



**SUL ROSS**  
KINESIOLOGY DEPARTMENT

**PE 3307 001**  
**Kinesiology**  
**Fall 2020**

**Dr. Billy Jack Ray**  
**Assistant Professor - Kinesiology**

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**Office Hours:** Monday 8-9:30 & 11-2, Tuesday 8-9 & 11-2, Wednesday 8-9 & 11-1, and Thursday 8-9 & 11-2.  
**By appointment (email to set an appointment)**  
**Meeting:** MWF 9-9:50 GPC 108  
**Required Text:** Manual of Structural Kinesiology – R. T. Floyd, 21e with Connect access  
ISBN: 978-1-260-23775-7 (Bound)  
978-1-260-81699-1 (Loose-Leaf)  
**Connect Link:** <https://connect.mheducation.com/class/b-ray-fall-2020>

## **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 baccalaureate degrees

## **EXPECTATION OF STUDENTS**

Students are responsible for keeping up with the reading and are expected to read the assigned chapters and/or other posted readings prior to class in order to contribute to online discussion. Handouts distributed through Blackboard should be kept in a notebook in order to be referred to as necessary.

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

- **Collaboration** – students will interact with one another through a multitude of class discussions and activities
- **Communication** –
- **Critical Thinking** – students will be asked to critically decipher a multitude of real-world scenarios
- **Career Management** – students will develop the skills necessary to train athletes by understanding proper anatomical kinesiology and movements

## **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.

## **COURSE OBJECTIVES:** Students will be able to:

### *Demonstrate knowledge and understanding*

- 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)

## **TEXAS EDUCATION AGENCY 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.

## **Course Format**

The format for this course will include, but is not limited to – face to face delivery, on-line components, and volunteer hours.

## Attendance

Attendance for class is mandatory. Every class day is a grade. You will receive 100% credit for being on time, 75% credit for being tardy. **One letter grade will be deducted for every absence after four (4). Students with zero (0) absences (not including athletic related absences) and with no missing assignments will be exempt from the final exam.**

## GRADING POLICIES/TESTING/ASSIGNMENTS/ATTENDANCE/EXPECTATIONS

Grade calculation	% of Grade	Grading Scale
Attendance/Participation	20% (200 points)	900 or more A
Unit Test (4)	50% (4 @ 125 = 500 points)	800-899 B
Final Paper	15% (150 points)	700-799 C
Final Exam	15% (150 points)	600-699 D
		Less than 600 F
		Total Points = 1000

**No Late Assignments Will Be Accepted. Also, No Credit Will Be Given For Any Late Assignments**

## Course Schedule

	<u>Monday</u>	<u>Wednesday</u>	<u>Friday</u> <u>Connect Assignment</u>
<u>Week 1</u>	Syllabus/Introduction	Introduction to Kinesiology	SmartBook CH 1 08/28/2020
<u>Week 2</u>	Chapter 1 – Foundations of Structural Kinesiology	Chapter 1 – Foundations of Structural Kinesiology	SmartBook CH 2 09/04/2020
<u>Week 3</u>	Chapter 2 – Neuromuscular Fundamentals	Chapter 2 – Neuromuscular Fundamentals	SmartBook CH 3 09/11/20
<u>Week 4</u>	Chapter 3 – Basic Biomechanical Factors and Concepts	Chapter 3 – Basic Biomechanical Factors and Concepts	SmartBook CH 4 09/18/20 <b>Test 1</b> 09-20/20
<u>Week 5</u>	Chapter 4 – The Shoulder Girdle	Chapter 4 – The Shoulder Girdle	SmartBook CH 5 09/25/20
<u>Week 6</u>	Chapter 5 – The Shoulder Joint	Chapter 5 – The Shoulder Joint	SmartBook CH 6 10/02/20
<u>Week 7</u>	Chapter 6 – The Elbow and Radioulnar Joints	Chapter 6 – The Elbow and Radioulnar Joints	SmartBook CH 7 10/09/20

