



HHPK 144 – Introduction to Kinesiology

COURSE SYLLABUS: Summer I 2015

Instructor: Dr. Steve Prewitt

Email Address: steve.prewitt@tamuc.edu

Office Location: Field House 100H

Office Hours: By appointment

Office Phone: 903.468.8196

COURSE INFORMATION

Textbook(s) Required

Wuest & Fisette (2015). Foundations of Physical Education, Exercise Science, and Sport. 18th ed. Textbook should be available in Bookstore or online through Amazon.com or other sellers.

Optional: Additional readings located in Doc Share folder. These will be posted and it is your responsibility to obtain them.

Course 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.

Student Learning Outcomes

Upon successful completion of the course, the students will.....

- Demonstrate an understanding of the historical development of movement and sport.
- 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.
- Demonstrate knowledge of health, nutrition, and safety principles related to human movement.
- Demonstrate the ability to recognize and understand how to promote knowledge and cognitive skills in relation to lifetime fitness and wellness.
- Demonstrate knowledge of principles and concepts of human movement, fitness and exercise science (e.g. anatomy and physiology, kinesiology, exercise physiology, biomechanics).
- Demonstrate an understanding of concepts and principles of health, fitness, and performance and understand how to work with learners from diverse backgrounds to foster learning and encourage positive behavior.
- Understand issues related to personal health risk factors and practices for health-related safety.

- Identify issues and actions that demonstrate professionalism in the field of human movement, including working knowledge of HPERD organizations.
- Work independently on a variety of projects, gather information, and formulate ideas.

COURSE REQUIREMENTS

This is a fully online course. I have set it up to be semi-asynchronous, which means that you can go at your own pace, but there is a deadline for each section, or module. This has advantages and disadvantages. The greatest downside is that it is very easy to wait until the last minute to complete the work. Please pay careful attention to the due dates for each section, including the lectures, assignments, and assessments.

Section Quizzes and Participation

Each module will contain several lectures. At the end of each lecture, you will be directed to some assignment including discussions, quizzes, and or writing. ALL portions of each section need to be completed by the deadline. You MUST complete the 4 modules in order. Items not submitted by the due date will receive a score of zero. Each module accounts for 25% of your overall grade. Total points for each module will equal 100 points. For example, module 3 could contain the following:

4 quizzes @ 10 pts each	40 points
Discussion 1@15pts	15 points
3 Assignments @ 15 points each	45 points

Additional Info on quizzes, etc.

Please DO NOT try to take the quizzes without first reading the appropriate pages from the text AND taking notes. Quizzes are timed, and if you have not prepared, you will run out of time and receive a lower score. Be assured that the lectures do not repeat the text but supplement them.

Submitting assignments/using DropBox

All assignments will have a “DropBox”. When you submit an assignment for me to grade, it MUST be a WORD document (or EXCEL if using a spreadsheet), and must be titled appropriately. If the assignment is called “Pedometer assignment”, and your last name is Walker, the name of the document must be “Walker pedometer.doc”. It may seem like it doesn’t matter, but it does.

Also, at the top of the first page of each assignment, you need to include your name and the name of the assignment. If you do name and label correctly, you will lose 20% of the value of the assignment. Throughout the semester, there will be quizzes covering our readings and lectures. This will help to assimilate the information we have gathered.

Assignment Feedback

For most of your assignments, I will save your work and use “track changes” on the document and provide feedback/comments. I will then attach it and send it back to you. Sometimes I will allow you to make corrections and resubmit for more points. Sometimes.

Course Policies

- Because this is an online course, you may never meet me or your other classmates face-to-face. That means that written communication must be clear in all circumstances.
- While completing assignments, chatting, etc within the e-college environment (within this class), be professional. In other words, quality matters. Write clearly with correct spelling, punctuation, and grammar. Actively prepare by reading the assigned materials. Share your thoughts (ask and answer questions). Have course materials with you when you are online (you can use materials during quizzes, etc). Please refrain from anything that is not class-related while “in” this course. Unless you are quoting someone else directly, language should be “G-rated.”
- END DATES: The “end dates” listed for sections are the LAST chance to submit them. Please submit your work early. I DO NOT accept late assignments.
- If you have a question or concern, e-mail me. Please include in the subject of the e-mail (“HHPK 144”) and the subject of the message. I will respond promptly during the week. If you want me to take a look at assignments before you submit them, you may ask me to do so through e-mail. I will NOT grade assignments ahead of time, but I will give you general feedback about how your work looks. I am here to help.
- You MUST check your e-mail regularly in case I need to communicate with you. I will not e-mail you junk, and I request that you do the same for me and your classmates.
- If you have a question or concern, communicate with me!

Student and Instructor Expectations:

Expectations are high for both of us. I strive to be the best teacher possible. I expect you to perform to the best of your ability. Making an “A” in this class is quite an accomplishment, and will be earned only by those who are willing to put forth the necessary effort. There is no grading curve - you will receive the grade you have earned!!!!

