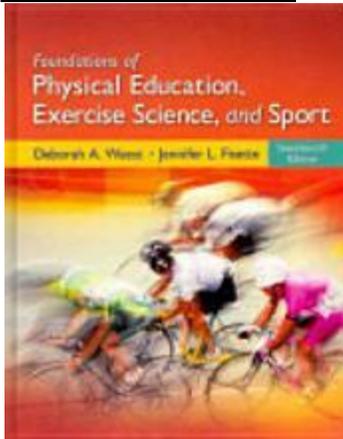


**HHPK 144 W**  
**Introduction to Kinesiology**  
**Summer I 2014, 3 hours**

**Class Meeting Time:** This class is entirely web-based.

**Textbook (required):** Foundation of Physical Education, Exercise Science, and Sport by D. A. Wuest and J. L. Fiset. 17<sup>th</sup> edition.



This book should be available in the bookstore and also at many online book retailers and resellers.

**Instructor:** Dr. Sandy Kimbrough    **E-mail:** [sandy.kimbrough@tamuc.edu](mailto:sandy.kimbrough@tamuc.edu)

Please address me as “Dr. Kimbrough” or “Dr. K”, not “Coach,” “Miss,” “Mrs.” etc....

**Office:**            Field House 100G    **Office Phone:** 886-5555

Office hours: By appointment

**Catalog Description:** A survey course in human movement that includes the historical development of movement and sport from ancient through contemporary cultures. Physiological, sociological, and psychological principles affecting human movement and sport are also included.

**Course objectives**

Upon successful completion of the course, the students will.....

- Demonstrate an understanding of the historical development of movement and sport.
- Understand the principles and concepts of human movement development and maintenance to evaluate, select, and adapt activities that will help them achieve and maintain appropriate levels of movement.
- Demonstrate knowledge of health, nutrition, and safety principles related to human movement.
- Demonstrate the ability to recognize and understand how to promote knowledge and cognitive skills in relation to lifetime fitness and wellness.
- Demonstrate knowledge of principles and concepts of human movement, fitness and exercise science (e.g. anatomy and physiology, kinesiology, exercise physiology, biomechanics).
- Demonstrate an understanding of concepts and principles of health, fitness, and performance and understand how to work with learners from diverse backgrounds to foster learning and encourage positive behavior.
- Understand issues related to personal health risk factors and practices for health-related safety.
- Identify issues and actions that demonstrate professionalism in the field of human movement, including working knowledge of HPERD organizations.
- Work independently on a variety of projects, gather information, and formulate ideas.

## Grading Scale

<u>Percent</u>	<u>Points</u>	<u>Grade</u>	<u>Level of achievement</u>
90– 100 %	360+	A	exceptional, excellent, mastery
80– 89%	320-359	B	above average, good performance
70– 79%	280-319	C	average
60-69%	240-279	D	below average
0-59%	0-239	F	failing

## Evaluation

### Percent/points

Section 1	25% (100 points)
Section 2	25% (100 points)
Section 3	25% (100 points)
Section 4	25% (100 points)

**“No excuses, just results.”**

## Section Quizzes and Participation

Each section will contain several lectures. At the end of each lecture, you will be directed to do some laboratory/research-type work and then participate in a discussion, take a quiz, and/or complete an assignment. ALL portions of each section MUST be completed by that section's "end date." You MUST do the 4 sections in order. Assignments, quizzes, etc, not submitted by the due date will receive a grade of zero. Do not wait until the last minute. The total point value for each section accounts for 25% of the course grade. The total point value for each section will be 100. For example, section 3 may break down in this way:

Quizzes	4@ 10 pts each	40
Discussions	1@15 pts	15
Assignments	3@15 points each	45

So if your grades were as follows:

Quiz 1	8
Quiz 2	7
Quiz 3	10
Quiz 4	10
Discussion	13
Assignment 1	13
Assignment 2	13
Assignment 3	15
89=TOTAL for Section 3	

## Additional information on quizzes, lectures, and reading assignments

DO NOT attempt to take the quizzes without reading the appropriate pages from the book first AND taking notes on the lectures and other reading assignments. The quizzes are timed, and you will not have time to be doing the assigned reading as you take the quiz. In addition, the lectures will not simply repeat what you have read in the book.

## Submitting assignments/using the drop box

All assignments will have a "drop box." When you drop an assignment for me to grade, it MUST be a WORD document (or EXCEL document if it is a spreadsheet), and it must be titled appropriately. For example, if one of the assignments is called "leadership assignment" and your last name is Collins, the name of the document you drop must be "Collins leadership.doc"

Also, at the top of the first page of every assignment, you must include your name and the name of the assignment. If it is a spreadsheet, gridlines should be showing and a header should include your name and the name of the assignment. You should print-preview your document so that when I print it, it is lined up correctly and does not have columns, rows, etc. hanging out off the edge of a sheet. If you do not name and label the document correctly, you will lose 20% of the value of that assignment.

### **Feedback on assignments**

For most of your assignments, I will save your work, then use the “track changes” feature on the document itself to make corrections, write comments, etc. I will then attach the document back to your inbox so you will have written feedback from me. USE this information to improve your work on future assignments.

