Stephen F. Austin State University  
Department of Kinesiology and Health Science  
Kinesiology 2100- Fall 2020  
Physical Activity – Distance Learning

**Instructor:** Amy Perkinson  
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**Office Hours:** By Appointment  
**Credits:** 2 hrs.  
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**Course Time & Location:** Hybrid  
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**Course Description:** This course will focus on the five components of fitness (Cardiovascular Endurance, Muscular Strength, Muscular Endurance, Body Composition and Flexibility). Students will assess their fitness levels and have the opportunity to participate in physical activities. Students will be introduced to setting personal fitness goals using their fitness test results. Additionally, students will be introduced to proper nutrition, non-traditional activities and current fitness myths.

**Course Justification:** KINE 2100 is a variable credit course of 1-2 semester hours. For each credit hour, class meets for 50-75 minutes each week for 15 weeks. The classes are physical activity based where students may be assigned varying outside class assignments based on the topic which may consist of out of class readings, journaling, topic presentations, studying for exams, and practicing physical skills to achieve proficiency. These outside class assignments would require at least two hours each week for each credit hour.

**James I. Perkins College of Education Diversity Statement** is found at the following link:  
[http://coe.sfasu.edu/about-us/](http://coe.sfasu.edu/about-us/)

I. **Intended Learning Outcomes/Goals/Objectives (Program/Student Learning Outcomes):**
This course links with SFA Initiative #4: Develop a learner-centered environment.
This course links with SFA’s COE Goal and Initiative #2: Prepare educators and industry professionals.
This course links with SFA’s initiative #5: Create new learning opportunities through additional interdisciplinary, international, service learning, and civic engagement experiences.
This course links with SFA’s COE Goal and initiative #4: Teaching and student success. This course links with SFA’s COE Goal and Initiative #6: Collaborate with external partners.

**Program Learning Outcomes:**
1. The student will identify and analyze critical components of physical movements.
2. The student will demonstrate an understanding of basic principles of physical fitness concepts and the utilization of available technology in assessing fitness levels, performance, and physiological effects during various levels of physical stress.
3. The student will apply knowledge of principles and stages of motor development.
4. The student will demonstrate knowledge of kinesiological principles and content.
5. The student will design and implement physical education learning experiences that are developmentally appropriate, safe, and that utilize principles of effective instruction.

**Student Learning Outcomes:**
Upon completion of this course, each student will be able to:
1. Identify the benefits, principles, and factors affecting the development of cardiorespiratory endurance, muscular strength and endurance, joint flexibility, and body composition. (PLO # 2)
2. Demonstrate an understanding of the general principles of exercise prescription and programming for cardiorespiratory endurance, muscular strength and endurance, joint flexibility, and body composition. (PLO # 4)
3. Develop an understanding of a variety of methods of measurement that can be used to assess cardiorespiratory endurance, muscular strength and endurance, joint flexibility, and body composition. (PLO # 5)
4. Comprehend the relationship between regular physical activity and healthy body composition. (PLO # 2)
5. Demonstrate an understanding of the relationship between regular physical activity and cardiorespiratory disease risk factors. (PLO # 2)
6. Comprehend the basic physiological responses to health-related physical fitness activities. (PLO # 2)
7. Demonstrate an understanding of sound nutritional practices and their impact on health and performance related aspects of physical fitness. (PLO # 2,5)
8. Demonstrate the ability to differentiate between health and fitness related physical activities and their contribution to healthy living. (PLO # 2)
9. Demonstrate the ability to assess his/her personal fitness through the completion of a variety of health-related physical fitness tests. (PLO # 4,5)
10. Apply knowledge gained to create a personal fitness program to meet individual fitness goals or deficiencies. (PLO # 4,5)
11. Meet minimum department performance standards on required fitness tests that include measures of cardiorespiratory fitness, muscular strength and endurance, and joint flexibility. (PLO # 4,5)

II. Course Assignments, Activities, Instructional Strategies, use of Technology:
1. Students will complete the physical fitness components assigned. This test assesses the students’ health related fitness.
2. Students will complete various homework assignments that will enhance the learning of the topics covered in class. These assignments might include quizzes and discussion posts.
3. Students will complete an assignment; Heart Rate Activity while studying Module 2. This assignment will allow the student to find their own maximum H.R and exercise threshold.
4. Students will complete a weekly Activity Log to be turned in at the end of each week. They will use an app to track their progress. They are required to attain at least 150 minutes of documented activity each week.

