**KINE 2030.401 Introduction to Kinesiology**

**Department of Kinesiology, Health Promotion, and Recreation University of North Texas, Fall Semester – 2025**

# Instructor Information

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Lecturer

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Office Location: Physical Education Building (PEB), room 205 I

Office Hours: Tues/Thur 10:00 – 10:45A, 12:30P – 1:30P or by appointment

Email: Alex.Fernandez@unt.edu

Class location: Online

# *Undergraduate Textbook (required)*

Knudson, D., & Brusseau, T. (2022). *Introduction to kinesiology: Studying physical activity* (6th ed.). Champaign, IL: Human Kinetics.

*Book (ISBN-13: 9781718202733), Loose-leaf (ISBN-13: 9781718207967), or eBook*

*(ISBN-13: 9781718207950) version*

# Course Description

Survey of the foundations underlying the scientific basis of kinesiology. Units include curricula, historical, philosophical, sociological, psychological, physiological, biomechanical, pedagogical, and motor behavioral components essential to the study of kinesiology. Students are introduced to the skills and knowledge required to become a successful practitioner, researcher, or teacher in the psychomotor domain. Students are expected to complete this course prior to enrolling in the core kinesiology courses.

# Course Objectives

This course is offered in an online format. You will be expected to watch class lectures and complete graded assignments online. Upon successful completion of this course, students will be able to:

1. Identify the importance of the historical foundations of the field of Kinesiology, Exercise Science, Health, and Sports Management.

1. Identify potential careers that you could pursue in the field of Kinesiology, Exercise Science, Health, and Sports Management.

1. Identify and provide reasons why scientific research is important to the field of Kinesiology, Exercise Science, Health, and Sports Management.

# Course Expectations

1. This course offers you the flexibility to drop your lowest exam and quizzes; however, such a structure requires self-discipline and motivation to ensure you are trying to perform your best throughout the semester.
2. If you have special learning needs, please inform me **immediately**.
3. If at any point during the semester you are unhappy with your performance in this class, please contact me **immediately**. I can’t help you if you come to me at the end of the semester.
4. Academic dishonesty will not be tolerated (e.g., copying, plagiarism, cheating) and will result in a failing grade for the semester.

# Course Structure

The Canvas platform will be used to enhance the delivery of course materials and content. Students must check the Canvas site regularly for course updates and become familiar with their Canvas account. Canvas will provide students with important announcements, lecture notes and quizzes, assignment information, and other important materials necessary for successful completion of this course.

**Course Prerequisites**

No prerequisites are required prior to taking this course.

# Technical Support

Part of working in an online environment involves dealing with the inconveniences and frustration that can arise when technology breaks down or does not perform as expected. Here at UNT we have a Student Help Desk that you can contact for help with Canvas or other technology issues.

**UNT Help Desk**: [UNT Student Help Desk site](https://aits.unt.edu/support/index.html)

**Email**: [helpdesk@unt.edu](mailto:helpdesk@unt.edu)

**Phone**: 940-565-2324

**In Person**: Sage Hall, Room 130 **Walk-In Availability**: 8am-9pm **Telephone Availability**:

* Sunday: noon-midnight
* Monday-Thursday: 8am-midnight
* Friday: 8am-8pm
* Saturday: 9am-5pm

**Laptop Checkout**: 8am-7pm

For additional support, visit [Canvas Technical Help](https://digitalstrategy.unt.edu/clear/services/lms-support.html)

# Technical Skill Requirements

This course has digital components. To fully participate in this class, students will need internet access to reference content on the Canvas Learning Management System and functioning computer. Microsoft Word and Adobe Acrobat are both required software programs. If circumstances change, you will be informed of other technical needs to access course content. Information on how to be successful in a digital learning environment can be found at [Learn Anywhere.](https://online.unt.edu/learn)

# *Classroom Etiquette*

This online course involves lectures and activities. Student behavior that interferes with an instructor’s ability to conduct a class or other students' opportunity to learn is unacceptable, disruptive, and will not be tolerated in any instructional forum at UNT. Students are expected to be respectful to the instructor and other students.

Every student in this class should have the right to learn and engage within an environment of respect and courtesy from others. We will discuss our “classroom’s” habits of engagement, and I also encourage you to review UNT’s student code of conduct so that we can all start with the same baseline civility understanding ([Code of Student Conduct).](https://policy.unt.edu/policy/07-012)

# **Communication, Interaction, and Netiquette Expectations**

Information about this class and updates to the assignments will be posted as announcements on Canvas. Due to the importance of communication in an online environment, I will expect each of you to log in to the Canvas course regularly. Please check the Announcements area first, since this is where I will put the most important information.

