



SUL ROSS STATE UNIVERSITY

Department of Kinesiology
and Human Performance
FALL 2019



PE 3307 W01- KINESIOLOGY

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, Wednesday, and Friday 11:00 – 12:00 and 1:30 – 4:30

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.

Floyd, R.T., & Thompson, C.W., (2018) *Manual of Structural Kinesiology (20th edition)* New York, NY McGraw Hill

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:

SLO 1 - Undergraduate students will demonstrate written comprehensive core subject PE 3307-Kinesiology.

SLO 3 - Undergraduate students will demonstrate proficiency in a variety of communication methods in PE 3307-Kinesiology.

Texas Education Agency – The Standards

Standard I - The physical education teacher demonstrates competency in a variety of movement skills and helps students develop these skills.

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.

METHOD OF INSTRUCTION: Online Student Participation is a must. **Note:** This is an all blackboard course. Every assignment must be submitted on blackboard and **NOT** by email. If you have difficulty turning in an assignment, discussion board or quiz contact the instructor by email.

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:
 - o Turning in work as original that was used in whole for another course and/or professor;
 - o Turning in another person's work as one's own;
 - o 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

DISCUSSION BOARD: There will be a discussion question posted under the discussion tab for you to respond. To respond to the discussion you click on the hyperlink to the discussion and then click on create new thread. Put your last name and the week in the subject line (eg. LastNameDiscussion1). You can respond directly in the message area, however, I suggest you type your response in a word document, spell check, then copy and paste it into the message area. You can upload your response as an attachment, but please **ALSO** copy and paste it into the message area so we do not have to open an attachment to read your post. Answering a discussion question is worth **30 points**.

Responses to others: Under each discussion post you must respond to another classmate's original discussion post. The response is worth 10 points (respond to two separate classmates for **20 points**). The response must be more than "good job", "I like what you said", etc., it must be a substantial response that would be as if you were having a discussion on the topic in class. A substantial response would include, but not limited to: adding to the discussion with further information you find (cite your source), asking relevant questions, as well as critiquing in a positive way the post. **ALWAYS** spell check and edit your responses. These should be academic responses and not chat room or informal language. Do be respectful of others, do use proper language – do **NOT** hurt others feelings. To respond to another's post, click on their post and reply. Title the subject of your response with your last name and "response to _____ week 1 post" (eg. Hector's response to Henderson's Discussion 1 post).

DISCUSSION BOARD GRADING EXAMPLE:

Discussion post = 30 points
response = 10 points
response = 10 points
points

Discussion
Second discussion
Total points: = 50

GRADING:

1100 total points possible

- Final Exam = 100 points
- Chapter Quizzes (10 @ 50 points each) = 500 points
- Activities (4 @ 50 points each) = 200 points
- Discussion Boards = (4 @ 50 points each) = 200

A = 1100 – 990
B = 989 -880
C = 879 – 770
D = 769 – 660
F = ≤659

- Special Project = 100 points
- Syllabus Quiz = 20 points

Note: On the left side of the of the blackboard menu you will see **“My Grades.”** My Grades will total all of your grades on the row titled **Total**. By the end of the grading period your totaled numerical grades will add up to your final letter grade. I will grade most assignments within a week of being submitted on blackboard.

EVALUATION PROCEDURES:

- ✓ **Syllabus Quiz = 20 bonus points**
 - There will be a syllabus quiz worth twenty points. The syllabus quiz will be available in the Quiz, Test & Exams section. **See syllabus calendar for due date.**

- ✓ **Final Exam = 100 points**
 - The final exam will consist of multiple choice questions. Exams will cover all material provided in the assigned readings.
 - All students are expected to take the exam no later than the designated day and time assigned.
 - The final exam will be posted in the Quiz, Test & Exams section of blackboard.
 - **All students are expected to take the final exam no later than the designated day and time assigned in the syllabus calendar.**