<b><u>Week 8</u></b>	Chapter 7 – The Wrist and Hand Joints	Chapter 7 – The Wrist and Hand Joints	SmartBook CH 8 10/16/20
<b><u>Week 9</u></b>	Chapter 8 – The Hip Joint and Pelvic Girdle	Chapter 8 – The Hip Joint and Pelvic Girdle	SmartBook CH 9 10/23/20 Test 2 10/18/20
<b><u>Week 10</u></b>	Chapter 9 – The Knee Joint	Chapter 9 – The Knee Joint	SmartBook CH 10 10/30/20
<b><u>Week 11</u></b>	Chapter 10 – The Ankle and Foot Joints	Chapter 10 – The Ankle and Foot Joints	SmartBook CH 11 11/06/20 Test 3 11/08/20
<b><u>Week 12</u></b>	Chapter 11 – The Trunk and Spinal Column	Chapter 11 – The Trunk and Spinal Column	SmartBook CH 12 11/13/20
<b><u>Week 13</u></b>	Chapter 12 – Muscular Analysis of Selected Exercises and Related Concepts	Chapter 12 – Muscular Analysis of Selected Exercises and Related Concepts	Test 4 11/22/20
<b><u>Week 14</u></b>	No Class - Thanksgiving	No Class - Thanksgiving	
<b><u>Week 15</u></b>	No Class Day	No Class Day	Final Paper 12/01/20
<b><u>Week 16</u></b>	Final Exam Week No Class	Final Exam Week No Class	Final Exam 12/08/20 8am – 10am

## **ALL COURSE REQUIREMENTS DEADLINE**

**All test and assignments will be due on the date shown by 11:59 pm.  
The final exam will be due by the date and time shown.**

### **Distance Education Statement**

Students enrolled in distance education courses have equal access to the university's academic support services, such as Smarthinking, library resources, 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. 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.

### **Accidents & Injuries**

In the case of bodily or personal property damage, the Kinesiology Department will not be held responsible. The student must report any field experience related injury or illness to the Instructor immediately. Any expense incurred due to injury or illness will be the student's responsibility.

## **Academic Integrity Statement**

Academic dishonesty hurts everyone and reduces the value of college degrees. Doing someone else's work, presenting the ideas and work of others as your own, submitting the same paper for multiple classes, and/or failing to cite your sources when you utilize the ideas of others, are all examples of academic dishonesty. It is your responsibility to read and understand the university's policy on academic dishonesty in the SRSU Student Handbook, as all violations will be taken seriously and handled through the appropriate university process. The Student Handbook can be found at: <https://www.sulross.edu/page/2454/student-handbook> (page 80).

In addition, please note that plagiarism detection software will be used in this class for written assignments, as well as monitoring software for course exams.

## **Academic Civility Statement**

Students are expected to interact with professors and peers in a respectful manner that enhances the learning environment. Professors may require a student who deviates from this expectation to leave the face-to-face (or virtual) classroom learning environment for that particular class session (and potentially subsequent class sessions) for a specific amount of time. In addition, the professor might consider the university disciplinary process (for Academic Affairs/Student Life) for egregious or continued disruptive behavior.

## **Academic Affairs Service Statement**

Sul Ross faculty, staff, and students are expected to model responsible citizenship through service activities that promote personal and academic growth while enhancing the university, local, regional, national, and global communities. These activities will foster a culture of academic/public engagement that contributes to the achievement of the university's mission and core values.

## **Academic Excellence Statement**

Sul Ross holds high expectations for students to assume responsibility for their own individual learning. Students are also expected to achieve academic excellence by:

- Honoring the core values of Sul Ross.
- Upholding high standards of habit and behavior.
- Maintaining excellence through class attendance and punctuality.
- Preparing for active participation in all learning experiences.
- Putting forth their best individual effort.
- Continually improving as independent learners.
- Engaging in extracurricular opportunities that encourage personal and academic growth.
- Reflecting critically upon feedback and applying these lessons to meet future challenges.

## **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](mailto:mschwartz@sulross.edu) .