III. Evaluation and Assessments (Grading):

<table>
<thead>
<tr>
<th>Grade</th>
<th>Description</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>Activity Log/Participation</td>
<td>40%</td>
</tr>
<tr>
<td>B</td>
<td>Quizzes</td>
<td>20%</td>
</tr>
<tr>
<td>C</td>
<td>Discussion Posts</td>
<td>20%</td>
</tr>
<tr>
<td>D</td>
<td>Homework</td>
<td>20%</td>
</tr>
<tr>
<td>F</td>
<td>Below 60</td>
<td></td>
</tr>
</tbody>
</table>

Total.................................................100%

IV. Tentative Course Outline/Calendar:

<table>
<thead>
<tr>
<th>Week</th>
<th>Topic</th>
<th>Assignment</th>
<th>Due Date</th>
</tr>
</thead>
</table>
| Week 1 150-300 min of Activity | 1. Introduction- 5 Components of Fitness  
2. Fitness Testing  
  a. 12 Min Run Test or 3 Min Step Test  
  b. Push Up  
  c. Curl up  
  d. Sit and Reach and Trunk Extensor  
  e. BMI  
3. Warm-Up and Cool Down | 1. Quiz- Par Q  
2. Activity Log; MapMy Fitness Screenshot of 12 Min Run Test or 3 Min Step Test and results of other tests. | 1. 08/28  
2. 08/29 |
| Week 2 150-300 min of Activity | 1. Cardiovascular Health (Cardiovascular Endurance) | 1. Discussion Post  
2. Homework Assignment (Heart Rate)  
3. Activity Log: MapMy Fitness Screenshot | 1. 09/02**  
2. 09/04  
3. 09/05 |
| Week 3 | 150-300 min of Activity | 1. Strength Training (Muscular Strength and Endurance) | 1. Quiz | 1. 09/11 | 2. 09/12 |
| 2. Reps and Sets | | 2. Activity Log: MapMy Fitness Screenshot | | |
| 3. Biomechanics | | | | |

| Week 4 | 150-300 min of Activity | 1. Body Composition | 1. Discussion Post | 1. 09/16** | 2. 09/19 |

| Week 5 | 150-300 min of Activity | 1. Flexibility | 1. Quiz | 1. 09/25 | 2. 09/26 |

| Week 6 | 150-300 min of Activity | Non-Traditional Activities | 1. Homework Assignment: Social Media Post with #SFAKinesiologyandHealthScience | 1. 10/02 | 2. 10/03 |
| | | ● Hiking | 2. Activity Log: MapMy Fitness Screenshot | | |
| | | ● Kayaking | | | |
| | | ● Skating | | | |
| | | ● Archery | | | |
| | | ● Rock Climbing | | | |
| | | ● Disc Golf | | | |
| | | ● Yoga | | | |
| | | ● Etc... | | | |

| Week 7 | 150-300 min of Activity | Myths: | 1. Discussion Post | 1. 10/07** | 2. 10/10 |
| | | ● Fitness | | | |
| | | ● Nutrition | | | |
| | | ● Exercise Equipment | | | |

| Week 8 | 150-300 min of Activity | 1. Fitness Testing | 1. Quiz | 1. 10/16 | 2. 10/17 |
| | | a. 12 Min Run Test or 3 Min Step Test | | | |
| | | b. Push Up | | | |
| | | c. Curl up | | | |
| | | d. Sit and Reach and Trunk Extensor | | | |
| | | e. BMI | | | |
| | | 2. Evaluation of Personal Results | | | |

*This schedule is subject to change

**Discussion Post: Initial post is due this day.
You are required to comment on two of your peers' posts by the end of the week.
V. Readings (Required and recommended—including texts, websites, articles, etc.): N/A (unless otherwise specified in the Module).

VI. Course Evaluations:
Near the conclusion of the semester, each student will have the opportunity to evaluate the course. Evaluation data is used for a number of important purposes relating to improving instruction, planning, and accreditation as well as decisions regarding faculty tenure, promotion, pay and retention. As you evaluate this course, please be thoughtful, thorough, and accurate in completing the evaluation. SFA is committed to excellence in teaching and continued improvement. Therefore, your response is critical. In the Perkins College of Education, the course evaluation process has been simplified and is completed electronically through MySFA. Although the instructor will be able to view the names of students who complete the survey, all ratings and comments are confidential and anonymous, and will not be available to the instructor until after final grades are posted.

VII. Student Ethics and Other Policy Information: Found at https://www.sfasu.edu/policies

Attendance and preparation for class:
Students are expected to attend and participate in every scheduled class meeting. Students are expected to arrive on time and be dressed appropriately on activity days! Inappropriate attire on activity days will be counted as an unexcused absence.