- ✓ **Quiz, Test & Exams = 50 points each totaling 500 points.**
 - There will be 10 quizzes that may consist of multiple choice questions. Quizzes could cover any material provided in the assigned reading.
 - Fifty point quizzes can be found in the Quiz, Test, Exams section of blackboard.
 - **All students are expected to take the quiz no later than the designated day and time assigned in the syllabus calendar.**
 - **All assignments that are submitted after the due date will receive half off.**

- ✓ **Activities = 50 points each totaling 200 points.**
 - Activities may consist of various projects related to the chapter.
 - Activities are found in the Assignments section of your menu.
 - **All students are expected to complete activities no later than the designated day and time assigned in the syllabus calendar.**
 - **All assignments that are submitted after the due date will receive half off.**

- ✓ **Discussion Board = 50 points each totaling 200 points.**
 - Discussed online on Discussion Board which can be found on the menu of blackboard.
 - **Students must participate in discussion board activities no later than the dates outlined in the syllabus calendar.**
 - **Students will receive a zero if they do not participate on discussion boards before the due date.**

✓ **Writing activity = 100 points**

- Discussed online on the activity section of blackboard.
- This will be an end of the year activity and will be explained in more detail in the **Content** section of blackboard.

Note: All grading will be based on the quality of the assignment submitted; factors such as a student's ability and the effort put into an assignment will only be assessed to the extent that they influence the quality of the work submitted. All written work should be submitted in APA format.

EXPECTATION OF STUDENTS:

- Students are responsible for keeping up with the chapter reading and are expected to complete the assigned activities and/or other posted readings prior to class in order to contribute to online discussion.

Tentative Course Outline

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

Topic	Due Dates
<i>Syllabus Quiz available</i>	<i>Monday, August 26</i>
<i>Syllabus Quiz due</i>	<i>Sunday, September 1</i>
<i>Quiz 1 – Chapter 1</i>	<i>Sunday, September 8</i>
<i>Discussion board 1</i>	<i>Wednesday, September 11</i>
<i>Quiz 2 – Chapter 2</i>	<i>Sunday, September 15</i>
<i>Activity 1</i>	<i>Sunday, September 22</i>
<i>Quiz 3 – Chapter 3</i>	<i>Sunday, September 29</i>
<i>Discussion board 2</i>	<i>Wednesday, October 2</i>
<i>Activity 2</i>	<i>Sunday, October 6</i>

<i>Quiz 4 – Chapter 11 NSCA</i>	<i>Sunday, October 6</i>
<i>Quiz 5 – Chapter 11</i>	<i>Sunday, October 13</i>
<i>Quiz 6 – Chapter 12</i>	<i>Sunday, October 20</i>
<i>Quiz 7 – Chapter 13</i>	<i>Sunday, October 27</i>
<i>Quiz 8 – Chapter 14</i>	<i>Sunday, November 3</i>
<i>Activity 3</i>	<i>Wednesday, November 10</i>
<i>Quiz 9 – Chapter 15</i>	<i>Sunday, November 10</i>
<i>Discussion Board 3</i>	<i>Wednesday, November 13</i>
<i>Activity 4</i>	<i>Sunday, November 17</i>
<i>Quiz 10</i>	<i>Wednesday, November 20</i>
<i>Discussion Board 4</i>	<i>Sunday, November 24</i>
<i>Thanksgiving Holiday</i>	<i>Wednesday, November 27- Sunday, December 1</i>
<i>Final Exam</i>	<i>Wednesday, December 4</i>

SRSU Disabilities Services:

The University is committed to equal access in compliance with the Americans with Disabilities Act of 1990 (ADA) and Section 504 of the Rehabilitation Act of 1973. The Disabilities 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 Disabilities Services Coordinator located in the University Center, Room 211. The mailing address is Sul Ross State University, PO Box C-171, Alpine, TX 79832. The telephone number is 432.837.8178; the fax number is 432.837.8724.