KINE 2030: Introduction to Kinesiology Department of Kinesiology, Health Promotion, and Recreation University of North Texas, Winter Semester – 2022-2023

Instructor Information

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Pronouns: he/him/his

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Class location: Canvas Online

Undergraduate Text (optional)

Knudson, D., & Brusseau, T. (2022). *Introduction to kinesiology: Studying physical activity* (6th ed.). Champaign, IL: Human Kinetics.

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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.

Course Objectives

This course is offered in an online format, which is very different than a traditional class. You will be expected to watch lectures and complete graded assignments online. Upon successful completion of this course, students will be able to:

- 1. Identify the importance of the historical foundations of the field of Kinesiology, Exercise Science, Health, and Sports Management.
- 2. Identify potential careers that you could pursue in the field of Kinesiology, Exercise Science, Health, and Sports Management.
- 3. Identify and provide reasons why scientific research is important to the field of Kinesiology, Exercise Science, Health, and Sports Management.

Course Expectations

- 1. This course offers you the flexibility to complete your assignments when you choose; however, such a structure requires self-discipline and motivation to ensure that you do not miss important deadlines.
- 2. If you have special learning needs, please inform me **immediately**.
- 3. If at any point during the semester you are unhappy with your performance in this class, please contact me **immediately**.
- 4. **Academic dishonesty** will not be tolerated (e.g., copying, plagiarism, cheating) and will result in a failing grade for the semester.

Course Structure

The Canvas platform will be used to enhance the delivery of course materials and content. Students must check the Canvas site regularly for course updates and become familiar with their Canvas account. Canvas will provide students with important announcements, lecture notes and quizzes, assignment information, and other important materials necessary for successful completion of this course.

Course Prerequisites

No prerequisites are required prior to taking this course.

Technical Support

Part of working in the online environment involves dealing with the inconveniences and frustration that can arise when technology breaks down or does not perform as expected. Here at UNT we have a Student Help Desk that you can contact for help with Canvas or other technology issues.

UIT Help Desk: UIT Student Help Desk site (http://www.unt.edu/helpdesk/index.htm)

Email: helpdesk@unt.edu Phone: 940-565-2324

In Person: Sage Hall, Room 130 Walk-In Availability: 8am-9pm

Telephone Availability:

• Sunday: noon-midnight

• Monday-Thursday: 8am-midnight

Friday: 8am-8pmSaturday: 9am-5pmLaptop Checkout: 8am-7pm

For additional support, visit <u>Canvas Technical Help</u> (https://community.canvas lms.com/docs/DOC-10554-4212710328)

Technical Skill Requirements

Students will be required to understand how to download and upload files, send and receive emails, and navigate the Canvas online learning platform.

Communication, Interaction, and Netiquette Expectations

Due to the importance of communication in an online environment, I will expect each of you to log in to the Canvas course site at least 3 evenly spaced out times during the week. Please check the Announcements area first since this is where I will put the most important information. Communication online is different than that of face-to-face classes. Try to use good "netiquette" when communicating with your classmates, TAs, and instructors. Remember, through online communication we can't see your facial expression, hear you giggling, or notice your gestures. All of these elements of nonverbal communication occur daily through our face-to-face interactions, yet we rarely notice it until it is taken away. So, please keep this in mind when you are commenting on others' ideas/posts, giving constructive criticism on a writing project, or interacting with the class in general. In addition, students are expected to write professional emails carefully and thoughtfully. For example, make it a point to use a meaningful and specific subject line (e.g., KINE 2030: LM1 Quiz), a greeting (e.g., Hello Dr. Olson), and a signature with your name at the end (e.g., Best regards, John Doe). Writing professional emails is an important skill for all students so please avoid using abbreviations, all lower/upper case lettering, and please proofread emails before sending.

As members of the UNT community, we have all made a commitment to be part of an institution that respects and values the identities of the students and employees with whom we interact. UNT does not tolerate identity-based discrimination, harassment, and retaliation. UNT's full Non-Discrimination Policy can be found in the UNT Policies section of the syllabus

To learn more about online etiquette, please visit the following website: http://www.albion.com/netiquette/corerules.html

Rules of Engagement

Rules of engagement refer to the way students are expected to interact with each other and with their instructors. Here are some general guidelines:

- While the freedom to express yourself is a fundamental human right, any
 communication that utilizes cruel and derogatory language on the basis of race,
 color, national origin, religion, sex, sexual orientation, gender identity, gender
 expression, age, disability, genetic information, veteran status, or any other
 characteristic protected under applicable federal or state law will not be tolerated.
- Treat your instructor and classmates with respect in any communication online or face-to-face, even when their opinion differs from your own.