Communication online is different than that of face-to-face classes. Try to use good "netiquette" when communicating with your classmates, TAs, and instructors. Remember, through online communication, we can't see your facial expression, hear you giggling, or notice your gestures. All of these elements of nonverbal communication occur daily through our face-to-face interactions, yet we rarely notice it until it is taken away. So, please keep this in mind when you are commenting on others’ ideas/posts, giving constructive criticism on a writing project, or interacting with the class in general.

In addition, students are expected to carefully and thoughtfully write professional emails. For example, make it a point to use a meaningful and specific subject line (e.g., KINE 2030: Research in Kinesiology Quiz), a greeting (e.g., Hello Alex), and a signature with your name at the end (e.g., Best regards, John Doe). Writing professional emails is an important skill for all students so please avoid using abbreviations, emojis, all lower/upper case lettering, and please proofread emails before sending. If you contact me and do not receive a response within two business days, please send a follow-up email. A gentle nudge is always appreciated.

To learn more about online etiquette, please visit the following website:

<http://www.albion.com/netiquette/corerules.html>

# Rules of Engagement

Every student in this class should have the right to learn and engage within an environment of respect and courtesy from others. We will discuss our virtual classroom’s habits of engagement, and I also encourage you to review UNT’s [Student Code of Conduct](https://policy.unt.edu/policy/07-012) so that we can all start with the same baseline civility understanding. Rules of engagement refer to the way students are expected to interact with each other and with their instructors.

# Americans with Disabilities Compliance (Policy 04.015)

The University of North Texas makes reasonable academic accommodation for students with disabilities. Students seeking reasonable accommodation must first register with the Office of Disability Access (ODA) to verify their eligibility. If a disability is verified, the ODA will provide you with a reasonable accommodation letter to be delivered to faculty to begin a private discussion regarding your specific needs in a course. You may request reasonable accommodations at any time; however, ODA notices of reasonable accommodation should be provided as early as possible in the semester to avoid any delay in implementation. Note that students must obtain a new letter of reasonable accommodation for every semester and must meet with each faculty member prior to implementation in each class. Students are strongly encouraged to deliver letters of reasonable accommodation during faculty office hours or by appointment. Faculty members have the authority to ask students to discuss such letters during their designated office hours to protect the privacy of the student. For additional information, refer to the [Office of Disability Access](https://studentaffairs.unt.edu/office-disability-access/) website. You may also contact ODA by phone at (940) 565-4323.

# **Acceptable Student Behavior**

Student behavior that interferes with an instructor’s ability to conduct a class or other students' opportunity to learn is unacceptable and disruptive and will not be tolerated in any instructional forum at UNT. Students engaging in unacceptable behavior will be directed to leave the classroom and the instructor may refer the student to the Dean of Students to consider whether the student's conduct violated the Code of Student Conduct. The University's expectations for student conduct apply to all instructional forums, including University and electronic classroom, labs, discussion groups, field trips, etc. Visit UNT’s [Code of Student Conduct](https://policy.unt.edu/policy/07-012) to learn more.

# **Student Academic Integrity Policy**

Students who use others people’s work without citations are in violation of UNT’s [Student Academic Integrity Policy](https://policy.unt.edu/policy/06-003). Please read the policy in its entirety, as it lays out guidelines for your academic success. A violation of this policy can result in a loss of points, a failing grade on an assignment or course, or a possible suspension or expulsion from the university.

# **Important Notice for F-1 Students taking Distance Education Courses**

## Federal Regulation

Federal regulations state that students may apply only 3 fully-online semester credit hours (SCH) to the hours required for full-time status for [F-1 Visa (PDF)](https://clear.unt.edu/sites/default/files/uploads/page-assets/Online/clear_f1_online_student_procedures_rev2018_10_08.doc) holders. Full-time status for F-1 Visa students is 12 hours for undergraduates and 9 hours for graduate students.

# Course Evaluation

# Final grades will be determined based on the total number of points that you accumulate during the semester. Final letter grades will be determined using the grading scale provided below:

|  |  |  |  |
| --- | --- | --- | --- |
| ACTIVITY | PERCENT (%) | POINTS | YOUR POINTS |
| Learning Module Quizzes (10 @ 20 pts) | 26 | 200 |  |
| Graded Discussions (4 @ 40 pts) | 20 | 160 |  |
| Project 1 (1 @ 50 points) | 6 | 50 |  |
| Project 2 (1 @ 80 points) | 10 | 80 |  |
| Exams (3 @ 100 pts) | 38 | 300 |  |
| **TOTALS** | **100** | **790** |  |

# *Grading Scale*

A: 89.5-100%

B: 79.5-89.4%

C: 69.5-79.4%

D: 59.5-69.4%

F: 0-59.4%

***Late Work***

Late work will not be accepted with the exception of module quizzes. Quizzes will be open for an additional 48 hours past the deadline for partial credit (25% reduction for each day late). Please adhere to all assignment due dates listed below.

