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.

- 2 to 4 Guest Speaker Responses (10pts each)            40 Pts
- Wellness and Nutrition Paper                        50 Pts
- Degree Works Assignment                              15 Pts
- Presentation                                         75 Pts
- 12 Response Assignments (10pts each)                120 Pts
- **Exams (4) @ 100 pts each (3 out of 4)**            300 Pts
- Total                                               600 Pts

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 and Class 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).

**Week 1**
- Review of the Syllabus
- Intro to class-Degree Works Assignment

**Unit 4**
- Class Check on Degree Works Assignment/Introduction to Kinesiology (Ch.1)
- Guest Speaker (Online Responses)

**Week 1**
- Intro to Health & Wellness (Ch.14) (Health and Fitness paper Due)
- Cont. Ch 14
- Physical Fitness (Ch. 15)

**Week 2**
- Ch. 15 cont/ Fitness tests
- Nutrition Connection (Ch. 16)
Cont. Chapter 16 (Health and Fitness paper)

Week 2
Test #1 (Chapters 1,14,15,16)

Week 3- Unit 5

Weight Management (Ch.17)
Cont. Ch. 17, Review
The Mental Side of Human Performance (Ch. 18)
Cont. Ch 18
Physical Activity & Sport Issues (Ch. 20)

Week 3
Cont. Ch. 20
Dr. Bonnette Guest Speaker- (online response)

Week 4
Test # 2 (Chapters 17,18,20)

Week 4- Unit 2
Muscle Structure and Function (Ch. 4)
Cont. Chapter 4
Muscles at Work (Ch. 5)

Week 5- unit 3
Cont. Ch. 5
The Heart & Lungs at Work (Ch.7)
Guest Speaker- (Online Responses)

Week 5
How Do I Move? The Science of Biomechanics (Ch.8)
Cont. Ch. 8

Test # 3 (Chapters 4,5,7,8)
Presentations
Finals
Final Exam (Comprehensive)

Policies:

Mutual Respect
It is an expectation of this course that all individuals involved (e.g. professor, students, guest speakers) treat each other in a respectful fashion. I set the bar extremely high for myself and ask you to do the same. For example, I will not argue with a student about a response on a test but do invite them to question a response in a professional manner whereby we may discuss it. If you have a more personal or salient problem, please make an appointment so we may discuss the issue in a private and professional manner outside of class. Also, I will never talk to someone while a student is speaking (e.g. presentation, making a point) and expect all students to extend that courtesy to all individuals in this class. Additionally, when I attend class I will either, leave my cell phone in the office, turn it off, or put it on “vibrate” prior to coming into the room. Finally, those who have laptops or using a computer in this class it is expected that the use of this technology will be for professional support and not personal. Students who do not adhere to this will lose the privilege of using a computer in class.

Attendance
Attendance is required and expected. No points will be deducted for the actual absence, but students will only be allowed to make up class product (e.g. test, and quizzes) if the absence is due to a religious holiday, or the student is on approved university business (e.g. athletic travel, student research conferences). However, in such cases if the professor is not notified ahead of time students will not be allowed to make up missed work.

Regardless if the student is excused or not they are responsible for the material covered (e.g. assignments, homework, and group work). Students should contact their fellow classmates find out what they missed.
If a situation arises for a student beyond what is identified above that causes them to miss class product they must the professor will decide if the situation warrants a make-up. However, as a matter of practice only tests and major assignments may be made up.

**Tardy**
Please do not come to class late. However, if you arrive do please enter in a professional and polite manner. Please be advised that quizzes start at the beginning of class. Therefore, in an effort to not take away from the class time of those people who made it on time, tardy students will not be allowed to take the quiz. In addition, if a student is tardy for a major test they may start the test but the time frame for the test will not be extended.

**Quizzes**
Quizzes are announced and usually are given online. Material on a quiz will come only from the material in chapter, lecture, activity, guest speaker and/or homework from the previous class. All students are responsible for the quiz material regardless if they attended the previous class or not. Quizzes are directly related to each major test.

**Tests**
Test questions come from the quizzes and are often worded exactly the same. If a student has notified the professor prior to missing a test, they must make arrangements with the professor to make it up within five class days. Typically, this should be the next day. There will be a comprehensive final exam given in this class covering all 13 chapters we have gone over. While there are four tests given in this class, only the top three will be used in your class average.

**Cell Phones, Musical Technology, and other Non-class Related Equipment**
(See Mutual Respect)

**Guest Lecturers**
Guest lectures may be unannounced due to their personal plights. For each guest lecturer an online response to addressing the guest speaker topic will be due (about 1 page response). If students miss a lecture they forfeit the points awarded for the lecture.

**Assignments are due the day they are scheduled to be due at the time they are scheduled.**

**X. Text**

**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 Rule13.02.99.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](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
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 work.)

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.

If the faculty member determines that assigning a grade of “F” to the course is the appropriate penalty and this disciplinary action occurs prior to the deadline for dropping courses, the student forfeits his/her right to drop the course in question.

The faculty member may file a record of cases of academic dishonesty, including a description of the disciplinary action taken, along with any materials involved, with his or her college dean and the Office of Student Affairs. The office of the academic dean of the college in 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 (See XII above).

XII. DISABILITIES ACCOMODATIONS

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.

If you are a returning veteran and are experiencing cognitive and/or physical access issues in the classroom or on campus, please contact the Disability Services office for assistance at (361) 825-5816.