

## HHPK 144.01W Course Syllabus

### Instructor Information

**Instructor:** Instructor Courtney Blackmon  
Steven Prewitt

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**Office Hours:** Virtually  
(or by appointment)

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### Catalog Description

A survey course in human movement that includes the historical development of movement and sport from ancient through contemporary cultures. Physiological, sociological, and psychological principles affecting human movement and sport are also included.

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### General Information

This course brings the beginning student through the development of our profession and introduces them to the basic principles, which will be studied in depth in the major's program. An understanding of the sources of our body of knowledge and their application to kinesiology and sports studies is developed.

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### Course Objectives

#### Objectives:

1. Develop an understanding of the historical development of movement and sport.
  2. Understand the principles and concepts of human movement development and maintenance to evaluate, select, and adapt activities that will help them achieve and maintain appropriate levels of movement.
  3. Demonstrate knowledge of health, nutrition, and safety principles related to human movement.
  4. Demonstrate ability to recognize and understand how to promote knowledge and cognitive skills in relation to lifetime fitness and wellness.
  5. Demonstrate knowledge of principles and concepts of human movement, fitness and exercise science (e.g., anatomy and physiology, kinesiology, exercise physiology, biomechanics).
  6. Demonstrates an understanding of concepts and principles of health, fitness, and performance and understands how to work with learners from diverse backgrounds to foster learning and encourage positive behavior.
  7. Understands issues related to personal health risk factors and practices for health-related safety.
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### Course Requirements and Grading

#### Exams:

A total of 4 examinations and 1 comprehensive final exam will be administered. Each exam will be valued at 150 points each.

#### Assignments & Discussions:

All assignments and discussions are **due before or by 11:59pm on the specified due date (every Thursday)**. **Late assignments will NOT be accepted and no extra credit assignments will be available.** Assignments and discussions will be worth 10 points each.

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**Grading Procedure**

Exam #1	10%
Exam #2	10%
Exam #3	10%
Exam #4	10%
Final Exam	20%
Assignments	10%
Discussions	10%
Quizzes	20%

A	100 – 90%
B	89 – 80%
C	79 – 70%
D	69 – 60%
F	59% and below

**Textbook** Deborah Wuest & Charles Bucher. *Foundations of Physical Education, Exercise Science, & Sport*, 17th Edition; 2012.

**Tentative Course Schedule**

	All Assignments Due by 11:59pm
1.16	eCollege Tutorial Due Syllabus Quiz Introduction Discussion
1.23	Chapter 1: Discussion/Quiz
1.30	Chapter 2: Assignment / Quiz
1.30	Chapter 3: Assignment/Quiz
2.6	<b>Exam 1: Chapters 1, 2, &amp; 3</b>
2.13	Chapter 4: Assignment/Quiz
2.20	Chapter 5: Discussion / Quiz/ Assignment
2.27	Chapter 6: Assignment / Quiz
3.6	<b>Exam 2: Chapters 4, 5, &amp; 6</b>
3.20	Chapter 7: Discussion / Quiz/ Assignment
3.27	Chapter 8: Assignment/Quiz
4.3	Chapter 9: Assignment / Quiz
4.10	<b>Exam 3: Chapters 7, 8, &amp; 9</b>
4.17	Chapter 10: Discussion/ Quiz
4.24	Chapter 14 & 15: Assignment/ Quiz/ Discussion
5.1	<b>Exam 4: Chapters 10, 14, &amp; 15</b>
5.8	<b>Comprehensive Final Exam</b>

## Contact Information

eCollege and MyLeo email will be our primary form of communication.

The virtual office will be the primary method of communication between student and instructor.

Other methods of communication include email and phone. General communication addressing the entire class will be posted on the Announcements page and email while personal communication will be via your myleo email.

You MUST log into the course multiple times a week as well as check your email regularly. If you have a question or concern, TALK to me. I am here to help. Please do not wait to ask questions or allow yourself to be frustrated with the course. If you don't know, please ask!

## Access & Navigation

### Access and Log in Information

This course was developed and will be facilitated utilizing eCollege, the Learning Management System used by Texas A&M University-Commerce. To get started with the course, go to: <https://leo.tamu-commerce.edu/login.aspx>. You will need your CWID and password to log in to the course. If you do not know your CWID or have forgotten your password, contact Technology Services at 903.468.6000 or [helpdesk@tamu-commerce](mailto:helpdesk@tamu-commerce).

