

# **KINES 22 - 59067 INTRODUCTION TO PHYSICAL EDUCATION** **REEDLEY COLLEGE**

**Mr. Michael Fulford** Spring 2022

**Office:** Virtual

**Office Hours:** Set By Appointment Only

**Meeting Room:** 226

**Meeting Days:** T/Th 1:34-2:25 PM, W 12:31-1:09 PM

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**DEPARTMENT PHILOSOPHY:** Our department will use a "**concepts**" approach to kinesiology, health, and physical education, answering three (3) important questions:

- 1. Why** is health and physical education important to every person?
- 2. How** to practice healthful activities given individual abilities and interests?
- 3. What** are the individual's real needs for lifetime fitness?

**COURSE DESCRIPTION:** Scope and challenges of the profession of teaching physical education. Historical background, philosophy, objectives, and content of the modern physical education program in schools. Required for all Physical Education majors. This course transfers to both CSU and UC schools.

**Basic Skills Advisories:** Eligibility for ENGL 125 and ENGL 126

**Subject Prerequisites:** None

**REQUIRED TEXT:** None

**REQUIRED NOTES:** You must take notes in this class every day! Power Point presentations will outline the material that you will be required to know for all exams.

**ATTENDANCE:** Students are expected to attend all class meetings, be on time, and be in class the entire class session. Please let me know in advance if you are going to be absent for personal reasons, which will be excused. **STUDENTS LEAVING CLASS BEFORE THE END OF CLASS WILL BE COUNTED AS BEING ABSENT! Three (3) absences** may result in a drop from the course. However, if you decide to drop the course, it is **your** responsibility to make the drop official in the Administrations and Records office or possibly receive a grade of **F**.

**Behavioral Standards:** Your classmates and I would greatly appreciate that students in the class take care of any personal needs (i.e., using the restroom, getting a drink, sharpening a pencil) before class begins. Please turn your phone off when entering the class. You may not use your phone as a calculator. Please only use laptops to type notes, not for personal reasons. I would appreciate that you not bring guests to class.

**NOTE:** The drop deadline is **March 11, 2022**

**TARDIES:** Students are expected to be on time. It is distracting and unfair to fellow classmates and to the instructor when a student is late. If you are not present when roll is taken, you will be counted as absent. There will be occasional in-class assignments and/or Extra Credit quizzes given in the first few minutes of class. ***You will not be given a chance to make these up if you are tardy!***

**DISCUSSION FORUM:** The discussion forum prompt will be open for 3 days only and require a 3-5 informative response. There will be 8 responses throughout the semester at 10 points each for a total of 80 points.

**CHAPTER QUIZZES:** These quizzes are open note and will consist on anything (including articles) from that particular chapter. Each quiz is 10 minutes and will have a 25 minute time limit. In the event you have a planned absence (Jury duty, doctor's appointment, dentist, etc.), I will accept your late work (WITH PROOF) at full value. There will be 7 quizzes throughout the semester at 10 points each for a total of 70 points.

**MAKE-UP ASSIGNMENTS:** In the event you have a planned absence (Jury duty, doctor's appointment, dentist, etc.), I will accept your late work at full value.

**TESTS:** Make-up exams will be allowed at the discretion of the instructor.

**GROUP PROJECT:** Your group project will be conducted during the final week of the semester. The dates and times will be announced later in the semester.

**GRADING CRITERIA:**

- **TESTS:** All of the 5 Unit tests will comprise your total grade. Each test is worth 25 points at the end of each unit, totaling 125 points possible.
- **DISCUSSION FORUM:** 8 Written Assignments (1 every other chapter / 10 points each), for a total of 80 points total for these assignments
- **CHAPTER QUIZZES:** 7 Written Assignments (1 every other chapter / 10 points each), for a total of 70 points total for these assignments.
- **GROUP PROJECT:** This has a point total of 75 points.
- Calculate your grade by adding your total points for the semester: 90-100% = (A), 80-89% = (B), 70-79% = (C), 60-69% = (D), <60% = (F).

