

Sul Ross State University
PE 3307 – Kinesiology
Summer II 2016

Instructor: CJ Richardson, MEd., MA, CSCS, USAW-1
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Location: MAB 205
Meeting Time: Online
Office Location: Graves-Pearce – 102C
Office Hours: TBA

Course Description:

This course is an introduction to kinesiology as a field of study. It provides an overview of the field of kinesiology and the professions which depend on kinesiological knowledge. This course will also cover information related to the anatomical, mechanical, physiological, neural, and psychological studies of human movement, physical activity, and athletic performance.

Teaching Approach:

This will be a lecture-based course which will also include class discussion, Blackboard homework assignments, exams, and a group presentation.

Course Text:

NO REQUIRED TEXT. MATERIAL WILL BE PRESENTED FROM THE FOLLOWING SOURCES:

Abernethy, B., Kippers, V., Hanrahan, S.J., Pandy, M.G., McManus, A.M., & Mackinnon, L.T. (2013). *Biophysical foundations of human movement (3rd ed)*. Champaign, IL: Human Kinetics.

Baechle, T.R. & Earle, R.W. (2008). *Essentials of Strength Training & Conditioning (3rd ed)*. Champaign, IL: Human Kinetics.

Williams, J.M. (2010). *Applied Sport Psychology (6th ed)*. New York, NY: McGraw Hill.

Thompson, J.L., Manore, M.M., & Vaughan, L.A. (2008). *The Science of Nutrition*. San Francisco, CA: Pearson Education.

Student Learning Outcomes: Bachelor of Science in Kinesiology and Human Performance

1. The Kinesiology and Sport Science students will understand the principles of motor learning; understand the practice for developing motor skills; apply knowledge to biomechanical principles; apply knowledge of individual and team sports and understand the principles of dance, personal performance activities, recreational activities and outdoor pursuits (Movement Skills and Knowledge Domain).
2. The Kinesiology and Sport Science students will understand major body systems, principles of physical fitness and benefits of a healthy lifestyle; understand the principles and activities for developing cardiovascular endurance; understand principles and activities for developing and maintaining flexibility, muscular strength and endurance; and understand health and wellness concepts (Health-Related Physical Fitness Domain).
3. The Kinesiology and Sport Science students will know how to use effective instruction and assessment to prepare physically educated individuals; understand factors relevant to learning and performance in physical education and use knowledge to promote students' development; understand the structure and purposes of physical education programs; and understand legal issues and responsibilities of physical education teachers (The Physical Education Program Domain).

Standard Alignment:

Standard II: The physical education teacher understands principles and benefits of a healthy, physically active lifestyle and motivates students to participate in activities that promote this lifestyle.

Competency 006: The teacher understands major body systems, principles of physical fitness development and training and the benefits of a healthy, active lifestyle.

Classroom Policies:

Students are to arrive to class on time. Cell phones must not be visible or heard during class, or student could be asked to leave the room. Such a disturbance and dismissal from class will count as an unexcused absence.

Academic Dishonesty:

The basic definition of "Academic Dishonesty" is presenting work as your own that you are not entirely responsible for. This includes, but is not limited to, plagiarism, cheating on exams or assignments, and collusion. Academic Dishonesty will result in an F in the course.

Program Accessibility:

Sul Ross State University is committed to equal access in compliance with the Americans with Disabilities Act of 1973. It is the student's responsibility to initiate a request for accessibility services. Students seeking accessibility services must contact Mary Schwartz, M. Ed., L.P.C., in Counseling and Accessibility Services, Ferguson Hall, Room 112. The mailing address is P.O. Box C-122, Sul Ross State University, Alpine, Texas 79832. Telephone: 432-837-8691. E-mail: mschwartz@sulross.edu

Grade Breakdown:

Attendance/Participation	250
Exams	300
Group Presentation	150
Blackboard Assignments	300

Total	1000
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Attendance/Participation:

Every day you will have the opportunity to earn 10 Attendance/Participation points. You will receive 5 points for showing up on time and staying for the whole class, and you can earn another 5 points by participating. This point structure will allow you to miss 3 classes before your grade starts to be affected by absences.

