Instructor: Misty Kesterson
Class Meetings:
Class Time: MWF 1:00-1:50pm
Classroom: IH 268

Phone #: 825-3299
Office: IH 374
E-mail: Blackboard preferable or misty.kesterson@tamucc.edu

I. Course Description: An overview of the field of kinesiology which includes the history, philosophy, principles, and current concepts of kinesiology and career options.

II. Rationale: This course provides students a historical background and a knowledge base crucial for their professional pursuits. In addition, this course will prepare students for the variety of career options in kinesiology, and prepare those seeking teacher certification.

III. STATE ADOPTED PROFICIENCIES FOR TEACHERS AND/OR ADMINISTRATORS/COUNSELORS

1. LEARNER-CENTERED KNOWLEDGE: The teacher possesses and draws on a rich knowledge base of content, pedagogy, and technology to provide relevant and meaningful learning experiences for all students.

2. LEARNER-CENTERED INSTRUCTION: To create a learner-centered community, the teacher collaboratively identifies needs; and plans, implements, and assesses instruction using technology and other resources.

3. EQUITY IN EXCELLENCE FOR ALL LEARNERS: The teacher responds appropriately to diverse groups of learners.

4. LEARNER-CENTERED COMMUNICATION: While acting as an advocate for all students and the school, the teacher demonstrates effective professional and interpersonal communication skills.

5. LEARNER-CENTERED PROFESSIONAL DEVELOPMENT: The teacher, as a reflective practitioner dedicated to all students’ success, demonstrates a commitment to learn, to improve the profession, and to maintain ethics and personal integrity.

IV. TExES COMPETENCIES

Competency 001 - The teacher understands and applies principles of motor development and learning
Competency 006 – The teacher understands major body systems, principles of physical fitness, development and training, and the benefits of healthy, active lifestyle.
Competency 007 – The teacher understands principles and activities for developing and maintaining cardiovascular endurance.
Competency 008 - The teacher understands principles and activities for developing and maintaining flexibility, posture, muscular strength and endurance.
Competency 009 – The teacher understands health and wellness concepts, including those related to nutrition, weight control, and stress management, and analyzes ways in which personal behaviors influence health and wellness.

V. Course Objectives:

- To explain the meaning, significance and scope of kinesiology
- To discuss the spheres of scholarly study that constitutes kinesiology.
- To experience the meaning of kinesiology firsthand.

VI. Course topics:

The major topics that will be discussed will include:

- The historical foundations and philosophies that created the backbone of sport, physical education and kinesiology.
- Current and future issues within the profession.
• Careers within the field and requirements of working within these fields.
• Professional organizations within the field of sport, physical education and kinesiology.

VII. Instructional Methods and Activities
• Traditional Experiences: Lecture, discussion, demonstration, video, guest speaker
• Clinical Experiences: Cooperative group activities and student presentations
• Field Experiences: Service learning opportunities

VIII. Evaluation and Grade Assignment:
Course evaluation is based upon the assessment of each student’s mastery of the course content (knowledge), and mastery of selected skills. Knowledge and skills are evaluated by written examinations, course assignments, and service learning opportunities. Grades are awarded according to the EARNED percentage of the FINAL MAXIMUM POINT TOTAL.

<table>
<thead>
<tr>
<th>Component</th>
<th>Points</th>
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<tbody>
<tr>
<td>Participation/Quizzes</td>
<td>225 pts</td>
</tr>
<tr>
<td>Service Learning Project</td>
<td>100 pts</td>
</tr>
<tr>
<td>Electronic Portfolio</td>
<td>25 pts</td>
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<tr>
<td>Written Assignments @ 25 pts each</td>
<td>125 pts</td>
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<tr>
<td>Exams (4) @ 100 pts each</td>
<td>400 pts</td>
</tr>
<tr>
<td>Total</td>
<td>875 pts</td>
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A = 90-100%
B = 80-89%
C = 70-79%
D = 60-69%
F = 50-59%

“Students majoring in Kinesiology must complete ALL kinesiology/health-related courses (e.g. courses with a KINE or HLTH prefix) with a grade of “C” or better (page 155, Undergraduate Catalog 2009-2010).

