KINE 1301 FOUNDATIONS OF KINESIOLOGY

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KINE 1301 CATALOG DESCRIPTION:
Foundations of Kinesiology
Course Description: The purpose of this course is to provide students with an introduction to human movement that includes the historical development of physical education, exercise science, and sport. This course offers the student both an introduction to the knowledge base, as well as, information on expanding career opportunities.

KINE 1301 STUDENT LEARNING OUTCOMES:
Upon successful completion of this course, students will:
1. Distinguish between and identify terminology and research within the sub-disciplines in the field of Kinesiology and their application to diverse careers.
2. Summarize the historical and philosophical approaches to physical activity, physical education, exercise science and sport.
3. Identify the characteristics of a physically educated person and the importance of assessment and advocacy in physical education, exercise science, and sport.
4. Discuss how the changing nature of education and technological advances may influence physical education, exercise science, and sport in the future.
5. Identify major professional organizations, foundations, and associations supporting physical activity at local, state, national and international levels as well as data tools and resources.

INSTRUCTIONAL METHODS: Lecture and laboratory.

REQUIRED MATERIALS
Required Texts:
1. Title: Introduction to Kinesiology: Studying Physical Activity
   Authors: S.J. Hoffman

Supplemental Readings: These will be assigned in class and made available through e-campus

LECTURES/DISCUSSIONS/LEARNING UNITS/LESSONS/CHAPTERS
• Unit 1: Orientation: This will provide the student with a general introduction to the course and textbook.
• Unit 2: Experiencing Physical Activity: This unit will introduce students to the spheres of physical activity, the importance of experiences in physical activity, as well as subjective experiences in physical activity.
- Unit 3: Scholarly Study of Physical Activity: This unit will share with students the philosophical, sociological, and history of physical activity. Additionally, student will learn about aspects of motor behavior, biomechanics, and exercise physiology.
- Unit 4: Practicing a Profession in Physical Activity: This unit will address how to become a physical activity professional as well as expose the students a wide array of careers in the field and qualifications/requirements of those careers.

COURSE POLICIES

1. Class Etiquette/Rules:
   You are expected to be punctual. Please turn off cell phones and pagers; they are not to be used during class.

2. Attendance Policy:
   The development and grasping philosophies/methods is a progressive and continuous endeavor. Regular attendance is essential. Therefore, attendance and class participation is a major benefit to your successful course completion, but you will not have points subtracted for non-attendance.

3. Make-up Policy:
   The assignments and quizzes will have posted due dates. They will be due by the posted date. **THERE WILL BE NO QUIZ MAKE-UPS.**

4. Academic Honesty:
   It is you responsibility to adhere to school policies on academic honesty. If you chose to be academically dishonest, the first offense will result in the student receiving a zero for that assignment/test/project. A second offense will result in the student receiving a grade of ‘F’ for the course.

General Course Outline: (Is subject to change)

**Week 1:** (December 19-21, 2017) Orientation, Introduction to Kinesiology and Physical Activity, Quiz 1, The Spheres of Physical Activity Experience, Quiz 2, The Importance of Physical Activity Experiences, Quiz 3, Discussion Board Question #1, The Importance of Subjective Experiences in Physical Activity, Quiz 4, Philosophy of Physical Activity, Quiz 5, History of Physical Activity, Quiz 6, Sociology of Physical Activity, Quiz 7, Discussion Board Question #2, Motor Behavior, Quiz 8, Sport and Exercise Psychology, Quiz 9

**Week 2:** (January 2-4, 2018) Biomechanics of Physical Activity, Quiz 10, Physiology of Physical Activity, Quiz 11, Discussion Board Question #3, Becoming a Physical Activity Professional, Quiz 12, Careers in Health and Fitness, Quiz 13, Careers in Therapeutic Exercise, Quiz 14, Careers in Teaching Physical Education, Quiz 15, Discussion Board Question #4, Careers in Coaching and Sport Instruction, Quiz 16, Careers in Sports Management, Quiz 17, Course Review and Final Exam Review, **Comprehensive Final Exam**
COURSE REQUIREMENTS, ASSIGNMENTS, TESTS

1. QUIZZES will constitute 85% of the final grade (850 points). Seventeen (one from each chapter) written quizzes will evaluate the knowledge you have gained from material presented in class and from the text reading assignments. The highest point value for each quiz is 50 points. These quizzes will be online through E-campus. If the testing deadline is missed for ANY reason, there is NO make-up for quizzes. The deadline for ALL quizzes will be midnight on Friday, January 5, 2018.

2. ASSIGNMENTS will constitute 15% of the final grade and consist of Discussion Board posts as well as written assignments (150 points). These assignments will be posted on eCampus, interspersed throughout the course to supplement the materials presented in class, and will be worth a total of 150 points. The deadline for ALL assignments and posts will be midnight on Friday, January 5, 2018.

3. A FINAL EXAM will be worth 100 points and replace your two lowest quiz grades. The final will be comprehensive and therefore cover ALL materials presented and discussed in class.

4. FINAL GRADE DETERMINATION

895-1000 points= A  
795- 894 = B  
695- 794 = C  
595- 694 = D  
<595 = F

Institutional Policies

Academic Calendar
https://www1.dcccd.edu/catalog/GeneralInfo/AcadCalendar/academic_calendar.cfm