KINE 1301.005 Foundations of Kinesiology

Instructor: Austin Dunn
Course Time & Location: MWF 9:00-9:50a--HPE222
Office: EDAN 108
Office Hours: MWF10:00-11:00a.m.
Credits: 3 hrs.
Email: dunnal@jacks.sfasu.edu

Prerequisites: None
Students can expect a response to emails and phone calls within 24-48 hours Monday-Friday.

I. Course Description & Purpose:
Foundation courses are introductory by nature and allow for the exploration of a field of interest. Therefore, it should be expected that a wide variety of information be disseminated, to include Historical, physiological, psychological, and sociological foundations; programs, professional requirements and opportunities. It is expected that professionals be exposed to a broad range of general professional information that will enhance their ability to grow professionally. This course is designed to meet Texas Teacher Certification requirements. It is expected that a teacher in Texas be schooled in selected foundation areas.

Course Justification
“Foundations of Kinesiology” (3 credits) is a face-to-face course that will meet 150 minutes of classroom time/direct instruction per week for 15 weeks. During a semester in which there are only 14 weeks of class time this course may include instructional time that is delivered asynchronously. Kinesiology students will explore the value of their discipline by scrutinizing each of the 12 sub disciplines of kinesiology. Students will have significant weekly out of class assignments, such as; readings, preparing for an in-class group presentation, and developing their professional philosophy by writing and submitting a formal paper. These assignments will enhance the student’s understanding of the weekly topics that are discussed in class, as well as prepare them for three in-class written examinations. The outside class assignments would require at least 6 hours of outside work each week.

Perkins College of Education Diversity Statement
The James I. Perkins College of Education is committed to proactively recruiting and retaining a diverse faculty, staff, and student population. Through open dialogue, mutual respect, and shared responsibility, faculty, staff, and students will demonstrate an understanding and sensitivity to ethnicity, race, gender, exceptionalities, culture, language/dialect, age, social class, family structure, sexual orientation, religion, and spiritual values in order to enhance the quality of life in a diverse, global community.

II. 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:
Undergraduate Kinesiology – Physical Education Teacher Education (modified, 2022)
1. The student will be prepared to pass state/national accredited certifications.
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 demonstrate an understanding of common and specialized content, and scientific and theoretical foundations for the delivery of an effective preK-12 physical education program.
4. The student will apply content and foundational knowledge to plan developmentally appropriate learning experiences aligned with local, state and/or SHAPE America’s National Standards and Grade-Level Outcomes for
KINE 1301.005 Foundations of Kinesiology

K-12 Physical Education through the effective use of resources, accommodations and/or modifications, technology and metacognitive strategies to address the diverse needs of all students.
5. The student will apply content and foundational knowledge to implement developmentally appropriate learning experiences aligned with local, state and/or SHAPE America’s National Standards and Grade-Level Outcomes for K-12 Physical Education through the effective use of resources, accommodations and/or modifications, technology and metacognitive strategies to address the diverse needs of all students.
5. The student will select and implement appropriate assessments to monitor P-12 students’ progress and guide decision making related to instruction and learning.

Undergraduate Kinesiology – Exercise Science

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 design and implement physical education learning experiences that are developmentally appropriate, safe, and that utilize principles of effective instruction.
4. The student will demonstrate an understanding of the physiological principles of exercise.
5. The student will be prepared to pass nationally accredited certifications.

Student Learning Outcomes:
As an introductory course KINE. 1301 presents an overview of the Kinesiology field in order to prepare the student either in the field of education or in other professions in the field of exercise science. Students are presented with opportunities to develop their academic excellence through critical, reflective and creative thinking. Establishment of life-long learning in the development of the critical component of daily physical activity is emphasized within both the content and the opportunities presented in the classroom. Students are expected to perform with integrity and responsibility both in the classroom and as a representative of the SFASU community when off-site.

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

1. A variety of instructional methods are modeled during the course such as but, not limited to; lectures, class discussion, group work, cooperative activities, guest speakers, and power point presentations.
2. Students will have an opportunity to apply writing skills by composing a written paper as an optional assignment. The paper will consist of the students writing their philosophy as well as discussing their future aspirations upon completion of their degree.
3. Students will complete various homework assignments that will enhance the learning of the topics being covered in class. These homework assignment(s) will correlate to the chapters being discussed; this will aid in enhancing their learning opportunity.
### Assignments and Program Standards Chart

