

PHED 1301 (Hybrid) – Foundations of Kinesiology

Fall, 2017 Syllabus – Wednesday (11:25) & Thursday (9:30/11:25)

INSTRUCTOR:	Patty Donaldson
OFFICE HOURS:	Monday/Tuesday: 10:00am – 11:00 am & 3:00 pm – 4:00 pm Wednesday: 9:00 am – 10:00 am & 2:00 pm – 3:00 pm Friday: by appointment
E-MAIL:	pdonaldson@angelina.edu
PHONE:	936-633-5435
Cell:	214-507-1872 (8am – 10pm)
COURSE DESCRIPTION:	This is a survey course that acquaints the students with the basic principles, objectives, and scope of kinesiology early in his/her training. It is intended to further orient the student by familiarizing students with the history of movement, sports and physical education, recent developments, current research, and potential career paths. 3 lecture hours each week.
CREDIT HOURS:	Three credit hours. This course does not satisfy hours needed for activities course credit.
PREREQUISITES:	None
AUDIENCE:	Freshmen and Sophomores
TEXTBOOK:	Wuest/Fisette, <u>Foundations of Physical Education, Exercise Science, and Sport</u> , 18 th ed. McGraw Hill, 2015.
ADDITIONAL MATERIALS:	Current publications and/or Internet sites.

LEARNING OUTCOMES:

- To understand the nature and scope of kinesiology.
- To gain knowledge concerning the changing concepts in movement and sports.
- To understand the relationship of kinesiology to health, recreation, the teaching profession, and professional organizations.
- To understand and convey the importance, impact, and interrelationship of various sub-disciplines of kinesiology, including motor behavior, biomechanics, exercise physiology, sport sociology, sport psychology, and pedagogy;
- To describe the different career opportunities in the field of kinesiology;
- To analyze and interpret various forms of communication;
- To effectively discover, develop, organize, and phrase the course information in written form through the use of essays, papers, and/or reports;
- To develop the ability to orally communicate clearly, coherently and persuasively the course information through the use of group discussions and/or presentations; and
- To use computer-based technology in communication and acquiring information concerning kinesiology.

ASSESSMENT OF CORE OBJECTIVES

- Critical Thinking (Inquiry, Synthesis, Analysis, & Results) will be directly assessed through the ability to apply knowledge and understanding of fitness concepts in developing a comprehensive work-out plan.
- Communication (Organization, Quality of Sources, & Communication Skills) skills will be directly assessed through verbal/written presentations (using an assessment rubric), written evaluation of fitness test (using a rubric), responses to discussion assignments, and essay exam questions.
- Personal Responsibility (Ethical Issue Recognition, Commitment, & Accountability) will be indirectly assessed through timely completion and submission of individually-completed assignments.

PHED 1301 (Hybrid) – Foundations of Kinesiology

Fall, 2017 Syllabus – Wednesday (11:25) & Thursday (9:30/11:25)

ASSIGNMENTS:

- Full participation in class discussions
- Chapter Quizzes (lowest grade automatically dropped)
- Communication: 2 verbal/written presentations (activity lesson and career information), 5-6 Blackboard Discussion assignments, and 1 Written Evaluation of Fitness test
- Fitness Test
- In-class Exams

POLICIES:

- Children and guests are not allowed in the classroom.
- Students are expected to be present, attentive, and remain in class during the scheduled time. It is the responsibility of the student to attend all classes, but I will also keep a record of attendance. It is the responsibility of the student to withdraw officially in the College admissions and registrar's office from a class the student no longer desires to attend. Students *may* be dropped for non-attendance. All missed assignments, tests, and work will result in a "0" grade and will be averaged into your cumulative grade.
- Any behavior that would disrupt classroom discussion or instruction will not be tolerated and the student will be asked to leave the classroom and **must meet with the instructor before re-admittance back into the class**. Student will lose daily participation grade or any assignment for that day.
- Cell phones are to be turned off during all class times and out of sight, unless otherwise directed.
- Assignments are due on specific dates as scheduled and may not be made up except for excused or pre-arranged absences. Excused absence assignments must be submitted prior to date of absence.
- Tests will not be made up. The final exam grade may be used to replace one missed test. Missed tests will show a grade of 0 until the final exam has been taken.
- Students are required to bring all needed supplies (book, highlighter, pen/pencil, notes, scantron).
- No eating, drinking (except for bottled water), or use of tobacco products in the classroom.
- Registration with RAVE for emergency notifications including weather-related is automatic. If you do not wish to receive text messages regarding campus emergencies, you must opt-out. Go to www.getrave.com for further instructions.
- If you have a disability (as cited in Section 504 of the Rehabilitation Act of 1973 or Title II of the Americans with Disabilities Act of 1990) that may affect your participation in this class, you should see Sellestine Hunt, Associate Dean of Student Services, Student Center, Room 200. At a post-secondary institution, you must self-identify as a person with a disability; Ms. Hunt will assist you with the necessary information to do so.
- To report any complaints of discrimination related to disability, gender (Title IX), religion, sport, race, or age, you should contact Dean Steve Hudman in Student Center, Rm. 101, [\(936\) 633-5293](tel:9366335293) or by email at shudman@angelina.edu.

