

KINE 2030
Introduction to Kinesiology
Fall 2016

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Office Hours:

Monday and Wednesday 11 am – 12:45 pm
Thursday 12:30 pm – 2 pm

Study Center:

Tuesday 2 pm – 3 pm

Course Description:

Survey of the foundations underlying the scientific basis of kinesiology. Units include curricula, historical, philosophical, sociological, psychological, physiological, biomechanical, pedagogical and motor behavioral components essential to the study of kinesiology. Students are introduced to the skills and knowledge required to become a successful practitioner, researcher or teacher in the psychomotor domain. Students are expected to complete this course prior to enrolling in kinesiology core courses.

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 the field of 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. Demonstrate understanding of certifications appropriate for kinesiology majors,
6. Demonstrate understanding of the importance of scientific inquiry to professionals

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 = 600

In class/Online exams = 450 points (3 worth 150 points each)

Class assignments = 100 points

Attendance = 50 (You begin the semester with 50 points in attendance. Each absence will reduce

your points by 10; after 5 absences you will have 0/50 points)

Grading Scale

A = > 540 points

B = 480 - 539 points

C = 420 – 479 points

D = 360 – 419 points

F = < 359 points

Exams

There are three online (timed) exams given during the semester. All will be worth 150 points each and will consist of multiple-choice questions. If you are unable to take an exam, it is your responsibility to inform me ahead of time. If you do not take a scheduled exam, you will **not** be allowed to make up the exam at a later date.

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 (due dates are on the calendar), 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 to blackboard** by the due date. I will **NOT** accept late work or anything submitted outside of blackboard.

1. Assignment – A 5 segment Philosophy paper (50 points / 10 points per segment)
2. Assignment – 5 hours of research, interviews, shadowing, volunteering, or interning within your professional interest which will be necessary for completing this assignment (25 points / 5 points per hour). Please turn this in on your last segment (segment 5) of the paper assignment separately at the due date.
3. Assignment – There will be 5 online assignment modules. (25 points/5 points each).

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. I will **NOT** accept any assignments via email.

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

The online self-assessment quizzes are not part of your grade in the class. They are a tool for you to assess your content knowledge.

Participation and Attendance

Attendance of class meetings, online learning activities before their scheduled due date, and participation in online forum discussions are important in this class for the learning experience. Every student begins the semester with 50 points for attendance. With each class missed, there will be a 10 point reduction.

In class 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

Changes to this will be posted in the blackboard calendar.

8/29	Face to face	Introduction to the course	http://www.coe.unt.edu/khpr syllabus and course expectations
8/31	Face to face	Chapter 1	The importance of physical activity
9/2	online	Module 1 - introduction	Must be completed this first week
9/5	NO CLASS Labor Day	University Closed	University Closed
9/7	Face to face	Chapter 2	Spheres of Physical Activity Experience
9/9	Online	Module 2 - Assignment	Assignment activity
9/12	NO CLASS Labor Day	University Closed	University Closed
9/14	Face to face	Chapter 3	The importance of physical activity experience
9/16	Online	Segment 1 is due	Segment 1 is due
9/19	Face to face	Chapter 4	The importance of subjective experience in Physical Activity
9/21	Face to face	Review EXAM 1 chapters 1-4	Exam 1 chapters 1-4
9/23	Online	EXAM 1 chapters 1-4	Exam 1 chapters 1-4
9/26	Face to face	Chapter 5	Philosophy
9/28	Face to face	Chapter 7	Sociology of Physical Activity
9/30	Online	Module 3	Ethics
10/3	Face to face	Chapter 8	Motor behavior
10/5	Face to face	Chapter 9	Sport and Exercise Psychology
10/7	Online	Segment 2 is due	Segment 2 is due
10/10	Face to face	Chapter 10	Biomechanics
10/12	Face to face	Chapter 11	Physiology

10/14	Online	EXAM 2	EXAM 2 chapters 5,7-11
10/17	Face to face	Chapter 12	Becoming that professional
10/19	Face to face	Chapter 13	Health and fitness
10/21	Online	Module 4	Assignment activity
10/24	Face to face	Chapter 14	Therapeutic Exercise careers
10/26	Face to face	Chapter 15	Teaching PE
10/28	Online	Segment 3 is due	Segment 3 is due
10/31	Service LD	Learning day	Learning day
11/2	Service LD	Learning day	Learning day
11/4	Online	Module 5	Assignment activity
11/7	Face to face	Chapter 16	Coaching
11/9	Face to face	Chapter 17	Sports Mgmt.
11/11	Online	Segment 4 is due	Segment 4 is due
11/14	Face to face	Flexible as needed	Flexible as needed
11/16	Face to face	Flexible as needed	Flexible as needed
11/18	Online	Segment 5 is due Hours are due	Segment 5 is due Hours are due
11/21	Face to face	Flexible as needed	Flexible as needed
11/23	Face to face	Flexible as needed	Flexible as needed
11/25	NO CLASS Thanksgiving	University Closed	University Closed
11/28	Face to face	Flexible as needed	Flexible as needed
11/30	Face to face	Flexible as needed	Flexible as needed
12/2	Face to face	Flexible as needed	Flexible as needed
12/5	Face to face	Flexible as needed	Flexible as needed
12/7	Face to face	Flexible as needed	Flexible as needed
12/9	Online	Exam 3	Chapters 12-17