



A Member of The Texas State University System

Department of Health and Kinesiology

Course Syllabus: KIN 131 Foundations of Kinesiology
Spring 2008
Professor: Brent Estes, Ph.D.

I. Instructor Contact Information

Email: bce001@shsu.edu

Phone: 936-294-1159

Office: HKC- 218

Office Hours: Monday/Wednesday - 9:30 – 11:00; 12:30 – 2:00; By Appointment

II. Course Description & Objectives

Course Description: This course serves as a base for all kinesiology courses. Units will include historical development, philosophical implications, physical fitness, scientific bases of movement, and educational values of kinesiology and career path options. Credit 3. (*SHSU 2006-08 Catalog*)

On completion of this course, the student will competently:

1. Identify and describe the primary organizations that provide leadership in the various areas of interest related to kinesiology and sport.
2. List, define and briefly discuss the sub-discipline areas related to kinesiology, exercise science, and sport.
3. Discuss the history of kinesiology (physical education), including the impact that various cultures have had on the development of this discipline.
4. Identify and briefly discuss various leaders, both past and present, who have had or are having an impact on the various sub-disciplines related to the areas of interest.
5. Discuss the impact that legislation has had on the profession, especially Title IX
6. Identify and briefly discuss various factors which have contributed to changes in the profession (e.g. political, social, economic, religious, etc.).
7. Identify and briefly describe the physiological and psychological impact that various forms of movement can have on an individual or group.
8. Discuss the role of movement on the total development of the individual, especially within the confines of an educational system, but including young adults, middle age and the elderly.
9. List and briefly discuss personal satisfactions and rewards to be gained from working in the profession.

Student Evaluation of Instructor Effectiveness

Students will be asked to evaluate the instructor's teaching effectiveness related to course objectives and general effective teaching practices at the end of the course using the IDEA instrument. Students will be invited to provide feedback during the course which will be used to make needed adjustments. Students will also evaluate their learning in these specific objectives:

Course **Essential** Objectives:

1. Learning fundamental principles, generalizations, or theories.
2. Learning to apply course materials to improve thinking, problem solving, and decisions.

Course **Important** Objectives:

3. Learning how to find and use resources for answering questions or solving problems.
4. Developing specific skills, competencies, and points of view needed by professionals in the field most closely related to this course.
5. Learning to analyze and critically evaluate ideas, arguments, and points of view.

III. Materials & Required Texts

Wuest, D. A. & Bucher, C. A. (2006). *Foundations of physical education, exercise science, and sport*, 15th ed. Boston, MA: McGraw-Hill. ISBN 0072972807

Additional Materials: You **must have a Sam Email Account** (not to be forwarded to other email). All communication outside of class will be done through SamMail.

IV. SHSU Policies see also: <http://www.shsu.edu/syllabus/>

1. Academic Honesty: Academic work submitted by you (such as papers, assignments, reports, tests) shall be your work alone and referenced in part or in whole to its correct source. Submission of commercially prepared (or group prepared) materials as your own work is unacceptable. Moreover, you shall encourage honesty in others by refraining from providing materials or information with knowledge that these materials or information will be used improperly. Violation of these academic standards may result in removal or failure. Please see the *SHSU Graduate Catalog* and the *Publication Manual of the American Psychological Association*. Students are expected to use conventions noted in the APA Publication Manual, 5th edition, for citing sources. Academic Policy Statement 810213

2. Attendance is taken for all class meetings. Please notify me in advance if you will be absent or tardy. According to the university policy, regular and punctual class attendance is expected of each student at SHSU. It is expected that each faculty member will keep a record of student attendance. Each faculty member will announce to his/her classes the policies for accepting late work. Students are expected to show appropriate cause for missing or delaying major assignments or examinations. A student shall not be penalized for three or fewer hours of absences [*one class period*] when examinations or other assigned class work have not been missed; however, a student may be penalized for more than three hours of absences at the discretion of the instructor. Academic Policy Statement 800401

3. Student Conduct: All students shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment.

4. Dropping the Class/Withdrawing from the University: If you need to adjust your schedule by dropping this course, please follow university procedures to officially drop the class. If you fail to officially drop the class, a failing grade shall be assigned at the end of the course.

Academic Policy Statement 990407. If a student resigns between the 1st class day and the 12th class day (4th class day in the summer) no record of the resignation will appear on the student's academic record. If a student resigns after the 12th class day (4th class day in summer) but before mid-semester, a record of the resignation will appear on the student's academic record. If a student resigns after eight weeks in the fall or spring or after the first two weeks of a summer session the mark of WP (withdrew passing) or WF (withdrew failing) will be recorded on the student's academic record for each course for which the student was enrolled. To resign (officially withdraw) from the university, a student must either report to the Registrar's Office to complete a Resignation Request or submit a letter stating his or her intent to resign.