- Ask for and use the correct name and pronouns for your instructor and classmates.
- Speak from personal experiences. Use "I" statements to share thoughts and feelings. Try not to speak on behalf of groups or other individual's experiences.
- Use your critical thinking skills to challenge other people's ideas, instead of attacking individuals.
- Avoid using all caps while communicating digitally. This may be interpreted as "YELLING!"
- Be cautious when using humor or sarcasm in emails or discussion posts as tone can be difficult to interpret digitally.
- Avoid using "text-talk" unless explicitly permitted by your instructor.
- Proofread and fact-check your sources.
- Keep in mind that online posts can be permanent, so think first before you type.

See these <u>Engagement Guidelines</u> (https://clear.unt.edu/online-communication-tips) for more information.

Americans with Disabilities Compliance (Policy 04.015)

UNT 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 a student with an accommodation letter to be delivered to faculty to begin a private discussion regarding one's specific course needs. Students 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. For additional information see the ODA website (https://disability.unt.edu/). The ADA policy can be reviewed online at https://policy.unt.edu/policy/04-015.

Prohibition of Discrimination, Harassment, and Retaliation (Policy 16.004)

The University of North Texas (UNT) prohibits discrimination and harassment because of race, color, national origin, religion, sex, sexual orientation, gender identity, gender expression, age, disability, genetic information, veteran status, or any other characteristic protected under applicable federal or state law in its application and admission processes; educational programs and activities; employment policies, procedures, and processes; and university facilities. The University takes active measures to prevent such conduct and investigates and takes remedial action when appropriate. This policy can be reviewed online at https://policy.unt.edu/policy/16-004.

Ethical Standards and Academic Dishonesty (Policy 06.003)

Students are expected to conduct themselves in a manner consistent with the University's status as an institution of higher education. In the class setting, students shall follow their instructors' directions and observe all academic standards and requirements published in course syllabi and other course materials. A student is responsible for responding to an academic dishonesty report issued by an instructor or other University authority. If a student fails to respond after proper attempts at notification, the University may take appropriate academic actions in the absence of the student.

UNT policy will be followed in cases of academic dishonesty (e.g., cheating, plagiarizing, copying, etc.). Students caught cheating during an exam/quiz or plagiarizing a written assignment will be charged under the University's Code of Student Conduct. Among other punishments, students found guilty run the risk of having their score changed to a zero, receiving a grade of F for the course, and/or dismissal from the University. Students should be familiar with the Student Standards of Academic Integrity. Please review the student rights and responsibilities information online at https://policy.unt.edu/policy/06-003.

Family Educational Rights and Privacy Act (FERPA) Information (Policy 07.018) Students have the right to expect their grades will be kept confidential. Every attempt will be made to keep your information confidential. Neither your course grades nor grades for any assignment will be posted in a way that could result in you being identified by other students or faculty members. The FERPA policy can be reviewed online at https://policy.unt.edu/policy/07-018.

Emergency Notification & Procedures

UNT uses a system called Eagle Alert to quickly notify students with critical information in the event of an emergency (i.e., severe weather, campus closing, and health and public safety emergencies like chemical spills, fires, or violence). In the event of a university closure, please refer to Canvas for contingency plans for covering course materials.

Retention of Student Records (Policy 04.008)

Student records pertaining to this course are maintained in a secure location by the instructor of record. All records such as exams, answer sheets (with keys), and written papers submitted during the duration of the course are kept for at least one calendar year after course completion. Course work completed via the Canvas online system, including grading information and comments, is also stored in a safe electronic environment for one year. Students have the right to view their individual record; however, information about student's records will not be divulged to other individuals without proper written consent. Students are encouraged to review the Public Information Policy and the Family Educational Rights and Privacy Act (FERPA) laws

and the University's policy. See <u>UNT Policy 04.008</u>, <u>Records Management and Retention</u> (https://policy.unt.edu/policy/04-008) for additional information.

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 Dean of Students 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. Visit UNT's Code of Student Conduct (https://deanofstudents.unt.edu/conduct) to learn more.

Access to Information - Eagle Connect

Students' access point for business and academic services at UNT is located at: my.unt.edu. All official communication from the University will be delivered to a student's Eagle Connect account. For more information, please visit the website that explains Eagle Connect (https://it.unt.edu/eagleconnect).

