

**KINE 2030**  
**Introduction to Kinesiology**  
**Spring 2011**

Doryce Judd, M.S.  
Phone: 940-565-2629  
Office: PEB 209B  
Email: [Doryce.Judd@unt.edu](mailto:Doryce.Judd@unt.edu)

**Office Hours: Monday and Wednesday: 2pm – 4pm**  
**Tuesday and Thursday: 12 pm – 3 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](http://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* (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:

Assignment 1 – Group assignment. The grade will be given as a group. All members of the group will receive the same grade. It is your responsibility, as a group, to equally share the effort. Details will be given on blackboard

Assignment 2 – Individual assignment. You will need to keep a food diary consisting of three distinct sections. Details will be given on blackboard.

Assignment 3 – Individual assignment. You will write a paper entailing your career philosophy. Details will be 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. 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

Topics	Assignments/Activities/Exams
Introduction to the course	<a href="http://www.coe.unt.edu/khpr">http://www.coe.unt.edu/khpr</a> syllabus and course expectations
Chapter 1	Introduction to Kinesiology and Physical Activity
Chapter 2	NO CLASS
Chapter 2	The Spheres of the physical Activity Experience
Chapter 3	The Importance of Physical Activity
Chapter 4	The Importance of Subjective Experience in Physical Activity
	Chapter 4 continued
Review	Chapters 1-4
Exam I	Chapters 1-4
Chapter 5	Philosophy of Physical Activity
	Chapter 5 Continued
Chapter 6	History of Physical Activity
Chapter 7	Sociology of Physical Activity
	Chapter 7 Continued
Chapter 8	Motor Behavior
	Chapter 8 Continued
Chapter 9	Sport and Exercise Psychology

	Chapter 9 Continued
Chapter 10	Biomechanics of Physical Activity
	Chapter 10 Continued
Chapter11	Physiology of Physical Activity
	Chapter11 continued
Review	Chapters 5-11
Exam II	Chapters 5-11
Chapter 12	Becoming a Physical Activity professional
Chapter 13	Careers in Health and Fitness
Chapter 14	Chapter 13 continued
Chapter 15	Careers in Therapeutic Exercise
Chapter 16	Careers in Teaching Physical Education
Chapter 17	Careers in Coaching and Sport Instruction
Review	Chapters 12-17
Exam III	Chapters 12-17