Regular absences and/or tardiness may be grounds for being dropped from the course. Excused absences must be documented.

Exams:

There will be 3 exams throughout the semester. Each will be worth 150 points, and I will drop your lowest exam grade at the end of the semester.

Group Presentation:

You will work with a small group to give a presentation to the class. Topics will be chosen later in the semester. This will be worth 150 points.

Assignments:

There will be a Blackboard assignment due each week. These assignments are worth 20 points each and will count as your Friday attendance for most weeks.

Tentative Weekly Schedule:**WEEK 1**

Monday, August 22nd – Class Introduction; Review Syllabus; Student Information

Wednesday, August 24th – Human Movement Studies as a Profession; History & Applications of Kinesiology

Friday, August 26th – Blackboard Assignment (Due by 10:00 AM)

WEEK 2

Monday, August 29th – Musculoskeletal System; Anthropometry

Wednesday, August 31st – Musculoskeletal Changes Across the Lifespan; Musculoskeletal Adaptations to Training

Friday, September 2nd – Blackboard Assignment (Due by 10:00 AM)

WEEK 3

Monday, September 5th – NO CLASS (LABOR DAY)

Wednesday, September 7th – Bioenergetics & Movement Efficiency; Biomechanical Adaptations to Training; Injuries

Friday, September 9th – Blackboard Assignment (Due by 10:00 AM)

WEEK 4

Monday, September 12th – EXAM #1 Review

Wednesday, September 14th – **EXAM #1**

Friday, September 16th – Blackboard Assignment (Due by 10:00 AM)

WEEK 5

Monday, September 19th – Post-Exam Review

Wednesday, September 21st – Exercise Metabolism; Energy Systems; Muscle Fiber Types

Friday, September 23rd – Blackboard Assignment (Due by 10:00 AM)

WEEK 6

Monday, September 26th – Nutrition & Exercise; Start Nutrition Film

Wednesday, September 28th – Finish Nutrition Film

Friday, September 30th – Blackboard Assignment (Due by 10:00 AM)

WEEK 7

Monday, October 3rd – Body Composition; Ergogenic Aids

Wednesday, October 5th – Physiological Adaptations to Training

Friday, October 7th – Blackboard Assignment (Due by 10:00 AM)

WEEK 8

Monday, October 10th – Neuromuscular System; Motor Control; Reflexes

Wednesday, October 12th – Motor Control; Motor Development Motor Learning

Friday, October 14th – Blackboard Assignment (Due by 10:00 AM)

WEEK 9

Monday, October 17th – Exam #2 Review

Wednesday, October 19th – **EXAM #2**

Friday, October 21st – Blackboard Assignment (Due by 10:00 AM)

WEEK 10

Monday, October 24th – Post-Exam Review

Tuesday, October 26th – Sport Psychology; Exercise Psychology

Thursday, October 28th – Blackboard Assignment (Due by 10:00 AM)

WEEK 11

Monday, October 31st – Psychological Adaptations to Training; Children and Adolescents in Sport & Exercise

Wednesday, November 2nd – Disease & Physical Activity; Thermoregulation; Effects of Altitude

Friday, November 4th – Blackboard Assignment (Due by 10:00 AM)

WEEK 12

Monday, November 7th – Group Presentation Work Day

Wednesday, November 9th – Group Presentations

Friday, November 11th – Blackboard Assignment (Due by 10:00 AM)

WEEK 13

Monday, November 14th – Group Presentations

Wednesday, November 16th – Group Presentations

Friday, November 18th – Blackboard Assignment (Due by 10:00 AM)

WEEK 14

Monday, November 21st – Blackboard Assignment (Due by 10:00 AM)

Wednesday, November 23rd – THANKSGIVING BREAK

Friday, November 25th – THANKSGIVING BREAK

WEEK 15

Monday, November 28th – Final Exam Review

Wednesday, November 30th – Blackboard Assignment (Due by 10:00 AM)

FINAL EXAM

TUESDAY, DECEMBER 6TH – 8:00 AM