

KINE 2030.001
Monday, Wednesday, and Friday 12:00 pm – 12:50 pm
Introduction to Kinesiology
Spring 2014

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Office Hours:

Monday and Wednesday 1:00 pm – 2:00 pm (all other times by appointment)

Required Text:

Hoffman, S.J. (2013). *Introduction to Kinesiology: Studying Physical Activity* (4th 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 and online activity. We will meet in class on Monday and Wednesday. Friday's class will be held online!

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

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). 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 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:

Blackboard, Online quizzes for self-assessment, 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 = 500

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

Online work = 100 points

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

Grading Scale

A = > 450 points

B = 449 - 400 points

C = 399 – 350 points

D = 349 – 300 points

F = < 299 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.

Online Work

Every week, we will have work online that must be completed. You will receive points each week for that work. If you do not complete the work within the given time, you will not be able to retroactively gain credit. Please remain diligent in your online activity.

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). Please turn this in separately at the due date. I will take a hard copy explaining your hours with documentation. If you cannot get documentation, please provide reference material. For instance, if research time is involved, please list the materials you obtained.

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 by the scheduled due date via the blackboard segment assignment link to receive credit.

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

Participation and Attendance

Attendance of class meetings, online learning modules before their scheduled due date, and participation in online forum discussions are important in this class for the learning experience.

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.

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.

1/13	Face to face	Introduction to the course	http://www.coe.unt.edu/khpr syllabus and course expectations
1/15	Face to face	Chapter 1	Introduction to Kinesiology and Physical Activity
1/17	online	Module 1 - introduction	Must be completed this first week
1/20	University Closed	No class	No class
1/22	Face to face	Discuss assignment	Assignment activity
1/24	Online	Module 2 - Assignment	Assignment activity
1/27	Face to face	Chapter 2	The importance of physical activity
1/29	Face to face	Chapter 3	The importance of physical activity experience
1/31	Online	Segment 1 is due	Segment 1 is due
2/3	Face to face	Chapter 4	The importance of subjective experience in Physical Activity
2/5	Face to face	Review chapters 1-4	Exam Review
2/7	Online	EXAM 1	EXAM 1 – Chapters 1-4
2/10	Face to face	Chapter 5	Philosophy of Physical Activity
2/12	Face to face	Chapter 5	Philosophy of Physical Activity
2/14	Online	Module 3	Ethics
2/17	Face to face	Chapter 7	Sociology of Physical Activity
2/19	Face to face	Chapter 8	Motor Behavior
2/21	Online	Module 4 AND Segment 2 is due	Article and discussion AND Segment due is due
2/24	Face to face	Chapter 9	Sport and Exercise Psychology
2/26	Face to face	Chapter 9	Sport and Exercise Psychology
2/28	Online	Module 5	

3/3	Face to face	Chapter 10	Biomechanics
3/5	Face to face	Chapter 11	Physiology
3/7	Online	Segment 3 is due	Segment 3 is due
3/10-3/14	Spring Break	Spring Break	No Classes
3/17	Face to face	Chapter 11	Physiology
3/19	Face to face	Review Exam 2	Review exam 2: Chapters 5,7-11
3/21	Online	Exam 2	Exam 2: Chapters 5,7-11
3/24	Face to face	Chapter 12	Becoming that Physical Activity professional
3/26	Face to face	Chapter 13	Careers in Health and Fitness
3/28	Online	Module 6 AND Segment 4 is due	Module 6 AND Segment 4 is due
3/31	Face to face	Chapter 14	Therapeutic Exercise careers
4/2	Face to face	Chapter 15	Teaching physical education
4/4	Online	Module 7	Module 7
4/7	Face to face	Chapter 16	Coaching
4/9	Face to face	Chapter 17	Sports Management
4/11	Online	Segment 5 is due Hours are due	Segment 5 is due Hours are due
4/14		Flexible as needed	
4/16		Flexible as needed	
4/18		Flexible as needed	
4/21		Flexible as needed	
4/23		Flexible as needed	
4/25		Flexible as needed	
4/28		Flexible as needed	
4/30	Face to face	Review Exam 3	Chapters 12-17
5/2	Online	Exam 3	Chapters 12-17
5/7-5/9	Finals week	Finals week	Finals week