# *Incompletes*

Students will not be allowed to take an Incomplete due to poor planning. However, if you find you do have a legitimate reason for an Incomplete, please talk with me as soon as possible to discuss the situation. Consult the Office of the Registrar (<https://registr–> ar.unt.edu/grades/incompletes) to review when an Incomplete grade may be granted.

# *Exams*

Four exams will be administered (100 points each) to assess your ability to synthesize the information dealt with in this course. The exams will *primarily* consist of objective-type questions (e.g., multiple choice and matching) but may also contain applied questions based on class discussions. Three of 4 exams will count toward your final grade (300 total points). If you complete > 3 exams, your top 3 scores will be used to calculate a point total. If you complete < 3 exams, only those recorded will be used to calculate a point total and any missing exams will be scored as a 0. If you attempt to take an exam for another student who is absent, then both students will receive a zero and points will be deducted from the final grade. All exams will cover content from class materials and discussions.

# *Learning Module Quizzes*

As with exams, they will consist of multiple choice, matching, true/false, or short answer questions. It is your responsibility to read the materials (e.g., syllabus, chapters, lecture notes, and assignments) and prepare prior to each quiz. A total of 12 quizzes will be administered throughout the semester (20 points each). Ten of the 12 quizzes will count toward your final grade (200 total points). If you complete >10 quizzes, your top 10 scores will be used to calculate your point total. If you complete <10 quizzes, only those recorded will be used to calculate your point total and any missing quizzes will count as a 0. If you attempt to take a quiz for another student, then both students will receive a zero and points will be deducted from the final grade.

# ***Graded Discussions***

For graded Discussions 1,2 and 4 you will be expected to post an original response and two replies to other students in the class. During the discussion process, you should treat your peers, TA, and instructor in a respectful manner. **Students who do not observe this rule will be banned from the discussion forum without notice.** Each discussion forum requires a total of 3 posts. One post will be comprised of your well thought out response to the article/discussion topic. In general, an adequate response should take around 150 words. This primary response is worth 20 points and will have a prior due date to your responses to other students. The two responses to your classmates’ posts should each be 50-75 words. These posts are each worth 10 points (20 total). Full credit of 40 points will be given to those meeting these criteria and not violating the rules of netiquette (see above). Partial credit will not be given to posts not meeting these criteria and standards and due dates can be found in the instructions section of the assignment. Discussion 3 will be peer-reviewed discussion assignment. You will create an outline of your potential career reflection paper with completed references and in-text citations. Instructions and grading criteria will be found in the assignment description.

***Project 1: Collaborative Institutional Training Initiative (CITI) Program Certification*** For project 1, you will be asked to complete a free online training program offered through UNT and [CITI](https://about.citiprogram.org/en/homepage/). This program is designed to educate people about the research process involving human subjects and the institutional review board (IRB). After successfully completing the training, you will be provided with an electronic certificate of completion. Save the certificate in .pdf format and then upload the digital copy of the certificate into the assignment link found in Canvas by **the due date listed below**. Submission of the certificate (not the report summary) will earn you full points as a completion grade. Failure to submit the certificate will result in a grade of zero. Additional details on how to sign-up and access the required training program will be posted on Canvas under the Project 1 module.

# *Project 2: Potential Career Reflection*

The potential career reflection is meant to help you: 1) synthesize what you learned through the semester and 2) develop a plan for the educational training required for a chosen career path. This career reflection assignment should be approximately 500 words in length (approximately 2 pages, double-spaced). Full credit will be given if all requirements are met while points will be deducted for missing requirements. Word counts that are slightly below the 500-word goal may still receive full credit (as long as all other components are addressed) while submissions of approximately 250 words would receive 50% credit and submissions of approximately 100 words would receive 20% credit. Completed assignments will be submitted as a .doc or .docx document using the Potential Career Reflection submission link found in Canvas by **the due date listed below**.

***How do I get answers to my questions?***

I am here to help you achieve success in this class. Unfortunately, it is very difficult from a time perspective for me to reply to individual e-mail questions about course content. Also, there is a good chance that several of your classmates may have a similar question as you. Thus, if you have a question concerning course materials, please post these in the **General Questions Forum on Canvas**. This will allow all students in the course to view student replies and my responses.