Unexcused absences and Tardies: The student may incur one unexcused absence for the semester. Subsequent unexcused absences will result in a deduction of 3 points from the student’s final grade. The instructor is under no obligation to provide an opportunity to make up tests (this includes both written and Fitness Component(s) tests), assignments or other missed work. Students arriving after attendance has been taken are responsible for notifying the instructor at the end of the class period or they will be marked as absent. Exceptions will be made for students who miss class for excused University-sponsored events, verifiable serious illness, or a verifiable family emergency. It is the responsibility of the student to notify the instructor immediately prior to an anticipated absence for a school sponsored trip. All documentation must be turned in NO later than one week after the student returns from an EXCUSED absence. One and a half points will be deducted from the final grade for each tardy up to 10 minutes. After 10 minutes, the student is considered absent.

Class Attendance and Excused Absence: Policy 6.7
Regular, punctual attendance, documented participation, and, if indicated in the syllabus, submission of completed assignments are expected at all classes, laboratories, and other activities for which the student is registered. Based on university policy, failure of students to adhere to these requirements shall influence the course grade, financial assistance, and/or enrollment status. The instructor shall maintain an accurate record of each student’s attendance and participation as well as note this information in required reports and in determining final grades. Students may be excused from attendance for reasons such as health, family emergencies, or student participation in approved university-sponsored events. However, students are responsible for notifying their instructors in advance, when possible, for excusable absences. View related student ethics and other policy information at: https://www.sfasu.edu/policies

Students with Disabilities: Policy 6.1 and 6.6
To obtain disability related accommodations, alternate formats and/or auxiliary aids, students with disabilities must contact the Office of Disability Services (ODS), Human Services Building, and Room 325, 468-3004 (ODS) as early as possible in the semester. Once verified, ODS will notify the course instructor and outline the accommodation and/or auxiliary aids to be provided. Failure to request services in a timely manner may delay your accommodations. For additional information, go to http://www.sfasu.edu/disabilityservices/

Academic Integrity and Student Academic Dishonesty: Policy 4.1
Academic integrity is a responsibility of all university faculty and students. Faculty members must promote the components of academic integrity in their instruction, and course syllabi are required to provide information about penalties for cheating and plagiarism, as well as the appeal process.
Definition of Academic Dishonesty
Academic dishonesty includes both cheating and plagiarism. Cheating includes but is not limited to (1) using or attempting to use unauthorized materials on any class assignment or exam; (2) the falsification or invention of any information, including citations, on an assignment; and/or (3) helping or attempting to help another in an act of cheating or plagiarism.

Plagiarism is presenting the words or ideas of another person as if they were your own. Examples of plagiarism include, but are not limited to: (1) submitting an assignment as if it were one’s own work when it is at least partly the work of another person; (2) submitting a work that has been purchased or otherwise obtained from an Internet source or another source; and/or, (3) incorporating the words or ideas of an author into one’s paper or presentation without giving the author due credit.

Penalties for Academic Dishonesty
Penalties may include, but are not limited to reprimand, no credit for the assignment or exam, re-submission of the work, make-up exam, failure of the course, or expulsion from the university.

Student Appeals
A student who wishes to appeal decisions related to academic dishonesty should follow procedures outlined in Academic Appeals by Students (6.3).

Please read the complete policy at http://www.sfasu.edu/policies/academic_integrity.asp.

Withheld Grades: Policy 5.5
At the discretion of the instructor of record and with the approval of the academic unit head, a grade of WH will be assigned only if the student cannot complete the course work because of unavoidable circumstances. Students must complete the work within one calendar year from the end of the semester in which they receive a WH, or the grade automatically becomes an F, except as allowed through policy [i.e., Active Military Service (6.14)]. If students register for the same course in future semesters, the WH will automatically become an F and will be counted as a repeated course for the purpose of computing the grade point average.

Acceptable Student Behavior/Student Code of Conduct: Policy 10.4
Classroom behavior should not interfere with the instructor’s ability to conduct the class or the ability of other students to learn from the instructional program (see the Student Conduct Code, policy D-34.1). Unacceptable or disruptive behavior will not be tolerated. Students who disrupt the learning environment may be asked to leave class and may be subject to judicial, academic or other penalties. This prohibition applies to all instructional forums, including electronic, classroom, labs, discussion groups, field trips, etc. The instructor shall have full discretion over what behavior is appropriate/inappropriate in the classroom. Students who do not attend class regularly or who perform poorly on class projects/exams may be referred to the iCare: Early Alert Program at SFASU.

