



SUL ROSS

KINESIOLOGY DEPARTMENT

KINE 1301-001

Intro to Physical Fitness & Sports Spring 2024

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Office Hours:	MW: 11:00 am-noon, 1:00-2:30 pm; TT: 11:00 am-noon, 1:00-2:30 pm; 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 room 108; online via Blackboard and Connect
Required Text:	Inclusive Access: Foundations of Physical Education, Exercise Science, and Sport 21 st Edition
Author:	Jennifer Walton-Fisette
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. The materials will be automatically provided to you digitally on or before the first day of class. All students should be sent instructions on how to access the material the day before the first day of class via email. The link is <https://accounts.mheducation.com/olc/product/connect/login?app=connect.mheducation.com>.

If you have any issues, you can connect with the [Learner Experience](#) team and submit emails or call the Sul Ross helpline at: **800-758-0592**. [Video: Student Registration for Blackboard with Inclusive Access](#)

Course Description

An introductory course in the field of Kinesiology, this course will provide students with an exciting opportunity to consider a career in the human movement field such as physical education teacher, exercise specialist, personal trainer, or sport administrator. Students will take part in an educational journey to learn about physical activity, physical education, and sport. This course

will provide students with the most up-to-date information while recognizing that the dynamic field of kinesiology and its disciplines are ever-changing in this fast-paced, technology-driven society in which we live.

Students will be challenged from the beginning of their careers to commit to ongoing professional development and growth in their discipline. The course will encourage students to be advocates for physical activity and quality physical education, to value diversity and appreciate its many forms, and to work toward making opportunities to participate in physical activity available to all people throughout their lifespans. The goal for the class, as young leaders, is to work collaboratively with other dedicated professionals to address the issues facing us, the challenges ahead, and the realization of physical education, exercise sciences, and sport's potential to positively contribute to the lives of all people.

Course Objectives

1. Provides students with an orientation to the field of Kinesiology along with the field's disciplines.
2. Focuses on exploring your social identity and systems of meaning and the meaning and scope of contemporary physical education, exercise science, and sport. Emphasis is placed on understanding the scope of the disciplines and committing to professional development.
3. Students are introduced to the philosophy, goals, and objectives of physical education, exercise science, and sport.
4. Discusses the health and physical activity levels in our society, particularly in relation to the changing demographics, wellness movement, and fitness and physical activity movement.
5. The historical foundations of the field and an overview of some of the disciplines are presented.
6. The historical foundations are covered, including our heritage from other countries and the significant influences on the growth of the field in the United States
7. An overview of motor behavior is provided.
8. An overview of biomechanics is provided.
9. An overview of exercise physiology is provided.
10. An overview of sport sociology is provided and information on sport & physical activity psychology.
11. Focuses on physical education pedagogy and provides information on curriculum, pedagogy, and assessment.
12. Focuses on professional development, including professional responsibilities, ethics, and certification and information on occupational socialization and self-care.
13. Employment opportunities for professionals interested in fitness and health-related careers are discussed.
14. Careers in sport management, sport communication, performance, and other sport-related careers are described.
15. Explores how professionals can be leaders and advocates and look ahead to the future. Addresses two key professional responsibilities: leadership and advocacy. Also discusses current and future trends.

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.

Grading Policies

Outcome Measure	Points Per Item	Number of Items	Available Points	Percentage of Grade	Grading Scale
Connect SmartBook Chapter Readings	15	15	225	22.5%	900 or more A
Connect Tests	50	4	200	20%	800-899 B
Assignments/Activities			275	27.5%	700-799 C
Introduce Yourself/Resume & Cover Letter	50	2	100	10%	600-699 D
Pre-Course Assignment	10	1	15	1.5%	Less than 599 F
Attendance			100	10%	
Final Project	85	1	85	8.5%	
			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

Pre-Course Assignment (10 points total, Introduce Yourself Discussion/Presentation 50 points).

- Pre-Course Check & Quiz – 10 questions worth 15 points total, 1.5 points for each question. The Syllabus Quiz will demonstrate that you have read and understand the content located in various headings of the syllabus. By submitting the syllabus quiz, you are indicating that you have completely read the syllabus and understand what is expected of a student of this online course.
- Introduce Yourself Discussion – worth 50 points total (post your reply 30 points and 2 replies 20 points, presentation in class 20 points). This assignment will help you, your instructor, and your fellow class members get to know each other. Use the prompts that are given to introduce yourself to your classmates, respond to at least 2 of your classmate's posts or present to the class.

