**KINE 2030: Introduction to Kinesiology**
Department of Kinesiology, Health Promotion, and Recreation
University of North Texas, Fall Semester – 2022

**Instructor Information**
Ryan L. Olson, Ph.D.
Assistant Professor
Department of Kinesiology, Health Promotion, and Recreation
Pronouns: he/him/his
Office Location: Physical Education Building (PEB), room 205J
Office Phone: 940-565-2545
Office Hours: Tuesday and Thursday, 12:00-1:00PM
Email: Ryan.Olson@unt.edu
Class Day and Time: Tuesday and Thursday, 2:00-3:20PM
Class location: Physical Education Building (PEB), room 216

**Undergraduate Textbook (optional)**


**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**
1. To discuss the historical foundations of the Kinesiology, Exercise Science, Health, and Sports Management fields.
2. To identify potential careers that students could pursue in the fields of Kinesiology, Exercise Science, Health, and Sports Management.
3. To introduce students to research topics and methods important to the fields of Kinesiology, Exercise Science, Health, and Sports Management.
**Course Expectations**

1. This course offers you the flexibility to drop your lowest exam and quizzes; however, such a structure requires self-discipline and motivation to ensure you are trying to perform your best throughout the semester.

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**

Both in-class and online (Canvas) platforms will be used to enhance the delivery of this course. Students must check the Canvas site regularly for course updates. Canvas will provide a description of each class, class projects, and reading assignments. Additionally, lecture notes, chapter self-tests, project information, exam review materials, and other chapter materials will be found on the Canvas site.

**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-8pm
- Saturday: 9am-5pm

**Laptop Checkout:** 8am-7pm

For additional support, visit [Canvas Technical Help](https://community.canvaslms.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.
Classroom Etiquette

This course involves lectures and activities in and out of class. Student behavior that interferes with an instructor’s ability to conduct a class or other students' opportunity to learn is unacceptable, disruptive, and will not be tolerated in any instructional forum at UNT. Students are expected to be respectful to the instructor and other students.

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.

Guidelines:

- Come to class prepared and ready to start on time.
- Turn cell phones off or to vibrate. If your phone rings during class, please silence the call. If you must take a call, please exit the classroom to talk.
- Only discuss topics related to course content during class time. Talking during a lecture or engaging in inappropriate discussions is distracting to others.
- Using a laptop to take notes is allowed, but not suggested. According to several recent studies, computers can hinder learning and is distracting to others (Sana, Weston, & Cepeda, 2013). Please sit in the back row with the volume muted if you plan on using a computer during class.

Failure to follow these guidelines will result in you:

- Being asked to leave the classroom,
- Receiving a "zero" on the activity (quiz, test, etc.) of the day, and
- Possibly being referred to the Center for Student Rights and Responsibilities to consider whether conduct violated the Code of Student Conduct (Policy 07.012).

Out of Classroom Etiquette (emails and office hours)

Information about this class and updates to the assignments will be posted as announcements on Canvas and sent via email to your UNT account. If you do not use your UNT account on a regular basis, then please forward your e-mail messages to an account that you check on a regular basis.

Please send emails to Ryan.Olson@unt.edu and NOT through Canvas. Students are expected to write professional emails carefully and thoughtfully. For example, please use a meaningful and specific subject line (e.g., KINE 2030: Project 1 Question), a greeting (e.g., Hello Dr. Olson), and a signature with your name at the end (e.g., Best regards, John Doe). Note. 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. Due to the large number of emails that I receive, please include “KINE 2030” in your subject if you want me to receive the email sooner.

If you need to speak with me and have a conflict with office hours, I will be happy to make an appointment at a time that is convenient for us both. Please be punctual.
when we have a scheduled meeting or when you would like to meet with me during office hours. For example, showing up 20 minutes after a scheduled meeting/office hour may result in my door being closed and cancellation of the meeting. Additionally, come to meetings/office hours focused and ready to talk about your ideas and concerns.

**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 [Engagement Guidelines](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 [UNT Policy 04.008, Records Management and Retention](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](https://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 [here](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](mailto: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.

Attendance Standards
It is vital that students attend class in-person and online (i.e., check Canvas, review lecture slides, take lecture quizzes) to improve understanding of course content and stay up to date with course requirements, as the course calendar is subject to change. In the event of illness, students are responsible for notifying the instructor in advance and for making up any missed work. All university excused absences must be accompanied by appropriate documentation. In the event that you are scheduled to take part in an official University function on the date of a quiz or an exam, please contact me in order to schedule a make-up test session.