Additional Information:
Code of Ethics for the Texas Educator:
The Texas educator shall comply with standard practices and ethical conduct toward students, professional colleagues, school officials, parents, and members of the community and shall safeguard academic freedom. The Texas educator, in maintaining the dignity of the profession, shall respect and obey the law, demonstrate personal integrity, and exemplify honesty and good moral character. The Texas educator, in exemplifying ethical relations with colleagues, shall extend just and equitable treatment to all members of the profession. The Texas educator, in accepting a position of public trust, shall measure success by the progress of each student toward realization of his or her potential as an effective citizen. The Texas educator, in fulfilling responsibilities in the community, shall cooperate with parents and others to improve the public schools of the community. This chapter shall apply to educators and candidates for certification.


To complete Certification/Licensing Requirements in Texas related to public education and other professional settings, you will be required to:
1. Candidates must undergo a criminal history background check prior to clinical teaching and prior to
employment as an educator. The public school campuses are responsible for completing the criminal background check. A person who is enrolled or planning to enroll in a State Board for Educator Certification-approved educator preparation program or planning to take a certification examination may request a preliminary criminal history evaluation letter regarding the person's potential ineligibility for certification due to a conviction or deferred adjudication for a felony or misdemeanor offense.

A Preliminary Criminal History Evaluation is a non-mandatory, non-binding evaluation of an individual’s self-reported criminal history. In addition, the agency obtains your name-based Texas criminal history information. The service is provided to the requestor for a non-refundable fee. The requestor will receive an evaluation letter by email from agency staff advising of potential ineligibility for educator certification.

You are eligible to request a Preliminary Criminal History Evaluation if:

- You enrolled or planning to enroll in an educator preparation program or
- You are planning to take a certification exam for initial educator certification, and
- You have reason to believe that you may be ineligible for educator certification due to a conviction or deferred adjudication for a felony or misdemeanor offense.

You are not eligible for a preliminary evaluation of your criminal history if you do not have a conviction or deferred adjudication for a felony or misdemeanor offense.

In addition, you must complete the fingerprinting process when you apply for certification. Participation in the evaluation does not preclude you from submitting to a national criminal history review at the time you apply for your educator certification. Your criminal history will be reviewed and you may be subject to an investigation based on that criminal history, including any information you failed to submit for evaluation.

Additional information can be found at https://tea.texas.gov/Texas_Educators/Investigations/Preliminary_Criminal_History_Evaluation-FAQs/.

2. Provide one of the following primary ID documents: passport, driver’s license, state or providence ID cards, a national ID card, or military ID card to take the TExES exams (additional information available at http://www.tx.nesinc.com/PageView.aspx?f=GEN_Tests.html. YOU must provide legal documentation to be allowed to take these mandated examinations that are related to certification/licensing requirements in Texas. If you do not have legal documentation, you may want to reconsider your major while at SFASU.

3. Successfully complete state mandated a fingerprint background check. If you have a history of criminal activity, you may want to reconsider your major while at SFASU.

For further information, contact the Office of Assessment and Accountability at 936-468-1282 or edprep@sfasu.edu.

VIII. Other Relevant Course Information:

Course Rationale:
Research indicates that daily health/fitness related behaviors determine the quality and longevity of our life. This course is designed to provide information to create awareness of and motivation toward development of positive health and fitness behaviors. The practice of long-term positive health and fitness behaviors are essential to an individual’s physical, emotional, social, occupational, environmental, intellectual, and spiritual well-being.

Cell phone/laptops:
Cell phone use is not permitted during class; this includes texting, recording and/or picture taking. Laptops may be used for NOTE TAKING ONLY.
Professionalism:
You are working towards a degree to become a professional, so you should look and speak that way. Please use professional language and writing.

Insurance:
It is strongly advised that each student carry health/accident insurance. You are NOT covered by a Departmental or University insurance policy while attending this course. Physical activity is a required part of this course. Participation in physical activity comes with an inherent risk of injury. Students participate at their own risk in physical activities. It is recommended that students have personal health and accident insurance since they are responsible for their own healthcare expenses. It is the student’s responsibility to provide the instructor with prior medical history regarding injuries, illnesses, surgeries, medications, or other special considerations which may affect participation in class. Students may be asked to secure a physician’s statement clearing them to participate in class if a pre-existing condition exists, or if an injury occurs.

Health-Related Fitness Testing:
All students enrolled in KINE 2100 are required to take the health-related physical fitness tests that will be administered during the course. Norms will be included in Module 2.

Mask Statement:
Masks (cloth face coverings) must be worn over the nose and mouth at all times in this class and appropriate physical distancing must be observed. Students not wearing a mask and/or not observing appropriate physical distancing will be asked to leave the class. All incidents of not wearing a mask and/or not observing appropriate physical distancing will be reported to the Office of Student Rights and Responsibilities. Students who are reported for multiple infractions of not wearing a mask and/or not observing appropriate physical distancing may be subject to disciplinary actions.
