



# SUL ROSS

KINESIOLOGY DEPARTMENT

**PE 1301-001**

## **Introduction to Physical Fitness and Sport Fall 2021**

**Dr. Shanna U. Moody**

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**Office Hours:** MW 2-4pm TR 11-12 & 2-4, and F 11-1. **By appointment** (use schedulicity to set appointment)

**Class:** MWF 9:00-9:50 Lawrence Hall 309 with Blackboard components

**Required Text:** Introduction to Physical Education, Exercise Science, & Sport 11<sup>th</sup> Edition by Angela Lumpkin, PhD

### **Course Description**

An introductory course in the field of Kinesiology. Included will be the history of physical education and sport; health-related fitness concepts; nutrition for sport and athletics; career opportunities in Kinesiology; and objectives and principles of Kinesiology.

### **Textbook**

Introduction to Physical Education, Exercise Science, and Sport 11th ed. - Angela Lumpkin

<https://connect.mheducation.com/class/s-moody-fall-2021-1>

### **How to Use Connect:**

<http://video.mhhe.com/watch/gMXdmFmd8hJcFCNN4y6kVv?>

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

- **Creativity** – students will be tasked with creating PowerPoint presentations
- **Collaboration** – students will interact with one another through a multitude of class discussions
- **Communication** – students will orally present research to the class
- **Critical Thinking** – students will be introduced to the idea of needing to critically decipher a multitude of real-world scenarios
- **Career Readiness** – students will be introduced to skills necessary to thrive in their Chosen profession

## **Program Learning Outcomes**

1. The Kinesiology and Sport Science students will understand the principles of motor learning; understand the practice for developing motor skills; apply knowledge to biomechanical principles; apply knowledge of individual and teams sports and understand the principles of dance, personal performance activities, recreational activities and outdoor pursuits (Movement Skills and Knowledge Domain).
2. The Kinesiology and Sport Science students will understand major body systems, principles of physical fitness and benefits of a healthy lifestyle; understand the principles and activities for developing cardiovascular endurance; understand principles and activities for developing and maintaining flexibility, muscular strength and endurance; and understand health and wellness concepts (Health-Related Physical Fitness Domain).
3. The Kinesiology and Sport Science students will know how to use effective instruction and assessment to prepare physically educated individuals; understand factors relevant to learning and performance in physical education and use knowledge to promote students' development; understand the structure and purposes of physical education programs; and understand legal issues and responsibilities of physical education teachers (The Physical Education Program Domain).

## **Learning Objectives**

### **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.

### **Standard III**

The physical education teacher uses knowledge of individual and group motivation and behavior to create and manage a safe, productive learning environment and promotes students' self-management, self-motivation and social skills through participation in physical activities.

### **Competency 004**

The teacher understands and applies knowledge of individual, dual and team sports and activities.

### **Competency 005**

The teacher understands principles, techniques, skills and safety practices for dance, personal performance activities, cooperative and nontraditional games, recreational activities and outdoor pursuits.

### **Competency 006**

The teacher understands major body systems, principles of physical fitness development and training and the benefits of a healthy, active lifestyle.

## **Attendance**

Attendance for class is mandatory. Every class day is a grade.

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

<b>Grade calculation</b>	<b>Grade (Points)</b>	<b>Grading Scale</b>
<b>BlackBoard Assignments/Discussion</b>	<b>(300 points)</b>	<b>A ≥ 900</b>
<b>Tests (4)</b>	<b>(200 points)</b>	<b>B ≥ 800</b>
<b>Final Exam</b>	<b>(100 points)</b>	<b>C ≥ 700</b>
<b>Certification/Projects (2)</b>	<b>(100 points)</b>	<b>D ≥ 600</b>
<b>Attendance</b>	<b>(300 points)</b>	<b>F &lt; 599</b>
<b>Total Points</b>	<b>1000</b>	

## **UNIVERSITY POLICIES**

### **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**

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 appreciated. Examples of academic dishonesty include but are not limited to: Turning in work as original that was used in whole or part 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; collaborating on a course assignment, examination, or quiz when collaboration is forbidden.

### **Classroom Climate of Respect**

Importantly, this class will foster free expression, critical investigation, and the open discussion of ideas. This means that all of us must help create and sustain an atmosphere of tolerance, civility, and respect for the viewpoints of others. Similarly, we must all learn how to probe, oppose and disagree without resorting to tactics of intimidation, harassment, or personal attack. No one is entitled to harass, belittle, or discriminate against another on the basis of race, religion, ethnicity, age, gender, national origin, or sexual preference. Still we will not be silenced by the difficulty of fruitfully discussing politically sensitive issues.

