

**Reedley College
Kines 22 Spring 2024
Course Syllabus**

Course Title: Introduction to Kinesiology
Instructor: Jeff Taber, MPH, REHS
CRN: 59045 In Class (FHS)
Room:
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Required Text: Foundations of Kinesiology - A Modern Integrated Approach by Core Concepts in Health and Wellness Brief by Tinker D. Murray, James Eldridge, Harold W. Kohl | 1st Edition | Copyright 2019. ISBN - 13

CATALOG DESCRIPTION:

This course is designed to introduce students to a comprehensive study of kinesiology and the study of human movement. Students will be introduced to the historical background, philosophy, objectives, and content of the modern physical education and kinesiology. The course will also include an overview of career opportunities in the areas of teaching, coaching, allied health, and fitness professions. (A, CSU-GE, UC)

COURSE OUTCOMES:

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

- A. Distinguish a variety of sub-disciplines with the Physical Education field.
- B. Identify the various levels of preparation (certification, masters, and doctoral) relative to the teaching, coaching, and research fields within Physical Education.
- C. Apply basic terminology which applies to Kinesiology/Bio-mechanics.

STUDENT LEARNING OUTCOMES (SLOs) FOR THIS COURSE:

The following learning outcomes are from the institution's officially approved course outline.

STUDENT LEARNING OUTCOMES (SLO):	Expected SLO Performance:
KINES-22 SLO1: Plan, implement, and practice appropriate fitness activities that promote improved levels of muscular strength & endurance, cardio-respiratory endurance, flexibility, and body composition	70

OBJECTIVES OF THE COURSE:

In the process of completing this course, students will:

- A. Summarize a brief history of sports and Physical Education.
- B. Differentiate the various systems employed during the early evolution of Physical Education.
- C. Examine the role of sports psychologist within the modern professional sports venue.
- D. Assess the status of Physical Education as an applied science and draw conclusions about the future of the discipline within the academic setting.
- E. Critically read and discuss published research related to kinesiology.
- F. Discuss in writing issues related to kinesiology, identifying, analyzing and defending different viewpoints.
- G. Study of basic facts, concepts, and theories of exercise physiology, with emphasis on the areas of skeletal muscle and exercise metabolism.
- H. Critically reading and discussing research related to exercise physiology.
- I. Discussing in writing questions and viewpoints related to exercise physiology, analyzing, and supporting viewpoints based on research evidence.
- J. Accessing information related to exercise physiology and communicating effectively about exercise physiology.

Above all, Have Fun, Enjoy Yourself and Learn Something!

METHODS OF EVALUATION:

1. Participation / Weekly Classroom/Online Discussion Question Responses
2. Weekly Lab/ Worksheet Assignments
3. Chapter Review Quizzes
4. Weekly Take Away Assignment
5. Final Exam
6. Final Health Analysis Paper

1. CLASSROOM/ONLINE PARTICIPATION POLICY

Participation, either in the physical classroom or the online environment is very important. The weekly participation requirements are listed below. Please message me if you have any questions.

- *Each week you are expected to participate a minimum of six (6) times in the class Discussion Forum online.*
- *Participation in the weekly group discussion questions equates to online attendance in the class.*
- *Respond to each of the weekly discussion questions with responses of at least 100-150 words.*
- *For each DQ you then will respond to a comment made by a classmate and this should be in the range of 50 – 100 words.*

Common Participation Questions	Instructor Responses
How many times a week do I have to participate to get full credit?	6
Do I have to respond to all of the discussion questions?	Yes! The point is to create dialogue and to make sure that you are reading and retaining the material and connecting the information to your personal lives. <i>These responses should be between 100-150 words.</i>
How do I make sure I get full credit for my discussion participation?	*Respond to each of the 3 discussion questions, then read at least 2 classmates' and respond to

	their contribution to that week's DQ.
When is the online workweek?	Monday to Sunday
Can I make up discussion questions responses after the week is over?	No! Discussion questions responses and quizzes can't be made up.

Participation is a required part of your grade. Please note that both quantity and quality are important considerations when it comes to participation. A message that says simply, "I agree," for example, would not constitute participation because it does not add anything of substance to the discussion.

In order to earn full participation points, you must add something of substance to the discussion. Adding something of substance would consist of new ideas, your perspectives, pointed follow-up questions, responses to discussion questions, or connecting information from the book or Internet. You will find it is much easier to keep up with the class if you are logging in and participating regularly in the class's online environment.

