

**KINE 2030**  
**Introduction to Kinesiology**  
**Fall 2013**

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**Office Hours:**

Tuesday and Thursday 9:30 am – 12:30 pm

**Required Text:**

Hoffman, S.J. (2013). *Introduction to Kinesiology: Studying Physical Activity* (4<sup>th</sup> Edition). Champaign, IL: Human Kinetics.

**Quality Matters Program**

In this course, you will be introduced to Kinesiology and the core courses for the degree program. This course is of a hybrid design. That is, it is blended between face to face (50%, or once a week for 80 minutes) and online activity (50%).

**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 professionals 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.deanofstudents.unt.edu](http://www.deanofstudents.unt.edu)

### **American Disabilities Act:**

The University of North Texas makes reasonable academic accommodation for students with disabilities. Students seeking accommodation must first register with the Office of Disability Accommodation (ODA) to verify their eligibility. If a disability is verified, the ODA will provide you with an accommodation letter to be delivered to faculty to begin a private discussion regarding your specific needs in a course. You may request accommodations at any time, however, ODA notices of 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 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 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 see the Office of Disability Accommodation website at <http://www.unt.edu/oda>. You may also contact them by phone at [940.565.4323](tel:940.565.4323).

The designated liaison for the Department of Kinesiology, Health Promotion and Recreation is Ms. Doryce Judd ([Doryce.Judd@unt.edu](mailto:Doryce.Judd@unt.edu)). For additional information see the Office of Disability Accommodation website at <http://www.unt.edu/oda>. You may also contact them by phone at 940.565.4323.

### **Communication:**

I will be using blackboard Learn as the format for class announcements, assignments, and calendar notes. Please use the email [Doryce.judd@unt.edu](mailto:Doryce.judd@unt.edu) to correspond with me electronically. Of course, I am available during office hours or before and after class for any face to face communication.

### **Student Responsibilities:**

It is your responsibility to come to class prepared, which includes completing all online learning modules, assignments, and readings. 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.

### **Academic Integrity**

Academic integrity emanates from a culture that embraces the core values of trust and honesty necessary for full learning to occur. As a student-centered public research university, the University of North Texas promotes the integrity of the learning process by establishing and enforcing academic standards. Academic dishonesty breaches the mutual trust necessary in an academic environment and undermines all scholarship.

The Student Standards of Academic Integrity are based on educational principles and procedures that protect the rights of all participants in the educational process and validate the legitimacy of degrees awarded by the University. In the investigation and resolution of all allegations of student academic dishonesty, the University's actions are intended be corrective, educationally sound, fundamentally fair, and based on reliable evidence. Publication of academic standards is an essential feature of the University's efforts to advance academic ideals and to protect the rights of the University community.

### **Course Technology:**

Online quizzes for self-assessment, clickers for in class engagement and response rate, UNT electronic library for online research, YouTube videos.

### **Grading Procedures:**

The grades for the class will be calculated from three exams, class assignments, class participation, and attendance. **The grade is based upon points, not percentage.** Also, there *might* be potential for bonus points throughout the semester. The total maximum points are as follows: Total possible points = 550

In class/Online exams = 300 points (3 worth up to 100 points each)

In class questions = 50 points

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

Participation = 100 points (In class attendance, online learning modules completion, and online forum discussions participations)

### **Grading Scale**

A = >495 points

B = 440 – 494 points

C = 385 – 439 points

D = 330 – 384 points

F = <329 points

### **Exams**

There are three formal exams given during the semester. Two will be in class and one will be a timed online exam. All will be worth 100 points each and will consist of multiple-choice questions. 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.

### **In Class Quizzes**

There will be in class questions (throughout the lecture) that will cover assigned learning material. The questions will be unannounced at given randomly. If you are absent or tardy and miss a question(s), there will **not** be a make-up opportunity unless your absence has been authorized ahead of time.

### **Assignments**

There will be two assignments for the semester. All assignments must be submitted typed, using proper spelling and grammar.