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:

<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>PERCENT (%)</th>
<th>POINTS</th>
<th>YOUR POINTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Learning Module Quizzes (10 @ 20 pts)</td>
<td>25</td>
<td>200</td>
<td></td>
</tr>
<tr>
<td>Graded Discussions (3 @ 40 pts)</td>
<td>15</td>
<td>120</td>
<td></td>
</tr>
<tr>
<td>Project 1 (1 @ 50 points)</td>
<td>6.25</td>
<td>50</td>
<td></td>
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<tr>
<td>Project 2 (1 @ 80 points)</td>
<td>10</td>
<td>80</td>
<td></td>
</tr>
<tr>
<td>Exams (3 @ 100 pts)</td>
<td>37.5</td>
<td>300</td>
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<tr>
<td>Instructor Evaluation</td>
<td>6.25</td>
<td>50</td>
<td></td>
</tr>
<tr>
<td>TOTALS</td>
<td>100</td>
<td>800</td>
<td></td>
</tr>
</tbody>
</table>

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 Office of the Registrar (https://registrar.unt.edu/grades/incompletes) to review when an Incomplete grade may be granted.

Exams
Four exams will be administered (100 points each) to assess your ability to synthesize the information dealt with in this course. Collectively, these exams will constitute 37.5% of your final grade. The exams will primarily consist of objective-type questions (e.g., multiple choice and matching) but may also contain applied questions based on class discussions. Three of 4 exams will count toward your final grade (300 total points). If you complete > 3 exams, your top 3 scores will be used to calculate a point total. If you complete < 3 exams, only those recorded will be used to calculate a point total and any missing exams will be scored as a 0. If you attempt to take an exam for another student who is absent, then both students will receive a zero and points will be deducted from the final grade. All exams will cover content from class materials and discussions.

Learning Module Quizzes
Multiple quizzes will be administered via Canvas and account for 25% of your final grade. As with exams, they will consist of multiple choice, matching, true/false, or short answer questions. It is your responsibility to read the materials (e.g., syllabus, chapters, lecture notes, and assignments) and prepare prior to each quiz. A total of 12 quizzes will be administered throughout the semester (20 points each). Ten of the 12 quizzes will count toward your final grade (200 total points). If you complete > 10 quizzes, your top 10 scores will be used to calculate your point total. If you complete < 10 quizzes, only those recorded will be used to calculate your point total and any missing quizzes will count as a 0. If you attempt to take a quiz for another student, then both students will receive a zero and points will be deducted from the final grade.

Graded Discussions
Three Graded Discussions will be completed on Canvas and makes up 15% of your final grade. You will be expected to post an original response and two replies to 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 2:00PM on 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 classmates’ 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.

Projects
Two projects will be assigned and represent 16.25% of your final grade.

Project 1: Collaborative Institutional Training Initiative (CITI) Program Certification
For project 1, 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 (not the report summary) 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 under the Project 1 module.

Project 2: 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. Word counts that are slightly below the 500-word goal may still receive full credit (as long as all other components are addressed) while 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.

Instructor Evaluation
Preparedness and class participation will be used in your instructor evaluation which constitutes 6.25% of your final grade.

Preparedness. Students are expected to review the assigned chapter slides, ask questions, share perspectives, and provide constructive feedback. The benefits derived from this course correspond directly to the degree of in-class student preparation.

Participation. Actively involving yourself in class discussions and activities can help develop your understanding of the topics and improve your course grade. Everyone’s final grade will be positively influenced through thoughtful and active class participation.
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:

- Student Health and Wellness Center (https://studentaffairs.unt.edu/student-health-and-wellness-center)
- Counseling and Testing Services (https://studentaffairs.unt.edu/counseling-and-testing-services)
- UNT Care Team (https://studentaffairs.unt.edu/care)
- Individual Counseling (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 add your pronouns to your Canvas account 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:

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

**Additional Student Support Services**

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

**Academic Support Services**

- **Academic Resource Center** ([https://clear.unt.edu/canvas/student-resources](https://clear.unt.edu/canvas/student-resources))
- **Academic Success Center** ([https://success.unt.edu/asc](https://success.unt.edu/asc))
- **UNT Libraries** ([https://library.unt.edu/](https://library.unt.edu/))
- **Writing Lab** ([http://writingcenter.unt.edu/](http://writingcenter.unt.edu/))
# Tentative Class Outline and Schedule

