

Course Syllabus  
KINE 2310 Foundations of Kinesiology  
Fall 2013  
Department of Kinesiology  
School of Nursing and Allied Health

**COURSE DESCRIPTION**

Students will study the discipline of Kinesiology, including knowledge derived from history and philosophy in the field and specific types of professions typically pursued by those graduating from a Kinesiology program. Projects, interviews, lectures, papers and other activities are utilized to examine different disciplines such as teaching, exercise science, coaching, sports psychology, sociology and management. Using information gained students will develop their own individual goals and philosophy regarding kinesiology.

**COURSE SEQUENCE IN CURRICULUM AND PREREQUISITE INFORMATION**

KINE 2310 is a required course for majors in either Teacher Certification, Athletic Training or Wellness Management degree in Kinesiology. This course is a “gateway” course and must be taken early in Kinesiology curriculum, a grade of “C or better” must be earned before upper level Kinesiology courses can be attempted.

**INSTRUCTOR INFORMATION**

Name: Heather Massanova  
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Office Phone: 281-649-3687  
Office Location: Nursing #129  
Office Hours:

**LEARNING RESOURCES**

Course Text(s): *Introduction to Kinesiology* (4th ed), Hoffman 2013; Human Kinetics, Inc .  
Supplementary Text(s): None required  
Other Required Materials: White 3 ring binder for Kinesiology Portfolio.

**RELATION TO THE PURPOSE STATEMENT OF THE UNIVERSITY**

Consistent with the University’s goals and purpose, this course will:

- provide an educational atmosphere which promotes academic excellence and freedom of thought.
- enrich the moral and spiritual development of students.
- promote the development of critical thinking, compassion, and responsibility, (thereby preparing students for meaningful lives and work and for service to the Lord and the people of the world).
- encourage students to continue learning.
- foster intellectual and social interaction in the various teaching and learning processes.

**RELATION TO COLLEGE GOALS AND PURPOSES**

The Kinesiology Department emphasized the goals of the School of Nursing and Allied Health with the inclusion of multiple learning approaches: a challenging criterion; and the use of reliable, fair methods of evaluation. The Kinesiology Department works to:

1. Prepare the student to obtain academic excellence;
2. Introduce the student to various fitness and wellness areas in the field;
3. Invite the student to be aware of the needs and areas of study available in the community, region, nationally, and internationally; and
4. Promote the development of critical and creative thinking, compassion, responsibility and continuing interest in the learning and the field of kinesiology.

## RELATION TO DEPARTMENTAL GOALS AND PURPOSES

Houston Baptist University Department of Kinesiology is committed to fashioning and cultivating a genuine practitioner in the science of human movement; preparing candidates to assume professional roles in education, in fields aligned with rehabilitation and prevention, and within the environments of sport and exercise. The candidate displays expert knowledge; proficient competencies, and professional disposition suited for success in the profession.

## COURSE OBJECTIVES

Overview/ purpose of the course

As a Kinesiology Major and Professional in the field, the student must understand how the discipline of Kinesiology is organized and how it relates to the phenomenon of physical activity. The course will introduce the student to the multi-faceted discipline of kinesiology. The student will begin a personal mastery of this field by being actively involved in assigned textbook readings; exposure and review of related research; lectures; active participation in class discussions and interactions; demonstration of expertise in completing required assignments; dependable class attendance; and examinations.

\*On completion of this course, students should:

1. have gained an appreciation of and insights into the importance of physical activity in daily life and the implications of this for the discipline of exercise and sport science;
2. understand the rationale for a discipline of exercise and sport science, how it is structured, and the types of knowledge studied by its scholars, as well as the implications of this and other types of knowledge for professional practice;
3. understand the nature and demands of professional occupations, the career options available and begin a more thorough focus of their particular interest in the discipline.