# *Academic Support & Student Services* Student Support Services

*Mental Health*

UNT provides mental health resources to students to help ensure there are numerous outlets to turn to that wholeheartedly care for and are there for students in need, regardless of the nature of an issue or its severity. Listed below are several resources on campus that can support your academic success and mental well-being:

* [Student Health and Wellness Center](https://studentaffairs.unt.edu/student-health-and-wellness-center/)
* [Counseling and Testing Services](https://studentaffairs.unt.edu/counseling-and-testing-services/index.html)
* [UNT Care Team](https://studentaffairs.unt.edu/dean-of-students/programs-and-services/care-team/index.html)
* [UNT Psychiatric Services](https://studentaffairs.unt.edu/student-health-and-wellness-center/services/psychiatry.html)

*Additional Student Support Services*

* [Registrar](https://registrar.unt.edu/registration/)
* [Financial Aid](https://financialaid.unt.edu/)
* [Student Legal Services](https://studentaffairs.unt.edu/student-legal-services)
* [Career Center](https://careercenter.unt.edu/)
* [Counseling and Testing Services](https://studentaffairs.unt.edu/counseling-and-testing-services/index.html)
* [UNT Food Pantry](https://studentaffairs.unt.edu/desresources/programs/food-pantry/index.html)

*Academic Support Services*

UNT strives to offer you a high-quality education and a supportive environment, so you learn and grow. As a faculty member, I am committed to helping you be successful as a student. To learn more about campus resources and information on how you can be successful at UNT, go to [unt.edu/success](http://unt.edu/success) and explore [unt.edu/wellness](https://www.unt.edu/wellness/). To get all your enrollment and student financial-related questions answered, go to [scrappysays.unt.edu](mailto:scrappysays.unt.edu).

* [Academic Resource Center](https://clear.unt.edu/canvas/student-resources)
* [Academic Success Center](https://success.unt.edu/asc)
* [UNT Libraries](https://library.unt.edu/)
* [Writing Lab](http://writingcenter.unt.edu/)

See tentative class outline and schedule on the next page

**Tentative Class Outline and Schedule**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **LECTURE WEEK** | **TOPIC** | **ASSIGNMENT** | **Points** | **DUE DATE** |
| 8/18/25 | Syllabus Module | Quiz | N/A | 8/28/25 |
| 8/18/25 | Introduction to Kinesiology | Quiz | 20 | 8/28/25 |
| 8/25/25 | Research in Kinesiology | Quiz | 20 | 9/4/25 |
| 8/18/25 | Exercise is Medicine | Discussion 1 | 40 | 9/5/25 |
| 9/1/25 | Importance of Physical Activity Experience | Quiz | 20 | 9/11/25 |
| 9/11/25 |  | Exam 1 | 100 | 9/11/25 |
| 9/8/25 | Philosophy of Physical Activity | Quiz | 20 | 9/18/25 |
| 9/15/25 | History of Physical Activity | Quiz | 20 | 9/25/25 |
| 9/8/25 | Childhood Obesity | Discussion 2 | 40 | 9/26/25 |
| 9/22/25 | Sociology of Physical Activity | Quiz | 20 | 10/2/25 |
| 10/2/25 |  | Exam 2 | 100 | 10/2/25 |
| 8/19/25 | Responsible Conduct of Research | CITI Program Training | 50 | 10/9/25 |
| 10/6/25 | Motor Behavior | Quiz | 20 | 10/16/25 |
| 9/29/25 | Draft– Potential Career Reflection Paper | Discussion 3 | 40 | 10/17/25 |
| 10/13/25 | Sport and Exercise Psychology | Quiz | 20 | 10/23/25 |
| 10/20/25 | Biomechanics | Quiz | 20 | 10/30/25 |
| 10/30/25 |  | Exam 3 | 100 | 10/30/25 |
| 10/20/25 | Resistance Training for Older Adults | Discussion 4 | 40 | 11/7/25 |
| 11/3/25 | Physiology of Physical Activity | Quiz | 20 | 11/13/25 |
| 8/18/25 | Professions in Kinesiology | Potential Career Reflection | 80 | 11/17/25 |
| 11/10/25 | Becoming a Physical Activity Professional | Quiz | 20 | 11/20/25 |
| 11/17/25 | Careers in Kinesiology | Quiz | 20 | 12/1/25 |
| 12/4/24 |  | Exam 4 | 100 | 12/4/25 |

**\*\*\* This schedule is tentative and will more than likely change throughout the semester. It is your responsibility to adhere to any changes. \*\*\***