



SUL ROSS STATE UNIVERSITY



Department of Kinesiology
and Human Performance
Spring 2020

PE 3307 - KINESIOLOGY

MW 9:00 – 9:50 am

Graves-Pierce Complex – room 106

Instructor: Logan Frey M.S., C.S.C.S.

This syllabi is subject to revision. Please check Blackboard for updates.

Office #: GPC 107

Phone: (432) 837-8213

Office Hrs: Monday-Thursday 2:30-5:30PM Friday 10-12PM
and By Appointment

Email: logan.frey@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

REQUIRED MATERIAL

Map pencils for labs

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.

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 if in Alpine during the day of class. All communication is done in class, via Sul Ross email and blackboard announcements. *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:
 - 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

General Responsibilities: This a face-to-face class and all activities will be handed in during class or if at Midland College submitted via blackboard. All activities must be submitted on blackboard. No make-up activities will be accepted by email or by handing after or during class. Students are responsible for reading their blackboard announcements.

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 and nine absences for a Monday-Wednesday-Friday 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 summary on the material of the day missed. Students should contact instructor the day after returning to class for the written assignment. It is the responsibility of the student to notify my office before, or immediately after, the absence if it is to be excused. Students with unexcused absences will receive a zero for an activity missed. **Note:** There will be days the instructor will have class on-line and will announce the day not in attendance in advance via classroom announcement, email and

blackboard announcement. Students are required to complete blackboard assignments online on the designated due date.

Cell phone policy: The use of cell phones, smart phones, computers 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

- Orientation = 20 points (Bonus)
- Mid-Term Exam = 100 points (10%)
- In-Class Activities = 15 points per activity @ 600 points (60%)
- Group Presentations = 100 points (10%)
- Community Assignment = 100 points (10%)
- Final Exam = 100 points

900 – 1000 points = A

800 – 899 points = B

700 – 799 points = C

600 – 699 = D

F < 600

EVALUATION PROCEDURES:

- ✓ **Orientation = 20 bonus points**
 - We will discuss the syllabus during the first day of class and students will be awarded 20 points for attending the class.
- ✓ **Mid-Term and Final Exam = 100 points each**
 - The final exam will consist of multiple choice questions. Exams will cover all material provided in the assigned readings and lecture.
 - All students are expected to take the mid-term and final exam no later than a week after the designated day. Students are expected to contact the instructor and arrange a make-up exam.
 - Students who do not make up the exam during the designated time will receive a zero.
- ✓ **In-Class Activities = 60% totaling 600 points.** This is a percentage grade and will be calculated at the end of the semester. Example: 40 daily activities would value each daily grade at 15 points each (15 x 40 = 600 points). We will start the semester valuing each daily grade at 15 points.
 - All students are expected to complete daily activities during class.
 - Midland College students will submit daily activities on blackboard unless otherwise specified.
 - If an absence is excused all students must make-up activities by completing a type written summary on the material of the day missed (see general responsibilities).
 - All summaries must be submitted on blackboard on the column for the day missed (Example: if you missed activity 16 submit the summary on the activity 16 column).

✓ **Group Presentations = 100 points.**

- Power point presentations over a topic will be assigned by the instructor.
- Students will work in groups to complete presentations.
- All students in a group will be responsible for presenting PPT.
- Students will be graded on a rubric based on the quality of their presentation.

✓ **Community assignments = 50 points.**

- There will be several community assignments during the semester which will be discussed during class.
- Students must have an excused absence to not attend any of these events and must discuss an alternative assignment with the instructor.
- Students who do not attend a complete event will not receive all points for their grade.
- Students not completing an outside assignment will receive a zero.

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*

Dates	Topic
<i>Day 1</i>	<i>Orientation</i>
<i>Day 2</i>	<i>Types of joints and movement</i>
<i>Day 3</i>	<i>Movement in joints</i>
<i>Day 4</i>	<i>Movement icons</i>
<i>Day 5</i>	<i>Muscle terminology</i>
<i>Day 6</i>	<i>The Shoulder Girdle</i>
<i>Day 7</i>	<i>The Shoulder Girdle</i>
<i>Day 8</i>	<i>The Shoulder Joint</i>
<i>Day 9</i>	<i>The Shoulder Joint</i>
<i>Day 10</i>	<i>Rotator Cuff Muscles</i>
<i>Day 11</i>	<i>The Elbow and Radioulnar Joint</i>
<i>Day 12</i>	<i>The Elbow and Radio Ulnar Joint</i>
<i>Day 13</i>	<i>The Hip and Pelvic Girdle</i>
<i>Day 14</i>	<i>Muscles of the Thigh and Gluteal Region</i>

<i>Day 15</i>	<i>Hamstring Muscles</i>
<i>Day 16</i>	<i>Knee Joint Structure and Actions</i>
<i>Day 17</i>	<i>Lower extremity Muscle Chart</i>
<i>Day 18</i>	<i>Weight Room Lab – Lower Extremity Exercises</i>
<i>Day 19</i>	<i>Abdominal Wall Muscles</i>
<i>Day 20</i>	<i>Levers</i>
<i>Day 21</i>	<i>Levers and Exercise</i>
<i>Day 22</i>	<i>Mid-term exam review</i>
<i>Day 23</i>	MID-TERM EXAM
<i>Day 24</i>	<i>Newton’s laws of motion</i>
<i>Day 25</i>	<i>Torque</i>
<i>Day 26</i>	<i>Center of Gravity</i>
<i>Day 27</i>	<i>Balance, equilibrium, and stability</i>
<i>Day 28</i>	<i>Projectiles</i>
<i>Day 29</i>	<i>Buoyancy</i>
<i>Day 30</i>	<i>Drag and Lift</i>
<i>Day 31</i>	<i>Types of Mechanical Analysis</i>
<i>Day 32</i>	<i>Computer Lab Skill Analysis</i>
<i>Day 33</i>	<i>Computer Lab Skill Analysis</i>
<i>Day 34</i>	<i>Computer Lab Skill Analysis</i>
<i>Day 35</i>	<i>Presentations</i>
<i>Day 36</i>	<i>Presentations</i>
<i>Day 37</i>	<i>Presentations</i>
<i>Day 38</i>	<i>Presentations</i>
<i>Day 39</i>	<i>Presentations</i>
<i>Day 40</i>	<i>Presentations</i>
<i>Day 41</i>	<i>Presentations</i>
<i>Day 42</i>	<i>Final exam review</i>
<i>Day 43</i>	FINAL EXAM

Marketable Skills – The following marketable skills are met in this course:

- **Creativity**
- **Collaboration** – students will interact with various co-workers and/or clients
- **Communication** – students will develop proper work related communication skills
- **Critical Thinking** – students will critically decipher a multitude of real-world scenarios
- **Career Readiness** – students will learn skills necessary to thrive in their Chosen profession

ADA Statement

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