

KIN 1301.030

Foundations of Kinesiology

Fall 2021



Professor: Dr. Doyle D. Carter

Email: doyle.carter@angelo.edu

Phone: 325-486-6410

Office: CHP 201C

Office Hours: **Virtual:** Mondays, Tuesdays & Thursdays 7:00-9:00pm

Face-to-Face: Tuesdays & Thursdays 10:30 am-11:30am; Wednesdays 2:00-4:00pm

Also available by appointment

Course Information

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 Credits

Three hours

Prerequisite and Co-requisite Courses

None

Prerequisite 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.

Course Delivery & Meeting Times

Meeting Days & Time: Tuesdays & Thursdays 2:00-3:15pm

Meeting Location: CHP 205

Student Learning Outcomes

Student Learning Outcome By completing all course requirements, students will be able to:	Assignments or activities validating outcome achievement:
Demonstrate an understanding of the philosophical and historical development of sport and exercise science.	This will be assessed by projects, quizzes, and exams.
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.	This will be assessed by projects, quizzes, and exams.
Demonstrate knowledge of the foundations of sport and exercise science. This includes biological foundations, sociological foundations, exercise physiology, biomedical foundations, and psychological foundations.	This will be assessed by projects, quizzes, and exams.
Demonstrate knowledge of the characteristics of a leader in the profession of sport and exercise science.	This will be assessed by projects, quizzes, and exams.
Demonstrate knowledge of current trends in education and possible influences on teaching methodology, curriculum development, and employment.	This will be assessed by projects, quizzes, and exams.

Recommended Texts and Materials

Oglesby, C.A., Henige, K., McLaughlin, D.W. and Stillwell, B. (2022). Foundations of Kinesiology, 2e. Burlington, MA: Jones and Bartlett. ISBN: 978-1-284-19830-0

Additional readings from other sources may be required.

Technology Requirements

To successfully complete this course, students need to understand the use of Blackboard and Top Hat 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.

Written communication via email: All private communication will be done exclusively through your ASU email address. Check frequently for announcements and policy changes. In your emails to faculty, include the course name and section number.

Grading

Evaluation and Grades

Course grades will be determined as indicated in the table below.

Assessment	Approximate Points
3 Unit Exams (100 pts each)	300
12 Chapter Quizzes (10 points each)	120
3 Projects (60 points each)	180
Total	600

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 = 540 or more points

B = 480-539 points

C = 420-479 points

D = 360-419 points

F = 0-359 points

Note: Grades are not rounded up.

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 and Activity Descriptions

Unit Exams

All exams will be administered during the regularly scheduled class time.

Chapter Quizzes

All chapter quizzes are administered on-line using Respondus Lockdown Browser, which is compatible with Blackboard. Quizzes are open for a limited amount of time beginning on the date prior to the due date.

Project 1: Career Exploration

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. Using a template provided by the professor, the student will write and submit a 2-page paper.

Project 2: Academic Planning

ASU students are responsible for their own academic planning but the university provided numerous resources. Students will develop and submit a 4-year academic plan and a plan for the following semester.

Project 3: Final Reflection

At the end of the semester, student will write and submit a reflection paper in which they respond to prompts provided by the professor.

Attendance

The format of this class requires face-to-face attendance. However, due to COVID-19 you are asked not to attend class if you fail the health screening or start to feel ill at any time during the day. Students wanting to attend lectures remotely must have an approved accommodation from Disability Services. Students attending class face-to-face are requested to wear a mask to reduce the spread of COVID-19. Exams and quizzes will be administered online during class time 12:30 pm to 1:45 pm on regularly scheduled class days. Failure to take the tests or quizzes during this time slot will result in a score of zero.

Late Assignments

Exam and major assignment due dates are shown in the Course Schedule section of the syllabus. Contact me ASAP if you become ill and are unable to complete the assignments as scheduled.

Unit Exams: No make-ups will be given on unit exams unless prior arrangements have been made and approved prior to the exam date.

Chapter Quizzes: Must be completed by the due date unless you have advance approval.

Projects: Late submission of these assignments will result in a progressive deduction of points.

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](#)¹
- [Angelo State University Catalog](#)²

Face Masks and Health Screening

To reduce the transmission of the COVID-19 virus, all members of the ASU Community must complete the ASU Health Screening app before coming to campus or class. If you fail the screening do not come to class. You will be contacted by a contact tracer with instructions about next steps. Face masks are encouraged, but not required. 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. **In addition**, you are also asked to maintain safe distancing practices to the best of your ability.

