

**TEXAS A & M UNIVERSITY - COMMERCE**  
**DEPARTMENT OF HEALTH & HUMAN PERFORMANCE**  
**COURSE SYLLABUS**

<b>COURSE TITLE:</b>	HHPK 144: Foundations of Kinesiology
<b>COURSE VALUE:</b>	Three (3) credit hours
<b>COURSE LOCATION:</b>	online
<b>PROFESSOR:</b>	Quynh Dao Dang, PhD
<b>OFFICE:</b>	Field House 100J
<b>OFFICE HOURS:</b>	9-11am or 4-5pm M/W or by appointment
<b>PHONE:</b>	(903) 886-5548
<b>FAX:</b>	(903) 886-5365
<b>E-MAIL:</b>	Quynh.dang@tamuc.edu
<b>REQUIRED TEXT:</b>	Wuest, D. & Fisette, J. (2009). <b><u>Foundations of Physical Education, Exercise Science, and Sport.</u></b> New York, NY. McGraw-Hill Publishers

**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 from ancient through contemporary cultures. This course offers the student both an introduction to the knowledge base as well as information on expanding career opportunities. Physiological, sociological, and psychological principles affecting human movement and sport are also studied.

**Course Objectives:**

At the end of this course the students will be able to:

1. Develop an understanding of the nature and scope of physical education, exercise science, and sport.
2. Develop a meaning and philosophy of physical education, exercise science, and sport.
3. Develop knowledge and understanding of the objectives and the role that physical education, exercise science, and sport has on the educational arena as well as in society.
4. Gain knowledge concerning the general factors that affect movement.
5. Become familiar with the historical foundations of physical education, exercise science, and sport.
6. Develop an understanding of the sociological & psychological foundations of exercise science & sport.
7. Gain an awareness of the types of careers and professional considerations in physical education, exercise science, and sport.
8. Develop an understanding of the issues and challenges that may affect the future of physical education, exercise science, and sport.

**Course Requirements:**

**A. Intro Quiz (1%)**

Print out the syllabus the first day of the semester, listen to the online orientation, then complete the quiz within 48 hours.

**B. Assignments (30%):**

The student will be responsible for obtaining all materials presented online and assigned readings from the textbook. You are responsible for making sure your assignments are in on time. Use the appropriate dropbox to submit assignments. You will need to click on “announcements” so you can see the Instructor’s comments for homework. Fifteen assignments will be given in the semester. Due on Wednesdays by noon.

**C. Tests (40%):**

Four (4) tests will be given to determine student progress and assist students in learning. Tests will consist of objective questions (T/F, multiple choice, and matching) and application questions. Late tests (all fill-in-the blank) will result in a deduction of points regardless of the reason. 3 hours allowed for each exam. **\*No make-up exams will be given, unless arrangements are made prior to the exam or a verifiable medical excuse is provided within 3 days.**

**D. Current Issue Power Point Presentation (10%)**

Teams will develop an 8-10 slide power point presentation on a current health & human performance issue (ex: women coaching males, making steroids legal, etc) to share with the class under docshare. Must include references on last slide. Topic must be approved two weeks prior to presentation.

**E. Health & Human Performance Organization with Website Presentation (10%)**

Teams will develop an 8-10 slide presentation on their organization with website (choose from pre-selected list under docshare) to share with the class in docshare. Include Who (they are), What (they do), When (they started), Where (located), and Why (they exist). Must include website link on cover slide. Topic is first come, first serve....so email me early for approval.

**F. Participation in Discussions (4%):**

**Weeks 12 & 15 are mandatory.** You can earn a maximum of 20 points by completing the following:

- your initial post must be minimum of 100 words
- responding to one other post with minimum of 75 words
- initial post and responding post must be on two different days

Even though this course is a web class, students will be required to interact personally with each other, but through cyberspace. Interpersonal communication serves an important educational purpose. You will learn more as you engage each other (**so just posting yes I agree with him/her will not count!**) and discuss the material together. Discussion points will be posted in the Gradebook approximately 48 hours after the close of the discussion period.