Student Evaluation Administration Dates

Student feedback is important and an essential part of participation in this course. The student evaluation of instruction is a requirement for all organized classes at UNT. The survey will be made available during the end of the semester to provide students with an opportunity to evaluate how this course is taught. Students will receive an email from "UNT SPOT Course Evaluations via IASystem Notification" (no-reply@iasystem.org) with the survey link. Students should look for the email in their UNT email inbox. Simply click on the link and complete the survey. Once students complete the survey, they will receive a confirmation email that the survey has been submitted. For additional information, please visit the SPOT website (http://spot.unt.edu) or email spot@unt.edu.

Survivor Advocacy

UNT is committed to providing a safe learning environment free of all forms of sexual misconduct. Federal laws and UNT policies prohibit discrimination on the basis of sex as well as sexual misconduct. If you or someone you know is experiencing sexual harassment, relationship violence, stalking and/or sexual assault, there are campus resources available to provide support and assistance. The Survivor Advocates can be reached at SurvivorAdvocate@unt.edu or by calling the Dean of Students Office at 940-565-2648.

Important Notice for F-1 Students taking Distance Education Courses Federal Regulation

To read detailed Immigration and Customs Enforcement regulations for F-1 students taking online courses, please go to the <u>Electronic Code of Federal Regulations website</u>

(http://www.ecfr.gov/). The specific portion concerning distance education courses is located at Title 8 CFR 214.2 Paragraph (f)(6)(i)(G).

The paragraph reads:

(G) For F-1 students enrolled in classes for credit or classroom hours, no more than the equivalent of one class or three credits per session, term, semester, trimester, or quarter may be counted toward the full course of study requirement if the class is taken on-line or through distance education and does not require the student's physical attendance for classes, examination or other purposes integral to completion of the class. An on-line or distance education course is a course that is offered principally through the use of television, audio, or computer transmission including open broadcast, closed circuit, cable, microwave, or satellite, audio conferencing, or computer conferencing. If the F-1 student's course of study is in a language study program, no online or distance education classes may be considered to count toward a student's full course of study requirement.

University of North Texas Compliance

To comply with immigration regulations, an F-1 visa holder within the United States may need to engage in an on-campus experiential component for this course. This component (which must be approved in advance by the instructor) can include activities such as taking an on-campus exam, participating in an on-campus lecture or lab activity, or other on-campus experience integral to the completion of this course.

If such an on-campus activity is required, it is the student's responsibility to do the following:

- 1. Submit a written request to the instructor for an on-campus experiential component within one week of the start of the course.
- Ensure that the activity on campus takes place and the instructor documents it in writing with a notice sent to the International Student and Scholar Services Office. ISSS has a form available that you may use for this purpose.

Because the decision may have serious immigration consequences, if an F-1 student is unsure about his or her need to participate in an on-campus experiential component for this course, s/he should contact the UNT International Student and Scholar Services Office (telephone 940-565-2195 or email internationaladvising@unt.edu) to get clarification before the one-week deadline.

Course Evaluation

Final grades will be determined based on the total number of points that you accumulate during the semester. Final letter grades will be determined using the grading scale provided below:

ACTIVITY	PERCENT (%)	POINTS	YOUR POINTS
Learning Module Quizzes (10 @ 20 pts)	25	200	
Graded Discussions (3 @ 40 pts)	15	120	
CITI Program Certification	6.25	50	
Potential Career Reflection	10	80	
Final Exam	43.75	350	
TOTALS	100	800	

Grading Scale

A: 89.5-100% (716-800+ points)

B: 79.5-89.4% (636-715 points)

C: 69.5-79.4% (556-635 points)

D: 59.5-69.4% (476-555 points)

F: 0-59.4% (0-475 points)

Late Work

Late work will not be accepted. Please adhere to all assignment due dates listed below.

Incompletes

Students will not be allowed to take an Incomplete due to poor planning. However, if you find you do have a legitimate reason for an Incomplete, please talk with me as soon as possible to discuss the situation. Consult the <u>Office of the Registrar</u> (https://registrar.unt.edu/grades/incompletes) to review when an Incomplete grade may be granted.

Assignments and Grading

Collaborative Institutional Training Initiative (CITI) Program Certification
You will learn about the research process as a part of Learning Module 9. To
supplement your learning, you will be asked to complete a free online training program
offered through UNT and CITI (https://about.citiprogram.org/en/homepage/). This
program is designed to educate people about the research process involving human
subjects and the institutional review board (IRB). After successfully completing the
training, you will be provided an electronic certificate of completion. Save the certificate
in .pdf format and then upload the digital copy of the certificate into the assignment link
found in Canvas by the due date listed below. Submission of the certificate will earn
you full points as a completion grade. Failure to submit the certificate will result in a

grade of zero. Additional details on how to sign-up and access the required training program will be posted on Canvas.