IX. Course Schedule & Policies (This schedule is tentative and can change at any time. It is up to you to be aware of any changes discussed in class).
8/24 Review of the Syllabus
8/26 Coach Carter
8/29 Coach Carter
8/31 Leadership
9/2 Intro to Kinesiology (Ch. 1)
9/5 Labor Day – No Class
9/7 Intro to Health & Wellness (Ch. 14)
9/9 Fitness Testing
9/12 Fitness Testing
9/14 Physical Fitness (Ch. 15)
9/16 Weight Management (Ch. 17)/3 day food diary – http://www.fitday.com/favicon.ico
9/19 Test #1
9/21 Electronic Portfolio
9/23 The Mental Side of Human Performance (Ch. 18)
9/26 History Video
9/28 Society, Culture & Sport (Ch. 19)
9/30 Physical Activity & Sport Issues (Ch. 20)
10/3 Social Issues Video
10/5 Philosophy of Sport (Ch. 21)
10/7 Debate
10/10 Island Hall Gym
10/12 Career Opportunities in Kinesiology (Ch. 23)
10/14 Dr. Bonnette
10/17 Test #2
10/19 Muscle Structure & Function (Ch. 4)
10/21 No Class
10/24 Muscles at Work (Ch. 5)
10/26 Guest Speaker
10/28 The Heart & Lungs at Work (Ch. 7)
10/31 Exercise Physiology lab
11/2 Technology in Sport (Ch. 9 & 22)
11/4 Biomechanics Lab
11/7 Guest Speaker
11/9 Activity
11/11 Test #3
11/14 Growth, Motor Development & Physical Literacy (Ch. 10)
11/16 Motor Learning Lab
11/18 Information Processing in Human Movement (Ch. 11)
11/21 Movement Intelligence: Motor Programming (Ch. 12)
11/23 Motor Learning in Practice (Ch. 13)
11/25 Happy Thanksgiving – No class
11/28 Portfolio
11/30 Test #4
12/2 Service Learning Presentations
12/5 Service Learning Presentations
12/14 Service Learning Presentations 11:00-1:30pm

**Attendance Policy:**
Students are required to punctually attend all class meetings. Excused absences are limited to medical emergencies that can be verified in writing by a physician, or participation in a TAMU-CC sanctioned event. Late assignments and quizzes will **NOT** be accepted. In addition, quizzes and tests cannot be retaken other than for an excused absence.

**Use of Electronic Devices:**
To receive the full benefit from this course the use of electronic devices for unrelated activities (i.e. text messaging, instant messaging, internet surfing, etc) is **prohibited**. If I suspect improper use of your electronic device I will ask you to leave. If this problem persists I will have you removed from the class.

**X. Textbook**

**XI. Bibliography**

**XII. Grade Appeals:**
As stated in University Rule 13.02.99.C2, Student Grade Appeals, a student who believes that he or she has not been held to appropriate academic standards as outlined in the class syllabus, equitable evaluation procedures, or appropriate grading, may appeal the final grade given in the course. The burden of proof is upon the student to demonstrate the appropriateness of the appeal. A student with a complaint about a grade is encouraged to first discuss the matter with the instructor. For complete details, including the responsibilities of the parties involved in the process and the number of days allowed for completing the steps in the process, see University Rule 13.02.99.C2, Student Grade Appeals, and University Procedure.
13.02.99.C2.01, Student Grade Appeal Procedures. These documents are accessible through the University Rules Web site at http://www.tamucc.edu/provost/university_rules/index.html. For assistance and/or guidance in the grade appeal process, students may contact the Office of Student Affairs.

**Academic Honesty:**
As per the university catalog, “university students are expected to conduct themselves in accordance with the highest standards of academic honesty. Academic misconduct for which a student is subject to penalty includes all forms of cheating, such as illicit possession of examinations or examination materials, forgery, or plagiarism. (Plagiarism is the presentation of the work of another as one’s own).

Disciplinary action for academic misconduct is the responsibility of the faculty member assigned to the course. The faculty member is charged with assessing the gravity of any case of academic dishonesty, and with giving sanction to any student involved. Penalties that may be applied to individual cases of academic dishonesty include one or more of the following:
1. Written reprimand
2. Requirement to re-do work in question
3. Requirement to submit additional work
4. Lowering of grade on work in question
5. Assigning grade of “F” to work in question
6. Assigning grade of “F” for course
7. Recommendation for more severe punishment

The faculty member involved will be responsible for determining the appropriate penalty or penalties for individual cases of academic dishonesty, and may file a record of such offenses in his classes along with any materials involved to his or her college dean. The office of the academic dean of the college which the offense took place will maintain records of all cases of academic dishonesty reported for a period of not more than two years. Any student who has been penalized for academic dishonesty has the right to appeal the judgment or the penalty assessed. The Appeals Procedure will be the same as that specified for grade appeals. The grade appeals procedure may be found in the University Rules manual at: http://www.tamucc.edu/~pioweb/rules/index.htm”.

**XIII. DISABILITIES ACCOMMODATIONS**
Americans with Disabilities Act (ADA) - The ADA is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disability. If you believe you have a disability requiring an accommodation, please call or visit Disability Services at (361) 825-5816 in Driftwood 101.