

PHED 1301 – Foundations of Kinesiology

Fall, 2018 Syllabus – Hybrid (Wednesday @ 11:40am)

INSTRUCTOR: Patty Donaldson

OFFICE HOURS: Monday – Thursday: 10:00 am – 11:00 am
Monday/Wednesday: 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: *Introduction to Kinesiology*, 5th ed. Hoffman and Knudson, editors.

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), and indirectly assessed through 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.

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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), 4 Blackboard Discussion/Written assignments, and 1 Fitness Plan
- 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 nonattendance. 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 readmittance back into the class**. Student will lose 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 need to visit Steve Hudman, Dean of Student Services, in Room SC101 of the Student Center, call at 936-633-5293, or email at shudman@angelina.edu. At a post-secondary institution, you must self-identify as a person with a disability; Dean Hudman will assist you with the necessary information to do so.
- To report any complaints of discrimination related to disability, gender (Title IX), religion, race, age, or sport, you should contact Dean Hudman in Student Center, Rm. SC101, [\(936\) 633-5293](tel:9366335293) or by email at shudman@angelina.edu.

EVALUATION: The grade will be derived from the following:

30% - 4 Written tests over Blackboard material & text

30% - Communication (2 verbal/written) & fitness test

20% - Quizzes (drop lowest)

20% - Written Blackboard assignments/Discussion Board (4)

A=90-100%, B=80-89%, C=70-79%, D=60-69%, F=below 59.5%

TEST DATES:

Test #1 will cover chapters 1 – 3

Test #2 will cover chapters 4 – 6 & 8

Test #3 will cover chapters 7, 9, & 10

Test #4 (cumulative final exam) will cover chapters 1 – 16

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Date:	In class	Blackboard	Due: EVERY Monday at noon
8/29	Introductions: syllabus, email, & Blackboard tutorial	Bb Discussion #1 (autobiography) & syllabus quiz	Bb Assignment #1 & syllabus quiz due 9/3 @ noon
9/5	WALK: BB assignments only	Print/View Chapter 1 – 3 notes take quizzes #1, #2 & #3	Quizzes 1/2/3 due: 9/10 @ noon
9/12	Discuss chapters 1-3 notes; assign Nontraditional Activity	Print/View Ch 3 notes; Bb Written Assignment #2: Coaching Philosophy	Bb Assignment #2 and presentation due Monday, 9/17 @ noon
9/19	Presentations on Nontraditional Physical Activity	Study for Test #1	
9/26	Test #1 (chapters 1 – 3)	Print/view chapter 4 & 5 notes; take quizzes #4 & #5	Quizzes 4/5 and Fit Plan due Mon, 10/1 @ noon
10/3	WALK: BB assignments only	Print/view chapter notes; take quizzes #6 & #8	Quizzes 6/8 due 10/8 @ noon
10/10	Discuss Chapters 4-6 & 8)	Study for Test #2	
10/17	Test #2 (chapters 4 – 6 & 8)	Print/view Chapter 7 notes; take quiz #7 Bb Written Assignment #3: FITT Work-out Plan	Quiz #7 & Fit Plan due Monday, 10/22 @ noon
10/24	Discuss Chapter 7 (Motor Behavior)	Print/view chapter 9 & 10 notes; take quizzes #9 & #10	Quizzes 9/10 due Monday, 10/29 at noon
10/31	Discuss Chapters 9 & 10	Study for Test #3	
11/7	Test #3 (chapters 7, 9, & 10)	Print/view notes for chapters 11, 14, & 15; take quizzes #11, #14 & #15	Quizzes 11/14/15 due Monday, 11/12 @ noon
<i>11/9</i>	<i>Extra Credit: Fall Fun Day</i>	<i>Anderson Elementary</i>	
11/14	Discuss chapters 11, 14 & 15; Assign career to prepare	Bb Discussion #4: Issues and work on presentation	Bb Assignment #4 due Monday, 11/19 @ noon
11/21	Thanksgiving Holiday		
11/28	WALK: TAHPERD Convention	Work on presentation; print/view chapters 12 & 13 notes; take quizzes #12 & #13	Quizzes 12/13 & presentation due Mon, 12/3 @ noon
12/5	WALK: L-2 Training	Learner Survey & Study for Final Exam	
12/10	Cumulative Final Exam	MONDAY, 12/10 @ 11:00am	