Potential Career Reflection

The potential career reflection is meant to help you: 1) synthesize what you learned through the semester and 2) develop a plan for the educational training required for a chosen career path. This career reflection assignment should be approximately 500 words in length (approximately 2 pages, double-spaced). Full credit will be given if all requirements are met while points will be deducted for missing requirements. While word counts that are slightly below the 500-word goal may still receive full credit (as long as all other components are addressed), submissions of approximately 250 words would receive 50% credit and submissions of approximately 100 words would receive 20% credit. Completed assignments will be submitted as a .doc or .docx document using the Potential Career Reflection submission link found in Canvas by **the due date listed below**.

Graded Discussions

For the purposes of understanding the topics covered in this class, it is useful to have regular class discussions on Canvas. The instructor or a designated teaching assistant (TA) will post a discussion topic on the date indicated in the syllabus. Students in the course are expected to post responses to the original post or posts of other students in the class. During the discussion process, you should treat your peers, TA, and instructor in a respectful manner. **Students who do not observe this rule will be banned from the discussion forum without notice.** Graded Discussions will be available beginning at 6:00AM and expire at 11:59PM by **the due dates listed below**. Each discussion forum requires a total of 3 posts. One post will be comprised of your well thought out response to the article/discussion topic. In general, an adequate response should take around 150 words. This primary response is worth 20 points. You should also have two responses to your classmate's posts, each consisting of 50-75 words. These posts are each worth 10 points (20 total). Full credit of 40 points will be given to those meeting these criteria and not violating the rules of netiquette (see above). Partial credit will not be given to posts not meeting these criteria and standards.

Learning Module (LM)

Students will complete a total of 10 LMs (1 syllabus module + 9 LMs) during the course of the semester. Each LM will consist of two main components: 1) a recorded lecture and 2) a graded quiz. You will have until **the due dates listed below** to complete and finalize all LM grades. Please make note of the release and availability dates listed on the tentative course schedule.

LM Lectures

The LM lectures are provided to students in a voice narrated PowerPoint format, which has been converted to run on a standard web browser (e.g., Edge, FireFox, Chrome, Safari, etc.). You may watch the LM lectures as many times as you like. **Viewing LM**

lectures is required to "unlock" LM quizzes. A printable "storyboard" version of the lecture is also available for download in PDF format in the same module location as the online lecture. If you experience difficulties accessing the LM lectures, please make sure that you have received the required 100% on the syllabus quiz and the required 60% on any prior LM quizzes. Additionally, confirm that the release date listed in the syllabus has passed, as LM lectures will not be posted until the date listed in the syllabus. If you have completed these requirements and you are still unable to access the lecture, please post a question in the General Discussion Forum for assistance. If you have access to the lecture but are having difficulties getting the lecture to play correctly, contact the instructor and the UIT helpdesk (contact information listed above).

LM Quizzes

After you have watched the LM lecture for a given topic, you are required to take a LM quiz on Canvas (10 questions, 2 points per question) to test your level of knowledge and understanding. In total, you will take a total of 10 quizzes worth 20 points each. You will be allowed an unlimited number of attempts to take each quiz and your grade will be reported as the "highest" of your attempts. Each time you attempt the quiz you will be given a new random set of questions from the quiz question bank and you will not be provided the answers to the questions that you miss. Thus, you may have to take the quiz several times to "unlock" the next module and/or achieve your desired score. In order to "unlock" new LMs, you have to get at least 60% (12 out of 20 points) of the questions correct on the previous LM. For example, to unlock LM 2, you must get 6 out of 10 questions correct on LM 1. To unlock LM 1, you will have to get 100% (5 out of 5 questions) correct on the syllabus quiz. Once you "unlock" a LM and its associated quiz, these will remain open for the remainder of the semester. In leaving the quizzes available all semester, you should be able to use these as a study tool to prepare for the final exam. LM quizzes are due by 11:59PM on the due dates listed below.

Final Exam

The final exam for this course is cumulative and will be composed entirely of questions from previous quizzes. The exam will be completed on Canvas and consists of 100 questions at 3.5 points per question (350 total points). The exam will be available throughout finals week (dates listed below). The format and questions will be similar in style to the LM quizzes. However, for the final exam you will only be allowed 2 attempts versus the unlimited number of attempts that are allowed during quizzes. Your grade will be reported as the "highest" of your two attempts. If you fail to complete the final exam by the due date, NO make-up exam will be offered.

How do I get answers to my questions?