SPECIFIC EXPECTATIONS FOR DISCUSSION QUESTION RESPONSES

Weekly discussion question (DQ) responses should be at least 100 to 150 words. Responses to your classmates should be in the range of 50 to 100 (or more) words.

Unlike your formal written assignments, I do not require that your discussion question responses adhere to specific formatting requirements. However, please make sure to proofread carefully. I will evaluate your grammar, spelling, and punctuation. ☺

**I expect your discussion question responses to reflect critical thought. Whenever possible, please try to relate the course content to real-world applications from your personal or professional experiences.*

2. WEEKLY LAB/WORKSHEET ASSIGNMENTS

Each week I will post an assignment with the required in class lab and worksheet due at the end of that week. Late labs/worksheets will carry a **10%-point deduction for each week it is turned in late.**

3. CHAPTER REVIEW QUIZZES

Throughout this semester there will be a total of 8 in class quizzes worth 20/25/40 points each. Therefore, almost 40% of your grade will consist of your quiz grades. Quizzes may include multiple choice, fill in the blank, matching, short answer, and or essay questions.

Quizzes cannot be made up! Each quiz will stay **open for one additional week**. The scheduled weeks are listed below in the weekly schedule. Quizzes must be taken in one sitting. Please make sure that you allow yourself enough time to start and complete the quiz and use a reliable Internet service so that there is no interruption.

4. WEEKLY PERSONAL KINESIOLOGY TAKEAWAY ASSIGNMENT

Every week I will ask you to write a one-page reflection paper on the information you read, discussed, and learned about the week's topics. I specifically want you to talk about new ideas, concepts, or perspectives you developed, how it connects to you or your life,

as well as the impact on you personally, your family, your community, and the entire world. The response is to be no longer than 2 pages.

5. FINAL EXAM

The final exam will be given during **Week 18** of this class and will cover a variety of chapters. A final study guide will be handed out with the chapters covered and information needed to be successful. The final exam is worth **75** points.

6. FINAL KINESIOLOGY ANALYSIS ESSAY

You are expected to TYPE and submit an essay paper evaluating fitness habits/lifestyle. Target one problematic exercise behavior that was covered during the semester and explore the risk factors and provide strategies for change that will enhance one’s well-being. The paper should be a minimum of four pages and no more than six pages. Please double space papers, using size 12 font, times new roman lettering. **The last day to turn this paper in is Friday May 24th at the end of the class period. No Late Papers will be accepted after that date!**

The following five areas should be addressed in the paper:

1. Identify and discuss a type of kinesiology topic (can include environmental health) issue. – (1 page)
2. Describe your current beliefs, philosophies and lifestyles surrounding the kinesiology issue you have chosen. – (1 to 2 pages)
3. Identify one health risk (physical, emotional, psychological and or social) that concerns or interests you about your topic.
4. Research that particular health/fitness risk and include information in the paper about the dangers. – (1 to 2 pages)
5. Develop a plan for minimizing the identified health risk and enhancing one’s own well-being in the future. – (1 to 2 pages)
6. Cite the sources for your information in APA format (last page - not included in your 4 – 6 pages ☺)

Weekly Schedule / Assignments

WEEK 1 –	January 8th – January 14th
Lecture Presentation	
CHAPTER 1. PHYSICAL ACTIVITY AND SOCIETY	
Week 1 Assignments	POINTS
Check-In (5)	5
Welcomes, Introductions and Syllabus Review (5)	5
Weekly Participation and Discussion Questions (15)	15
Week 1 Kinesiology Lab (15)	15
Worksheet #1 (10)	10
Week 1 Takeaway Assignment (10)	<u>10</u>
Total Weekly Points	60

WEEK 2 –	January 15th – January 21st
Presentation	
CHAPTER 2. CURRENT TRENDS AND KINESIOLOGY CAREERS	
Week 2 Assignments	POINTS
Weekly Participation and Discussion Questions	15
Worksheet #2	10
Week 2 Kinesiology Lab	15
Week 2 Takeaway Assignment	10
<i>Quiz #1 (Covers Ch. 1 – 2)</i>	<u>25</u>
Total Weekly Points	75
WEEK 3 –	January 22nd – January 28th
Presentation	
CHAPTER 3. EVIDENCE-BASED PRACTICE IN KINESIOLOGY	
Week 3 Assignments	POINTS
Weekly Participation and Discussion Questions	15
Worksheet #3	10
Week 3 Kinesiology Lab	15
Week 3 Takeaway Assignment	<u>10</u>
Total Weekly Points	50
WEEK 4 –	January 29th – February 4th
Presentation	
CHAPTER 4. THE PHYSICAL ACTIVITY CONTINUUM: APPLICATIONS TO KINESIOLOGY	
Week 4 Assignments	POINTS
Weekly Participation and Discussion Questions	15
Worksheet #4	10
Week 4 Kinesiology Lab	15
Week 4 Takeaway Assignment	10
<i>Quiz #2 (Covers Ch. 3 – 4)</i>	<u>20</u>
Total Weekly Points	70
WEEK 5 –	February 5th – February 11th
Presentation	
CHAPTER 5. THE PHYSICAL ACTIVITY CONTINUUM: INTEGRATION OF PRINCIPLES	

