KINESIOLOGY AND HEALTH SCIENCE DEPARTMENT
KINE 5175.006: The Effects of Mindful Meditation on Body Image
Fall 2023

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Other Contact Information: (936) 468-3503

Course Time & Location: TBA
Office Hours: MTWRF: 10:00am-11:00am
Credits: 3 semester hours
Email: whitehearth@sfasu.edu

I. Course Description:
Independent Study in fitness and human performance is to help engage the student in the research process and prepare the student to present and/or publish research done through this class.

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.

PCOE 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 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.

<table>
<thead>
<tr>
<th>Assignment/Assessment</th>
<th>FHP Program Standards</th>
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<tbody>
<tr>
<td>Review of literature/Introduction</td>
<td>1, 3, 4</td>
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<tr>
<td>Methodology</td>
<td>1, 3, 4</td>
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<tr>
<td>Data analysis</td>
<td>1, 3, 4</td>
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<tr>
<td>Discussion</td>
<td>1, 3, 4</td>
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<tr>
<td>Conclusion</td>
<td>1, 3, 4</td>
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<tr>
<td>Manuscript Final Draft</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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<tbody>
<tr>
<td>Review of literature/Introduction</td>
<td>20</td>
<td>&gt; 90 A</td>
</tr>
<tr>
<td>Methodology</td>
<td>10</td>
<td>80-89 B</td>
</tr>
<tr>
<td>Data Analysis</td>
<td>10</td>
<td>70-79 C</td>
</tr>
<tr>
<td>Discussion</td>
<td>10</td>
<td>60-69 D</td>
</tr>
<tr>
<td>Conclusion</td>
<td>10</td>
<td>&lt; 60 F</td>
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<tr>
<td>Manuscript Rough Draft</td>
<td>20</td>
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<tr>
<td>Manuscript Final Draft</td>
<td>20</td>
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<td><strong>Total</strong></td>
<td><strong>100</strong></td>
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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>
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<tbody>
<tr>
<td>1-2</td>
<td>Meet with instructor to discuss timeline and methodology</td>
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<td></td>
<td>IRB Draft Due</td>
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<tr>
<td>3-4</td>
<td>Review of literature Draft Due</td>
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<tr>
<td>5-6</td>
<td>Methodology Draft Due</td>
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<tr>
<td>7-8</td>
<td>Data Analysis</td>
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<td>9-10</td>
<td>Discussion</td>
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<td>11-12</td>
<td>Conclusion</td>
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<td></td>
<td>Thanksgiving Break</td>
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<td>13-14</td>
<td>Manuscript Rough Draft</td>
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<tr>
<td>15-16</td>
<td>Manuscript Final Draft</td>
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VI. Readings (Required and Recommended – including texts, websites, articles, etc.):

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 and Student Code of Conduct: Policy 10.4

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.
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

Upon the request from student to the instructor of record and at the discretion of the instructor of record with the approval of the academic unit head, a grade of WH may 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 Services

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