

Sul Ross State University
PE 3307 – Kinesiology
2017 Spring Semester

Instructor: CJ Richardson, MEd., MA, CSCS, USAW-1
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Location: MAB 205
Meeting Time: Monday/Wednesday/Friday 9:00-9:50
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, 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 Objective:

- The student understands major body systems, principles of physical fitness development and training and the benefits of a healthy, active lifestyle.
- The teacher understands principles and activities for developing and maintaining flexibility, posture and muscular strength and endurance.

Student Objectives: At the end of the course the students will be able to

- A. Demonstrate knowledge of the principles and benefits of a physically active lifestyle and ways to provide students with learning opportunities that promote participation in and enjoyment of physical activities.
- B. Demonstrate knowledge of the structures, functions, components and actions of major body systems and how various body systems produce movement, adapt to physical activity and contribute to fitness.
- C. Analyze the physiological effects of moderate and vigorous physical activity during and after exercise and knows the risks associated with inactivity and the health benefits of regular participation in physical activity (e.g., decreased risk of illness, lowered resting heart rate).
- D. Apply knowledge of the basic components of health-related fitness (i.e., cardiovascular endurance, muscular strength and endurance, flexibility and body composition) and their significance in relation to physical activity, health and fitness.
- E. Demonstrate an understanding of basic principles of physical fitness training (e.g., frequency, intensity, type, duration, progressive overload, specificity), and knows principles and benefits of warm-up and cool-down exercise procedures.
- F. Analyze individual variation in levels of health and fitness and knows principles and techniques for designing, implementing and maintaining individualized health and fitness plans (e.g., setting realistic short-term goals, evaluating and selecting activities to achieve goals)

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.

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:

Qualified students with disabilities needing academic or other accommodations to ensure full participation in the programs, services and activities at Sul Ross State University should contact

Disability Services Coordinator, Ferg 112, Box C-122, Alpine, TX, 79832 (432-837-8203).

Grade Breakdown:

| | |
|---------------------------|-----|
| Attendance/Participation | 250 |
| Exams | 300 |
| Group Presentation | 150 |
| Assignments/Presentations | 300 |

Total **1000**

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 4 assignments given at different intervals throughout the semester. They will be worth 75 points each. Late assignments will lose 15 points for each class day that the assignment is not turned in.

Tentative Weekly Schedule:

WEEK 1

Wednesday, January 20th - Class Introduction; Review Syllabus; Student Information

Friday, January 22nd - Human Movement Studies as a Profession; History & Applications of Kinesiology

WEEK 2

Monday, January 25th - Musculoskeletal System; Anthropometry

Tuesday, January 26th – Current Issues in Kinesiology

Thursday, January 28th – Musculoskeletal Changes Across the Lifespan; Musculoskeletal Adaptations to Training

WEEK 3

Monday, February 1st – Professions in the Field of Kinesiology

Tuesday, February 2nd – **Assignment #1**

Thursday, February 4th – Work Day for Mini-Presentations

WEEK 4

Monday, February 8th – **Mini-Presentations**

Wednesday, February 10th – **Mini-Presentations**

Friday, February 12th – **Mini-Presentations**; OR Current Issues Topic

WEEK 5

Monday, February 15th – Bioenergetics & Movement Efficiency; Biomechanical Adaptations to Training; Injuries

Wednesday, February 17th – Exercise Metabolism; Energy Systems; Muscle Fiber Types

Friday, February 19th – EXAM #1 Review

WEEK 6

Monday, February 22nd – **EXAM #1**

Wednesday, February 24th – Post-Exam Review; Nutrition & Exercise

Friday, February 26th – Work Day for Mini-Presentations

WEEK 7

Monday, February 29th – **Mini-Presentations**

Wednesday, March 2nd – **Mini-Presentations**

Friday, March 4th – **Mini-Presentations**; OR Current Issues Topic

WEEK 8

Monday, March 7th – Body Composition; Ergogenic Aids

Wednesday, March 9th – Physiological Adaptations to Training

Friday, March 11th – Physiological Adaptations to Training (continued)

WEEK 9

Monday, March 14th – *SPRING BREAK*

Wednesday, March 16th – *SPRING BREAK*

Friday, March 18th – *SPRING BREAK*

WEEK 10

Monday, March 21st – Neuromuscular System; Motor Control; Reflexes

Tuesday, March 22nd – Motor Control; Motor Development

Thursday, March 24th – EXAM #2 Review

WEEK 11

Monday, March 28th – **EXAM #2**

Wednesday, March 30th – Post-Exam Review

Friday, April 1st – Motor Learning

WEEK 12

Monday, April 4th – Sport Psychology; Exercise Psychology

Wednesday, April 6th – Psychological Adaptations to Training; Children and Adolescents in Sport & Exercise

Friday, April 8th – **Sport Psychology In-Class Assignment**

WEEK 13

Monday, April 11th – Disease & Physical Activity

Wednesday, April 13th – Thermoregulation; Effects of Altitude

Friday, April 15th – Current Issues Topic

WEEK 14

Monday, April 18th – Group Presentations Work Day

Wednesday, April 20th – Group Presentations Work Day

Friday, April 22nd – **Group Presentations**

WEEK 15

Monday, April 25th – **Group Presentations**

Wednesday, April 27th – **Group Presentations**

Friday, April 29th – **Group Presentations**

WEEK 16

Monday, May 2nd – Final Exam Review

FINAL EXAM

Wednesday, May 11th – **8:00 AM**