

# KIN 1301-010

## Foundations of Kinesiology

### SPRING 2022



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**Instructor: D. Rozena McCabe, PhD**

**Email:** dmccabe@angelo.edu

**Phone:** 325-486-6199

**Office:** CHP 109

**Office Hours:** Monday & Wednesday 12:30 pm – 3:30 pm  
Tuesday & -Thursday 10:00 am – 13:00 pm  
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: Tuesday & Thursday

Meeting Time: 12:30 pm – 1:45 pm

Meeting Location: HHS 130

## Student Learning Outcomes

<b>Student Learning Outcome</b> By completing all course requirements, students will be able to:	<b>Assignments or activities validating outcome achievement:</b>
Demonstrate an understanding of the philosophical and historical development of sport and exercise science.	This will be assessed by homework, in class activities, 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 homework, in class activities, 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 homework, in class activities, and exams.
Demonstrate knowledge of the characteristics of a leader in the profession of sport and exercise science.	This will be assessed by homework, in class activities, and exams.
Demonstrate knowledge of current trends in education and possible influences on teaching methodology, curriculum development, and employment.	This will be assessed by homework, in class activities, and exams.

## Recommended Texts and Materials

Oglesby, C.A., Henige, K., McLaughlin, D.W. and Stillwell, B. (2018). Foundations of Kinesiology. Burlington, MA: Jones and Bartlett. ISBN: 978-1-284-19830-0

Additional readings from other sources will be required.

## Top Hat

We will be using **Top Hat Pro** ([www.tophat.com](http://www.tophat.com)) for class participation. You will be able to submit answers to in-class questions using Apple or Android smartphones and tablets, laptops, or through text message. You can visit the Top Hat Overview (<https://success.tophat.com/s/article/Student-Getting-Started-with-Top-Hat>) within the Top Hat Success Center which outlines how you will register for a Top Hat account, as well as providing a brief overview to get you up and running on the system.

An email invitation will be sent to you by email, but if don't receive this email, you can register by simply visiting our course website: <https://app.tophat.com/e/095773>

Note: our Course Join Code is: **095773**

Top Hat Pro may require a paid subscription, and a full breakdown of all subscription options available can be found here: [www.tophat.com/pricing](http://www.tophat.com/pricing).

Should you require assistance with Top Hat Pro at any time please contact their Support Team directly by way of email ([support@tophat.com](mailto:support@tophat.com)), the in-app support button, or by calling 1-888-663-5491. Specific user information may be required by their technical support team when troubleshooting issues.

## 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
Chapter Exams (100 pts each, lowest exam grade is dropped)	300
Top Hat Quizzes	150
Group and Individual Assignments	150
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 = 90.00-100 points

B = 80.00-89.99 points

C = 70.00-79.99 points

D = 60.00-69.99 points

F = 0-59.99 points

Note: Grades are not rounded up.

### Teaching Strategies

- Lecture, in-class assignments, 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**

### **Exams**

All exams will be administered during the regularly scheduled class time between 12:30pm and 1:45pm. 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. Students will be allowed to use their own handwritten notes during the exam.

### **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. The worksheets need to be completed in your own words and in your own handwriting. Typed documents will not be accepted unless I provide prior approval. The deadline will be before the exam. No late worksheets will be accepted. Scan and submitted through Blackboard as one document.

### **Top Hat Quizzes and Assignments**

A subscription to Top Hat is required for this course. This teaching platform will be used during class for quizzes, polls, and discussion. You must be present in class to receive credit for the quizzes and assignments.

### **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 share what they learn with their classmates through a group assignment. An assignment sheet will be provided with a detailed explanation of the assignment.

### **Group and Individual 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, group video chats, developing a resume, completing a worksheet while watching assigned videos, etc.

### **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 in class.

### **Late Assignments**

Exam and major assignment due dates are shown on the calendar/schedule or posted within TopHat or Blackboard. Contact me ASAP if you become ill and are unable to complete the assignments as scheduled.

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

**TopHat Quizzes:** Must be completed during class unless you have advance approval.

**Individual and Group Assignments:** 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](#)<sup>1</sup>
- [Angelo State University Catalog](#)<sup>2</sup>

### 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 to reduce the spread of the virus in our community. 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 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](#).<sup>3</sup>

### 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](mailto:ADA@angelo.edu). For more information about the application process and requirements, visit the [Student Disability Services website](#).<sup>4</sup> 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](mailto: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](#)<sup>5</sup> for more information.