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](#).³

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](#).⁴ 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](#)⁵ for more information.

Plagiarism

Plagiarism is a serious topic covered in ASU's [Academic Integrity policy](#)⁶ 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](#).⁷

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](#)⁸ 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 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.

Course Schedule

TENTATIVE SCHEDULE OF READINGS AND MAJOR ASSIGNMENT DUE DATES

NOTE: Each class session begins with a 5-10 minute Q&A on topics related to the first year experience.

DATE	PRE-READING ASSIGNMENT/LECTURE TOPIC	ASSIGNMENTS DUE
Unit 1		
Tuesday August 24	Topics: Introductions, Course Overview, ASU wellness	
Thursday August 26	Topics: Learning Resources and Strategies	
Tuesday August 31	Before class: Read Chapter 1 Topic: The Academic Discipline of Kinesiology	Practice Quiz
Thursday September 2	Topic: The Academic Discipline of Kinesiology (continued)	Chapter 1 Quiz
Tuesday September 7	Before class: Read Chapter 2 Topic: The History of Kinesiology as a Discipline	Chapter 2 Quiz
Thursday September 9	Before class: Read Chapter 4 Topic: KIN Subdiscipline- Biomechanics	
Tuesday September 11	Topic: Biomechanics (continued)	Chapter 4 Quiz
Thursday September 16	Before Class: Read Chapter 6 Topic: KIN Subdiscipline- Exercise Physiology	
Tuesday September 21	Topic: Exercise Physiology (continued)	Chapter 6 Quiz
Thursday September 23	Exam 1: Chapters 1, 2, 4, 6	Exam 1: Chapters 1, 2, 4, 6
Unit 2		
Tuesday September 28	Topics: Unit 1 Recap, Project 1 Overview, Kinesiology and Career Choices	
Thursday September 30	Before class: Read Chapter 7 Topic: Exercise and Sport Psychology	
Tuesday October 5	Topic: Exercise and Sport Psychology (continued)	Chapter 7 Quiz
Thursday October 7	Before class: Read Chapter 9 Topic: Motor Behavior	Project 1 First Draft
Tuesday October 12	Topic: Motor Behavior (Continued)	Chapter 9 Quiz
Thursday October 14	Before Class: Read Chapter 10 Topic: Philosophy of Kinesiology	Chapter 10 Quiz
Tuesday October 19	Topic: Academic Planning, Project 2 Overview	
Thursday October 21	Before class: Read Chapter 11 Topic: Exercise and Sport Psychology	Project 1 Final Version
Tuesday October 26	Topic: Exercise and Sport Psychology (continued)	Chapter 11 Quiz
Thursday October 28	Exam 2: Chapters 7, 9,10, 11	Exam 2: Chapters 7, 9,10, 11
Unit 3		
Tuesday November 2	Topics: Unit 2 Recap, Advising Workshop	

Thursday November 4	Before class: Read Chapter 12 Topic: Sport Management	Project 2: Your Academic Plan
Tuesday November 9	Topic: Sport Management (continued); Project 3 Overview	Chapter 12 Quiz
Thursday November 11	Before class: Read Chapter 13 Topic: Sport Pedagogy and Physical Activity	
Tuesday November 16	Topic: Sport Pedagogy and Physical Activity (continued)	Chapter 13 Quiz
Thursday November 18	Before Class: Read Chapter 16 Topic: Healthy Living	
Tuesday November 23	Topic: Healthy Living (continued)	Chapter 16 Quiz
Thursday November 25	Happy Thanksgiving!	Enjoy and be safe!
Tuesday November 30	Before class: Read Chapter 18 Topic: Promoting Excellence	
Thursday December 2	Topic: Promoting Excellence (continued)	Chapter 16 Quiz Project 3: First Year Reflections
TBD	Exam 3: Chapters 12, 13, 16, 18	Exam 3: Chapters 12, 13, 16, 18

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 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.

End of Syllabus

¹ <https://www.angelo.edu/student-handbook/>

² <https://www.angelo.edu/catalogs/>

³ <https://www.angelo.edu/student-handbook/community-policies/academic-integrity.php>

⁴ <https://www.angelo.edu/services/disability-services/>

⁵ <https://www.angelo.edu/content/files/14197-op-1011-grading-procedures>

⁶ <https://www.angelo.edu/student-handbook/community-policies/academic-integrity.php>

⁷ https://www.angelo.edu/dept/writing_center/academic_honesty.php

⁸ <https://www.angelo.edu/content/files/14206-op-1019-student-absence-for-observance-of>