Foundations of Kinesiology

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

Learning Objectives
This course is designed to enable students to:
- 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.

Major Course Requirements
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>Percentage</th>
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</thead>
<tbody>
<tr>
<td>Participation</td>
<td>20%</td>
</tr>
<tr>
<td>LearnSmart Assignments</td>
<td>20%</td>
</tr>
<tr>
<td>Service Learning Project</td>
<td>8%</td>
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<tr>
<td>Electronic Portfolio</td>
<td>6%</td>
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<tr>
<td>Written Assignments</td>
<td>13%</td>
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<tr>
<td>Exams (4) @ approx. 50 pts each</td>
<td>33%</td>
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<tr>
<td>Total (610 pts)</td>
<td>100%</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 (e.g. courses with a KINE) with a grade of “C” or better.

Assignments
This is a sampling of the major assignments in this course.

Career Investigation - You must interview someone in the field you are interested in going into. Use the questions provided and any questions that you might have. Submit online discussion. (30 pts)

Service Learning - You will form a group and contact a worthy cause of your choice. You are required to serve 10 hours of your time. Here are a few organizations/numbers you can consider, please do not feel obligated to this list. Find something you have a passion for. You will present your service learning together as a group. (50 pts)

- YMCA/Miracle League
- Boys & Girls Club
- Special Olympics – Vanessa Salazar
- TAMUCC Rec Sports

Professional Philosophy - You will develop a philosophy of physical education, sport and fitness. You should incorporate historic and current trends, and how you have developed your beliefs and value system. (30 pts)

Electronic Portfolio. Student will create an electronic portfolio, which is a compilation of student’s work over the semester but also includes material (artifacts) from other classes in order to demonstrate competency as a professional in the workplace. It should include a short bio, the student’s philosophy of their specialization, a resume, a narrative from the internship, projects from other classes, and pictures. (40 pts)

Required or Recommended Readings
You will need to purchase the e-text to have access to the LearnSmart assignments.

Website: N/A
List of Supplies: N/A

State Adopted Proficiencies/TExES competencies (COEHD)
STATE ADOPTED PROFICIENCIES FOR TEACHERS AND/OR ADMINISTRATORS/COUNSELORS

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.

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.

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

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

**TEExES PHYSICAL EDUCATION STANDARDS (EC-12)**

- 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.
- Competency 011: The teacher understands factors relevant to learning and performance in physical education and uses this knowledge to create learning environments and opportunities that promote students’ development in various domains (e.g., cognitive, social, emotional).
- Competency 012: The teacher understands the structure, organization, goals and purposes of physical education programs.

**Course Policies**

**Attendance/tardiness:** Attendance is required for each class. Students are expected to arrive to class on time and to participate in class discussions and activities. Please be on time as a courtesy to your professor and others. If you are going to be absent or late the instructor should be notified at the earliest opportunity. The student is responsible for informing the instructor if class attendance will be affected by “approved university business”.

In order for absences to be excused by the instructor and for a make-up activity opportunity to be approved, the student must provide the instructor reasonable warning of the absence at the earliest opportunity (such as a schedule of out-of-town games). Documentation of university-approved commitments is required by the instructor. Documentation for absences due to personal emergencies may be requested by the instructor. Make-up opportunities will NOT be permitted for class-work or assignments missed due to UNEXCUSED absences, late arrivals or early departures. More than THREE (3) unexcused absences during the semester will result in the following consequences:

1. The student will be denied make-up opportunities with each UNEXCUSED absence.
2. The instructor will schedule a conference with the student to discuss meeting class responsibilities with the THREE (3) unexcused absence.

These policies are for your benefit and growth. As you are registered and committed to this class, I am committed to helping you to the best of my ability. If you are unwilling to be responsible for your own learning then you need to understand there are consequences that may affect your grade.

**Late work and Make-up Exams:** Assignments are due the day they are scheduled to be due at the time they are scheduled. MAKE-UP EXAMS are given only under dire circumstances in which prior permission from the instructor is required.
**Extra Credit:** N/A

**Cell Phone/Electronic Device Usage:** You may use your cell phone or electronic device in class to help you with an in class discussion. However, it is rude and inappropriate to be texting on your cell phones actively during class and will not be tolerated. Failure to observe this policy will result in being asked to leave the class.