Week 5 Assignments		POINTS
Weekly Participation and Discussion Questions		15
Worksheet # 5		10
Week 5 Kinesiology Lab		15
Week 5 Takeaway Assignment		<u>10</u>
Total Weekly Points		50
WEEK 6 –	February 12th – February 18th	
Presentation		
CHAPTER 6. THE PHYSICAL ACTIVITY CONTINUUM: INTEGRATION OF STRENGTH AND CONDITIONING PRINCIPLES		
Week 6 Assignments		POINTS
Weekly Participation and Discussion Questions		15
Worksheet #6		10
Week 6 Kinesiology Lab		15
Week 6 Takeaway Assignment		10
<i>Quiz #3 (Covers Ch. 5-6)</i>		<u>25</u>
Total Weekly Points		75
WEEK 7	February 19th – February 25th	
Presentation		
CHAPTER 7. THE PHYSICAL ACTIVITY CONTINUUM: INTEGRATION OF ENERGY BALANCE AND BODY COMPOSITION		
Week 7 Assignments		POINTS
Weekly Participation and Discussion Questions		15
Worksheet #7		10
Week 7 Kinesiology Lab (TBA)		15
Week 7 Takeaway Assignment		<u>10</u>
Total Weekly Points		50
WEEK 8 –	February 26th – March 3rd	
Presentation		
CHAPTER 8. INTEGRATION OF MENTAL HEALTH, PSYCHOLOGY, AND THE PHYSICAL ACTIVITY CONTINUUM		
Week 8 Assignments		POINTS
Weekly Participation and Discussion Questions		15
Worksheet #8		10
Week 8 Kinesiology Lab (TBA)		15
Week 8 Takeaway Assignment		10
<i>Quiz #4 (Covers Ch. 7 and Ch. 8)</i>		<u>25</u>
Total Weekly Points		75

WEEK 9 –	March 4th – March 10th
Presentation	
CHAPTER 9. INTEGRATION OF KINESIOLOGY AND PHYSICAL ACTIVITY INTO THE WORKPLACE	
Week 9 Assignments	POINTS
Weekly Participation and Discussion Questions	15
Worksheet #8	10
Week 8 Kinesiology Lab	15
Week 8 Takeaway Assignment	<u>10</u>
Total Weekly Points	50
WEEK 10 –	March 11th – March 17th
Presentation	
CHAPTER 10. INTEGRATION OF KINESIOLOGY WITH LEISURE TIME, RECREATION, AND CAREER PERSONAL TRAINING	
Week 10 Assignments	POINTS
Weekly Participation and Discussion Questions	15
Worksheet #10	10
Week 10 Kinesiology Lab	15
Week 10 Takeaway Assignment	10
<i>Quiz #5 (Covers Ch. 9 and Ch. 10)</i>	<u>25</u>
Total Weekly Points	75
WEEK 11 –	March 18th – March 24th
Presentation	
CHAPTER 11. INTEGRATION OF KINESIOLOGY AND PHYSICAL ACTIVITY INTO SCHOOL SETTINGS	
Week 11 Assignments	POINTS
Weekly Participation and Discussion Questions	15
Worksheet #11	10
Week 11 Kinesiology Lab	15
Week 11 Takeaway Assignment	<u>10</u>
Total Weekly Points	50
SPRING BREAK –	March 25th – March 31st
WEEK 12 –	April 1st – April 7th
Presentation	
CHAPTER 12. INTEGRATION OF KINESIOLOGY WITH CAREERS IN SPORTS	
Week 12 Assignments	POINTS