<table>
<thead>
<tr>
<th>WEEK</th>
<th>DATE</th>
<th>DAY</th>
<th>TOPIC</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 1</td>
<td>30-Aug</td>
<td>Tue</td>
<td>Overview of Course &amp; Syllabus</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Discuss PROJECT 1: CITI Program Certification</td>
</tr>
<tr>
<td></td>
<td>1-Sep</td>
<td>Thur</td>
<td>Introduction to Kinesiology</td>
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<tr>
<td>Week 2</td>
<td>6-Sep</td>
<td>Tue</td>
<td>Research in Kinesiology</td>
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<tr>
<td></td>
<td>8-Sep</td>
<td>Thur</td>
<td>Research in Kinesiology</td>
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<tr>
<td>Week 3</td>
<td>13-Sep</td>
<td>Tue</td>
<td>Importance of the Physical Activity Experience</td>
</tr>
<tr>
<td></td>
<td>15-Sep</td>
<td>Thur</td>
<td>GRADED DISCUSSION 1 due</td>
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<tr>
<td></td>
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<td></td>
<td>Importance of the Physical Activity Experience</td>
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<tr>
<td>Week 4</td>
<td>20-Sep</td>
<td>Tue</td>
<td>EXAM #1</td>
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<tr>
<td></td>
<td>22-Sep</td>
<td>Thur</td>
<td>Philosophy of Physical Activity</td>
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<tr>
<td>Week 5</td>
<td>27-Sep</td>
<td>Tue</td>
<td>Philosophy of Physical Activity</td>
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<tr>
<td></td>
<td>29-Sep</td>
<td>Thur</td>
<td>PROJECT 1: CITI Program Certification due</td>
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<td>History of Physical Activity</td>
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<tr>
<td>Week 6</td>
<td>4-Oct</td>
<td>Tue</td>
<td>History of Physical Activity</td>
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<tr>
<td></td>
<td>6-Oct</td>
<td>Thur</td>
<td>Sociology of Physical Activity</td>
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<tr>
<td>Week 7</td>
<td>11-Oct</td>
<td>Tue</td>
<td>GRADED DISCUSSION 2 due</td>
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<td>Discuss PROJECT 2: Potential Career Reflection</td>
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<td></td>
<td>Sociology of Physical Activity</td>
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<tr>
<td></td>
<td>13-Oct</td>
<td>Thur</td>
<td>EXAM #2</td>
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<tr>
<td>Week 8</td>
<td>18-Oct</td>
<td>Tue</td>
<td>Motor Behavior</td>
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<tr>
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<td>20-Oct</td>
<td>Thur</td>
<td>Motor Behavior</td>
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<tr>
<td>Week 9</td>
<td>25-Oct</td>
<td>Tue</td>
<td>Sport and Exercise Psychology</td>
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<tr>
<td></td>
<td>27-Oct</td>
<td>Thur</td>
<td>Sport and Exercise Psychology</td>
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<tr>
<td>Week 10</td>
<td>1-Nov</td>
<td>Tue</td>
<td>Biomechanics of Physical Activity</td>
</tr>
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<td>3-Nov</td>
<td>Thur</td>
<td>GRADED DISCUSSION 3 due</td>
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<td>Physiology of Physical Activity</td>
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<tr>
<td>Week 11</td>
<td>8-Nov</td>
<td>Tue</td>
<td>EXAM #3</td>
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<tr>
<td></td>
<td>10-Nov</td>
<td>Thur</td>
<td>Becoming a Physical Activity Professional</td>
</tr>
<tr>
<td>Week 12</td>
<td>15-Nov</td>
<td>Tue</td>
<td>PROJECT 2: Potential Career Reflection due</td>
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<td></td>
<td>Careers in Health and Fitness</td>
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<tr>
<td></td>
<td>17-Nov</td>
<td>Thur</td>
<td>Careers in Medicine and Allied Health</td>
</tr>
<tr>
<td>Week 13</td>
<td>22-Nov</td>
<td>Tue</td>
<td>Careers in Teaching Physical Education</td>
</tr>
<tr>
<td></td>
<td>24-Nov</td>
<td>Thur</td>
<td>NO CLASS – Thanksgiving Break</td>
</tr>
<tr>
<td>Week 14</td>
<td>29-Nov</td>
<td>Tue</td>
<td>Careers in Coaching and Sport Instruction</td>
</tr>
<tr>
<td></td>
<td>1-Dec</td>
<td>Thur</td>
<td>Careers in Sport Management</td>
</tr>
<tr>
<td>Week 15</td>
<td>6-Dec</td>
<td>Tue</td>
<td>EXAM #4</td>
</tr>
<tr>
<td></td>
<td>8-Dec</td>
<td>Thur</td>
<td>NO CLASS – Pre-Finals Day</td>
</tr>
</tbody>
</table>

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