



SUL ROSS
KINESIOLOGY DEPARTMENT

KINE 1301-001
Introduction to Physical Fitness and Sport
Fall 2024

Dr. Billy Jack Ray

Associate Professor - Kinesiology

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Office Hours: M 10-11, 1-2, T 9-12, 1-2, W 10-11, 1-2, R 9-12, 1-2, and F 9-12 *By appointment* (email to set up an appointment)
Required Text: Foundations of Physical Education, Exercise Science, and Sport 21st Edition by Jennifer Walton-Fisette
Meeting: MW 9:00 – 9:50 am GPC 108 with Blackboard components

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.

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.

Competency 004

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

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.

Competency 006

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

Attendance

Attendance for class is mandatory. Every class day is a grade. **One letter grade will be deducted for every absence after four (4). Students with zero (0) absences (not including athletic related absences) will be exempt from the final exam.**

GRADING POLICIES/TESTING/ASSIGNMENTS/ATTENDANCE/EXPECTATIONS

Grade calculation	% of Grade (Points)	Grading Scale
Connect SmartBook Assignments	10 @ 30 points 30% (300 points)	>895 points A
Test	3 @ 100 points 30% (300 points)	795 – 894 points B
Final Exam	10% (100 points)	695 – 794 points C
Presentations (2)	2 @ 100 points 20% (200 points)	595 – 694 points D
Attendance	10% (100 points)	<594 points F
Total Points	1000	

Late Assignments WILL NOT Be Accepted. Also, No Credit Will Be Given For Any Late Assignments

Course Schedule

	<u>Monday</u>	<u>Wednesday</u>	<u>Blackboard Assignment</u>
<u>Week 1</u>	Syllabus/Introduction	Blackboard/Connect	SmartBook 1 08-30-24
<u>Week 2</u>	CHAPTER 1: Meaning and Scope	Personal Introduction Assignment	Personal Introduction PowerPoint 9-06-19
<u>Week 3</u>	Personal Introduction Presentation	Personal Introduction Presentation	SmartBook 2 09-13-24
<u>Week 4</u>	CHAPTER 2: Philosophy, Goals, and Objectives	SMART Goals	SmartBook 3 09-20-24
<u>Week 5</u>	CHAPTER 3: Health and Physical Activity in Our Society	CHAPTER 3: Health and Physical Activity in Our Society	Test 1 SmartBook 4 09-27-24
<u>Week 6</u>	CHAPTER 4: Historical Foundations	History Presentation Introduction	History PowerPoint
<u>Week 7</u>	History Presentations	History Presentations	SmartBook 5/6 10-11-24
<u>Week 8</u>	CHAPTER 5: Motor Behavior	CHAPTER 6: Biomechanical Foundations	SmartBook 7/8 10-18-24
<u>Week 9</u>	CHAPTER 7: Exercise Physiology and Fitness	CHAPTER 8: Sociological Foundations	SmartBook 9/10 10-25-24
<u>Week 10</u>	CHAPTER 9: Sport and Exercise Psychology	CHAPTER 10: Physical Education Pedagogy	Test 2 SmartBook 11 11-01-24
<u>Week 11</u>	CHAPTER 11: Career and Professional Development	Professional Organizations	SmartBook 12/13 11-08-24
<u>Week 12</u>	CHAPTER 12: Teaching and Coaching Careers	CHAPTER 13: Fitness- and Health-Related Careers	SmartBook 14/15 11-15-24
<u>Week 13</u>	CHAPTER 14: Sport Careers	CHAPTER 15: Future Professionals as Leaders and Advocates	Test 3 11-22-24
<u>Week 14</u>	THANKSGIVING WEEK – NO CLASS		
<u>Week 15</u>	FIANL EXAM PREPERATIONWEEK – NO CLASS		
<u>Week 16</u>	Final Exam Week	Final Exam Week	Final Exam 12-6-19

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

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. The Student Handbook can be found at:

<https://www.sulross.edu/catalog/undergraduate-academic-regulations-2/#1605412215143-c8b265dc-3e01>

In addition, please note that plagiarism detection software will be used in this class for written assignments.

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

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 LoboID 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

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