum development, and employment.</td>
<td>This will be assessed by homework, exams, and lab opportunities.</td>
</tr>
</tbody>
</table>

By Mapping this to Program Outcomes: Students will:

- Gain a basic understanding of the subject (e.g., factual knowledge, methods, principles, generalizations, theories)
- Learn to apply course material (to improve thinking, problem solving, and decisions)
- Develop specific skills, competencies, and points of view needed by professionals in the field most closely related to this course
- Learn how to find, evaluate, and use resources to explore a topic in depth
Learn to analyze and critically evaluate ideas, arguments, and points of view

Learn to apply knowledge and skills to benefit others or serve the public good

**Course Delivery**
This is a face-to-face course with learning resources and supplemental materials posted in Blackboard.

**Required Texts and Materials**

This textbook *Foundations of Kinesiology* provides a guided introduction to the discipline and professions of kinesiology using a holistic, learner-centered, and skill-based approach. The text explores the core subdisciplines of kinesiology and allows students to explore the research and physical activity contributions that each has to offer. The text also considers how the discipline is crucial in enabling healthy lives by illustrating real-life scenarios across several chapters.

**Communication**
Professor will respond to email and/or telephone messages within 24 hours during working hours Monday through Friday if possible. Weekend messages may not be returned until Monday.

**Student Behavior**
**NO HATS WILL BE WORN AT ANY TIME by any student!** Please!! Be respectful!

Please respect your classmates and your professor by turning off your cell phone prior to coming into class. **If your phone rings during class, you will be asked to leave class and will be counted absent!**

**NO TEXTING** permitted during class! **PUT YOUR PHONES AWAY! If you choose to text and I see you, you will be asked to leave and will be counted absent!**
**Grading Policy**

Course grades will be determined as indicated below.

<table>
<thead>
<tr>
<th>Assessment</th>
<th>Percent/Points of Total Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assignments (homework, quizzes, professional development)</td>
<td>40%</td>
</tr>
<tr>
<td>Tests (There will be 4 tests and a final exam. The lowest test grade can be dropped)</td>
<td>60%</td>
</tr>
<tr>
<td>Total</td>
<td>100%</td>
</tr>
</tbody>
</table>

**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
- B = 80.00-89.99
- C = 70.00-79.99
- D = 60.00-69.99
- F = 0-59.99

**Attendance BONUS for Borderline Grades**

Attendance is necessary to fully understand the concepts and theories introduced in class. ASU functions must have a sponsor note. 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. If you are not in class when attendance is recorded or when the in-class assignment is submitted then an absence for the day will be recorded. 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:

Two or fewer absences = 2 additional percentage points added to final grade
Four or fewer absences = 1 additional percentage points added to final grade

**Note:** 8 or more unapproved absences will result in automatic failure of the course. No grades will be rounded up after bonus points are added.

(Example- 89.9 average = B)
Teaching Strategies
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) in discovering, processing, and applying the course information using peer-review journal articles, researching additional information and examples on the Internet, and discussing course material and clinical experiences with their peers.

Class Policies
No late work will be accepted.

NO HATS WILL BE WORN AT ANY TIME. Please!! Be respectful!

Please respect your classmates and your professor by turning off your cell phone prior to coming into class. If your phone rings during class, you will be asked to leave class and will be counted absent!

NO TEXTING permitted during class! PUT YOUR PHONES AWAY!
If you choose to text and I see you, you will be asked to leave and will be counted absent!

Please, keep track of all grades through Blackboard. If there is an error, please check in with me in a timely manner.

Assignment Submission
All assignments MUST be submitted in a “hard copy” unless otherwise directed. If an issue does occur regarding an assignment submission, email me at kathleen.price@angelo.edu and attach a copy of what you are trying to submit.

If you have issues with “technology”, please contact the IT Service Center at (325) 942-2911 or go to your Technology Support tab to report the issue.

General Policies Related to This Course
All students are required to follow the policies and procedures presented in these documents:

- Angelo State University Student Handbook
- Angelo State University Catalog

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

The College of Health and Human Services adheres to the university’s [Statement of Academic Integrity](#).

**Accommodations for Students with Disabilities**
ASU 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 of 2008 (ADAAA) and subsequent legislation.

Student Disability Services is located in the Office of Student Affairs, and is the designated campus department charged with the responsibility of reviewing and authorizing requests for reasonable accommodations based on a disability. It is the student’s responsibility to initiate such a request by contacting an employee of the Office of Student Affairs, in the Houston Harte University Center, Room 112, or contacting the department via email at ADA@angelo.edu. For more information about the application process and requirements, visit the [Student Disability Services website](#).

The employee charged with the responsibility of reviewing and authorizing accommodation requests is:

Dallas Swafford  
Director of Student Disability Services  
Office of Student Affairs  
325-942-2047  
dallas.swafford@angelo.edu  
Houston Harte University Center, Room 112

**Incomplete Grade Policy**
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. See ASU Operating Policy 10.11 [Grading Procedures](#) for more information.
**Plagiarism**

Plagiarism is a serious topic covered in ASU’s Academic Integrity policy in the Student Handbook. 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. 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. Resources to help you understand this policy better are available at the ASU Writing Center.

**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. See ASU Operating Policy 10.19 Student Absence for Observance of Religious Holy Day for more information.

