SUL ROSS STATE UNIVERSITY

Department of Kinesiology
and Human Performance
Fall 2018

PE 3307 MCI - KINESIOLOGY

MWF 9:00 – 9:50 am
Morelock Academic Building – RM 205
Instructor: Jim Hector, Ed.D.
This syllabi is subject to revision. Please check Blackboard for updates.

Office #: GPC 202A
Phone: (432) 837-8213
Office Hrs: Monday and Wednesday 11:00 – 12:00 and 1:30 – 4:00 pm
Tuesday and Thursday 1:30 – 4:00 pm
and By Appointment
Email: jhector@sulross.edu

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.

Purpose of Course: The purpose of this course is to 1) create an academic atmosphere in which students may develop their intellects and skills; and 2) provide courses so that students may receive a certificate and/or associate degree or transfer to a senior institution that offers accalaureate degrees

Recommended 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 Objectives: At the conclusion of the course a student 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)

Student Learning Outcomes:

- 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.

Texas Education Agency Standards

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.

Style of Teaching: The objectives of this course will be met through an integrated teaching style that will include lecture, discussion, and presentations. Students will be encouraged to remain actively involved in class discussions and will be responsible for reading all assigned material for

this class. This is a face-to-face and blackboard course. No assignments shall be accepted via email and **all** assignments shall be either turned in on blackboard or during class.
Distance Education Statement: Students enrolled in distance education courses have equal access to the university's academic support services, such as Smarthinking, library resources, such as online databases, and instructional technology support. For more information about accessing these resources, visit the SRSU website. Students should correspond using Sul Ross email accounts and submit online assignments through Blackboard, which requires secure login information to verify students' identities and to protect students' information. ***[If the course requires students to take proctored exams or to purchase additional software or equipment, please describe those requirements here.]*** The procedures for filing a student complaint are included in the student handbook. Students enrolled in distance education courses at Sul Ross are expected to adhere to all policies pertaining to academic honesty and appropriate student conduct, as described in the student handbook. Students in web-based courses must maintain appropriate equipment and software, according to the needs and requirements of the course, as outlined on the SRSU website.

SRSU Disability Services:

The University is committed to equal access in compliance with the Americans with Disabilities Act of 1990 and Section 504 of the Rehabilitation Act of 1973. The Disability Services Coordinator in Counseling and Student Support Services has the responsibility to ensure students with disabilities the opportunity for full participation in programs, services and activities. Students seeking disability services need to contact the Disability Services Coordinator located in the University Center Room 211. The mailing address is PO Box C-171, Sul Ross State University, Alpine, Texas 79832. The telephone is 432-837-8178; fax is 432-837-8724.

Academic Integrity:

Students in this class are expected to demonstrate scholarly behavior and academic honesty in the use of intellectual property. A scholar is expected to be punctual, prepared, and focused. Meaningful and pertinent participation is required.

1 Examples of academic dishonesty include, but are not limited to:
- Turning in work as original that was used in whole for another course and/or professor;
- Turning in another person's work as one's own;
- Copying from professional works or internet sites without citation.

Any of these offenses will result in a zero for the assignment with no option to redo for credit

General Responsibilities: *Attendance:* Classroom attendance and participation is a requirement. In accordance with the University catalog, a student with excessive (unexcused) absences will be dropped from the course. Six absences for a Tuesday-Thursday course is considered excessive. Continued tardiness is undesirable and is also grounds for a student to be dropped from the course (three tardies will equal one absence). **Excused absences must be made up within one week of the absence by submitting on blackboard a two-paged double spaced type-written abstract on the material of the day missed. Students should contact instructor the day after returning to class for the abstract assignment.**

Course Requirements: Classroom attendance is required. Appropriate dress and classroom decorum is expected. It is the responsibility of the student to notify my office before, or immediately after, the absence if it is to be excused. There will be homework assignments during the semester. One major homework assignment will be a project involving testing and data analysis. There will also be several short quizzes and classroom assignments during the semester. All of the short quizzes and assignments will be worth a total of 500 points. Daily work and participation is worth 25 points. Three major exams will be given during the semester, one of which will be the final. The final exam will be worth 100 points and the other two exams will be worth 100 points each.

Cell phone policy: The use of cell phones, smart phones, or other mobile communication devices is disruptive, and is therefore prohibited during class. Except in emergencies, those using such devices must leave the classroom for the remainder of the class period.

Grading:
1000 total points possible

- Mid-Term Exam = 100 points
- Final Exam = 100 points
- In-Class Activities (30 @ 20 points each) = 600 pts.
- Group Presentations = 100 points
- Outside Assignment = 50 points
- Writing Assignment = 50 points

900 – 1000 points = A
800 – 899 points = B
700 – 799 points = C
600 – 699 = D
F < 600

Tentative Course Outline

This schedule is subject to revision. Please check Black Board for updates.
REVIEW ALL DUE DATES. TOPICS WILL NOT BE AVAILABLE AFTER DUE DATES

Dates	Topic
Monday, August 27	***Orientation***
Wednesday, August 29	***Basic Information***
Friday, August 31st	***Planes of Motion***
Monday, Sept. 3	***Motion Chart***
Wednesday, Sept. 5	***The Shoulder Girdle***

Friday, Sept. 7	***The Shoulder Girdle***
Monday, Sept. 10	***The Shoulder Joint***
Wednesday, Sept. 12	***The Shoulder Joint***
Friday. Sept. 14	***The Elbow and radioulnar joint***
Monday, Sept. 17 (online)	***The Elbow and radioulnar joint***
Wednesday, Sept. 19	***The wrist and hand joints***
Friday. Sept. 21	***The wrist and hand joints***
Monday, Sept. 24	***Muscular analysis of upper extremities***
Wednesday, Sept. 26	***Muscular analysis of upper extremities***
Friday. Sept. 28	***The hip joint and pelvic girdle***
Monday, Oct. 1 (online)	***The hip joint and pelvic girdle***
Wednesday, Oct 3	***The knee joint***
Friday. Oct. 5	***The knee joint***
Monday, Oct. 8	***The ankle and foot joints***
Wednesday, Oct 10	***The ankle and foot joints***
Friday. Oct. 12	***The trunk and spinal column***
Monday, Oct. 15 (online)	***The trunk and spinal column***
Wednesday, Oct 17	***Mid-term exam review***
Friday. Oct. 19	***MID-TERM EXAM***
Monday, Oct. 22	***Newton's laws of motion***
Wednesday, Oct 24	***Newton's laws of motion***
Friday. Oct. 26	***Balance, equilibrium, and stability***
Monday, Oct. 29	***Balance, equilibrium, and stability***
Wednesday, Oct 31	**Linear Kinematics**
Friday. Nov. 2	**Linear Kinematics**
Monday, Nov. 5 (online)	***Angular Kinematics***
Wednesday, Nov. 7	***Angular Kinematics***
Friday. Nov. 9	***Linear Kinetics***
Monday, Nov. 12	***Linear Kinetics***
Wednesday, Nov. 14	***Angular Kinetics***
Friday. Nov. 16	***Angular Kinetics***
Monday, Nov. 19	***Types of Mechanical Analysis***
Wednesday, Nov. 21	***THANKSGIVING***
Friday. Nov. 23	***THANKSGIVING***
Monday, Nov. 26	***Presentations***

Wednesday, Nov. 28	***Presentations***
Friday. Nov. 30	***Presentations***
Monday, Dec. 3	***Presentations***
Wednesday, Dec. 5	***Final exam review***
To be announced	***FINAL EXAM***