



**SUL ROSS**  
KINESIOLOGY DEPARTMENT

**KINE 1301-001**  
**Introduction to Physical Fitness and Sport**  
**Spring 2025**

**Dr. Billy Jack Ray**

**Associate Professor - Kinesiology**

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**Office Hours:** M 9-11, 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 21<sup>st</sup> Edition by Jennifer Walton-Fisette  
**Meeting:** MW 11:00 – 11:15 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**

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

**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	
<u>Week 2</u>		Blackboard/Connect	SmartBook 1 01-24-25
<u>Week 3</u>	CHAPTER 1: Meaning and Scope	Personal Introduction Assignment	Personal Introduction PowerPoint 01-31-25
<u>Week 4</u>	Personal Introduction Presentation	Personal Introduction Presentation	SmartBook 2 02-07-25
<u>Week 5</u>	CHAPTER 2: Philosophy, Goals, and Objectives	SMART Goals	SmartBook 3 02-14-25
<u>Week 6</u>	CHAPTER 3: Health and Physical Activity in Our Society	CHAPTER 3: Health and Physical Activity in Our Society	Test 1 SmartBook 4 02-21-25
<u>Week 7</u>	CHAPTER 4: Historical Foundations	History Presentation Introduction	History PowerPoint 02-28-25
<u>Week 8</u>	History Presentations	History Presentations	SmartBook 5/6 03-07-25
<u>Week 9</u>	CHAPTER 5: Motor Behavior	CHAPTER 6: Biomechanical Foundations	SmartBook 7/8 03-14-25
<u>Week 10</u>	CHAPTER 7: Exercise Physiology and Fitness	CHAPTER 8: Sociological Foundations	SmartBook 9/10 03-28-25
<u>Week 11</u>	CHAPTER 9: Sport and Exercise Psychology	CHAPTER 10: Physical Education Pedagogy	Test 2 SmartBook 11 04-04-25
<u>Week 12</u>	CHAPTER 11: Career and Professional Development	Professional Organizations	SmartBook 12/13 04-11-25
<u>Week 13</u>	CHAPTER 12: Teaching and Coaching Careers	CHAPTER 13: Fitness- and Health-Related Careers	SmartBook 14/15 04-18-25
<u>Week 14</u>	CHAPTER 14: Sport Careers	CHAPTER 15: Future Professionals as Leaders and Advocates	Test 3 04-25-25
<u>Week 15</u>	Final Exan Prep Week		
<u>Week 16</u>	Final Exam Week	Final Exam Week	Final Exam 05-06-25 @ 12:15pm

## 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](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**

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](mailto:mschwartz@sulross.edu)

## **AI Policy Statement: Sul Ross State University Kinesiology Department**

The Sul Ross State University Kinesiology Department is committed to upholding the highest standards of academic integrity and excellence. As artificial intelligence (AI) tools become increasingly accessible, we recognize their potential as valuable resources for learning and innovation. However, it is imperative that students use AI tools ethically and responsibly.

The improper use of AI in assignments, including but not limited to, generating content without proper attribution, submitting AI-generated work as one's own, or using AI tools to circumvent the learning process, constitutes academic dishonesty. Such actions undermine the educational goals of our programs and violate the University's Code of Conduct.

Students found to be improperly using AI for assignments may face severe consequences, including but not limited to receiving a failing grade for the assignment or course. Additionally, such violations will be referred to the Dean of Students Office for further disciplinary action, which may include probation, suspension, or expulsion from the University.

We encourage students to seek guidance from their instructors if they have any questions about the appropriate use of AI in their coursework. Our department is committed to fostering an environment of integrity, where students can achieve their academic and professional goals through honest and meaningful engagement with their studies.