KINESIOLOGY AND HEALTH SCIENCE DEPARTMENT
KINE 5175.001: Independent Study
Fall 2021

Instructor: Malcolm T. Whitehead, PhD
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Other Contact Information: (936) 468-3503

Course Time & Location: M,W 11:00-12:15, HPE 223
Office Hours: M,W 9:30-10:00am; Th 3:30-5:00pm
Credits: 3 semester hours
Email: whitehead@sfasu.edu

I. Course Description:
Independent Study in strength and conditioning relating to fitness and human performance. Course prepares students to sit for National Strength and Conditioning Association (NSCA) Certified Strength and Conditioning Specialist (CSCS) exam.

KINE 5175 “Independent Study” (3 credits) meets for 150 minutes each week for 15 weeks and students are expected to attend class meetings and engage in lectures and class learning activities. Practical application-based problem sets for select units are assigned to be completed outside of class meeting time, which should constitute approximately 150 asynchronous learning minutes. A portion of the time allotted for class meetings will be utilized to cover each practical based problem set in detail using a small group student led open forum discussion approach. The course requires students to complete three written exams that necessitates students to demonstrate understanding and utilization of the concepts presented during lecture and the practical problem assignments. Each student is required to complete an analysis of motion project that is a capstone style comprehensive experience for the course that requires the synthesis of information provided in the course and incorporates the practical application of this information. These activities should require 4-6 hours of time per week in addition to the time commitment designated for lecture.

James I. Perkins College of Education Diversity Statement is found at http://coe.sfasu.edu/about-us/

II. Intended Learning Outcomes/Goals/Objectives (Program/Student Learning Outcomes):

This course helps to prepare competent, successful, caring, and enthusiastic professionals dedicated to responsible service, leadership, and continued professional and intellectual development through the implementation of the following program and student learning outcomes. A complete list of program standards can be found on the PCOE website.

Program Learning Outcomes

1. The student will be able to demonstrate the ability to read and make critical analysis of original research (class discussions).
2. The student will demonstrate the ability to effectively collect, analyze, summarize, and present research findings (presentations).
3. The student will demonstrate advanced knowledge of physiological and biochemical aspects of the use of nutritional ergogenic aids in exercise and sport performance (written exams).
4. The student will demonstrate the ability to apply knowledge and skills to think critically and ethically in examining issues and solving problems (class discussions, presentations, written exams).

Student Learning Outcomes:

1. Provide programs/courses based on sound clinical practice/research (COE goal #1).
2. Prepare leaders and industry professionals (COE goal #2).
3. Provide a variety of teaching venues incorporating the latest technologies to a range of diverse student interests, backgrounds, and aspirations (COE goal #4).
4. Conduct research to advance knowledge and to contribute to the common good (COE goal #8).

III. Course Assignments, Activities, Instructional Strategies, Use of Technology:

1. Instructional Strategies: Lecture, assignments, and class discussions.
2. Communication: All students should have access to Brightspace/D2L and a SFASU student email address. Assignments, lecture notes and other pertinent information will be available on Brightspace. Student email addresses will be used to communicate with the class and individual students on an as needed basis.
3. Exams: There will be three exams administered during the semester. Each exam will consist of Multiple-Choice, True or False,
and Short Answer type questions.

4. Project: Each student will create a qualitative analysis of motion project.

5. Bonus: The opportunity to earn a maximum of 5 optional bonus points may be made available during the course.

<table>
<thead>
<tr>
<th>Assignment/Assessment</th>
<th>FHP Program Standards</th>
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<tbody>
<tr>
<td>Exam 1: Exercise Physiology, Biomechanics, Sport Skills, Needs Analysis</td>
<td>1, 3, 4</td>
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<tr>
<td>Exam 2: Exercise Testing, Resistance Training, Periodization</td>
<td>1, 3, 4</td>
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<tr>
<td>Presentations: Sport Specific Strength &amp; Conditioning Programming</td>
<td>1, 3, 4</td>
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<tr>
<td>Exam 3: Speed, Agility, Plyometric, Endurance</td>
<td>1, 3, 4</td>
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<tr>
<td>Assignments: Needs Analysis, Resistance Training Programming</td>
<td>1, 3, 4</td>
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<tr>
<td>Final Exam: Comprehensive</td>
<td>1, 3, 4</td>
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</tbody>
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IV. Evaluation and Assessments (Grading):

<table>
<thead>
<tr>
<th>Assessments</th>
<th>Points</th>
<th>Grading Scale</th>
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</thead>
<tbody>
<tr>
<td>Exam 1</td>
<td>30</td>
<td>&gt; 90</td>
</tr>
<tr>
<td>Exam 2</td>
<td>30</td>
<td>80-89</td>
</tr>
<tr>
<td>Exam 3</td>
<td>30</td>
<td>70-79</td>
</tr>
<tr>
<td>Project</td>
<td>10</td>
<td>60-69</td>
</tr>
<tr>
<td>Bonus (optional)</td>
<td>5</td>
<td>&lt; 60</td>
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Total 100

V. Tentative Course Outline/Calendar: (The following content is expected to be covered on the following dates, but unforeseeable circumstances might necessitate a change in date for the content.)