Weekly Participation and Discussion Questions	15
Worksheet #12	10
Week 12 Kinesiology Lab	15
Week 12 Takeaway Assignment	10
<i>Quiz # 6 (Covers Ch. 11 and Ch. 12)</i>	<u>25</u>
Total Weekly Points	75
WEEK 13 –	April 8th – April 14th
Presentation	
CHAPTER 13. INTEGRATION OF KINESIOLOGY IN TRANSPORTATION AND HOME ENVIRONMENTS	
Week 13 Assignments	POINTS
Weekly Participation and Discussion Questions	15
Worksheet #13	10
Week 13 Kinesiology Lab	15
Week 13 Takeaway Assignment	<u>10</u>
Total Weekly Points	50
WEEK 14 –	April 15th – April 21st
Presentation	
CHAPTER 14. ETHICS AND EVIDENCE-BASED DECISIONS: USING BEST PRACTICES TO LEAD THE PROFESSION INTO THE FUTURE	
Week 14 Assignments	POINTS
Weekly Participation and Discussion Questions	15
Worksheet #14	10
Week 14 Kinesiology Lab	15
Week 14 Takeaway Assignment	10
<i>Quiz # 7 (Covers Ch. 13 and 14)</i>	<u>25</u>
Total Weekly Points	75
WEEK 15 –	April 22nd – April 28th
Presentation	
CHAPTER 15. BEST PRACTICES FOR LEADERSHIP IN THE KINESIOLOGY PROFESSION	
Week 15 Assignments	POINTS
Weekly Participation and Discussion Questions	15
Worksheet #15	10
Week 15 Kinesiology Lab	15
Week 15 Takeaway Assignment	<u>10</u>
Total Weekly Points	50
WEEK 16 –	April 29th – May 5th
Presentation	
CHAPTER 16. SUMMARY OF KEY CONCEPTS AND YOUR FUTURE IN THE KINESIOLOGY PROFESSION	
Week 16 Assignments	POINTS
Weekly Participation and Discussion Questions	15
Worksheet #16	10

Week 16 Kinesiology Lab		15
Week 16 Takeaway Assignment		10
<i>Quiz #8 (Covers Ch.15 and 16)</i>		<u>25</u>
	Total Weekly Points	75
WEEK 17 –	May 6th – May 12th	
Presentation		
INTEGRATION OF ENVIRONMENTAL HEALTH INTO KINESIOLOGY		
Week 17 Assignments		POINTS
Weekly Participation and Discussion Questions		15
Worksheet #17		10
Week 17 Kinesiology Lab		15
Week 17 Takeaway Assignment		<u>10</u>
	Total Weekly Points	50
WEEK 18 –	May 13th – May 19th	
Presentation		
INTEGRATION OF ENVIRONMENTAL HEALTH INTO KINESIOLOGY		
Week 18 Assignments		POINTS
Weekly Participation and Discussion Questions		15
Worksheet #18		10
Week 18 Kinesiology Lab		15
Week 18 Takeaway Assignment		<u>10</u>
	Total Weekly Points	50
WEEK 19 – FINALS	May 20th – May 24th	
Health Analysis Paper/Final Exam		POINTS
<i>Final Health Analysis Paper</i>	Due by May 24th	50
<i>Final Exam</i>		<u>75</u>
Total Weekly Points		125
Study Guide Completion – Extra Credit <i>(Chapters for exam will be identified on study guide)</i>		TBD
Check-In/Welcomes/Introductions		10
Weekly Discussion and Participation		270
Worksheet Assignments		180
Lab Assignments		270
Weekly Health Takeaways Assignments		180
Quizzes (8 x 25)		200
Final Exam		75
Final Health Paper		<u>50</u>
CLASS TOTAL POINTS		1235

Grading Scale:

Percentage %	Points	Grade
90 or above	1111 or Above	A
80-89	988 to 1110	B
70-79	864 to 987	C
65-69	802 to 863	D
64 or Below	<802	F

Academic Honesty Policy:

Students are expected to abide by ethical standards in preparing and presenting material which demonstrates their level of knowledge, and which is used to determine grades. Such standards are founded on the basic concepts of honesty and integrity. Students who are caught cheating or plagiarizing will be reported to the Reedley College Dean's Office.

Accommodation Statement:

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

Drop Policy

You are responsible for dropping yourself from this course before the drop deadline if you can't meet the course expectations. Students who don't participate in the discussion forum within the first week will be dropped. Students who don't turn in any assignments within the first week will also be dropped. Please communicate with me if you are experiencing any hardships that may affect your participation or turning in of assignments.

***The syllabus is subject to change at any time throughout the quarter.
You will be notified of any changes, and they will be posted in bold
Green. ☺**