I am here to help you achieve success in this class. Unfortunately, it is very difficult from a time perspective for me to reply to individual e-mail questions about course content. Also, there is a good chance that several of your classmates may have a similar question as you. Thus, if you have a question concerning course materials, please post these in the General Questions Forum on Canvas. This will allow all students in the course to view student replies and my responses.

Academic Support & Student Services Student Support Services

Mental Health

UNT provides mental health resources to students to help ensure there are numerous outlets to turn to that wholeheartedly care for and are there for students in need, regardless of the nature of an issue or its severity. Listed below are several resources on campus that can support your academic success and mental well-being:

- <u>Student Health and Wellness Center</u> (https://studentaffairs.unt.edu/student-health-and-wellness-center)
- <u>Counseling and Testing Services</u> (https://studentaffairs.unt.edu/counseling-and-testing-services)
- <u>UNT Care Team</u> (https://studentaffairs.unt.edu/care)
- <u>UNT Psychiatric Services</u> (https://studentaffairs.unt.edu/student-health-and-wellness-center/services/psychiatry)
- <u>Individual Counseling</u> (https://studentaffairs.unt.edu/counseling-and-testing-services/services/individual-counseling)

Chosen Names

A chosen name is a name that a person goes by that may or may not match their legal name. If you have a chosen name that is different from your legal name and would like that to be used in class, please let the instructor know. Below is a list of resources for updating your chosen name at UNT.

- UNT Records
- UNT ID Card
- UNT Email Address
- Legal Name

*UNT euIDs cannot be changed at this time. The collaborating offices are working on a process to make this option accessible to UNT community members.

Pronouns

Pronouns (she/her, they/them, he/him, etc.) are a public way for people to address you, much like your name, and can be shared with a name when making an introduction, both virtually and in-person. Just as we ask and don't assume someone's name, we should also ask and not assume someone's pronouns.

You can <u>add your pronouns to your Canvas account</u> so that they follow your name when posting to discussion boards, submitting assignments, etc.

Below is a list of additional resources regarding pronouns and their usage:

- o What are pronouns and why are they important?
- o How do I use pronouns?
- o How do I share my pronouns?
- o How do I ask for another person's pronouns?
- o How do I correct myself or others when the wrong pronoun is used?

Additional Student Support Services

- Registrar (https://registrar.unt.edu/registration)
- Financial Aid (https://financialaid.unt.edu/)
- <u>Student Legal Services</u> (https://studentaffairs.unt.edu/student-legal-services)
- <u>Career Center</u> (https://studentaffairs.unt.edu/career-center)
- <u>Multicultural Center</u> (https://edo.unt.edu/multicultural-center)
- <u>Counseling and Testing Services</u> (https://studentaffairs.unt.edu/counseling-and-testing-services)
- Pride Alliance (https://edo.unt.edu/pridealliance)
- <u>UNT Food Pantry</u> (https://deanofstudents.unt.edu/resources/food-pantry)

Academic Support Services

- <u>Academic Resource Center</u> (https://clear.unt.edu/canvas/student-resources)
- Academic Success Center (https://success.unt.edu/asc)
- <u>UNT Libraries</u> (https://library.unt.edu/)
- Writing Lab (http://writingcenter.unt.edu/)

Tentative Class Outline and Schedule

OPEN DATE	TOPIC/ASSIGNMENT	DUE DATE
12/19/22	Syllabus Module Quiz	1/9/23
12/19/22	LM1 Quiz: Sport in the Ancient World and Our European Heritage	1/9/23
12/19/22	LM2 Quiz: Early American Sport and Physical Education	1/9/23
12/19/22	LM3 Quiz: 20th Century Sport, Physical Education, and Exercise Science	1/9/23
12/19/22	LM4 Quiz: Active Living in the 20th Century and Beyond	1/9/23
12/19/22	LM5 Quiz: Modern Day Kinesiology	1/9/23
12/19/22	LM6 Quiz: Kinesiology as a Profession	1/9/23
12/19/22	LM7 Quiz: Health Professions Quiz	1/9/23
12/19/22	LM8 Quiz: Sport Management / Recreation Professions	1/9/23
12/19/22	LM9 Quiz: The Research Process in Kinesiology	1/9/23
12/20/22	Graded Discussion 1	12/26/22
12/27/22	Graded Discussion 2	1/2/23
1/3/23	Graded Discussion 3	1/9/23
12/19/22	Potential Career Reflection	1/9/23
12/19/22	CITI Program Certification	1/9/23
1/10/23	Final Exam	1/13/23

^{***} This schedule is tentative and will more than likely change throughout the semester. It is your responsibility to adhere to any changes. ***