



**SUL ROSS**  
KINESIOLOGY DEPARTMENT

**KINE 1301-001**  
**Intro to Physical Fitness & Sports**  
**Spring 2023**

**Dr. Hugh Morrissey**

**Assistant Professor - Kinesiology**

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**Office Hours:** Monday/Wednesday: 1:00 – 3:00 pm, Tuesday/Thursday: 1:30 pm – 3:00 pm, Friday: 9:00 am-noon **or by appointment (email to set an appointment)**  
**Meeting:** Hybrid Class: MW – in-person class, F – Virtual class 9:00 am – 9:50 am GPC 108; online via Blackboard and Connect  
**Required Text:** Inclusive Access: Introduction to Physical Education, Exercise Science, and Sport 11<sup>th</sup> Edition  
**Author:** Angela Lumpkin, PhD  
**Publisher:** McGraw-Hill Education

This class requires **Connect** textbook access –

You do not need to purchase the book or Connect; this class is a part of Inclusive Access. Inclusive Access is a course material affordability program, designed by institutions and guided by the Department of Education to deliver digital learning resources to students, at a significantly reduced cost, on or before the first day of class. All students should have been sent a password the day before the first day of class via email. See blackboard for the link or go to McGraw Hill Assignments & Tests tab in blackboard and click on the first assignment.

## **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.

## **LEARNING OBJECTIVES**

1. The physical education teacher demonstrates competency in a variety of movement skills and helps students develop these skills.
2. 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.

3. 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.
4. The teacher understands and applies knowledge of individual, dual and team sports and activities. The teacher understands principles, techniques, skills and safety practices for dance, personal performance activities, cooperative and nontraditional games, recreational activities, and outdoor pursuits.
5. The teacher understands major body systems, principles of physical fitness development and training and the benefits of a healthy, active lifestyle.

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

- **Collaboration** – students will interact with one another through a multitude of class discussions.
- **Communication** – Students will orally present research to the class.
- **Creativity** – students will be tasked with creating presentations.
- **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 team 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).

**GRADING POLICIES**

Outcome Measure	Points Per Item	Number Of Items	Available Points	Percentage of Grade	Grading Scale
Connect SmartBook Chapter Readings	20	12	240	24%	900 or more A
Connect Tests (Final Exam Test 5)	60	5	300	30%	800-899 B
Assignments/Activities		23-24	210	21%	700-799 C
Project/Presentation/Certification	50	3	150	15%	600-699 D
Attendance	29	3-4	100	10%	Less than 599 F
			1000	100%	

\*Letter Grading as per SRSU policy will be used in this course.

**Be sure to complete all assignments by the due date.  
Depending on the assignment, late assignments may  
not be accepted or may be accepted but will have  
points deducted!**

## **COURSE REQUIREMENTS**

### **I. SmartBook via Connect Chapter Readings (20 points each, 240 points total).**

12 Chapters; Smartbook Chapter Readings are done before covered in class (this is a “flipped classroom”). Connect Readings must be done by the due date. LATE WORK WILL NOT BE ACCEPTED. All due dates for chapter readings are found in Course Calendar (**every Monday @ 11:59 pm**). Highly encourage you to work ahead of the due dates.

Smartbook Chapter Readings are an adaptive learning and reading tool. SmartBook highlights key topics for students to focus on, and provides links to additional material such as videos and slideshows, to help deepen student’s understanding of the learning objectives. SmartBook prompts students with questions based on the material they are studying. By assessing individual answers, SmartBook learns what each student knows and identifies which topics they need to practice. This adaptive technology gives each student a personalized learning experience and path to success.

### **II. Attendance (100 points total, ½ points deducted for coming to class late).**

Get points for coming to class each day; ½ points deduction for coming late. If tardy, must talk to the professor after class in order to get ½ points. Don’t assume the professor will automatically change your grade after the class. If come to class late and don’t talk to the professor after class, points may not be awarded for being late and will stay a 0. If a class is missed without a verified, documented reason, the student will not receive the participation points for that class, and attending class does not in and of itself guarantee that a student will earn the points. In-class assignments and labs, which are missed due to class absence may not be made up unless the student has a verified reason in writing (medical, family funerals, a car breaks down on the way to class, military service, excused athletic travel & competition listed in their competitive schedule for SRSU student-athletes, etc., with written documentation) for missing class, and contacts the instructor via email, on the day missed or prior to making arrangements to complete the lab or to turn in missed work prior to the next class.

### **III. TESTS (60 points each for Test 1-4; 60 points for Test 5 Final Exam; 300 points total).**

Five tests will be given; Test 5 is a comprehensive Final Exam (100 points). Tests will use Proctorio, a remote proctoring software that monitors test takers. Students must make sure to properly set up Proctorio before taking a test, failure will result in the test not being able to load properly. For more information:

<https://mhedu.force.com/CXG/s/article/Proctorio-Quick-Tips-for-Students-General?dc=>

Students will receive a window to take the test on their own outside of class. You only get one attempt for each Test. Tests include multiple-choice questions and possibly True and False questions. Once you start a test, you will have unlimited time to complete the questions. The questions are automatically scored after you take the Test. Will be given a window to take the test, and for each day late, a 5% deduction. PowerPoints for each chapter are posted in Blackboard which can be helpful while taking tests. SmartBook Chapter Readings and class discussions/lectures will also be helpful; however, it is recommended that students take notes to better prepare themselves.