<table>
<thead>
<tr>
<th>Week</th>
<th>Topic / Assignment</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Syllabus and Course Requirements</td>
</tr>
<tr>
<td>2</td>
<td>Module 1-Structure and Function of Body Systems, Biomechanics of Exercise and Training</td>
</tr>
<tr>
<td>3</td>
<td>Module 2-Bioenergetics of Exercise Training, Endocrine Responses of Resistance Training</td>
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<tr>
<td>4</td>
<td>Module 3-Adaptations to Anaerobic and Endurance Training Programs</td>
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<tr>
<td>5</td>
<td>Exam 1</td>
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<tr>
<td>6</td>
<td>Module 4-Nutrition Strategies and Performance Enhancing Substances</td>
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<td>7</td>
<td>Module 5-Administration, Scoring, and Interpretation of Selected Tests</td>
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<td>8</td>
<td>Module 6-Warm-up, Flexibility Training, and Prehabilitation</td>
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<td>9</td>
<td>Module 7-Exercise Techniques for Free Weight and Machine Training</td>
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<tr>
<td>10</td>
<td>Exam 2</td>
</tr>
<tr>
<td>11</td>
<td>Module 8-Program Design for Resistance Training</td>
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<tr>
<td>12</td>
<td>Module 9-Program Design and Technique for Plyometric, Speed, and Agility Training</td>
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<tr>
<td>13</td>
<td>Module 10- Program Design and Techniques for Aerobic Endurance</td>
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<tr>
<td>14</td>
<td>Thanksgiving Break</td>
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<tr>
<td>15</td>
<td>Project Due and Group Presentations</td>
</tr>
<tr>
<td>16</td>
<td>Exam 3 on day and time scheduled</td>
</tr>
</tbody>
</table>
VI. Readings (Required and Recommended – including texts, websites, articles, etc.):

2. Access to Brightspace to download class handouts and take exams online.

VII. Course Evaluations:

Near the conclusion of each semester, students in the College of Education electronically evaluate courses taken within the COE. Evaluation data is used for a variety of important purposes including:

1. Course and program improvement, planning, and accreditation.
2. Instruction evaluation purposes.
3. Making decisions on faculty tenure, promotion, pay, and retention.

As you evaluate this course, please be thoughtful, thorough, and accurate in completing the evaluation. Please know that the PCOE faculty is committed to excellence in teaching and continued improvement.

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.

VIII. Student Ethics and Other Policy Information:

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 (including the first 12-day attendance report) 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. Whether absences are excused or unexcused, a student is still responsible for all course content and assignments. Students with accepted excuses may be permitted to make up work for up to three weeks of absences during a semester or one week of a summer term, depending on the nature of the missed work. Make-up work must be completed as soon as possible after returning from an absence.

Academic Accommodation for 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, 936-468-3004 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/

Student Academic Dishonesty: Policy 4.1
Abiding by university policy on 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:
- using or attempting to use unauthorized materials on any class assignment or exam;
- falsifying or inventing of any information, including citations, on an assignment;
- 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 one’s own. Examples of plagiarism include, but are not limited to:

- submitting an assignment as one’s own work when it is at least partly the work of another person;
- submitting a work that has been purchased or otherwise obtained from the Internet or another source;
- incorporating the words or ideas of an author into one’s paper or presentation without giving the author 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).

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 by the deadline set by the instructor of record, not to exceed 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., Military Service Activation (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.

If a student has been found guilty of academic dishonesty, a grade of “WP” or “WH” may be changed to “WF” at the discretion of the faculty member. In the case of a grade change to “WF”, the course will not count towards the six course drop limit since the student is incurring an academic penalty.

Student Code of Conduct: Policy 10.4
Interference or disruption of students, faculty, administration, staff, the educational mission, or routine operations of the university is prohibited. Such activity includes, but is not limited to, behavior in a classroom or instructional program that interferes with the instructor or presenter’s ability to conduct the class or program, or the ability of others to profit from the class or program. To remain in the vicinity of activity that is disrupting normal university functions when requested to leave by a university official is prohibited. Bystanders, if their presence incites or adds to the disruption, as well as more active participants in the disruptive activity, may be in violation of this policy as well. Engaging in physical violence of any nature against any person. This includes fighting; assaulting; battering; using a knife, gun, or other weapon; or acting in a manner that threatens or endangers the physical health or safety of any person or causes a reasonable apprehension of such harm.

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 Early Alert Program at SFA.

SFASU values students’ mental health and the role it plays in academic and overall student success. SFA provides a variety of resources to support students’ mental health and wellness. Many of these resources are free, and all of them are confidential.

On-campus Resources:
SFASU Counseling Services
www.sfasu.edu/counselingservices
3rd Floor Rusk Building
936-468-2401

SFASU Human Services Counseling Clinic
www.sfasu.edu/humanservices/139.asp
Human Services Room 202
936-468-1041

Crisis Resources:
Burke 24-hour crisis line 1(800) 392-8343
Suicide Prevention Lifeline 1(800) 273-TALK (8255)
Crisis Text Line: Text HELLO to 741-741