

PHED 1301 (Hybrid) – Foundations of Kinesiology

Spring, 2018 Syllabus – Tuesday (11:25) & Wednesday (9:30/11:25)

INSTRUCTOR:	Patty Donaldson
OFFICE HOURS:	Monday/Tuesday/Thursday: 10:00 – 11:00 & 3:00 – 4:00 Wednesday: 3:00 – 4:00 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> , 19 th ed. McGraw Hill, 2018.
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 (pending approval by THECB)

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

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ASSIGNMENTS:

- Full participation in class discussions
- Chapter Quizzes (lowest grade automatically dropped)
- Communication: 2 verbal/written presentations (activity lesson and career information), 5 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 and a record of attendance will be kept. 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 (e.g. satellite conversation with neighbor) 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 and any subsequent absences as a result.
- 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 absences (or pre-arranged). 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 ANY 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, contact Dean Steve Hudman in Student Center, Rm. 101, (936) 633-5292 or shudman@angelina.edu. At a post-secondary institution, you must self-identify as a person with a disability.
- To report any complaints of discrimination related to disability, gender (Title IX), religion, race, sport, or age, also contact Dean Hudman at 633-5292, shudman@angelina.edu or in room SC101.

EVALUATION: The grade will be derived from the following:

- 30% - 3 Written tests over Blackboard material & text
 - 30% - Classroom communication (2 verbal & 1 written) & fitness test
 - 20% - Quizzes (automatically 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)

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Wk of:	In class	Blackboard	Due: EVERY Monday at noon
1/15	Introductions: syllabus, email, & Blackboard tutorial	Discussion #1: autobiography – follow directions! Syllabus quiz Take quizzes #1 & #2	Discussion & quizzes due Monday 1/22 @ noon
1/22	ch 1 & 2 Lecture/Discussion; Bloom's Taxonomy	Print/View Chapter 1 & 2 notes Take quiz #3	Quiz due: Monday 1/29 @ noon
1/29	Chapter 3 Lecture & Discussion; assign Lifetime Activity to present	Print/View Ch 3 notes; Assignment #1 Black History Poster	Poster & presentation due: Monday 2/5 @ noon
2/5	Presentations on Lifetime Activity	Study for Test #1	
2/12	Test #1	Review chapter 4 notes; Print/view chapter 5 notes; take quizzes #4 & #5	Quizzes #4 & #5 due: Monday, 2/19 @ noon
2/19	Discuss test #2, chapter 5 Lecture & Discussion	Print/view chapter 7 notes; take quiz #7	Quiz #7 due 2/26 @ noon
2/26	Chapter 7 Lecture & Discussion; BMI data	Blackboard Assignment #2: Week-long Work-out Program	Work-out due Monday, 3/5 @ noon
3/5	Fitness Test (cardio, muscular, & flexibility)	Write evaluation of performance on fitness test	Evaluation paper due: Monday, 3/12 @ noon
3/12	SPRING BREAK!	Discussion #2: spring break plans	Quiz #6 & discussion due Monday, 3/19 @ noon
3/19	Chapter 6 Lecture & Discussion	Study for Test #2	
3/26	Test #2 (chapters 4 – 7)	Print/view chapter 8 notes; take quiz #8	Quiz #8 due Monday, 4/2 @ noon
4/2	Chapter 8 Lecture & Discussion	Print/view notes for chapters 9 & 10; take quizzes #9 & #10	Quizzes #9 & #10 due Monday, 4/9
4/9	Chapters 9 & 10 Lecture & Discussion	Print/view chapter 11 notes; take quiz #11	Quiz #11 & discussion due Monday, 4/16 @ noon
4/16	Chapter 11 Lecture & Discussion	Print/view chapter 12/13/14 notes; take Quiz #12 & #13/14 quiz	Quizzes #12 & #13/14 due Monday, 4/23 @ noon
4/23	Chapters 12/13/14 Lecture & Discussion; assign careers	Discussion #3: Issues Prepare Powerpoint presentation	Discussion & powerpoint due Monday, 4/30 at noon
4/30	Career Presentation Discuss current averages and repercussions (my office)	Learner's Survey	
5/7	Final Cumulative Exam: <ul style="list-style-type: none"> • Tuesday 11:25 • Wednesday 9:30 • Wednesday 11:25 	Exam: Tuesday, 5/8 @ 11:00 Exam: Wednesday, 5/9 @ 9:00? Exam: Monday, 5/7 @ 11:00	

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

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