5. Students with Disabilities Policy: It is the policy of Sam Houston State University that individuals otherwise qualified shall not be excluded, solely by reason of their disability, from participation in any academic program of the university. Further, they shall not be denied the benefits of these programs nor shall they be subjected to discrimination. Students with disabilities that might affect their academic performance should visit with the Office of Services for Students with Disabilities located in the Counseling Center at **936.294.1720**

6. Student Absences on Religious Holy Days: Students are allowed to miss class and other required activities, including examinations, for the observance of a religious holy day, including travel for that purpose. Students remain responsible for all work.

7. The Sam Houston Writing Center provides one-on-one help with your writing assignments. The Center is open from 8 a.m. to 7 p.m. Monday through Thursday, 8 a.m. to 3 p.m. Friday, and 2-7 p.m. on Sunday. They are located in Farrington

Room 111. It is not necessary to schedule an appointment; however, you may call 936-294-3680, twenty-four hours in advance to schedule one. Their email address is wctr@shsu.edu

V. Assessment and Summative Evaluation of Learning Objectives

Total Possible Points: 400

Exam 1	100
Exam 2	100
Quizzes (3)	50
Interview	25
Group Presentation/Paper	75
Group Activities	50

- NOTE:** 1. Papers are due on the date printed in the course outline unless otherwise notified.
2. Late work **WILL NOT** be accepted unless pre-approved by the instructor.
3. Make-up exams **WILL NOT** be given unless pre-approved by the instructor.
4. The syllabus is subject to change pending notification.

Written work should:

- be clear, well organized, and concise.
- be free from grammatical and spelling errors.
- be Typed (12 point) and double space with 1 inch margins on left and right, with name, date, course in upper right hand corner. Paginate with page number in upper right hand corner and a staple in upper left corner. No report covers please.
- demonstrate a thorough analysis.
- include supporting evidence from course readings and additional resources (citations must be provided).

Academic honesty is expected in all work. Violations will result in course failure. Please note that SHSU policy regarding academic honesty specifically addresses appropriate use of electronic files and media. The Department regularly monitors student work through a university purchased service entitled "Turn-it-in.com". In this program, student work is compared to previous published work and a comparison (by percentage) is made of students' work to that of the original authors'. Plagiarism (putting someone else's work down as your own with no citation) is a serious violation of this policy.

Attendance/Participation Policies:

Attending class, arriving for class on time, and remaining in class until the end of the class period is fundamental to academic success. Each student will be allowed **three** absences over the course of the semester. All subsequent absences after the third will result in one letter grade reduction per absence.

- 1-3 absences = no penalty
- 4 absences = reduction of 1 letter grade
- 5 absences = reduction of 2 letter grades
- 6 absences = reduction of 3 letter grades
- 7 or more absences will result in failure of the course

Tentative Schedule

	Date	Class Topics	Reading	Assignments Due
1	Jan 16	Introductions		
	Jan 21	MLK Holiday; No Class		
2	Jan 23	Class cancelled		
3	Jan 28	Meaning & Philosophy	Chapter 1	
4	Jan 30	Goals & Objectives	Chapter 2	
5	Feb 4	Role in Society & Education	Chapter 3	
6	Feb 6	Role in Society & Education	Chapter 3	
7	Feb 11	Historical Foundations	Chapter 4	Quiz I: Ch. 1-3 (25 points)
8	Feb 13	Motor Behavior	Chapter 5	
9	Feb 18	Biomechanical Foundations	Chapter 6	
10	Feb 20	Exercise Physiology & Fitness	Chapter 7	
11	Feb 25	Sociological Foundations	Chapter 8	Quiz II: Ch. 4-7 (25 points)
12	Feb 27	Sociological Foundations ~Discussion Group Activity II	Chapter 8	
13	Mar 3	Sport & Exercise Psychology	Chapter 9	
14	Mar 5	Sport & Exercise Psychology	Chapter 9	

	Mar 10, 12	Spring Break; No Class		
15	Mar 17	Exam Review		
16	Mar 19	Exam One	Chapters 1-9	(100 points)
17	Mar 24	Career & Professional Development	Chapter 10	
18	Mar 26	Career & Professional Development	Chapter 10	
19	Mar 31	Teaching & Coaching Careers	Chapter 11	
20	Apr 2	Teaching & Coaching Careers	Chapter 11	
21	Apr 7	Fitness & Health-Related Careers	Chapter 12	
22	Apr 9	Sport Careers	Chapter 13	
23	Apr 14	Issues & Challenges	Chapter 14	Quiz III: Ch. 10-13 (25 points)
24	Apr 16	Future Trends	Chapter 15	
25	Apr 21	Group Presentations		
26	Apr 23	Group Presentations		
27	Apr 28	Group Presentations		
28	April 30	Group Presentations		
29	May 5	Group Presentations		
30	May 7	Exam Review		

	May 12, 14	Final Exam		(100 points)
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