PLAGIARISM

The handouts used in this course are copyrighted. By "handouts," I mean all materials generated for this class, which include but are not limited to syllabi, quizzes, exams, lab problems, in-class materials, review sheets, and additional problem sets. Because these materials are copyrighted, you do not have the right to copy the handouts, unless I expressly grant permission.

As commonly defined, plagiarism consists of passing off as one's own the ideas, words, writings, etc., which belong to another. In accordance with this definition, you are committing plagiarism if you copy the work of another person and turn it is as your own, even if you have the permission of that person. Plagiarism is one of the worst academic sins, for the plagiarist destroys the trust among colleagues without which research cannot be safely communicated. “Cutting and pasting” is almost always plagiarism!!!

If you have any questions regarding plagiarism, please consult me.

If you plagiarize in my class, you will automatically receive a grade of “F” and disciplinary action will be sought.

ACCESS AND NAVIGATION

Pearson LearningStudio Access and Log in Information

This course will be facilitated using Pearson LearningStudio, the learning management system used by Texas A&M University Commerce. To get started with the course, go to:

<http://www.tamuc.edu/myleo.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@tamuc.edu.

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

Pearson LearningStudio Student Technical Support

Texas A&M University Commerce provides students technical support in the use of Pearson LearningStudio.

Technical assistance is available 24 hours a day/ 7 days a week.

If at any time you experience technical problems (e.g., you can't log in to the course, you can't see certain material, etc.) please contact the Pearson LearningStudio Help Desk, available 24 hours a day, seven days a week.

The student help desk may be reached by the following means 24 hours a day, seven days a week.

- **Chat Support:** Click on '*Live Support*' on the tool bar within your course to chat with an Pearson LearningStudio Representative.
- **Phone:** 1-866-656-5511 (Toll Free) to speak with Pearson LearningStudio Technical Support Representative.
- **Email:** helpdesk@online.tamuc.org to initiate a support request with Pearson LearningStudio Technical Support Representative.

Accessing Help from within Your Course: Click on the '*Tech Support*' icon on the upper left side of the screen inside the course. You will then be able to get assistance via online chat, email or by phone by calling the Help Desk number noted below.

Note: Personal computer problems do not excuse the requirement to complete all course work in a timely and satisfactory manner. Each student needs to have a backup method to deal with these inevitable problems. These methods might include the availability of a backup PC at home or work, the temporary use of a computer at a friend's home, the local library, office service companies, an Internet cafe, or a bookstore, such as Barnes & Noble, etc.

Policy for Reporting Problems with Pearson LearningStudio

Should students encounter Pearson LearningStudio based problems while submitting assignments/discussions/comments/exams, the following procedure **MUST** be followed?

1. Students must report the problem to the help desk. You may reach the helpdesk at
2. helpdesk@online.tamuc.org or 1-866-656-5511
3. Students **MUST** file their problem with the helpdesk and obtain a helpdesk ticket number
4. Once a helpdesk ticket number is in your possession, students should email me to advise me of the problem and to provide me with the helpdesk ticket number
5. At that time, I will call the helpdesk to confirm your problem and follow up with you

PLEASE NOTE: Your personal computer/access problems are not a legitimate excuse for filing a ticket with the Pearson help desk. You are strongly encouraged to check for compatibility of your browser **BEFORE** the course begins and to take the Pearson LearningStudio tutorial offered for students who may require some extra assistance in navigating the Pearson LearningStudio platform. **ONLY** Pearson LearningStudio based problems are legitimate.

Internet Access

An Internet connection is necessary to participate in discussions and assignments, access readings, transfer course work, and receive feedback from your professor. View the requirements as outlined in Technology Requirements above for more information.

myLeo Support

Your myLeo email address is required to send and receive all student correspondence. Please email helpdesk@tamuc.edu or call us at 903-468-6000 with any questions about setting up your myLeo email account. You may also access information at <https://leo.tamuc.edu>.

Learner Support

Go to the following link [One Stop Shop](#)- created to serve you by attempting to provide as many resources as possible in one location.

Go to the following link [Academic Success Center](#)- focused on providing academic resources to help you achieve academic success.

GRADING

<u>Percent</u>	<u>Letter Grade</u>
90-100 %	A (exceptional, excellent, mastery)
80-89%	B (above average, good performance and learning)
70-79%	C (average)
60-69%	D (below average)
0 – 59%	F (failing)

University Specific Procedures

Students with Disabilities

The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this

legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you have a disability requiring an accommodation, please contact:

Office of Student Disability Resources and Services

Texas A&M University-Commerce

Gee Library- Room 132

Phone (903) 886-5150 or (903) 886-5835

Fax (903) 468-8148

StudentDisabilityServices@tamuc.edu

Student Conduct

All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment. (See *Code of Student Conduct from Student Guide Handbook*).