



KES 4390
INDEPENDENT STUDY: PROBLEMS IN KINESIOLOGY
SUMMER 2023

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<https://calendly.com/drmooody/advising>
Required Text: NONE

Purpose of the Course

Welcome to this independent study course! My desire is that when you are done with this semester, you are aware of various topics of discussion within the field, you know how to research answers to questions related to these topics, and that you can share your thoughts in an intelligent and logical way. Be prepared to read current articles and process them for understanding. We only have a short time together so it is imperative that you maintain a good pace on your work and don't lag behind. Parts of this course will require you to interact with your classmates; therefore in order to allow others to excel you will need to do your part. You might want to start working on your paper early if you are a slow writer. I don't believe in quizzes and exams for all courses. In some disciplines, it is more advantageous and practical for you to be able to take the information, process it, and demonstrate your learning through writing.

This is a SEMINAR class, which is not the same as a lecture class.
YOU are responsible for the content!

Course Description

This course examines several pertinent issues and trends in the field of kinesiology. Students will be asked to explore their own field of interests from a local, national and global perspective.

Course Learning Objectives

Within the Kinesiology, Health, Recreation, Athletics, Sports Medicine, or related field and upon successful completion of this course students will be able to:

1. Identify and discuss relationships among sub-disciplines in health and human performance.
2. Discuss current topics and research questions in health and human performance.
3. Explore specific areas of interest in kinesiology topics and research.
4. Discuss health and human performance issues related to specific sub-disciplines from a research perspective.

Course Format

Discussions and assignments

Within this course you will have several discussions and assignments. Each due date is posted in blackboard. You will see the point values of all discussion and assignments in the grade information below. All assignments should be submitted by the due dates.

Final Project

The major outcome of this class is a comprehensive project on a current issue in Kinesiology. Please see blackboard for more details including grading rubric.

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).

Marketable Skills

The following marketable skills are achieved in this course: (these are your options)

1. Students acquire *communication* skills. Students will develop proper work related communication skills.
2. Students acquire *collaboration* skills. Students will interact with various coworkers and/or clients
3. 3. Students demonstrate *creativity*. Students will develop a professional ePortfolio.
4. Students demonstrate *critical thinking*. Students will critically decipher a multitude of real-world scenarios.
5. Students demonstrate *career readiness*. Students will learn skills necessary to thrive in their chosen profession.

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 Wednesday in Week 5 at 11:59pm 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 policy below.

Late Work Policy

Deductions in credit (5% per day) will be taken for any late assignments beyond the originally assigned due date. **NO** late assignments will be accepted after Wednesday of Week 5. .

GRADING POLICIES

KES 4390 - Problems in Kinesiology

Outcome Measure	Available Points	Percentage of Grade
Discussion Board (4x50pt)	200	20%
Topic Presentation	200	20%
Literature Review	200	20%
Commercial	200	20%
Research Paper	200	20%
Total/Final Grade*	1000	100%

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

COURSE REQUIREMENTS

1. Students will analyze, critically evaluate, and discuss ideas, arguments, and differing points of view on various topics that affect kinesiology. We will be reading and discussing ideas from a variety of perspectives. In doing so, we want to be hospitable to the ideas of others recognizing that through discourse we can learn from and better understand each other as we respectfully challenge ideas and allow our thinking to be challenged.
2. Students will construct a defensible position on particular issues of kinesiology in both written and oral formats. It is important that you are able to articulate this view in such a way that you can explain and defend your position. This includes fully summarizing your own thoughts, addressing alternative views, and then being able to explain/defend your thoughts to others in a clear and organized manner. This will allow you to hold strong to your values while demonstrating grace and respect towards others differing viewpoints.
3. Students will assimilate, evaluate, analyze, and summarize research within a topic in kinesiology relevant to their intended career and tie it to their understanding of vocation. Your undergraduate degree is the launching point to a life of learning, and this course will seek to guide you into identifying and assessing evidence-based practices to hone your craft and establish expertise.
4. You are expected to make effective class contributions by contributing to class discussions, and by respecting opinions of others. Additionally, you are expected to be aware of current news stories in the field of Kinesiology. What news do you follow? Is it reliable?

Discussion Board - 200pt total

There will be 4 discussion boards (50pt each) throughout the course. Students are expected to prepare and submit thoughtful, logical and well-edited responses. These should clearly and thoroughly respond to the provided prompt. A portion of the grade will be determined by responses to classmates. Responses should be more intelligent and should seek to extend the conversation while providing additional information. These should not include phrases such as “good job”, “I like what you said” or other comparable fluff phrases.

Special Topic Project Presentation - 200 pts

Each student will be required to complete a special topic project, stating the problem in Kinesiology they are addressing. The project's product may take one of many different formats, depending on the student's emphasis area as well as her/his career goals. Examples of acceptable final products may include a manual, pamphlet, website, podcast, product invention, booklet, YouTube video, PowerPoint presentation, or other publication. It is NOT AN ESSAY!! The deliverable MUST be NOVEL, ie NOT presented/ used/discussed in any other class, and NOT simply a review of what others have already done! Choose something about which you feel passionate (1-2 page, plus reference list in correct APA format) annotated bibliography using preferably primary references (at

least five total and must include some primary) is required as a part of the movement project's final product. Further details will be discussed in blackboard.

Discussion Board Participation - 200 pts

You are expected to fully participate in class discussions via Blackboard. Your active and professional engagement is paramount to providing a dynamic discussion forum and learning environment. Learning can best be achieved through vigorous and engaging dialogue. It is imperative that you actively participate in this course. Each discussion topic is worth 30 possible points.

Special Topic Commercial - 200 pts

Passionate Speech (200 pts): Each student will choose a topic they are passionate about within kinesiology and deliver a 2-4-minute, impassioned appeal to the class with the aim to convince us to join your cause or agree with your viewpoint through appeals to ethos, pathos, and/or logos.

Use this commercial, in which you will "sell" yourself and your idea to the community. A commercial pitch is a clear, brief message or "commercial" about your cause. It communicates what your cause is, what you want to see and how others can be involved. You will create a video of yourself professionally giving a pitch for your cause. You will need to upload this to Twitter and LinkedIn (if you do not have these, you will need to create accounts for them). Also upload this video to YouTube so that the link can be posted into the Blackboard assignment.

Vocational Expertise Paper (200 pts):

Students' reflections on vocation and calling (an earlier assignment) will be synthesized into a 3-part essay that: Refines their concepts of vocation, calling, and the sacredness of work delves into a critical analysis on a special topic of choice related to the student's calling
And concludes with a short reflection on how their distinctive undergraduate experience is launching them into their next steps.