

KINE 2030
Introduction to Kinesiology
Spring 2012

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Office Hours: Tuesday and Thursday, 9:30 am – 12:20 pm

Course Objectives

The student who successfully completes this course will:

- 1) Demonstrate understanding of the historical, philosophical, sociological, psychological, physiological, biomechanical, pedagogical and motor behavioral components to the study of kinesiology,
- 2) Identify sources of literature related to the study of kinesiology,
- 3) Demonstrate understanding of the professional opportunities available to kinesiology majors,
- 4) Demonstrate understanding of the curricular requirements to successfully complete a kinesiology degree,
- 5) Present information on certifications appropriate for kinesiology majors,
- 6) Become involved in organizations directly related to kinesiology and the study of sport and /or physical activity, and
- 7) Understand the importance of scientific inquiry to professional and be able to interpret research results.

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 Center for Student Rights and Responsibilities 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. The Code of Student Conduct can be found at www.unt.edu/csrr

Student Responsibilities

It is your responsibility to come to class prepared. If you have questions or need help with content of the course, it is your responsibility to seek help and guidance. I am willing to help in any way within my limits as an instructor.

Additionally, it is your responsibility to be respectful of the learning environment. Any behavior that is disruptive will not be tolerated.

Required Textbook

Hoffman, S.J. (2008). *Introduction to kinesiology: Studying physical activity* (3rd edition). Champaign, IL: Human Kinetics.

Grading Procedures

The grades for the class will be calculated from three exams, class assignments, class participation, and attendance. Also, there might be potential for bonus points throughout the semester. The total maximum points are as follows:

Total potential points = 550

Exams = 300 (3 worth up to 100 points each)

Class assignments = 100 (2 worth up to 50 points each)

Self examinations = 50 (5 worth up to 10 points each)

Class attendance and participation = 100

A = 495-550

B = 440-494

C = 385-439

D = 330-384

F = 329 and below

Exams

There are three formal exams given during the semester. They will be worth 100 points each and will consist of multiple choice answers. If you are unable to attend class during an exam, it is your responsibility to inform me ahead of time.

If you are late for an exam, you will not be allowed to take the exam. If you have a valid reason for being late, you will be allowed to reschedule the exam. Be aware that the make-up exam will not be the same exam as the exam given to the class. It could consist of short answer or essay.

Assignments

There will be three assignments for the semester:

Assignment 1 – Article review. You will write a brief article review using tools from the online UNT library resources. Details are given on blackboard.

Assignment 2 – Professional Philosophy Paper. You will write a paper entailing your professional philosophy. Details are given on blackboard.

Assignment 3 – Self assessment quizzes. You will submit 5 self-assessment quizzes via blackboard. Details are given on blackboard.

Class Participation

Class participation and attendance go hand in hand. The points will be added together into your grade. Class discussion and group activity is an important aspect of the learning process. Every student must make an effort to participate in group assignments and discussions. Education is an incredible experience and is a privilege.

Class Attendance

In order to fully engage in the class, attendance is essential. You will be counted absent if you are more than 17.5 minutes late for class or leave more than 17.5 minutes early. I encourage you to attend class every scheduled class time. If you are unable to attend, please let me know ahead of time. If you are late and miss a scheduled exam, you will not be allowed to retake the exam unless you have received prior approval.

NOTE: prior approval does not cancel out your absence. It will however allow you to make up any missed assignments.

Leaving class early or coming in late is disrespectful and disruptive to the class (Please refer to the student code of conduct).

Academic Dishonesty

Cheating will not be tolerated. Students caught cheating will be charged under the University Code of Conduct and discipline; if found guilty, the student will receive a zero for the exam and risks failing the course.

ADA Statement

The Department of Kinesiology, Health Promotion, and Recreation, in cooperation with the Office of Disability Accommodation, complies with the American with Disabilities Act in making reasonable accommodations for qualified students with disabilities.

If you have a disability, it is your responsibility to obtain verifying information from the Office of Disability Accommodation (ODA) and to inform me of your need for an accommodation. Please present your written accommodation request to me during the first week of class.

FERPA

Every student has the right to expect confidentiality of grades. The instructor will make every effort to ensure the privacy of all assignments.

Tentative Schedule

Date	Topics	Assignments/Activities/Exams
1/16	MLK, Jr.	No class
1/18	Introduction to the course	http://www.coe.unt.edu/khpr syllabus and course expectations
1/23	Chapter 1	Introduction to Kinesiology and Physical Activity
1/25	Chapter 2	The Spheres of the physical Activity Experience Article review due
1/30	Chapter 3	The Importance of Physical Activity
2/1	Chapter 4	The Importance of Subjective Experience in Physical Activity
2/6	Chapter 4 continued	Chapter 4 continued Philosophy paper segment 1 due
2/8	Review	Chapters 1-4

2/13	Exam I	Chapters 1-4
2/15	Chapter 5	Philosophy of Physical Activity
2/20	Discussion of ethics And group activity	Discussion of ethics group activity
2/22	Chapter 7	Sociology of Physical Activity
2/27	Group activity Due	Group activity presentation Philosophy paper segment 2 due
2/29	Group activity Due	Group activity presentation
3/5	Chapter 8	Motor Behavior
3/7	Chapter 9	Sport and Exercise Psychology
3/12	Chapter 10	Biomechanics of Physical Activity
3/14	Chapter 11	Physiology of Physical Activity Philosophy paper segment 3 due
3/19	Spring Break	Spring Break
3/21	Spring Break	Spring Break
3/26	Review	Chapters 5, 7-11
3/28	Exam II	Chapters 5, 7-11
4/2	Chapter 12	Becoming a Physical Activity professional
4/4	Chapter 13	Careers in Health and Fitness
4/9	Chapter 14	Chapter 13 continued
4/11	Chapter 15 Chapter 16	Careers in Therapeutic Exercise Careers in Teaching Physical Education Philosophy paper segment 4 due
4/16	Chapter 17	Careers in Coaching and Sport Instruction
4/18	Flexible as needed	Flexible as needed Philosophy paper segment 5 due Philosophy paper due
4/23	Flexible as needed	Flexible as needed
4/25	Flexible as needed	Flexible as needed
4/30	Flexible as needed	Flexible as needed
5/2	Review	Chapters 12-17
5/7	Exam III	Chapters 12-17