EVALUATION: The grade will be derived from the following:

- 30% - 3 Written tests over Blackboard material & text
 - 30% - Communication (2 verbal & 1 written) & fitness test
 - 20% - Quizzes (drop lowest)
 - 20% - Discussion Board (5-6)
- A=90-100%, B=80-89%, C=70-79%, D=60-69%, F=below 59.5%

TEST DATES: Test #1 at the conclusion of chapter 3 (chapters 1 – 3)
 Test #2 at the conclusion of chapter 7 (chapters 4 – 7)
 Test #3 (final exam – cumulative)

PHED 1301 (Hybrid) – Foundations of Kinesiology
Fall, 2017 Syllabus – Wednesday (11:25) & Thursday (9:30/11:25)

Wk of:	In class	Blackboard	Due: EVERY Monday at noon
8/28	Introductions: syllabus, email, & Blackboard tutorial	Bb Discussion #1: autobiography Syllabus quiz Take quizzes #1 & #2	Bb Assignment #1 & ALL quizzes due 9/4 @ noon
9/4	ch 1 & 2 notes; Bloom's Taxonomy	Print/View Chapter 1 & 2 notes Take quiz #3	Quiz #3 due: 9/11 @ noon
9/11	Chapter 3 notes; assign Lifetime Activity to present	Print/View Ch 3 notes; Bb Written Assignment #2: Coaching Philosophy	Bb Assignment #2 due: 9/18 @ noon
9/18	Presentations on Lifetime Activity	Study for Test #1	
9/25	Test #1	Review chapter 4 notes (no class discussion); quizzes #4 & #5	Quizzes #4/5 due: 10/2 @ noon
10/2	Discuss results of test #1, chapter 5 lecture	Print/view chapter 7 notes; take quiz #7	Quiz #7 due 10/9 @ noon
10/9	Discuss Chapter 7 Evaluation instructions	Bb Written Assignment #3: FITT Workout Plan	Bb Assignment #3 due 10/16 @ noon
10/16	Fitness test (dress to work out)	Written evaluation of fitness test Quiz #6	Quiz #6 & written eval due Monday, 10/23 @ noon
10/23	Discuss Chapter 6 (biomechanics)	Study for Test #2	
10/30	Review & Test #2 (chapters 4 – 7)	take quizzes #8, #9, & #10	Quizzes #8/9/10 due Monday, 11/6 @ noon
11/6	Chapters 8-10 lecture	Print/view notes for ch 8/9/10 Take quizzes #11 & #12	Quizzes #11/12 due Monday, 11/13
<i>11/10</i>	<i>Extra Credit: Fall Fun Day</i>	<i>Anderson Elementary</i>	
11/13	Chapters 11 & 12 lectures Assign career to teach	Bb Written Assignment #4: Fitness Test Comparison	Bb Assignment due Monday, 11/20 @ noon
<i>11/17</i>	<i>Extra Credit: Turkey Trot</i>	<i>Burley Primary</i>	
11/20	Thanksgiving Holiday		
11/27	Walk: TAHPERD Convention	Bb Discussion #5: Issues and Quiz #13/14	Bb assignment #5 & quiz #13/14 due Monday, 12/4 @ noon
12/4	Career Presentation	Learner Survey	
12/11	Final Cumulative Exam Schedule : <ul style="list-style-type: none"> • Wednesday 11:25 (Y01): Monday, 12/11 @ 11:00 am • Thursday 9:30 (Y02): Thursday, 12/14 @ 9:00 am • Thursday 11:25 (Y03): Tuesday, 12/12 @ 11:00 am 		

PHED 1301 (Hybrid) – Foundations of Kinesiology
Fall, 2017 Syllabus – Wednesday (11:25) & Thursday (9:30/11:25)

I have read the syllabus and understand my responsibilities and requirements for PHED 1301. _____

	Name	Signature	Date
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
18			
19			
20			
21			
22			