

Fall 2010

**KINE 2030.002**  
**Introduction to Kinesiology**  
**Fall 2010**

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Office Hours: M & W – 11:00 AM – 12:00 Noon  
Tues. – 4:00 PM - 6:00 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.

**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 (**please turn your cell phones off during class**).

**Required Textbook**

Hoffman, S.J. (2008). *Introduction to kinesiology: Studying physical activity* (3<sup>rd</sup> 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 = 150 (3 worth up to 50 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. All assignments must be submitted typed, using proper spelling and grammar. You can use any font or spacing you prefer as long as it is legible.

## **Class Participation**

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. 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

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exam unless you have received prior approval.

Leaving class early or coming in late is disrespectful to the class. If you are more than 30 minutes late to class (or leave 30 minutes or more before class is over), you will be counted as absent without prior approval.

### **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**

| <b>Dates</b> | <b>Topics</b>              | <b>Assignments/Activities/Exams</b>   |
|--------------|----------------------------|---|
| 8/30         | Introduction to the course | <a href="http://www.coe.unt.edu/khpr">http://www.coe.unt.edu/khpr</a><br>syllabus and course expectations |
| 9/1          | Chapter 1                  | Introduction to Kinesiology and Physical Activity   |
| 9/6          | Chapter 2                  | NO CLASS  |
| 9/8          | Chapter 2                  | The Spheres of the physical Activity Experience   |
| 9/13         | Chapter 3                  | The Importance of Physical Activity   |
| 9/15         | Chapter 4                  | The Importance of Subjective Experience in<br>Physical Activity   |

|       |                          |   |
|-------|--------------------------|---|
| 9/20  |                          | Chapter 4 continued   |
| 9/22  | Review                   | Chapters 1-4  |
| 9/27  | Exam I                   | Chapters 1-4  |
| 9/29  | Chapter 5                | Philosophy of Physical Activity   |
| 10/4  |                          | Chapter 5 Continued   |
| 10/6  | Chapter 6                | History of Physical Activity  |
| 10/11 | Chapter 7                | Sociology of Physical Activity  |
| 10/13 |                          | Chapter 7 Continued   |
| 10/18 | Chapter 8                | Motor Behavior  |
| 10/20 |                          | Chapter 8 Continued   |
| 10/25 | Chapter 9                | Sport and Exercise Psychology   |
| 10/27 |                          | Chapter 9 Continued   |
| 11/1  | Chapter 10               | Biomechanics of Physical Activity   |
| 11/3  |                          | Chapter 10 Continued  |
| 11/8  | Chapter11                | Physiology of Physical Activity   |
| 11/10 |                          | Chapter11 continued   |
| 11/15 | Review                   | Chapters 5-11   |
| 11/17 | Exam II                  | Chapters 5-11   |
| 11/22 | Chapter 12               | Becoming a Physical Activity professional                                 |
| 11/24 | Chapter 13               | Careers in Health and Fitness   |
| 11/29 | Chapter 14               | Chapter 13 continued  |
| 12/1  | Chapter 15<br>Chapter 16 | Careers in Therapeutic Exercise<br>Careers in Teaching Physical Education |
| 12/6  | Chapter 17               | Careers in Coaching and Sport Instruction                                 |
| 12/8  | Review                   | Chapters 12-17  |
| 12/15 | Exam III                 | Chapters 12-17  |