**G. Job Shadow (5%)**

Think about why you chose Health & Human Performance as your major, pick a job within the major you would like to ultimately have. Find a person who has that career and job shadow (volunteer) them for a minimum of two hours. *This cannot be with anybody on campus!* Try to find out as much as you can about how they go about their job and what they think it takes to be successful at what they do. Turn in a full page (500 words minimum) report to the instructor about your experience. Include Who, When, What, Where, Why & How (you got this opportunity).

**Grading:**

Intro quiz	10 PTS (1%)
Assignments (15 @ 20pts each)	300 PTS (30%)
Mandatory Discussions (2 @ 20pts each)	40 PTS (4%)
Four (4) exams @ 100pts each	400 PTS (40%)
Organization Presentation	100 PTS (10%)
Current Issue Presentation	100 PTS (10%)
Job shadow	50 PTS (5%)
<b>TOTAL</b>	<b>1000 PTS (100%)</b>

**Grade Scale:**

900 - 1000 = A      800 - 899 = B      700 - 799 = C      600 - 699 = D      0 - 599 = F

**A grade of C or above must be maintained in all courses of your major field and for teacher certification.**

**HHPK 144: Foundations of Kinesiology**  
**COURSE OUTLINE**  
 Fall 2014

<b>DATE (Week)</b>	<b>CHAPTERS to read &amp; review</b>	<b>Topics to Cover</b>	<b>Assignments Due (on Wed @ noon)</b>
1		Course Introduction	Intro Quiz Due Wed 8/27 by noon
2	1	Meaning & Scope	Homework #1 due Wed. 9/3 by noon
3	2 3	Philosophy, Goals, and Objectives Role in Society	Homework #2-3 due Wed. 9/10 by noon
4		Review for test #1	Test #1 (Ch. 1-3) due Wed. 9/17 by noon
5	4 5	Historical Foundations Motor Behavior	Homework #4-5 due Wed. 9/24 by noon
6	6 7	Biomechanical Foundations Exercise Physiology & Fitness	Homework #6-7 due Wed. 10/1 by noon
7		Review for test #2	Test #2 (Ch. 4-7) due Wed. 10/8 by noon
8		<b>Organization Presentations &amp; Job Shadow</b>	both due Wed. 10/15 by noon
9	8 9	Sociological Foundations Sport & Exercise Psychology	Homework #8-9 due Wed. 10/22 by noon
10	10 11	Sport Pedagogy Career & Professional Development	Homework #10-11 due Wed. 10/29 by noon
11		review for test #3	Test #3 (Ch. 8-11) due Wed. 11/5 by noon
12		<b>Current Issue Presentations &amp; Mandatory discussion</b>	both due Wed. 11/12 by noon
13	12 13	Teaching & Coaching Careers Fitness & Health Related Careers	Homework #12-13 due Wed. 11/19 by noon
14	14 15	Sports Careers Issues, Challenges & Future Trends	Homework #14-15 due Wed. 11/26 by noon
15		review for final <b>Mandatory discussion &amp; Final</b>	both due Wed. 12/3 by noon

Please note that this schedule is tentative and is subject to change. Also, this is NOT all-inclusive (i.e., Homework/Participation). Other assignments will be given throughout the semester.

ALL STUDENTS ENROLLED AT THE UNIVERSITY SHALL FOLLOW THE TENETS OF COMMON DECENCY AND ACCEPTABLE BEHAVIOR CONDUCIVE TO A POSITIVE LEARNING ENVIRONMENT. (SEE STUDENT'S GUIDE BOOK.)

STUDENTS REQUESTING ACCOMMODATIONS FOR DISABILITIES MUST GO THROUGH THE ACADEMIC SUPPORT COMMITTEE. FOR MORE INFORMATION, PLEASE CONTACT THE DIRECTOR OF DISABILITY RESOURCES AND SERVICES, (903) 886-5835.