

South Plains College
Department of Kinesiology
KINE 1301
Foundations of Kinesiology – Online

Instructor: Ryan Heth
Office: Kinesiology Building #107
Office Hours: By appointment

Office Phone: 806-716-2234

Email: rheth@southplainscollege.edu

Required Text: ***Introduction to Kinesiology-Studying Physical Activity (5th Edition)*** *By Shirl Hoffman*
Please use Course Messages when turning in assignments. If you send them to me through my SPC email, I will not accept them. You can find the Course Message folder on the instructor information page.

REMIND APP – I will use the REMIND APP as another means of communication during the semester due to COVID 19. You don't need to download the app for this to work. To sign up for this tool, you need to text this number **81010** and send the following code as the text message **@ehkg32**

You will receive a response confirming your registration. This is just another option to communicate with me if you choose to use it. I will use it periodically throughout the semester to remind the class of due dates and other helpful information.

Course Description

This course is an introduction to the field of kinesiology (physical education), its philosophy, aims, objectives, principles, and history. Careers and the path to those careers will be studied.

Student Expectations:

South Plains College's online courses and programs are based on interactive teaching, learning, and communication. Faculty and students actively contribute to one another's learning through critical dialogue, integrative education, and collaborative learning. To take full advantage of the experiences and resources South Plains College offers, students are expected to manage and direct their academic progress with support and guidance from faculty. To acquire knowledge and build skills, students are expected to:

- Read and become familiar with the course syllabus and the Unit Instructions.
- Keep up with assignments and readings.
- Ask for clarifications about material or course expectations.
- Analyze assigned readings and offer thoughtful interpretations.
- Be respectful of diverse perspectives and refrain from making inappropriate comments on discussion boards and personal interactions.

Blackboard is the computer software used to deliver this course. You must have reliable access to the Internet, Microsoft Word, PowerPoint, Excel, Adobe, etc. It is the student's responsibility to verify that assignments and assessments are accessible. You will have deadlines set for you throughout the semester. If you wait until a few hours before assignments are due and have technical difficulties, they may not be corrected in time to get credit for the assignment. Have a backup plan in place should you encounter computer problems. There are open computer labs available to all enrolled SPC students on all campuses. It is also the student's responsibility to have the required computer skills to complete this course. You must be able to download and attach files, watch videos, etc. Should you encounter technical difficulties contact SPC technical support at (806) 716-2180 or email blackboard@southplainscollege.edu. Be sure to include course and section number information when contacting technical support. If you are not a self-motivated student, online classes are most likely not for you!

Student Learning Outcomes:

1. Discuss the meaning and philosophy of kinesiology, exercise science, and sport.
2. Discuss the role played by kinesiology, exercise science, and sport in society.
3. Understand the historical development of kinesiology, exercise science, and sport.
4. Identify careers and professional organizations related to kinesiology, exercise science, and sport.
5. Understand current and future issues facing kinesiology, exercise science, and sports professionals.
6. Discuss the qualifications needed for entering the field of kinesiology, exercise science, and sport.
7. Analyze the physical educator's role in society as a vital link to improving the quality and quantity of life for our nation's adults and children.

Weekly Instructions for this course will come from the Course Content Tab (*tab on your blackboard page*), there are many ways to get to the information you will need, but this is probably the easiest way to navigate the course. There will be fifteen (15) weeks of assignments. These weekly instructions will contain everything you need to do for each chapter, including due dates. Pay very close attention to these weekly instructions.

Course Evaluation:

- 1) There will be **Three Exams**, each worth 70 points (210 points total). Each exam will consist of multiple-choice, true/false, and essay questions.
- 2) **Chapter Quizzes** will be given over every chapter for a total of 16 quizzes. Each quiz is worth 10 points (160 points total), and they will be posted on blackboard. Each quiz will consist of multiple-choice or true-false questions. Please use your notes and textbook to complete the quizzes. These quizzes will help prepare you for the exams.
- 3) **Two Homework Assignments** will be completed over the semester. Each homework will be worth 35 points (70 points in total).
- 4) **Discussion Boards** will be completed over the semester, each worth 5-15 points (60 points total). Do not ignore these assignments. The primary goal for the discussion portion of the course is to "talk" about learning. Please be respectful of others when posting on the DB, and keep your content appropriate and about the subject matter. *(Students who do not comply with this last statement will be dropped from the course.) *

** I expect you to read the chapters assigned. This exposes you to the material and makes it easier for you to understand the PowerPoint slides and take good notes. Plan, and do not wait until the last minute to submit your assignments. Excuses for late work, such as "The network was down" or "I could not figure out how to post or send the assignment," are unacceptable.

*** All written assignments should be presented using the conventions of Standard Written English. South Plains College requires all students to become proficient in "academic English," a form of English typically used in academic, professional, and business contexts. While slang and informal self-expression are appropriate in some settings, they are out of place in academic writing.

Administrative Drop Policy: Due to Financial Aid and South Plains College requirements for participation/attendance, a student who fails to turn in 6 assignments during the semester may be dropped from the course with a grade of "X" or "F" (at my discretion). If missed assignments occur after the final drop date, the grade will be an "F." **NOTE: You may be dropped from this course without notice if you miss the due dates for any combination of any assignments and discussions totaling six or more.**

Academic Integrity: Students are expected to maintain complete honesty and integrity in their experiences in the course. Please read and understand the SPC policy regarding academic integrity and honesty found on page 23 of the SPC General Catalog. If a student violates this policy (e.g., is caught cheating or plagiarizing), *they will receive an F and administrative withdrawal.*

Final grades will be determined as follow:

- 3 examinations @ 70 points each 210 points-
- 16 quizzes @ 10 points each 160 points-
- 2 Homework assignments @ 35 points each 70 points
- Discussions/Lab Assignments 60 points

Total: 500 points

| Final Grade | Point Percentage | Point Total |
|--------------------|-------------------------|--------------------|
| A | 90-100% | 448-500 |
| B | 80-89% | 398-447 |
| C | 70-79% | 348-397 |
| D | 60-69% | 298-347 |
| F | Below 60% | Below 298 |

Diversity Statement:

In this class, the teacher will establish and support an environment that values and nurtures individual and group differences and encourages engagement and interaction. Understanding and respecting multiple experiences and perspectives will serve to challenge and stimulate all of us to learn about others, about the larger world and ourselves. By promoting diversity and intellectual exchange, we will not only mirror society as it is but also model society as it should and can be.

Disabilities Statement:

Students with disabilities, including but not limited to physical, psychiatric, or learning disabilities, who wish to request accommodations in this class should notify the Special Services Office early in the semester so that the appropriate arrangements may be made. In accordance with federal law, a student requesting accommodations must provide acceptable documentation of his/her disability to the Special Services Coordinator. For more information, call or visit the Special Services Office in the Student Services building, 894-9611 ext. 2529.