## TOPICAL OUTLINE

Class Date or Meeting Topic: Class Assignment

Syllabus, Competencies, and Course Requirements
Portfolio Development Overview & Intro to Kinesiology Text 1 /Slides
Student Introductions (from assignment)
The Spheres of Activity Text 2 /Slides
American Obesity Crisis
Importance of Phys Activity Text 3 /Slides
Phys Activity/Motor Learning Text 4/Slides
Subjective Experiences Text 5 /Slides
SEES scale and activity
Video and review
Review Game
<b>Test# 1 *50</b> (Chapters 1,2,3,4,5 + Slides/Lectures)
Test #1 discussion
History of Phys Activity Text 6 /Slides
Sociology of Physical Activity Text 7/slides

Motor Behavior	Text 8/slides
Psychology Sport & Exercise	Text 9 /Slides
Applied Psychology of Exercise & Sport	
Biomechanics	Text 10 /Slides
Future of Biomechanics	
Video and Review	
Review Game	
<b>Test # 2 *50</b> (Chapters 6,8,9,10 + Slides/Lectures and extra lessons)	
<b>Discussion of test 2</b>	
Physiology of Activity	Text 11 /Slides
Physiology of Activity activities	
Becoming a Professional	Text 12 /Slides
Portfolio Review and Implementation	
Careers in Health/Fitness	Text 13 /Slides
Careers in Therapeutics	Text 14 /Slides
Sports Medicine and activity	
<b>Test # 3 *50</b> (Chapters 11,12,13,14 and sports medicine+Slides/Lectures)	
Careers in Educational Settings	Text 15 /Slides
Careers in Coaching	Text 16 /Slides
Research Interview Review and the Research Interview Assignment	
Careers in Sports Management	Text 17 /Slides
Sports Career activities	
Video and review	
Review Game	
Final Exam Chapters 15,16,17 Slides/Lectures	

The content of this outline and the attached schedule are subject to change at the discretion of the professor.

### **TEACHING STRATEGIES**

This is a lecture-based course with student participation and interaction. Web-based resources will be investigated as well. Assignments will be utilized to review students' writing skills, investigative abilities, and creativity. Professional Portfolios will be examined as a means for promoting student learning and as evidence of meeting professional standards as established by the Kinesiology department. Each student will participate in a professional interview in this course.

### **ASSESSMENT OF LEARNING**

#### **Course requirements**

All work must be submitted on time; attendance at each class, activity, or event is mandatory. Each student will begin NOW assembling a PROFESSIONAL PORTFOLIO in Kinesiology (either in teaching/pedagogy, or wellness management track). The developing portfolio will be scored by department faculty. (The purpose in portfolio development is for displaying the student's professional traits focusing

on knowledge, skills (competencies), and disposition.) Each student will also be required to participate in a professional interview with HBU Kinesiology professionals.

### Grading standards

Student assignments and research sections will be scored using a “Rubric” indicating a set of rules and instructions for grading/scoring used by the professor, or other professionals evaluating the submitted assignment(s).

Student appraisal

Grading standards:

Attendance/Participation	50 points (see policy below)
Exams (4)	200 points
Assignments (5)	50 points
Research (1)	40 points
Portfolio Review	30 points
Kines Interview	<u>30 points</u>
Total Points	400 points

Letter Grade assignments:

- A = 360-400
- B = 320-359
- C = 280-319
- D = 240-279
- F = <239

### CLASS POLICIES

#### Academic Integrity

HBU views any act of academic dishonesty as a violation of the very heart of the nature of the University as expressed in this Catalog. Academic dishonesty occurs when a student submits the work or record of someone else as his own or when a student has special information for use in an evaluation activity that is not available to other students in the same activity.

It is the responsibility of the faculty member or academic administrative officer to establish clearly whether academic dishonesty has occurred. The faculty member will decide whether to assign a zero for the specific component of work involved or an "F" for the course in the case of a classroom violation. The faculty member shall report the incident to the Dean of the College. All such violations are reported to the Vice President for Academic Affairs for review and possible response. In the case of admissions testing or documentation, the student may be barred from admission by the University Admissions Committee. The student may appeal the action in the case of a classroom violation to the Dean of the College involved or to the Director of Admissions in the case of admissions testing or documentation violations.

