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
Three semester hours

Prerequisite and Co-requisite Courses
None
Prerequisite Skills
Accessing internet websites, using ASU Library resources and proficiency with Microsoft Word and/or PowerPoint are minimum requirements of KIN 1301. Computer access requirements are further explained in the Undergraduate Handbook. Tutorials for ASU Library and for Blackboard are available through RamPort.

Course Delivery & Meeting Times
Meeting Days: TTH
Meeting Time: Section 020 9:30-10:45  Section 030 2:00-3:15
Meeting Location: CHP 205 and online assignments

Due to “social distancing” requirements, 1/2 the class will have the opportunity to attend on Tuesday and the other 1/2 attend in-person on Thursdays. You will have an assigned seat in the classroom and attendance will be recorded. All lectures will be recorded and posted for you. You are responsible to watch/learn from these. All power point slides will be posted for you. Contact me if you have questions!

This course will be a blended hybrid course. Some of the lectures will be in a face-to-face setting and other materials will be online learning resources, supplemental materials, and assignments.

Use of Masks/Facial Coverings by Students in Class at Angelo State University
As a member of the Texas Tech University System, Angelo State University has adopted the mandatory Facial Covering Policy to ensure a safe and healthy classroom experience. Current research on the COVID-19 virus suggests there is a significant reduction in the potential for transmission of the virus from person to person by wearing a mask/facial covering that covers the nose and mouth areas. Therefore, in compliance with the university policy students in this class are required to wear a mask/facial covering before, during, and after class. Faculty members may also ask you to display your daily screening badge as a prerequisite to enter the classroom. You are also asked to maintain safe distancing practices to the best of your ability. For the safety of everyone, any student not appropriately wearing a mask/facial covering will be asked to leave the classroom immediately. The student will be responsible to make up any missed class content or work. Continued non-compliance with the Texas Tech University System Policy may result in disciplinary action through the Office of Student Conduct.
Physical Health and Well Being Expectations:
Students are responsible to monitor and self-screen their physical health everyday they attend campus. To assist you with this endeavor, the following information is for you to comprehend and apply to the daily wellness screen:

COVID-19 symptoms:
- Fever of 100 degrees Fahrenheit or greater
- A new cough that is not attributable to another medical condition
- New muscle aches not attributable to another medical condition or another specific activity (e.g., due to physical activity and/or exercise)
- New or worsening headache
- New loss of taste or smell
- Throat pain not attributable to another medical condition
- Congestion and/or runny nose not attributable to another medical condition
- New shortness of breath not attributable to another condition
- Nausea or vomiting
- Diarrhea

Expectations for class:
2. Be prepared to show “wellness badge” before and/or upon entering the building and/or classrooms.
3. Face coverings and physically distancing while in class
4. If you are experiencing symptoms, email the instructor after you have sought medical attention.

If you are exhibiting COVID-19 symptoms and/or have a temperature of 100 degrees Fahrenheit or greater, it is recommended that the student stay home and seek medical attention.

Seek medical attention:
First option:
- Download and use the Shannon on Demand app.
- Create an account
- Use payment code SHANNONCOVID19 which will cover your cost if it is COVID related.
- Talk to one of the physicians available
- Carefully follow the physician’s instructions
Second option:

- Call and make an appointment with ASU Shannon Clinic – Jackson by calling 325-942-2171
- Attend appointment
- Carefully follow the physician’s and/or healthcare provider’s instructions.

In addition to your physical health, your mental and emotional health should be monitored and screened as well. If you are experiencing signs and symptoms related to anxiety and/or depression revolving around this current pandemic situation, please contact the ASU Counseling Services at 325-942-2371 or visiting Counseling Services.

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.

By Mapping Program Outcomes to Student Learning Outcomes: Students will:
1. Gain a basic understanding of the subject (e.g., factual knowledge, methods, principles, generalizations, theories)
2. Learn to apply course material (to improve thinking, problem solving, and decisions)
3. Develop specific skills, competencies, and points of view needed by professionals in the field most closely related to this course
4. Learn how to find, evaluate, and use resources to explore a topic in depth
5. Learn to analyze and critically evaluate ideas, arguments, and points of view
6. Learn to apply knowledge and skills to benefit others or serve the public good
### 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></td>
</tr>
<tr>
<td>Demonstrate an understanding of the philosophical and historical development of sport and exercise science.</td>
<td>This will be assessed by homework, exams, and lab opportunities.</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>

### Recommended 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. Additional readings from on-line sources will be required.

### Technology Requirements

To successfully complete this course, students need to understand the use of Blackboard and for reviewing course materials and submitting assignments.
**Communication**
Faculty 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. All private communication will be done exclusively through your ASU email address. Check frequently for announcements and policy changes. In your emails to faculty, PLEASE be sure to include your name, the course name and section number.