### Plagiarism

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

### **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](#)<sup>8</sup> 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](http://www.angelo.edu/incident-form)

Face to face: Mayer Administration Building, Room 210

Phone: 325-942-2022

Email: [michelle.boone@angelo.edu](mailto: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).*

## Course Schedule

### TENTATIVE SCHEDULE OF READINGS AND MAJOR ASSIGNMENT DUE DATES

DATE	LECTURE TOPIC	ASSIGNMENTS DUE
Tuesday January 18	Introductions and Syllabus Health Screenings and Keeping the Ram Fam Safe	
Thursday January 20	Metacognition: Thinking about thinking. <i>Assign The Real Olympics</i>	
Tuesday January 25	Before class: Preview Chapter 1, pp. 4 - 14 Lecture topic: What Can I Do with a KIN Degree?	Discussion Board Assignment: What is the Story of Your Name? (10 pts)
Thursday January 27	How to Think Like a Historian <i>History Assignment Explained</i>	
Tuesday February 1	Before class: Preview Chapter 1, pp. 15 - 38 Lecture topic: Getting through College	
Thursday February 3	Before class: Preview Chapter 2 Lecture topic: History of Kinesiology	
Tuesday February 8	Before class: Preview Chapter 8 Lecture topic: History of Kinesiology	Blackboard submission: The Real Olympics: A History of the Ancient and Modern Olympic Games – Available on ASU library website. (20 points)
Thursday February 10	Class Discussion – How to Think Like a Historian	Blackboard submission: How to Think Like a Historian Assignment (20 points written assignment & 10 points class discussion)
Tuesday February 15	Before class: Preview Chapter 10 Lecture topic: Philosophy & Ethics of Kinesiology	
Thursday February 17		<b>Exam I: Chapters 1, 2, 8, &amp; 10 (100 points)</b>
Tuesday February 22	Before class: Preview Chapter 20 Lecture topic: Careers in Kinesiology <i>Resume Assignment Explained</i>	
Thursday February 24	Before class: Preview Chapter 11 Lecture topic: Sociology of Sport	
Tuesday March 1	Before class: Preview <a href="https://www.randolphhealth.org/media/1072/coaches_guide.pdf">https://www.randolphhealth.org/media/1072/coaches_guide.pdf</a> Lecture topic: Care & Prevention of Injuries	
Thursday March 3	Before class: Preview Chapter 9 Lecture topic: Motor Behavior	
Tuesday March 8	University 101: Your Path to Graduation – <i>Advising Worksheet Assigned</i>	
Thursday March 10	Advising Workshop <i>Career Exploration Assigned</i>	Advising assignment due. (20 points)
Tuesday March 15	SPRING BREAK	
Thursday March 17	SPRING BREAK	

Tuesday March 22	Lecture topic: Are Athletes Really Getting Better, Faster, Stronger.	
Thursday March 24	Before class: Preview Chapter 7 Lecture topic: Sport & Exercise Psychology	David Epstein Ted Talk: <a href="https://youtu.be/8COaMKbNrX0">https://youtu.be/8COaMKbNrX0</a> (10 points)
Tuesday March 29	Before class: Preview Chapters 4 Lecture topic: Biomechanics	
Thursday March 31	Before class: Preview Chapters 6 Lecture topic: Exercise and Sport Physiology	Blackboard submission: Final draft of resume. (10 points)
Tuesday April 5		<b>Exam II over Chapters 20, 11, 9, 7, 4, 6, Care &amp; Prevention of Injuries (100 points)</b>
Thursday April 7	Before class: Preview Chapter 16 Lecture topic: Careers in Health & Fitness	
Tuesday April 12	Before class: Preview Chapters 3 & 19 Lecture topic: Careers in Therapeutic Exercise	
Thursday April 14	Before class: Preview Chapter 13 and <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>  Lecture topic: Careers in Physical Education and Coaching	
Tuesday April 19	Before class: Preview Chapter 12  Lecture topic: Careers in Sport Management	
Thursday April 21	Before class: Preview <a href="https://www.nrpa.org/uploadedFiles/nrpa.org/Advocacy/Resources/Parks-Recreation-Essential-Public-Services-January-2010.pdf">https://www.nrpa.org/uploadedFiles/nrpa.org/Advocacy/Resources/Parks-Recreation-Essential-Public-Services-January-2010.pdf</a>  Lecture topic: Careers in Recreation	
Tuesday April 26		<b>Exam III over Chapters 16, 3, 19, 13, 12, &amp; Recreation Careers (100 points)</b>
Thursday April 28	Lecture Topic: Contemporary Issues in Kinesiology Exam Review	Group Assignment: Contemporary Issues in Kinesiology (20 points)
Tuesday May 3	Before class: Preview Chapter 15 Lecture topic: Diversity – Sport as Welcoming Space	
Thursday May 5	Class Discussion: Career Exploration (10 points)	Career Exploration Paper Submitted in Blackboard (20 points written assignment & 10 points group discussion)
Tuesday May 10	No Class Check your final exam schedule	
Thursday May 12 10:30 AM		<b>Exam IV – Comprehensive (100 points)</b>

### **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](mailto: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

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

<sup>2</sup> <https://www.angelo.edu/catalogs/>

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

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

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

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

<sup>7</sup> [https://www.angelo.edu/dept/writing\\_center/academic\\_honesty.php](https://www.angelo.edu/dept/writing_center/academic_honesty.php)

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