**WHERE TO FIND YOUR GRADE:** Your scores will be posted on **CANVAS** by Mr. Fulford.

<b><u>Total Points</u></b>	<b><u>Grade</u></b>
<b>315-350</b>	<b>A</b>
<b>280-314</b>	<b>B</b>
<b>245-279</b>	<b>C</b>
<b>210-244</b>	<b>D</b>
<b>0-209</b>	<b>F</b>

**SPECIAL NEEDS REQUESTS:** If you have a verified need for an academic accommodation or materials in alternate media (i.e., Braille, large print, electronic text, etc.) per the Americans with Disabilities Act (ADA) or Section 504 of the Rehabilitation Act, please contact me as soon as possible.

### **Academic Dishonesty**

Students at Reedley College are entitled to the best education that the college can make available to them, and they, their instructors, and their fellow students share the responsibility to ensure that this education is honestly attained. Because cheating, plagiarism, and collusion in dishonest activities erode the integrity of the college, each student is expected to exert an entirely honest effort in all academic endeavors. Academic dishonesty in any form is a very serious offense and will incur serious consequences.

**Cheating** is the act or attempted act of taking an examination or performing an assigned, evaluated task in a fraudulent or deceptive manner, such as having improper access to answers, in an attempt to gain an unearned academic advantage. Cheating may include, but is not limited to, copying from another's work, supplying one's work to another, giving or receiving copies of examinations without an instructor's permission, using or displaying notes or devices inappropriate to the conditions of the examination, allowing someone other than the officially enrolled student to represent the student, or failing to disclose research results completely.

**Plagiarism** is a specific form of cheating: the use of another's words or ideas without identifying them as such or giving credit to the source. Plagiarism may include, but is not limited to, failing to provide complete citations and references for all work that draws on the ideas, words, or work of others, failing to identify the contributors to work done in collaboration, submitting duplicate work to be evaluated in different courses without the knowledge and consent of the instructors involved, or failing to observe computer security systems and software copyrights.

Incidents of cheating and plagiarism may result in any of a variety of sanctions and penalties, which may range from a failing grade on a particular examination, paper, project, or assignment in question to a failing grade in the course, at the discretion of the instructor and depending on the severity and frequency of the incidents.

### **Course Objectives**

In the process of completing this course, students will:

- A. Apply basic terminology which applies to kinesiology and biomechanics.
- B. Identify the various levels of preparation (certification, masters, and doctoral) relative to the teaching, coaching, and research fields within Physical Education.
- C. Describe the impact of World War II on the development of Physical Education as

- a part of the comprehensive public school system within the United States.
- D. Examine the role of sport psychologists within the modern professional sports venue.

### **Course Outcomes**

Upon completion of this course, students will be able to:

- A. Summarize a brief history of Sport and Physical Education.
- B. Differentiate the various systems employed during the early evolution of Physical Education.
- C. Distinguish a variety of sub-disciplines within the Physical Education field.
- D. Assess the current status of Physical Education as an applied science and draw conclusions about the future of the discipline within the academic setting.

### **COURSE CONTENT OUTLINE:**

#### **A. Lifespan Sport (Chps 1, 2 & 4)**

- 1. Definition of Lifespan Sport
- 2. 1885-1930
- 3. Evolution of Philosophies

#### **B. History of Physical Education (Chps 3, 6, 8 & 16)**

- 1. 1930-Present
- 2. Motor Behavior
- 3. Exercise Physiology
- 4. Kinesiology & Biomechanics

#### **C. Scholarly Study of Sport and Fitness (Chps 10, 11, 13 & 14)**

- 1. Basic Concepts of Sport
- 2. Sport & Exercise Psychology.
- 3. Sport Sociology

#### **D. Careers in Sport & Physical Education (Chps 12 & 17)**

- 1. P.E. Programs & Professions
- 2. Sport Pedagogy

#### **E. Physical Education in the 21st Century (Chps 5, 9 & 15)**

- 1. Sport Programs & Professions
- 2. Fitness Programs & Professions
- 3. Sport, Fitness & Physical Education in the 21<sup>st</sup> Century

### **Important Dates:**

January 17	Martin Luther King Holiday
February 18	Lincoln's Birthday
February 21	Washington's Birthday
March 11	Last Day to Drop
April 11-April 14	Spring Break
May 17	Final Exam