** Academic Integrity/Plagiarism**
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, falsification, forgery, complicity 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, such as dismissal from the program or from the University.

See the University Catalog for more information.

**Dropping a Class**
I hope that you never find it necessary to drop this or any other class. However, events can sometimes occur that make dropping a course necessary or wise. Please consult with me before you decide to drop to be sure it is the best thing to do. Should dropping the course be the best course of action, you must initiate the process to drop the course by going to the Student Services Center and filling out a course drop form. Just stopping attendance and participation WILL NOT automatically result in your being dropped from the class. (Include date for semester) is the last day to drop a class with an automatic grade of “W” this term.

**Preferred Methods of scholarly citations**
APA format- [https://owl.english.purdue.edu/owl/resource/560/01/](https://owl.english.purdue.edu/owl/resource/560/01/)

**Classroom/professional behavior**
Texas A&M University-Corpus Christi, as an academic community, requires that each individual respect the needs of others to study and learn in a peaceful atmosphere. Under Article III of the Student Code of Conduct, classroom behavior that interferes with either (a)
the instructor’s ability to conduct the class or (b) the ability of other students to profit from the instructional program may be considered a breach of the peace and is subject to disciplinary sanction outlined in article VII of the Student Code of Conduct. Students engaging in unacceptable behavior may be instructed to leave the classroom. This prohibition applies to all instructional forums, including classrooms, electronic classrooms, labs, discussion groups, field trips, etc.

**Statement of Civility**
Texas A&M University-Corpus Christi has a diverse student population that represents the population of the state. Our goal is to provide you with a high quality educational experience that is free from repression. You are responsible for following the rules of the University, city, state and federal government. We expect that you will behave in a manner that is dignified, respectful and courteous to all people, regardless of sex, ethnic/racial origin, religious background, sexual orientation or disability. Behaviors that infringe on the rights of another individual will not be tolerated.

**Grade Appeals**
As stated in University Procedure 13.02.99.C2.01, Student Grade Appeal Procedures, 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 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 Dean’s office in the college in which the course is taught or the Office of the Provost.

**Disabilities Accommodations**
The Americans with Disabilities Act (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 disabilities. If you believe you have a disability requiring an accommodation, please call or visit Disability Services at (361) 825-5816 in Corpus Christi Hall 116. 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.

**Statement of Academic Continuity**
In the event of an unforeseen adverse event, such as a major hurricane and classes could not be held on the campus of Texas A&M University–Corpus Christi; this course would continue through the use of Blackboard and/or email. In addition, the syllabus and class activities may be modified to allow continuation of the course. Ideally, University facilities (i.e., emails, web sites, and Blackboard) will be operational within two days of the closing
of the physical campus. However, students need to make certain that the course instructor has a primary and a secondary means of contacting each student.

**NOTE:** Printing online tests and/or quizzes is strictly prohibited.

### A. Course Schedule and 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 & creation of teams, Intro to Kinesiology (Ch. 1), Ch. 3, Role in Society, Debate, Ch. 4 Historical Foundations, Service Learning Assignment, **Test #1**, |
| Week #2          | Ch. 5 Motor Behavior/Motor learning activity, Ch. 6 Biomechanical Foundation/Biomechanical Study, Ch. 7 Exercise Physiology/Exercise physiology lab Service Learning Assignment, **Test #2**, |
| Week #3          | Ch. 8 Sociological Foundations/Sociology Video, Ch. 9 Sport and Exercise Psychology, Guest Speaker, Ch. 10 Sport Pedagogy, Service learning, **Test #3**, |
| Week #4          | Ch. 2 Philosophy, Goals and Objectives, Ch. 11 Career and Professional Development/Resume swap, Ch. 12 Teaching and Coaching Careers/Portfolio, Service learning, **Cover letter/Resume’ due, Philosophy Due**, Service learning |
| Week #5          | Ch. 13 Fitness & Health Related Careers, Ch. 14 Sports Careers, Ch. 15 Issues, Challenges and Future Trends, Service learning, **Career Investigation Due, Electronic Portfolio due, Test #4** |
KINE 2313 Foundations of Kinesiology
Syllabus Acknowledgment Form

I, (print name) ____________________________________________, certify by my signature that I have read and understand the class policies that have been presented in the class syllabus for KINE 2313 Foundations of Kinesiology

Signature __________________________________________ Date ___________________