A Standards Committee within each College will serve as a hearing committee to assure that the student receives a fair hearing in matters of grade appeal. The committee may take further action when academic dishonesty has occurred or may recommend further action to the Vice President for Academic Affairs or a standing University committee, i.e. Academic Affairs or Admissions Committees. In the cases of serial violations, or academic dishonesty whose influence extends beyond the boundary of a single course, the President of the University, on the recommendation of the Vice President for Academic Affairs, may suspend a student from the University for cause. In every case, however, the grade assigned in the course is determined by the instructor.

The instructor in every class should notify students of the policy regarding academic dishonesty at the beginning of each term. However, failure to do so by that means does not invalidate the implementation of these policies in all cases. Inclusion in this Catalog is considered sufficient notice to all students of University policy and procedures in this matter. The student should be aware that suspension from the University or other administrative action may be taken in cases of academic dishonesty.

Please refer to the current catalog for the university's policy and procedures regarding academic honesty. Note that the university utilizes "Turn-It-In" and other programs to investigate possible plagiarism activities. All major papers for this course will be submitted to the plagiarism prevention software, **Turnitin.com** on or before a paper's due date. No paper will be graded without meeting this requirement beforehand. A separate handout will be provided to give detailed instructions on this process which must include the class identification number and class password.

In accordance with FERPA, and to best protect the students' privacy, no personal identification (e.g., name, social security number, H number) should be uploaded with the text of student papers. However, Turnitin will ask for the student's name and e-mail address when setting up a personal account. This identifying information will be used by the professor to evaluate the student's paper and cannot be viewed by other faculty or students. To further increase confidentiality, the student may choose to use a pseudonym (false name) when setting up his or her personal Turnitin account.

If a pseudonym is used for Turnitin, the student must provide this identifier next to his/her typed name on the paper copy which is submitted to the professor. Five (5) points will be deducted if the professor is unable to easily match the paper copy to the Turnitin submission of the student's paper.

### **Grievance procedures**

Grades in academic courses may be appealed by the student through the office of the dean in whose college the course was taught. Students should first discuss disputed grades with the faculty member. If no resolution can be achieved, an informal hearing will be scheduled by the dean before a Standards Committee that exists in each college. The membership of the committee is composed of both student and faculty representatives. The Standards Committee hears the presentation of both parties in informal setting. No legal representation is allowed. Formal due process is not observed. The Committee has no coercive authority to force the change of a grade; however, the hearing aspect of the Committee process serves to assure integrity in the assigning of grades to students by faculty. If a student questions any grade as recorded in the Registrar's Office, the student has a period of one (1) year beginning with the end of the term in which the grade was awarded, or six (6) months after the degree is conferred (whichever comes sooner), to challenge the accuracy of the grade. At the end of this period, the permanent record will become the absolute record and a record may NOT be changed for any reason. A faculty member may not initiate a grade change after one calendar year.

### **Absence and Tardy Policies**

Regular attendance in class is important for student success, and it is university policy that students must attend class. Absences are recorded beginning from the first class session after the student has enrolled in the course. Professors are not obligated to allow students to make up work they miss due to unexcused absences. Any student who does not attend at least 75% of the scheduled class sessions will receive a grade of "F" for the course, regardless of his performance on other assessments such as tests, quizzes, papers, or projects. Professors may apply additional attendance policies as appropriate to individual courses. Likewise, the college or school may also apply additional attendance requirements as necessary. Please see the catalog currently in use for the university's policy on classroom absences caused in the course of student representation of the university, such as athletics, chorale, and mock trial activities.

Additionally, after the fourth absence the following attendance policy will be in effect: **Minus 5 points are assessed for each absence and -1 point for each late arrival** (after 2 late arrivals, -2 points are assessed). **A student arriving after roll is taken, must see the professor immediately after conclusion of the class, otherwise the -5 points may be recorded. If illness, or other conditions make it impossible to attend class,**

or late arrival is expected...please phone the professor's office prior to the beginning of class with an explanation. A decision will be offered if it is excused, or unexcused.