**Student Behavior**
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 exams. 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

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

Students are expected to be “active learners.” It is a basic assumption of the instructor that students will be involved in discovering, processing, and applying the course information at a level that contributes to the learning environment. Students should use peer-review journal articles, research additional information and examples located on the Internet, and learn to discuss course material and clinical experiences with their peers.

Assignment and Activity Descriptions

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

Chapter Exams: No make-ups will be given on section exams unless prior arrangements have been made and approved.

Career Development Project and Assignments: No late work will be accepted.

Assignment Submission
Due to the current situation with COVID, assignments may be submitted electronically or in “hard copy”. Please be aware that deadlines are imperative. If an issue does occur regarding an assignment submission, email me immediately. kathleen.price@angelo.edu

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.

Exams
All exams will be administered through Blackboard. Exams will be administered on the day of our regularly scheduled class from 8:00 am until 8:00 pm. If the exam is not taken at that time or the student does not contact me in advance, a grade of zero will be recorded. Each exam is worth 100 points and the lowest exam will be dropped. This will be an open note/open book test; however, the exams will be timed so the student should have the study sheet completed in advance. There will not be time to look up each question in the textbook.

Exam Bonus Points for Chapter Worksheets
Worksheets will be provided to help direct your reading. Not all information from each chapter will be on the test, so focus your reading by using the worksheets and the exam study sheets. I will grant up to one (1) bonus point for each page of chapter worksheet. The worksheets need to be completed in your own words, typed on the word document, and resubmitted to me before the day of the exam.

Assignments
Throughout the semester various assignments, worksheets, and discussion boards will be required to enhance learning. Activities include creating a timeline of a selected activity or sport, developing a resume, completing a worksheet while watching assigned videos, etc.
**Career Exploration Project**
The student will research two potential careers. One of the careers should be the student’s first choice of profession to pursue. The second career should be something completely different that is also of interest to the student. The student will write a two-page paper about each career and then share what they learned with their classmates through a Blackboard Discussion Board format. An assignment sheet will be provided with a detailed explanation of the assignment.

**Attendance**
Due to COVID-19 this course will be offered completely online. Although you do not have to come to class, online exams will be administered from 8am to 8pm on regularly scheduled class days. Failure to take the tests during this time slot will result in a score of zero. The labs, personal development project, and special topics can be completed any time before the assigned due dates.