Assignment #1 – 5 hours of research, interviews, shadowing, volunteering, or interning within your professional interest which will be necessary for completing assignment #2 (50 points / 10 points per hour)

Assignment #2 – A 5 segment Philosophy paper (50 points / 10 points per segment)

You can use any format (e.g., APA or MLA), font or spacing as long as it is legible. The philosophy paper assignment must be submitted before the scheduled due date via blackboard learn segment assignment link to receive credit.

### **Opportunities for Your Success!!! - Online self-assessment quizzes**

## Participation and Attendance

In order to attain participation points you must attend in class meetings, complete online learning modules before their scheduled due date, and participate in online forum discussions. Each face to face (in class) meeting will count as 4 attendance points. Each online meeting will count as 3 attendance points.

In class discussions, online forum discussions, and group activities are important aspects 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** not a guarantee. In order to fully engage in class and online forum discussions, attendance and completion of online learning modules are essential. I encourage you to attend every scheduled face to face meeting and complete all online learning modules. If you are unable to attend class, please let me know ahead of time. Again, 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 of an absence does NOT remove the absence, but will allow you to make up any missed work.**

## FERPA

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

## Topics/ Assignments/Activities/Exams

### TENTATIVE SCHEDULE

**This schedule is tentative because we have guest speakers throughout the semester. At this time, I cannot predict the date and time of a guest speaker. Changes to this will be posted in the blackboard calendar. “Flexible as needed” does not mean class is canceled.**

Week 1 - 8/28	Face to face	Introduction to the course	<a href="http://www.coe.unt.edu/khpr">http://www.coe.unt.edu/khpr</a> syllabus and course expectations
Week 2 - 9/2	No class	Chapter 1	Introduction to Kinesiology and Physical Activity
9/4	Face to face	Chapter 1	Introduction to Kinesiology and Physical Activity

		Chapter 2	The Importance of Physical Activity
Week 3 – 9/9	Online	Discuss assignment	Work in groups in the forum
9/11	Face to face	Guest Speaker	Ms. Noelle McIntyre: UNT Meadows Center
Week 4 –9/16	Online	Chapter 3	The importance of physical activity experience
9/18	Face to face	Chapter 4	The importance of subjective experience in physical activity
		Review	<b>*Segment 1 is due</b> Chapters 1-4
Week 5– 9/23	Online	<b>Exam 1</b>	<b>Chapters 1-4</b>
9/25	Face to face	Chapter 5	Philosophy of Physical Activity
			Group Activity
Week 6 –9/30	<b>Online</b>	Discussion of ethics in professional practice	Discussion forum
10/2	<b>Online</b>	Chapter 7	Sociology of Physical Activity <b>*Segment 2 is due</b>
Week 7 – 10/7	<b>Online</b>	Chapter 8	Motor Behavior
10/9	Face to face	Chapter 9	Sport and Exercise Psychology
Week 8 – 10/14	Online	Chapter 10	Biomechanics of Physical Activity
10/16	Face to face	Chapter 11	Physiology of Physical Activity
Week 9 –10/21	Online	Review	Chapters 5,7-11
10/23	Face to face	Exam II	Chapters 5,7-11
Week 10 – 10/28	Online	Chapter 12	Becoming that Physical Activity Professional <b>*Segment 3 is due</b>
10/30	Face to face	Chapter 13	Careers in Health and Fitness
		Chapter 14	Careers in Therapeutic Exercise
Week 11 – 11/4	Online	Chapter 15	Careers in Teaching Physical Education
		Chapter 16	Careers in Coaching Sport instruction <b>*Segment 4 is due</b>
11/6	Face to face	Guest Speaker	Ms. Patavia Whaley: Allied Health Advising Ms. Rosalyn Smith: COE

			Career Advising
Week 12 – 11/11	Online	Chapter 17	Careers in Sport Management
11/13	Face to face	Guest Speaker	Ms. Kay Cross: Cross Coaching and Wellness
Week 13 – 11/18	Flexible as needed	Guest Speakers	<b>*Segment 5 is due</b>
11/20	Face to face	Guest Speaker	Dr. Kenneth Thomas: Parker University; Chiropractic
Week 14 – 11/25	Flexible as needed	Guest Speakers	
11/27	Flexible as needed	Guest Speakers	
Week 15 –12/2	Face to Face	Review	Chapters 12-17
12/4	Online	Exam III	Chapters 12-17