### **Course Policies**

- Because this is an online course, you may never meet me or your other classmates face-to-face. That means that written communication must be clear in all circumstances.
- While completing assignments, chatting, etc within the e-college environment (within this class), be professional. In other words, quality matters. Write clearly with correct spelling, punctuation, and grammar. Actively prepare by reading the assigned materials. Share your thoughts (ask and answer questions). Have course materials with you when you are online (you can use materials during quizzes, etc). Please refrain from anything that is not class-related while “in” this course. Unless you are quoting someone else directly, language should be “G-rated.”
- **END DATES:** The “end dates” listed for sections are the LAST chance to submit them. Please submit your work early. I DO NOT accept late assignments.
- If you have a question or concern, e-mail me. Please include in the subject of the e-mail (“HHPK 144”) and the subject of the message. I will respond promptly during the week. If you want me to take a look at assignments before you submit them, you may ask me to do so through e-mail. I will NOT grade assignments ahead of time, but I will give you general feedback about how your work looks. I am here to help.
- You MUST check your e-mail regularly in case I need to communicate with you. I will not e-mail you junk, and I request that you do the same for me and your classmates.
- If you have a question or concern, communicate with me!

### **Student and Instructor Expectations:**

Expectations are high for both of us. I strive to be the best teacher possible. I expect you to perform to the best of your ability. Making an “A” in this class is quite an accomplishment, and will be earned only by those who are willing to put forth the necessary effort. There is no grading curve - you will receive the grade you have earned!!!!

### **PLAGIARISM**

The handouts used in this course are copyrighted. By “handouts,” I mean all materials generated for this class, which include but are not limited to syllabi, quizzes, exams, lab problems, in-class materials, review sheets, and additional problem sets. Because these materials are copyrighted, you do not have the right to copy the handouts, unless I expressly grant permission.

As commonly defined, plagiarism consists of passing off as one's own the ideas, words, writings, etc., which belong to another. In accordance with this definition, you are committing plagiarism if you copy the work of another person and turn it is as your own, even if you should have the permission of that person. Plagiarism is one of the worst academic sins, for the plagiarist destroys the trust among colleagues without which research cannot be safely communicated. “Cutting and pasting” is almost always plagiarism!!!

If you have any questions regarding plagiarism, please consult me.

If you plagiarize in my class, you will automatically receive a grade of “F” and disciplinary action will be sought.

### **Statement on Student Behavior**

All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment (see Student's Guide Handbook).

### **ADA statement**

Students requesting accommodations for disabilities must go through the Academic Support Committee. For more information, please contact the Director of Disability Resources and Services, Gee Library (903) 886-5835.

Note: \*\*\*\*\* When reading from the textbook, use logical section breaks for reading assignments. ☺

<b>Section</b>	<b>Lecture Titles</b>	<b>Accompanying textbook info</b>	
1	A, B, C's		
1	The Basics		
1	Certifications		
1	Dumb Answers		
1	Education		
1	Fitness		
1	Goal Setting		Section 1 due: June 10
2	History	pp. 105-136	
2	Interdisciplinary	Chapter 1, pp. 41-56	
2	Just the Facts		
2	Kinesiology	pp. 216-231	
2	The LAW	p. 502, 137-140 (Title IX), 282-288	
2	Motor Behavior	pp. 148-155, 167-169, 182-191	Section 2 due: June 17
3	Now is the time!		
3	Occupations	pp. 415-417, 432-445, Chapter 13, Chapter 14	
3	Professionalism	pp. 406-412, pp. 378-380, 385-398	
3	Quips and Quotes		
3	Recreation	pp. 20-21	
3	Sport	pp. 136-145	Section 3 due: June 24
4	Therapy	pp. 474-480	
4	Ummm....and other "oops"		
4	Vocabulary...more of it		
4	Why this field?	pp. 37-41 Your Professional Philosophy	
4	eXcellence		
4	You oughtta know!	National Standards for PE (p. 44); pp. 306-321, 323-325	
4	Zeal		Section 4 due: July 2

Summary of Assignments for Section 1 (point total=100)

Topic	Quiz Pts	Discussion Pts	Assignment Pts
A, B, C's	10	5	
The Basics	10		
Certifications	10	5	
Dumb Answers	10		10
Education	10	10	
Fitness			10
Goal Setting			10
TOTAL	50	20	30

Summary of Assignments for Section 2 (point total=100)

Topic	Quiz Pts	Discussion Pts	Assignment Pts
History	10		
Interdisciplinary	10		
Just the Facts	10		15
Kinesiology	10		
The LAW	10	10	
Motor Behavior	10		15
TOTAL	60	10	30

Summary of Assignments for Section 3 (point total=100)

	Quiz Pts	Discussion Pts	Assignment Pts
Now is the time			10
Occupations		15	
Professionalism		15	
Quips and Quotes	10		10
Recreation	10		
Sport	10	10	10
TOTAL	30	40	30

Summary of Assignments for Section 4 (point total=100)

	Quiz Pts	Discussion Pts	Assignment Pts
Therapy			15
Ummmm....and other "oops"		10	
Vocabulary..more of it	15		
Why this field?	15		
eXcellence		10	10
You oughtta know!	15		
Zeal			10
TOTAL	45	20	35