

# **KIN 131 Foundations of Kinesiology**

*KIN 131 is a required course for the Degree in Kinesiology and All-level Kinesiology Certification*

College of Education and Applied Science

Department of Health and Kinesiology

FALL 2007

- Instructor:** Ron Randleman  
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- Text:** Wuest, D. & Bucher. C (2003). Foundations of Physical Education and Sport (15<sup>th</sup> ed) McGraw/Hill.
- Course Description:** The course will be divided into three areas:
- ▶ Nature and scope of physical education, exercise science and sport;
  - ▶ Foundations of physical education, exercise science, and sport;
  - ▶ Career opportunities, issues and challenges.
- Course Format:** The class format includes lecture, class discussions, guest speakers and student oral presentation. The evaluation process includes exams, attendance, participation, written and oral assignments.
- Course Objectives:** Upon completion of the course, the students should be able to:
1. Communicate their personal philosophy pertaining to a career in kinesiology.
  2. Gain knowledge of the 12 sub-disciplines of kinesiology.
  3. Understand the basic components physical fitness and the benefits of regular physical activity.
  4. Know the main goals of Healthy People 2010.
  5. Understand the health risks of obesity for people of all ages.
  6. Gain knowledge of selected leaders throughout the history of physical education.
  7. Understand the basic concepts of motor learning.
  8. Gain knowledge of selected biomechanical terms related to human motion.
  9. Appreciate the role of sport in society.
  10. Understand principles of effective goal setting.
  11. Appreciate the numerous career opportunities in the field of kinesiology.
  12. Understand the important qualities of an effective leader.

## Course Requirements:

1. Assigned readings and participation in class discussions.
2. Demonstrate knowledge on written exams relative to course work assigned.
3. Attend all classes and be on time.
4. Personal philosophy paper; Following the lecture/discussion on philosophy, you will write a personal philosophy regarding the field of Kinesiology in relation to your intended professional choice.
5. The student will select a topic within the field of Kinesiology and write a research paper using library/internet resources with proper referencing.
6. Each student will give an oral presentation of their research paper to the class.

## Evaluation:

Three Exams	300 points
Class Attendance	100 points
Personal Philosophy paper	20 points
Research paper	60 points
Research presentation	<u>20 points</u>
<b>Total Points:</b>	<b>500</b>

**A=90% B=80-89% C=70-79% D=60-69% F=59% and below**

## Expectations:

All papers must be typed or computer generated and double spaced. Papers must have proper referencing. Late papers will receive a penalty. **“HATS OFF”**, please remove your hat in the classroom. Students will lose 10 points for the second class missed and 10 points for each additional absence. Misses for official university activity will lose 1 point. Students late for class will lose 1 point for first 5 minutes and 2 points for up to 15 minutes. Students will NOT EAT in the classroom and will not leave until the class is dismissed.

## Disability Statement:

Students with a disability that 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 as chair of the Committee for Continuing Assistance for Disabled Students by telephone (extension 4-1720).

## ***STUDENT ABSENCE 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 examination, for the observance of a religious holy day, including travel for that purpose. A student whose absence is excused under this subsection may not be penalized for the 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 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 time frame in which the missed assignments and/or examinations are to be completed.*