<table>
<thead>
<tr>
<th>Assignments</th>
<th>SHAPE (2017)</th>
<th>CAEP Standards</th>
<th>ISTE Standards (2021)</th>
<th>InTASC Standards</th>
<th>EC-12 Educator Standards</th>
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<tbody>
<tr>
<td><strong>Motor Behavior homework</strong> <em>(terms and studies specific to the discipline of motor behavior)</em></td>
<td>1.a, 1.b, 1.3</td>
<td>1b</td>
<td>1b, 2a, 4h, 4j, 4l, 4j, 6b, 7a, 7b, 7c, 7f, 7g, 7h</td>
<td>1.3k, 1.10k, 5.4k</td>
<td></td>
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<tr>
<td><strong>Group Philosophy Presentations</strong> <em>(Students will present current controversial topics in the field of Kinesiology)</em></td>
<td>1.3</td>
<td>1b</td>
<td>1b, 2a, 2j, 3i, 4j, 4l, 5m, 6b, 7a, 7b, 7c, 7f, 7g, 7h, 8a, 8q, 7f, 7g, 7h, 8a, 8q</td>
<td>8.4k</td>
<td></td>
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<tr>
<td><strong>Individual Philosophy paper assignment</strong> <em>(Student will identify their plan A, and Plan B aspirations, along with formulating their professional philosophy)</em></td>
<td>1.3</td>
<td>1b</td>
<td>1b, 2a, 2d, 2h, 2j, 2n, 4h, 4j, 4l, 5m, 5o, 6b, 7a, 7b, 7c, 7f, 7g, 7h, 8a</td>
<td>3.15k, 5.3k, 8.4k</td>
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<tr>
<td><strong>Exam #1</strong> – Ch. 5,6 &amp; terminology <em>(Assessment to cover semantics specific to kinesiology, The SFA Way, Philosophy, and History of Physical Education)</em></td>
<td>1.f, 1.3</td>
<td>1a, 1d, 2l, 4l, 4n, 4r, 6b, 6c, 6d, 6s</td>
<td>6.6k, 9.2k</td>
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<tr>
<td><strong>Exam #2</strong> – Ch. 8,10,11 <em>(Assessment to cover Motor Behavior, Biomechanical Principles, and Exercise Physiology)</em></td>
<td>1.a, 1.b, 1.c, 1.d, 1.e, 1.3</td>
<td>1a, 1d, 2l, 4n, 4r, 6b, 6c, 6d, 6s</td>
<td>9.1k, 9.4k</td>
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<tr>
<td><strong>Exam #3 (final)</strong> – Ch. 14-17 <em>(Assessment to cover Careers in Therapeutic Exercise, Teaching Physical Education, Coaching, Sport Instruction, and Sport Management)</em></td>
<td>1.3</td>
<td>1a, 1d, 2l, 4n, 4r, 6b, 6c, 6d, 6s</td>
<td>1.1k, 1.3k, 1.10k, 2.4k</td>
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### IV. Evaluation and Assessment (Grading):

Grade is based on the % of the total points assigned during the semester (200 points).

| 90-100 % | A | Exams | 90 pts |
| 80-89 % | B | Homework | 30 pts |
| 70-79 % | C | Presentation | 50 pts |
| 60-69 % | D | Attendance | 30 pts |
| Below 60 % | F | Total | 200 pts |

**Typed Assignments:**

All assignments, must be typed. No work will be accepted unless it is typed! These will be uploaded to D2L. For accreditation purposes some assignments may also be uploaded to QClassroom (within D2L) as well.
Late Assignments and 24/7 Rule:
Late assignments will be accepted up to 7 days after the due date, each day deducting 3 points off of the assignment. After 7 days, the assignment will no longer be accepted and student will receive a 0 grade.

24/7 rule. After a grade is submitted, the student must wait 24 hours to contact the instructor about that grade. After 24 hours, the student has 7 days to contact the instructor about the grade. After those 7 days, the grade is locked in and may not be revisited.

Attendance:
You may have 2 unexcused absences. After 2 unexcused absences, each unexcused absence results in 2pts deduction. Excused absences are university sponsored events (sports, etc.), sickness/health related, family emergency. Please notify me in advance, if possible, of any excused absences.

V. Tentative Course Outline/Calendar:

<table>
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<tr>
<th>Week</th>
<th>Topic</th>
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<tbody>
<tr>
<td>Week 1</td>
<td>Orientation, Syllabus, Expectations</td>
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<tr>
<td>Week 2</td>
<td>Identify “Philosophy”, Understand semantics used in Kinesiology</td>
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<td>Week 3</td>
<td>Ch. 4- Philosophy (Discuss Morals, Ethics, and Values) Introduce “The SFA Way” (Describe how philosophy fits into the field of kinesiology) Assignment 1</td>
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<td>Week 4</td>
<td>Ch. 5 – History (Discuss past experiences in the discipline, describe how the subdiscipline of history of physical activity has developed)</td>
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<td>Week 5</td>
<td>Exam I – Ch. 4, 5, subdisciplines, and careers &amp; certifications</td>
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<td>Week 6</td>
<td>Assemble groups; Receive an ethical question related to kinesiology and physical education. The students will develop a group resolution and present to the class as a group.</td>
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<td>Week 7</td>
<td>Present to class as a group (group philosophical presentations)</td>
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<td>Week 8</td>
<td>Ch. 8 Sport Psychology, Ch. 9 – Biomechanics (Explore how human movement biomechanics emerged within the field of physical activity) Assignment 2</td>
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<tr>
<td>Week 9</td>
<td>Ch. 10 – Physiology of Physical Activity (Explore areas of Exercise Physiology, explore job opportunities. Examine how the body responds to physical activity and how these changes relate to physical performance and health.) Exam II – Ch. 8, 9, 10</td>
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<tr>
<td>Week 10</td>
<td>Ch. 14 - Careers in Teaching P.E (Define Pedagogy, describe settings in which physical educators teach.)</td>
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<td>Week 11</td>
<td>Ch.13- Careers in Therapeutic Exercise (Acquaint the student with the wide range of professional opportunities in the sphere of therapeutic exercise) Assignment 3</td>
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<tr>
<td>Week 12</td>
<td>Ch.15 – Careers in Coaching and Sport Instruction (Familiarize the student with the nature of the work and qualifications for coaching and professional sport instruction.)</td>
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<td>Week 13</td>
<td>Thanksgiving Break</td>
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<tr>
<td>Week 14</td>
<td>Ch.16- Careers in Sport Management (Familiarize the student with the purpose and types of work done by professionals in sport management.)</td>
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<tr>
<td>Week 15</td>
<td>Dead Week</td>
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<td>Week 16</td>
<td>Final Exam – Exam III Ch. 13-16</td>
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Week 16  FINAL EXAM DAY – 8a.m.- 10a.m. Wednesday, December 13th