SmartBook via Connect Chapter Readings (15 points each, 225 points total).

15 Chapters; Smartbook Chapter Readings must be done by the due date. LATE WORK WILL NOT BE ACCEPTED. All due dates for chapter readings are found in the Course Calendar (every Sunday @ 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.

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 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 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 before making arrangements to complete the assignment or to turn in missed work prior to the next class.

TESTS (50 points each for Test 1-4; 200 points total).

Four tests will be given. 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 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 one-time penalty 30% 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.

Assignments/Activities (275 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, attached, 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 to receive the points.

Project/Presentation/SRSU Event (100 points total; 50 points each)

Introduce Yourself Discussion and Resume & Cover Letter.

ALL COURSE REQUIREMENTS DEADLINE

Due to the time required for grading purposes, all course requirements must be submitted/completed by the 'Course Requirements Deadline' of *Wednesday of 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 WORK POLICY

All coursework must be submitted by the provided due dates in Blackboard and in the syllabus. McGraw Hill readings must be completed by the due date for credit – **NO LATE WORK WILL BE ACCEPTED FOR CHAPTER READINGS.** All other work: **assignments, projects, and tests 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

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

Week	Content	Due
1 1/17 to 1/21	Syllabus Review, Class Expectations, Demonstrations, Blackboard	Pre-Course Assignments - 1/21 Intro Post – 1/19 LearnSmart Ch. 1 – 1/24
2 1/22 to 1/28	Chapter 1 – Meaning and Scope	<u>Last Day for Late Registration & Schedule Changes – 1/22</u> Intro Presentations – 1/22 LearnSmart Ch. 2 – 1/28
3 1/29 to 2/4	Chapter 2 – Philosophy, Goals, and Objectives	<u>Last Day to Drop – 2/1</u> LearnSmart Ch. 3 – 2/4
4 2/5 to 2/11	Chapter 3 – Health and Physical Activity in Our Society	<u>Test #1 (Ch. 1-3) – 2/11</u> LearnSmart Ch. 4 – 2/11
5 2/12 to 2/18	Chapter 4 – Historical Foundations	LearnSmart Ch. 5, 6 – 2/18
6 2/19 to 2/25	Chapter 5 – Motor Behavior Chapter 6 – Biomechanical Foundations	LearnSmart Ch. 7 – 2/25

7 2/26 to 3/3	Chapter 7 – Exercise Physiology and Fitness	LearnSmart Ch. 8 – 3/3 <u>Test #2 (Ch. 4-7) – 3/3</u>
8 3/4 to 3/10	Chapter 8 – Sociological Foundations Chapter 9 – Sport and Physical Activity Psychology	LearnSmart Ch. 9 – 3/10
3/11 to 3/17	Spring Break	LearnSmart Ch. 10 – 3/17
9 3/18 to 3/24	Chapter 9 – Sport and Physical Activity Psychology Chapter 10 – Physical Education Pedagogy	LearnSmart Ch. 11 – 3/24
10 3/25 to 3/31	Chapter 11 – Career and Professional Development	LearnSmart Ch. 12 – 3/31 <u>Test #3 (Ch. 8-11) – 3/31</u>
11 4/1 to 4/7	Chapter 12 – Teaching and Coaching Careers	LearnSmart Ch. 13 – 4/7
12 4/8 to 4/14	Chapter 13 – Fitness and Health-Related Careers	<u>Last Day to Withdraw ‘W’ - 4/12</u> LearnSmart Ch. 14 – 4/14
13 4/15 to 4/21	Chapter 14 – Sport Management, Media, and Sport-Related Careers Faculty Presentations	LearnSmart Ch. 15 – 4/21
14 4/22 to 4/28	Chapter 15 – Future Professionals as Leaders and Advocates Faculty Presentations	<u>Test #4 (Ch. 12-15) – 4/28</u>
15 4/29 to 5/5	Faculty Presentation Work on Final Project	<u>Last Day of Class – 4/29</u> <u>Resume & Cover Letter – 5/5</u>
16 5/6 to 5/8	Final Project	<u>Final Project – 5/7</u>

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. Off-campus access requires logging in with your Lobold and password. Librarians are a tremendous resource for your coursework and can be reached in person, by email (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. 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.