

HHPK 144 Foundations of Kinesiology

Summer I 2016

Section 01W; 3 semester hours

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Required Text

Foundations of Physical Education, Exercise Science, and Sport by D. A. Wuest and J. L. Fiset. 18th edition, McGraw Hill.

APA Resource: Purdue Online Writing Lab: <http://owl.english.purdue.edu/owl/resource/560/01/>

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.

Course Objectives

- 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 Evaluation

Each assignment will be worth a pre-determined amount of points. Upon the completion of the course, grades will be calculated by adding up the total number of points each student has earned and dividing it by the total amount of points available in the course. This will produce a percentage of points earned (Ex. Student earned 850 points out a possible 1000 in the course: $850/1000 = 85\%$ "B"). Grades will be assigned based upon the percentages below.

Discussions: 90 pts

Assignments: 125 pts

Quizzes: 185 pts

Total Points = 400

Grading Scale:

A = 90-100%

B = 80-89%

C = 70-79%

D = 60-69%

F = 0-59

Students are expected to earn points toward their final grade during the course of the semester with the assignments and exams that are scheduled. Extra Credit Assignments WILL NOT be given at the end of the semester. All students are graded based on the exact same criteria and no exceptions will be made for individual assignments, tests, or final point values.

Student assignments will be graded in a timely manner, typically within one week of the assignment due date. Any questions or concerns about assignments/grades should be brought to the instructor's attention immediately (i.e. Do not wait until the end of the semester)

Discussions/Class Participation

Online discussions will take place during the term. You should post a minimum of 3 posts per discussion thread: one initial post answering the question and two response posts to your fellow classmates that further the discussion. All posts and comments must remain professional and courteous to your instructor and peers. Unless you are quoting someone else directly, language should be "G-rated." Be sure to cite your references in APA format. Each post should be a minimum of 100 words for initial posts and 50 for response posts.

Assignments

Students will be responsible for various assignments throughout the term. All assignments will have a "drop box." All assignments MUST be submitted as a WORD document (or EXCEL document if it is a spreadsheet), and it must be titled appropriately. For example, if one of the assignments is called "leadership assignment" and your last name is Collins, the name of the document you drop must be "Collins leadership.doc"

Each assignment must include your name and the name of the assignment at the top of the first page of the assignment. If it is a spreadsheet, gridlines should be showing and a header should include your name and the name of the assignment. You should print-preview your document to verify it is lined up correctly and does not have columns, rows, etc. hanging out off the edge of a sheet. If you do not name and label the document correctly, you will lose 20% of the value of that assignment.

Quizzes

DO NOT attempt to take the quizzes without reading the appropriate pages from the book first AND taking notes on the lectures and other reading assignments. The quizzes are timed, and you will not have time to be doing the assigned reading as you take the quiz. In addition, the lectures will not simply repeat what you have read in the book. DO NOT Wait until the last minute to take the quizzes.

Attendance & Deadlines

This is an online course and you can work at your own pace. All assignments have deadlines which must be met; however, you can submit any assignment at any time before the deadline. It is the student's responsibility to be aware of assignment due dates as the dates are posted on eCollege. Technical and/or computer problems associated with eCollege are not a valid excuse for turning in an assignment late. **NO LATE ASSIGNMENTS WILL BE GRADED.**

Interaction with Instructor Statement:

The best way to reach me is via email (Sarah.Mitchell@tamuc.edu) as I check it frequently. I will reply within 24 hours in most cases to your MyLeo email address. Please be courteous and professional in all of your interactions with me and fellow students.

eCollege Student Technical Support

It is the students responsibly to have internet access, check this site frequently, and become familiar with how it works. Texas A&M University-Commerce provides students technical support in the use of eCollege. 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 eCollege Representative.
- Phone: 1-866-656-5511 (Toll Free) to speak with eCollege Technical Support Representative.
- Email: helpdesk@online.tamuc.org to initiate a support request with eCollege Technical Support Representative.
- 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...)

This course will be facilitated using eCollege, the Learning Management System used by Texas A&M University-Commerce. To get started with the course, go to: <https://leo.tamuc.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@tamuc.edu

Academic Dishonesty/Plagiarism

It is the philosophy of Texas A&M - Commerce that academic dishonesty is a completely unacceptable mode of conduct and will not be tolerated in any form. Plagiarism is copying another's work as your own without proper acknowledgment. Be aware that the intent to deceive the reader does not have to be present for plagiarism to occur. Also ignorance of the definition of plagiarism is also not an excuse and will result in the same consequences as for someone who has knowledge of it. "Academic dishonesty" includes, but is not limited to, plagiarism (the appropriation or stealing of the ideas or words of another and passing them off as one's own), cheating on exams or other course assignments, collusion (the unauthorized collaboration with others in preparing course assignments), and abuse (destruction, defacing, or removal) of resource material. If you are in any doubt as to whether your work constitutes plagiarism or academic dishonesty, please discuss this with me confidentially. All persons involved in academic dishonesty will be disciplined in accordance with University regulations and procedures. (see Student's Guide Handbook).

Student Behavior

All students enrolled at the University shall follow the tenets of common behavior statement: "All students enrolled at the university shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment." (See current Student Guidebook) Please be respectful of the instructor's and other students' opinions and viewpoints in all course communications and assignments.

A&M-Commerce will comply in the classroom, and in online courses, with all federal and state laws prohibiting discrimination and related retaliation on the basis of race, color, religion, sex, national origin, disability, age, genetic information or veteran status. Further, an environment free from discrimination on the basis of sexual orientation, gender identity, or gender expression will be maintained.

Americans with Disabilities Act (ADA) Statement

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, Gee Library Rm 132; Phone (903) 886-5150 or (903) 886-5835; Fax (903) 468-8148; StudentDisabilityServices@tamuc.edu

Note: This syllabus is tentative and may be changed as the course dictates. Any changes will be posted on eCollege and sent via email to all enrolled students.