### **Diversity Statement**

I aim to create a learning environment for my students that supports a diversity of thoughts, perspectives and experiences, and honors your identities (including race, gender, class, sexuality, religion, ability, socioeconomic class, age, nationality, etc.). I also understand that the crisis of COVID, economic disparity, and health concerns, or even unexpected life events could impact the conditions necessary for you to succeed. My commitment is to be there for you and help you meet the learning objectives of this course. I do this to demonstrate my commitment to you and to the mission of Sul Ross State University to create an inclusive environment and care for the whole student as part of the Sul Ross Familia. If you feel like your performance in the class is being impacted by your experiences outside of class, please don't hesitate to come and talk with me. I want to be a resource for you.

### **ADA Statement**

SRSU Disability Services. Sul Ross State University (SRSU) is committed to equal access in compliance with Americans with Disabilities Act of 1973. It is SRSU policy to provide reasonable accommodations to students with documented disabilities. It is the student's responsibility to initiate a request each semester for each class. Alpine Students seeking accessibility/accommodations services must contact Rebecca Greathouse Wren, LPC-S, SRSU's Accessibility Services Coordinator at 432-837-8203 (please leave a message and we'll get back to you as soon as we can during working hours), or email [rebecca.wren@sulross.edu](mailto:rebecca.wren@sulross.edu). Our office is located on the first floor of Ferguson Hall (Suite 112), and our mailing address is P.O. Box C122, Sul Ross State University, Alpine, Texas, 79832.

### **Library Information**

The Bryan Wildenthal Memorial Library in Alpine offers FREE resources and services to the entire SRSU community. Access and borrow books, articles, and more by visiting the library's website, [library.sulross.edu](http://library.sulross.edu). Off-campus access requires logging in with your LoboID and password. Librarians are a tremendous resource for your coursework and can be reached in person, by email ([srsulibrary@sulross.edu](mailto:srsulibrary@sulross.edu)), or phone (432-837-8123).

## Tentative Course Schedule

Week	Dates	Chapter	Content	Due
1	8/23-8/27	Why are you in this class?	M – Time Management/Campus activities & resources W- Goal Setting F – Mindset & Stress Mgmt <b>Hike &amp; Pool Party</b>	M – Schedule W – Goals F – Stress Less
2	8/30-9/3	1 – PE, ES, & Sport – Dynamic Fields	<ul style="list-style-type: none"> <li>● QOL</li> <li>● Excuses</li> <li>● PA Guidelines</li> <li>● Purpose</li> <li>● Components of Fitness</li> </ul>	<ol style="list-style-type: none"> <li>1. Lifestyle Quiz</li> <li>2. LS – 1</li> <li>3. Your Purpose Discussion</li> <li>4. Fit Assessment</li> </ol>
3	9/6-9/9	2 – Exercise & Sports Sciences	<b>Labor Day – No Class Monday</b> <ul style="list-style-type: none"> <li>● Subdisciplines</li> <li>● Research</li> <li>● Sport &amp; Society debate</li> </ul>	<ol style="list-style-type: none"> <li>1. Group project – design a research study</li> <li>2. LS 2</li> </ol>
4	9/13-9/17	3 – Professions of PE, ES & Sport		LS 3
5	9/20-9/24	4 – Philosophy of PE, ES, & Sport	<b>Sul Ross Rodeo (F)</b>	LS 4
6	9/27-10/1	5 – Career Options		LS 5
7	10/4-10/8	6 – Preparation for a Career	<b>Homecoming Week</b> Jeopardy Match #1	LS 6 Test #1
8	10/11-10/15	7 – Early Heritage		LS 7
9	10/18-10/22	8 – Early PE & Sport in America		LS 8
10	10/25-10/29	9 – 20-21 <sup>st</sup> Century PE, ES, & Sport	<b>KES Program Fair</b> Jeopardy Match #2	LS 9 Test #2
11	11/1-11-5	10 – Opportunities & Challenges		LS 10
12	11/8-11/12	11 – Issues in Sports		LS 11
13	11/15-11-19	12 – Leadership for Active Living	Jeopardy Match #3	Test #3
14	11/22-11/26		<b>Thanksgiving Holiday – No class W/F</b>	
15	11/29-12/1		<b>Wed - Last Class Day!</b>	
16	12/6-12/10		<b>FINAL EXAMS/Graduation</b>	

\*if one team wins all 3 jeopardy matches, they will be exempt from the final exam