The following support options are available 24 hours a day / 7 days a week:

- **Help:** Click on the *'Help'* button on the toolbar for information regarding working with eCollege (i.e. How to submit to dropbox, How to post to discussions etc...)
- **Chat Support:** Click on *'Live Support'* on the tool bar within your course to chat with an eCollege Representative.
- **Phone:** 1-866-656-5511 (Toll Free) to speak with eCollege Technical Support Representative.
- **Email:** [helpdesk@online.tamuc.org](mailto:helpdesk@online.tamuc.org) to initiate a support request with eCollege Technical Support Representative.

### Being a Successful Online Student

- [What Makes a Successful Online Student?](#)
- [Self-Evaluation for Potential Online Students](#)
- [Readiness for Education at a Distance Indicator \(READI\)](#)

### How is the Course Organized?

The course is organized by weeks. Each week will be formatted similarly including the weekly schedule, chapter learning objectives, printable power point slides, an audio lecture, lab assignments, key terms and definitions, frequently asked questions, handouts, internet resources, and weekly discussions. Exam weeks will include live discussions and the exam. A course schedule is listed at the bottom of the syllabus.

## What Should Students Do First?

Students should begin by:

- Thoroughly reviewing the syllabus
- Order your textbook
- Take the eCollege student tutorial
- Familiarizing yourself with the course layout
- Take the syllabus quiz
- Introduce yourself in the Week 1 introduction discussion

## How Should Students Proceed Each Week for Class Activities?

- The student will access and follow all course instructions found in the weekly content areas. The weekly content area of our course is found on the left navigation bar.
- The student will listen to all online lectures provided in the Power Point section of each week.
- The student will complete all assignments, quizzes, and respond to posted online course discussion questions.

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The following information has been provided to assist you in preparing to use technology in your online courses. The following technology is recommended to be successful in this online course. [List those technologies needed for your online course.]

Internet connection – high speed recommended (not dial-up)  
Speaker or headset – for audio lectures  
Word Processor

Additionally, the following hardware and software are necessary to use eCollege.

Our campus is optimized to work in a Microsoft Windows environment. This means our courses work best if you are using a Windows operating system (XP or newer) and a recent version of Microsoft Internet Explorer (6.0, 7.0, or 8.0).

It is strongly recommended that you perform a “Browser Test” prior to the start of your course. To launch a browser test, login in to eCollege, click on the ‘myCourses’ tab, and then select the “Browser Test” link under Support Services.

### Student Conduct Rule

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All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment.

### Course Policies and Procedure

Course log in and participation is essential for successful completion of the course. **Late assignments will not be accepted.** Students may work ahead although discussions and exams are required to be submitted during their corresponding week. Students are responsible for keeping up with weekly assignments through the course calendar.

An "excused absence is defined as a documented university approved activity. The instructor reserves the right to change the content or format of all make-up work. The student is responsible for making up missed work. If the absence is for one of the reasons listed below, you will be able to make up the work missed within two business days. To reserve the right to make up work, you **MUST** provide written documentation on the day you return to class (a copy that I may

keep). Please notify me ahead of time via email if you know you will be absent.

- Participation in an activity appearing on the University's authorized activity list.
- Death or major illness in a student's immediate family.
- Illness of a dependent family member.
- Participation in legal proceeding or administrative procedures that require a student's presence.
- Religious or Holy Day.
- Illness that is too severe or contagious for the student to attend class (to be determined by Health Center or other doctor).
- Required participation in military duty.

**DUE DATES:** The due date listed for assignments are the LAST chance to submit them. Please turn in your work early. I DO NOT accept late assignments or exams.

**Examination Policy** – Exams are closed-book exams and should be an evaluation of student learning. All exams are timed and do not allow for time to search for answers. Exams will not be reset for any reason. Make arrangements to take exams when you have enough time and on a computer with a reliable internet connection. Exams will be automatically submitted upon expiration of time.

### **Special Accommodations**

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Texas A&M University-Commerce is committed to providing access and reasonable accommodation in its services, programs, activities, education and employment for individuals with disabilities. Americans with Disabilities Act (ADA) accommodations will be made in accordance with the law. To request ADA accommodations, please communicate your needs (number) of days before the activity or program you plan to attend by contacting the Director of Disability Resources and Services, 903.886.5835.