### **IV. Assignments/Activities (210 points total)**

Class assignments will be assigned and posted in Blackboard. Certain class assignments/activities will need to be done or finished outside of class time. Class assignments/activities can be turned in to the professor by the next

class day or scanned and turned into Blackboard. If absent for any given reason, it is up to the students to complete assignments/activities found in Blackboard in order to receive the points.

#### **V. Project/Presentation/SRSU Event (150 points total)**

3 Project/Presentation/SRSU Event/Certification spread out throughout the semester. Each is worth 50 points.

#### **ALL COURSE REQUIREMENTS DEADLINE**

Due to the time requirement for grading purposes, all course requirements must be submitted/completed by the 'Course Requirements Deadline' of **Monday in Week 16 at 11:59 pm** to be counted for credit towards the final letter grade in this course. There will be no exceptions to this policy. Late deductions will apply as per the above policy.

#### **LATE WORK POLICY**

All coursework must be submitted by the provided due dates in Blackboard or Connect. LearnSmart readings must be completed by the due date for credit – **NO LATE WORK WILL BE ACCEPTED**. All other work: assignments, activities, projects, tests, and homework carry a 30% deduction for 1-7 days late. For consideration to turn in work passed 1 week late, must be approved by the professor for grading consideration. If approved by the professor, assignments turned in over 1 week late will carry a minimum 50% deduction.

#### **LEARNER SUPPORT**

##### **BLACKBOARD**

Our 24/7 Blackboard online support desk and toll-free hotline is made available to SRSU faculty and students to begin using immediately for any Blackboard technical support issues. SRSU 24/7 Blackboard Technical Support Online Support Desk Contact Info: Toll Free: 888.837.6055 Email: [blackboardsupport@sulross.edu](mailto:blackboardsupport@sulross.edu)

#### **MCGRAW HILL CONNECT**

If you have any technical issues or questions, please contact McGraw-Hill's Customer Experience Group at 1-800-331-5094.

How to use Connect - [Student Registration for Blackboard with Inclusive Access Deep Integration \(mhhe.com\)](http://mhhe.com)

#### **TENTATIVE COURSE CALENDAR**

<b>Week</b>	<b>Content</b>	<b>Due</b>
<b>1</b> 1/18 to 1/20	Syllabus Review, Class Expectations, Demonstrations, Blackboard	
<b>2</b> 1/23 to 1/27	<b>INTRODUCTION POWERPOINT PRESENTATION</b>	LearnSmart Ch. 1 – <b>1/29</b>
<b>3</b> 1/30 to 2/3	Chapter 1 – Dynamic Fields	LearnSmart Ch. 2 – <b>2/5</b>
<b>4</b> 2/6 to 2/10	Chapter 2 – Exercise and Sport Sciences	LearnSmart Ch. 3 – <b>2/12</b>

<b>5</b> 2/13 to 2/17	Chapter 3 – Professions of Physical Education, Exercise Science, and Sport	<b><u>Test #1 (Ch. 1-3) – 2/19</u></b> LearnSmart Ch. 4 – <b>2/19</b>
<b>6</b> 2/20 to 2/24	Chapter 4 – Philosophy of Physical Education, Exercise Science, and Sport	LearnSmart Ch. 5 – <b>3/5</b>
<b>7</b> 2/27 to 3/3	<b>PHILOSOPHY POWERPOINT PRESENTATIONS</b>	
<b>8</b> 3/6 to 3/10 3/13 to 3/17	Chapter 5 – Career Options	LearnSmart Ch. 6 – <b>3/19</b>
	<b>SPRING BREAK</b>	<b>No Class!</b>
<b>9</b> 3/20 to 3/24	Chapter 6 – Preparation for a Career	<b><u>Test #2 (Ch. 4-6) – 3/26</u></b> LearnSmart Ch.7 – <b>3/26</b>
<b>10</b> 3/27 to 3/31	Chapter 7 – Early Heritage in Sports and Gymnastics	LearnSmart Ch. 8 – <b>4/2</b>
<b>11</b> 4/3 to 4/7	Chapter 8 – Early American Physical Education	LearnSmart Ch. 9 – <b>4/9</b> <b>Good Friday Holiday April 7</b>
<b>12</b> 4/10 to 4/14	Chapter 9 - Twentieth and Twenty-First Century Physical Education and Sport	<b><u>Test #3 (Ch. 7-9) – 4/16</u></b> LearnSmart Ch. 10 – <b>4/16</b>
<b>13</b> 4/17 to 4/21	Chapter 10 – Opportunities and Challenges in Physical Education and Exercise Science	LearnSmart Ch.11 – <b>4/23</b>
<b>14</b> 4/24 to 4/28	Chapter 11 – Issues in Sports	LearnSmart Ch. 12 – <b>4/30</b>
<b>15</b> 5/1 to 5/5	Chapter 12 – Leadership for Active Learning	<b><u>Test #4 (Ch. 10-12) – 5/7</u></b> Last day of class – <b>5/3</b>
<b>16</b> 5/8 to 5/12	<b>FINAL EXAM</b>	Final Exam – <b>5/9</b>

## **UNIVERSITY POLICIES**

### **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 to 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.

### **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.

### **Libraries Info**

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).

### **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**

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. 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 C-122, Sul Ross State University, Alpine, Texas, 79832.

## **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 based on 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.