

PHED 1301 – Foundations of Kinesiology

Fall, 2018 Syllabus – Tuesday/Thursday @ 11:25

INSTRUCTOR:	Patty Donaldson
OFFICE HOURS:	Monday – Thursday: 10:00 – 11:00 Monday/Wednesday: 2:00 – 3:00 Friday by appointment
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COURSE DESCRIPTION:	This course 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 the 2 hours needed for activities course credit.
PREREQUISITES:	None
AUDIENCE:	Freshmen and Sophomores
TEXTBOOK:	Introduction to Kinesiology, 5 th ed. Shirl Hoffman and Duane V. Knudson, Editors
ADDITIONAL MATERIALS:	Current publications and/or Internet sites.

COURSE CONTENT: This course is designed to introduce the student to kinesiology. Materials are presented that contain information that prospective teachers as well as practitioners in the field want and need to know so that they can render the greatest service to their clients and help their field of endeavor gain respect which will ensure a strong professional status in a changing world.

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 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:

- 20% - Attendance and full participation in class discussions
- 20% - Communication: 2 verbal presentations with PowerPoint (activity lesson and career information)
- 10% - Critical Thinking Assessment (Fitness Plan)
- 20% - Fitness Test
- 30% - 3 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:

- 40% - 4 written tests (including cumulative final exam) over lecture material and text
- 10% - Fitness Test
- 10% - Fitness Plan
- 20% - 2 verbal presentations
- 20% - Daily attendance/behavior/participation
- A=90-100%, B=80-89%, C=70-79%, D=60-69%, F=below 59%

TEST DATES:

- Test #1 at the conclusion of chapters 1 – 3
- Test #2 at the conclusion of chapters 4 – 6 & 8
- Test #3 at the conclusion of chapters 7, 9, & 10
- Final exam: cumulative (chapters 1 – 16)

*SYLLABUS IS SUBJECT TO INSTRUCTOR MODIFICATION.

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Week	Date	Day		
1	8/28	1	Introductions (email)	
	8/30	2	Ch. 1 Introduction to Kinesiology	
2	9/4	3	<i>WALK: TABC conference</i>	
	9/6	4	Ch. 2 Spheres of Physical Activity Experiences	
3	9/11	5	Ch. 3 Importance of Physical Activity Experiences	
	9/13	6	FITNESS TEST (upstairs)	
4	9/18	7	PRESENTATION: Non-traditional sport or activity	
	9/20	8	Test #1 (Chapters 1 – 3)	
5	9/25	9	Ch. 4 Philosophy of Physical Activity	
	9/27	10	Instructions for Extra Credit	
6	10/2	11	<i>WALK: Extra Credit – Chapters 4 & 5 Quiz on Blackboard</i>	
	10/4	12	<i>WALK: Extra Credit – Chapters 6 & 8 Quiz on Blackboard</i>	
7	10/9	13	Ch. 5 History of Physical Activity	
	10/11	14	Ch. 6 Sociology of Physical Activity	
8	10/16	15	Ch. 8 Sport and Exercise Psychology	
	10/18	16	Test #2 (Chapters 4 – 6 & 8)	
9	10/23	17	Ch. 7 Motor Behavior	
	10/25	18	Ch. 7 Motor Behavior	
10	10/30	19	Ch. 9 Biomechanics of Physical Activity	
	11/1	20	Ch. 9 Biomechanics of Physical Activity	
11	11/6	21	Ch. 10 Physiology of Physical Activity	
	11/8	22	Ch. 10 Physiology of Physical Activity	
	11/9		<i>Extra Credit: Anderson Elementary Fall Fun Day</i>	
12	11/13	23	Test #3 (Chapters 7, 9, & 10)	
	11/15	24	Ch. 11 Becoming a Physical Activity Professional	
13	11/20	25	Ch. 14 Careers in Teaching Physical Activity	
	11/22		THANKSGIVING	
14	11/27	26	Ch. 15 Careers in Coaching; Instructions for Presentation	
	11/29	27	<i>WALK: TAHPERD Convention (work on career presentation and final exam review)</i>	
15	12/4	28	PRESENTATION: non-teaching/coaching career	
	12/6	29	Final Exam Review	
16	12/11?		Final Exam (Chapters 1 – 16) @ 11:00	