## KIN 114 RYTHMIC ACTIVITIES

KIN 114 is a required course for the Bachelor's Degree in Kinesiology and All-Level Certification

# College of Education and Applied Science Department of Health and Kinesiology

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Health and Kinesiology Center Office HKC 236

**Text/Readings:** See handouts.

**Course Description:** The rhythmic portion of the course will include experiences in basic musical

signature and pattern identification. These will be applied to selected dances, jumping rope, simple aerobic choreography and training. During the innovative games half, principles upon which novel activities are based

will be presented along with games which depict each tenet.

**Course Objectives:** Upon completion of this course, the student should be able to:

1. Integrate within practical scenarios, skill themes and movement concepts.

- 2. Identify and select developmentally appropriate rhythmical sequences as observed in even and uneven patterns.
- 3. Develop routines which use specific rhythmical patterns.
- 4. Learn specific sports skills chosen by student.

## **Course Format:** Students will:

- 1. Acquire knowledge and skills of basic non-locomotor and locomotor movement concepts and skill themes.
- 2. Acquire knowledge and skills of basic rhythmic activities and dance forms
- 3. Develop original individual/dual/group skills/routines using manipulative equipment.
- 4. Demonstrate skills, concepts, and/or dances.

## **Course Content:**

This course is part of the physical education teacher preparation curriculum. Participation is expected. Instruction is conducted via a combination of lecture, discussion and active class participation. There will be a basic introduction and/or review of the following.

- 1. Characteristics of Rhythm
- 2. Fundamental Movement Concepts
- 3. Perceptual awareness skills (body awareness, spatial and directional awareness, coordination, balance)
- 4. Theoretical basis of teaching rhythmic movement activities
- 5. Use of manipulative equipment: parachutes, ribbons, hoops, ropes, sports equipment
- 6. Choreographed steps and rhythmic activities: creative rhythms, singing movement songs and games.

**Evaluation:** Grades are assigned based on the percentage of points earned for each of the following:

- 1. Assignments each have predetermined point value (Total=50pts.)
- 2. 2 Exams (25pts. Each)

Grading Scale
90-100% A
80-89% B
70-79% C
60-69% D
Below 60% F

## **Expectations:**

- 1. **This** class requires active participation. Anticipate moderate to strenuous physical activity and dress accordingly. No hats, blue jeans, dresses, skirts, sandals, or flip flops.
- 2. Should you miss classes, you alone are responsible for all material covered.
- 3. Exams will be administered only on the specified dates. No make-up exams are administered; however, the teacher reserves the right to give a make-up exam due to unforeseen valid emergencies which can be officially documented in writing. Should a make-up exam be given, it will differ in style from the original exam.

Attendance Policy: 4 absences reduction of one letter grade

5 absences reduction of two letter grades 6 absences reduction of three letter grades

7 absences failure of the course

## Student absences on religious holy days policy:

Section 51.911 (b) of the Texas Education Code requires that an institution of higher education excuse a student from attending classes or other required activities, including examinations, for the observance of a religious holy day including ravel for that purpose. A student whose absence is excused under this subsection may not be penalized for that absence and shall be allowed to take an examination or complete an assignment from which the student is excused within a reasonable time after the absence.

University policy 861001 provides the procedures to be followed by the student and instructor. A student desiring to absent himself/herself from a scheduled class in order to observe (a) religious holy day(s) shall present to each instructor involved a written statement concerning the religious holy day(s). This request must be made in the first fifteen days of the semester or the first seven days of a summer session in which the absence(s) will occur. The instructor will complete a form notifying the student of a reasonable timeframe in which the missed assignments and/or examinations are to be completed.

## **Students with disabilities policy:**

"Students with a disability which affects their academic performance are expected to arrange for a conference with the instructor in order that appropriate strategies can be considered to ensure that participation and achievement opportunities are not impaired. The physically impaired may contact the Director of the Counseling Center, 294-1720.