**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
Face to face: Mayer Administration Building, Room 210
Phone: 325-942-2022
Email: michelle.boone@angelo.edu

Note, as a faculty member at Angelo State, I am a mandatory reporter and must report any incident 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.
### Tentative Course Schedule

**Spring 2020**

**2:00 TTH**

**TENTATIVE SYLLABUS**

<table>
<thead>
<tr>
<th>DATE</th>
<th>READ BEFORE CLASS</th>
<th>CLASS TOPIC</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tues Jan 14</td>
<td></td>
<td>Course Orientation and Introduction</td>
</tr>
<tr>
<td>Thurs Jan 16</td>
<td>Chapter 1 (pp. 1-15)</td>
<td>Fundamentals and Paradoxes</td>
</tr>
<tr>
<td>Tues Jan 21</td>
<td>Chapter 2 (pp. 17-39)</td>
<td>Pathways to the Pillars</td>
</tr>
<tr>
<td>Thurs Jan 23</td>
<td></td>
<td>Chapter 2 continued</td>
</tr>
<tr>
<td>Tues Jan 28</td>
<td>Chapter 3 (pp. 41-51)</td>
<td>A History of Kinesiology</td>
</tr>
<tr>
<td>Thur Jan 30</td>
<td></td>
<td><strong>Exam 1 – Chapters 1, 2 &amp; 3, class notes, and vocabulary</strong></td>
</tr>
<tr>
<td>Tues Feb 4</td>
<td>Chapter 4 (pp. 55-89)</td>
<td>Biomechanics</td>
</tr>
<tr>
<td>Thur Feb 6</td>
<td>Chapter 5 (pp. 91-115)</td>
<td>Exercise and Sport Psychology</td>
</tr>
<tr>
<td>Tues Feb 11</td>
<td>Chapter 7 (pp. 141-152)</td>
<td>Motor Behavior</td>
</tr>
<tr>
<td>Thur Feb 13</td>
<td></td>
<td>Chapter 7 continued</td>
</tr>
<tr>
<td>Tues Feb 18</td>
<td>Chapter 12 (pp. 261-280)</td>
<td>Sport Management</td>
</tr>
<tr>
<td>Thurs Feb 20</td>
<td></td>
<td><strong>Exam 2 - Chapters 4, 5, 7, &amp; 12 class notes, and vocabulary</strong></td>
</tr>
<tr>
<td>Tues Feb 25</td>
<td>Chapter 8 (pp. 155-177)</td>
<td>Philosophy of Kinesiology and Career Preparation Assignment</td>
</tr>
<tr>
<td>Thurs Feb 27</td>
<td>Chapter 10 (pp. 205-228)</td>
<td>Sociology of Sport, Exercise, and Physical Activity</td>
</tr>
<tr>
<td>Tues Mar 3</td>
<td></td>
<td>Chapter 10 continued</td>
</tr>
<tr>
<td>Thurs Mar 5</td>
<td></td>
<td>Schooled: The Price of College Sports</td>
</tr>
<tr>
<td>Mar 7-15</td>
<td>SPRING BREAK</td>
<td></td>
</tr>
<tr>
<td>Tues Mar 17</td>
<td>Chapter 16 (pp. 343-368)</td>
<td>Diversity: Sport as a Welcoming Space</td>
</tr>
<tr>
<td>Thurs Mar 19</td>
<td></td>
<td><strong>Exam 3 - Chapters 8, 10, &amp; 16 class notes, and vocabulary</strong></td>
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</tbody>
</table>
### Tentative Syllabus Continued

<table>
<thead>
<tr>
<th>DATE</th>
<th>READ BEFORE CLASS</th>
<th>CLASS TOPIC</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tues Mar 24</td>
<td>TBA</td>
<td>Advising Preparation</td>
</tr>
<tr>
<td>Thurs Mar 26</td>
<td></td>
<td>Advising</td>
</tr>
<tr>
<td>Tues Mar 31</td>
<td>Chapter 6 (pp. 119-140)</td>
<td>Exercise and Sport Physiology</td>
</tr>
<tr>
<td>Thurs Apr 2</td>
<td>Chapter 13 (pp. 285-302)</td>
<td>Healthy Living</td>
</tr>
<tr>
<td>Tues Apr 7</td>
<td>Chapter 9 (pp. 179-204)</td>
<td>Sport Pedagogy and Physical Activity</td>
</tr>
<tr>
<td>Thurs Apr 9</td>
<td>Chapter 14 (pp. 303-327)</td>
<td>Restoring Function</td>
</tr>
<tr>
<td>Tues Apr 14</td>
<td></td>
<td>Chapter 14 continued</td>
</tr>
<tr>
<td>Thurs Apr 16</td>
<td></td>
<td>Exam 4 Review</td>
</tr>
<tr>
<td>Tues Apr 21</td>
<td></td>
<td>Exam 4 – Chapters 6, 13, 9, 11 &amp; 14 class notes, and vocabulary</td>
</tr>
<tr>
<td>Thurs Apr 23</td>
<td></td>
<td>Resume Development Assignment</td>
</tr>
<tr>
<td>Tues Apr 28</td>
<td></td>
<td>Kinesiology and the Public’s Health Career Exploration</td>
</tr>
<tr>
<td>Thurs Apr 30</td>
<td></td>
<td>Little Olympics</td>
</tr>
<tr>
<td>Tue May 5</td>
<td>FINAL EXAM for 2:00 TTH CLASS</td>
<td>12:57-3:00 pm</td>
</tr>
</tbody>
</table>

**IMPORTANT DATE:** March 26 is the last day to drop a class or withdraw from the University for the Spring 2020 semester.

### Student Evaluation of Faculty and Course

Students in all programs are given the opportunity to evaluate their courses and the faculty who teach them. Evaluations are most helpful when they are honest, fair, constructive, and pertinent to the class, clinical experience, or course. Faculty value student evaluations, and use student suggestions in making modifications in courses, labs and clinical experiences.

Angelo State University uses the IDEA (Individual Development and Educational Assessment) system administered through Kansas State University for all course evaluations. The Office of Institutional Research and Assessment administers IDEA for the entire university, online and has established a policy whereby students can complete course evaluations free from coercion.