**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](#)

**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  Houston Harte University Center, Room 112
325-942-2047
dallas.swafford@angelo.edu
**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.
<table>
<thead>
<tr>
<th>DATE</th>
<th>CLASS TOPIC</th>
<th>READINGS AND ASSIGNMENTS DUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tues Aug 18</td>
<td>Introduction and Syllabus Group 1</td>
<td>Familiarize yourself with Blackboard, Technology supports and Angelo State University!</td>
</tr>
<tr>
<td>Thur Aug 20</td>
<td>Introduction and Syllabus Group 2</td>
<td>Familiarize yourself with Blackboard, Technology supports and Angelo State University!</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Discussion Board Assignment Due by 8/24 11:57 pm</td>
</tr>
<tr>
<td>Tues Aug 25</td>
<td>What Can I Do with a KIN Degree? Group 1</td>
<td>Read Chapter 1</td>
</tr>
<tr>
<td>Thur Aug 27</td>
<td>Keys to Success: Getting Through College Group 2</td>
<td>Read Chapter 2</td>
</tr>
<tr>
<td>Tue Sept 1</td>
<td>Ancient and Modern Olympics Group 1</td>
<td>Worksheet for Video: The Real Olympics: A History of the Modern Olympic Games-available on ASU library website</td>
</tr>
<tr>
<td>Thurs Sept 3</td>
<td>History of Kinesiology and Related Fields Group 2</td>
<td>Read Chapter 3</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Timeline assignment and Olympic Video assignment due 9/7 by 11:57 pm</td>
</tr>
<tr>
<td>Tues Sept 8</td>
<td>Contemporary Issues in Kinesiology Group 1</td>
<td>Read Chapter 8 Ethics in Sport Assignment Due 9/11</td>
</tr>
<tr>
<td>Thurs Sept 10</td>
<td>Values and Ethics in Kinesiology Group 2</td>
<td>Read Chapter 8</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Discussion Board Assignment Due by 9/14 11:57 pm</td>
</tr>
<tr>
<td>Tues Sept 15</td>
<td>Philosophy and History of Kinesiology Group 1</td>
<td></td>
</tr>
<tr>
<td>DATE</td>
<td>CLASS TOPIC</td>
<td>READINGS AND ASSIGNMENTS DUE</td>
</tr>
<tr>
<td>---------</td>
<td>-----------------------------------</td>
<td>---------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Thurs</td>
<td>All On-Line</td>
<td>Exam I Must be taken today&lt;br&gt;Chapter worksheets may be submitted for bonus points on exam.</td>
</tr>
<tr>
<td>Sept 17</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tues</td>
<td>Care and Prevention of Athletic Injuries Group 1</td>
<td>Read: <a href="https://www.randolphhealth.org/media/1072/coachesguide.pdf">https://www.randolphhealth.org/media/1072/coachesguide.pdf</a></td>
</tr>
<tr>
<td>Sept 22</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Thurs</td>
<td>Sociology of Sport Group 2</td>
<td>Read Chapter 10</td>
</tr>
<tr>
<td>Sept 24</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tues</td>
<td>Motor Behavior Group 1</td>
<td>Read Chapter 7</td>
</tr>
<tr>
<td>Sept 29</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Thurs</td>
<td>Sport and Exercise Psychology Group 2</td>
<td>Read Chapter 5</td>
</tr>
<tr>
<td>Oct 1</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Assignment Due by 10/5 9:00 am</td>
<td></td>
</tr>
<tr>
<td>Tues</td>
<td>Biomechanics Group 1</td>
<td>Read Chapter 4</td>
</tr>
<tr>
<td>Oct 6</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Oct 8</td>
<td></td>
<td>Assignment Due 10/12 9:00 am</td>
</tr>
<tr>
<td>Tues</td>
<td>Exercise Physiology Group 1</td>
<td>Read Chapter 6</td>
</tr>
<tr>
<td>Oct 13</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Thurs</td>
<td>Kinesiology Sub-disciplines Group 2</td>
<td></td>
</tr>
<tr>
<td>Oct 15</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tues</td>
<td>All On-Line</td>
<td>Exam II must be taken today&lt;br&gt;Chapter worksheets may be submitted for bonus points on exam.</td>
</tr>
<tr>
<td>Oct 20</td>
<td></td>
<td></td>
</tr>
<tr>
<td>DATE</td>
<td>CLASS TOPIC</td>
<td>READINGS AND ASSIGNMENTS DUE</td>
</tr>
<tr>
<td>-----------</td>
<td>------------------------------------------</td>
<td>------------------------------------------------------------------</td>
</tr>
<tr>
<td>Thurs Oct 22</td>
<td>Keys to Success: Careers in Kinesiology Group 2</td>
<td>Read Chapter 19</td>
</tr>
<tr>
<td>Tues Oct 27</td>
<td>Advising Assignment Presented Group 1</td>
<td></td>
</tr>
<tr>
<td>Thur Oct 29</td>
<td>Resume Assignment Presented Group 2</td>
<td></td>
</tr>
<tr>
<td>Tues Nov 3</td>
<td>Careers in Health and Fitness Group 1</td>
<td>Read Chapter 13</td>
</tr>
<tr>
<td>Thur Nov 5</td>
<td>Careers in Therapeutic Exercise Group 2</td>
<td>Read Chapters 11 and 14</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Advising Assignment Due by 11/9 9:00 am</td>
</tr>
<tr>
<td>Tue Nov 10</td>
<td>Careers in Teaching Physical Education Group 1</td>
<td>Read Chapter 9</td>
</tr>
<tr>
<td>Thurs Nov 12</td>
<td>Careers in Coaching and Sport Instruction Group 2</td>
<td>Read <a href="https://assets.ngin.com/attachments/document/0138/3102/USOC_QCF_FINAL.pdf">https://assets.ngin.com/attachments/document/0138/3102/USOC_QCF_FINAL.pdf</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td>First Draft of Resume Due by 11/16 11:57 pm</td>
</tr>
</tbody>
</table>
**Final Exam Schedule**
Saturday November 21 for 2:00 TTH class.
Tuesday November 24 for 9:30 TTH classes.
Remember that you have the option to drop your lowest test grade. The final exam is comprehensive. There are no bonus points available for this exam. You MUST decide by November 20 if you are taking final. Depending on the number of students, it may be given face-to-face in the classroom.

**IMPORTANT DATE:** November 10 is the last day to drop a class or withdraw from the University for the Fall 2020 semester.

**Basic Needs**
Any student who has difficulty affording groceries or accessing sufficient food to eat every day, or who lacks a safe and stable place to live, and believes this may affect his or her performance in the course, is urged to contact the Multicultural and Student Activities Programs Center (multicultural@angelo.edu; 325-942-2729) or notify your professor.

**Student Evaluation of Faculty and Course**
Students in all programs have 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.