### **Late work**

All assignments must be submitted on time, if a late assignment is anticipated, the professor must be informed, and a decision will be rendered. No late assignments will be accepted without professor approval. All exams must be taken as scheduled, unless prior approval is granted by the professor. No makeup exams will be offered unless the student had prior approval for missing the scheduled exam.

### **Missed tests**

Exams must be taken on the scheduled date and time. Exams cannot be "made up" unless prior approval was granted by the professor. No exceptions.

### **Incomplete Grades**

Only the dean of the college or school may grant incompletes and only to students who have a major documented emergency in the last few days of a semester. Students with excessive absences, which will result in failing the course, will not be allowed to take the final exam nor be eligible to receive an incomplete.

### **Degree Plans**

Before an undergraduate student with 64 semester hours of credit can register, the student must have an approved degree plan on file. A transfer student who transfers more than fifty (50) semester hours must file a degree plan before the first day of the second semester in residence. A transfer student who expects to receive Veteran's Administration benefits must file a degree plan before the initial registration. The degree plan is based on the HBU Catalog in effect at the time of the student's initial enrollment in the University and will be valid for a period not to exceed seven (7) years from the date of initial enrollment. Students who fail to enroll in the University for more than two consecutive terms must meet the requirements of the HBU Catalog in effect at the time they re-enroll in the University.

### **Learning Disabilities/Academic Accommodations:**

Houston Baptist University complies with the Americans with Disabilities Act and Section 504 of the Rehabilitation Act of 1973 regarding students with disabilities. Any student who needs learning accommodations should inform the professor immediately at the beginning of the semester that he/she will be requesting accommodations. In order to request and establish academic accommodations, the student should contact the Coordinator for Learning Disability Services at [504@hbu.edu](mailto:504@hbu.edu) to schedule an appointment to discuss and request academic accommodation services. Academic Accommodations must be applied for and written each semester. If academic accommodations are approved, a Letter of Accommodations will then be sent to the professor(s). Please refer to the website, [www.hbu.edu/504](http://www.hbu.edu/504) for all accommodation policies and procedures.

### **Children in classroom**

No children are permitted in the classroom.

### **Classroom Behavior Expectations**

Students are full partners in fostering a classroom environment which is conducive to learning. In order to assure that all students have the opportunity to gain from the time spent in class, students are expected to demonstrate civil behavior in the classroom. Unless otherwise approved by the instructor, students are prohibited from engaging in any form of behavior that detracts from the learning experience of fellow students. Inappropriate behavior in the classroom may result in a request for the offending student to leave the classroom.

Classroom behaviors that disturb the teaching-learning experiences include the following behaviors: **activated cellular phone**, demands for special treatment, frequent episodes of leaving and then returning to the class, excessive tardiness, leaving class early, making offensive remarks or disrespectful comments or gestures to the teacher or other students, missing deadlines, prolonged chattering, reading newspapers during class, sleeping, arriving late to class, dominating discussions, shuffling backpacks or notebooks, disruption of group work, and overt inattentiveness.” In addition there will be **NO distracting food or beverages** consumed during the class meeting, or exam periods. **No one is permitted to leave the classroom** unless prior arrangement has been granted by the professor. Please, no caps are to worn in the classroom.

### **Early Alert**

As an instructor, I am committed to your success, not only in this class, but in all aspects of HBU life . To ensure that every student takes full advantage of the educational and learning opportunities, HBU has implemented an *Academic Early Alert Referral System (EARS)*. If I think you would benefit from some of these special programs or services available to you, I will make the appropriate referral. You, in turn, will be expected to take advantage of the help offered to you.

### **Email Policy**

All university and class email communication will be sent to your HBU email account. You are responsible for checking this frequently. If you choose, you may reroute your HBU email to another email address. Your emails should be in a professional format with correct spelling, capitalization, and grammar.

### **PERSON RESPONSIBLE FOR DEVELOPING SYLLABUS**

Heather Massanova

This course is considered a “gateway” course into the profession of Kinesiology. This course will challenge each student to develop career-related knowledge, develop a motivation to excel in professionally-related skills and competencies, and display developing professional disposition and behaviors for excellence.

Instructor’s Signature

*Heather Massanova*

Aug 7, 2013