VI. Recommended Text/Readings/Materials:


VII. Course Evaluations:

Near the conclusion of each semester, students in the College of Education electronically evaluate courses taken within the PCOE. Evaluation data is used for a variety of important purposes including: 1. Course and program improvement, planning, and accreditation; 2. Instruction evaluation purposes; and 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. 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.

Academic Integrity (4.1)

The Code of Student Conduct and Academic Integrity outlines the prohibited conduct by any student enrolled in a course at SFA. It is the responsibility of all members of all faculty, staff, and students to adhere to and uphold this policy.

Articles IV, VI, and VII of the new Code of Student Conduct and Academic Integrity outline the violations and procedures concerning academic conduct, including cheating, plagiarism, collusion, and misrepresentation. Cheating includes, but is not limited to: (1) Copying from the test paper (or other assignment) of another student, (2) Possession and/or use during a test of materials that are not authorized by the person giving the test, (3) Using, obtaining, or attempting to obtain by any means the whole or any part of a non-administered test, test key, homework solution, or computer program, or using a test that has been administered in prior classes or semesters without permission of the Faculty member, (4) Substituting for another person, or permitting another person to substitute for one’s self, to take a test, (5) Falsifying research data, laboratory reports, and/or other records or academic work offered for credit, (6) Using any sort of unauthorized resources or technology in completion of educational activities.

Plagiarism is the appropriation of material that is attributable in whole or in part to another source or the use of one’s own previous work in another context without citing that it was used previously, without any indication of the original source, including words, ideas, illustrations, structure, computer code, and other expression or media, and presenting that material as one’s own academic work being offered for credit or in conjunction with a program course or degree requirements.

Collusion is the unauthorized collaboration with another person in preparing academic assignments offered for credit or collaboration with another person to commit a violation of any provision of the rules on academic dishonesty, including disclosing and/or distributing the contents of an exam.

Misrepresentation is providing false grades or résumés; providing false or misleading information in an effort to receive a postponement or an extension on a test, quiz, or other assignment for the purpose of obtaining an academic or financial benefit for oneself or another individual or to injure another student academically or financially.

Withheld Grades Semester Grades Policy (5.5)
Please copy and paste the following information regarding Withheld Grades into your syllabus. Add additional information as needed to meet your departmental or course needs.

Ordinarily, at the discretion of the instructor of record and with the approval of the academic chair/director, a grade of WH will be assigned only if the student cannot complete the coursework 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. If students register for the same course in future terms the WH will automatically become an F and will be counted as a repeated course to compute the grade point average. For additional information, go to https://www.sfasu.edu/policies/course-grades-5.5.pdf.

Students with Disabilities
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 / 468-1004 (TDD) 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 promptly may delay your accommodations. For additional information, go to http://www.sfasu.edu/disabilityservices/.

Student Wellness and Well-Being
SFA values students’ overall well-being, mental health and the role it plays in academic and overall student success. Students may experience stressors that can impact both their academic experience and their personal well-being. These may include academic pressure and challenges associated with relationships, emotional well-being, alcohol and other drugs, identities, finances, etc.

If you are experiencing concerns, seeking help, 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:
The Dean of Students Office (Rusk Building, 3rd floor lobby)
www.sfasu.edu/deanofstudents
936.468.7249
dos@sfasu.edu

SFA Human Services Counseling Clinic Human Services, Room 202
www.sfasu.edu/humanservices/139.asp
936.468.1041

The Health and Wellness Hub “The Hub”
Location: corner of E. College and Raguet St.

To support the health and well-being of every Lumberjack, the Health and Wellness Hub offers comprehensive services that treat the whole person – mind, body and spirit. Services include:
- Health Services
- Counseling Services
- Student Outreach and Support
- Food Pantry
- Wellness Coaching
- Alcohol and Other Drug Education
www.sfasu.edu/thehub
936.468.4008
thehub@sfasu.edu

Crisis Resources:
- Burke 24-hour crisis line: 1.800.392.8343
- National Suicide Crisis Prevention: 9-8-8
- Suicide Prevention Lifeline: 1.800.273.TALK (8255)
- johCrisis Text Line: Text HELLO to 741-741