

Texas A&M University-Commerce
Health & Human Performance
HHPK 144 02W: Foundations of Kinesiology
Fall 2016
August 29, 2016 – December 16, 2016

COURSE LOCATION: Field House 102
COURSE TIME: Web Based
INSTRUCTOR: Lauren Rhodes
OFFICE: Field House 214
OFFICE HOURS: M/W 10:00 am -12:00 pm or by appointment
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FAX: (903) 886-5365
E-MAIL: Lauren.Rhodes@tamuc.edu
REQUIRED TEXT: Wuest, D. & Fisetter, J. (2011). *Foundations of Physical Education, Exercise Science, and Sport*. (17th edition). New York, NY. McGraw Hill.

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 studied.

Course Description:

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.

Course 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. Demonstrate 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. Understand issues related to personal health risk factors and practices for health-related safety.

Grading:

Participation/Quiz	15%
Exam 1	15%
Exam 2	15%
Exam 3	15%
Exam 4	15%
Final Exam	25%

Grade Scale:

A = 90 - 100

B = 80 - 89.9

C = 70 - 79.9

D = 60 – 69.9

F = 59.9 or below

Course Requirements:

A. Participation & Quizzes (15%):

Your participation in class whether through asking questions or contributing to class discussions is imperative to the success of the class as well as your success in the course.

B. Tests (75%):

Four (4) tests and a final exam 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. Each exam is worth 15% and the final is worth 25%. The final will be comprehensive.

****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.***

Course Policies:

Attendance

I will not take roll. However, please keep in mind that poor attendance will affect your ability to participate and complete in-class assignments and quizzes. If you know that you are going to be absent, please let me know before class in order to find out if you will be missing any assignments or quizzes.

Cell Phones

Cell phones should be out of sight and placed on silent during class. If there are special circumstances in which you need to be available to answer your cell phone, please let me know before class.

Academic Honesty Policy

Texas A&M University-Commerce does not tolerate **plagiarism** and other forms of academic **dishonesty**. Conduct that violates generally accepted standards of academic honesty is defined as academic dishonesty. "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. Be aware that the intent to deceive the reader does not have to be present for plagiarism to occur. For more information, please go to <http://www.plagiarism.org/>. **If you are in any doubt as to whether your work constitutes plagiarism or academic dishonesty, please discuss this with me confidentially.**

University Specific Procedures:

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
Texas A&M University-Commerce
Ge e Library 132
Phone (903) 886-5150 or (903) 886-5835
Fax (903) 468-8148
StudentDisabilityServices@tamuc.edu

Statement on Student Behavior

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 Handbook).

In addition, students are responsible for helping to maintain a clean and safe environment. Therefore, students will a) leave the class area CLEAN, b) refrain from degrading, insulting, or rude language (all language should be G-rated), and c) treat other people and their property with respect. This is a zero-tolerance policy. If you do not comply, you will be asked to leave class and will be counted absent.

Nondiscriminatory Statement

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.

Campus Concealed Carry

Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in Texas A&M University-Commerce buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun. Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and A&M-Commerce Rule 34.06.02.R1, license holders may not carry a concealed handgun in restricted locations. For a list of locations, please refer to (<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/34SafetyOfEmployeesAndStudents/34.06.02.R1.pdf>) and/or consult your event organizer). Pursuant to PC 46.035, the open carrying of handguns is prohibited on all A&M-Commerce campuses. Report violations to the University Police Department at 903-886-5868 or 9-1-1.

**HHPK 144: FOUNDATIONS OF KINESIOLOGY
TENTATIVE COURSE OUTLINE
Spring 2016**

Week	Date	Class	Assignments Due
1	8/29 8/31 9/2	Intro to class & Syllabus Chapter 1: Meaning & Scope p 2-26 Chapter 1: Meaning & Scope p 2-26	
2	9/5 9/7 9/9	Chapter 1: Meaning & Scope p 2-26 Chapter 2: Philosophy, Goals, & Objectives p 28-64 Chapter 2: Philosophy, Goals, & Objectives p 28-64	
3	9/12 9/14 9/16	Chapter 3: Role in Society p 66-100 Chapter 3: Role in Society p 66-100 Chapter 3: Role in Society p 66-100	
4	9/19 9/21 9/23	EXAM 1 Chapter 4: Historical Foundations p 106-145 Chapter 4: Historical Foundations p 106-145	EXAM 1
5	9/26 9/28 9/30	Chapter 5: Motor Behavior p 148-180 Chapter 5: Motor Behavior p 148-180 Chapter 5: Motor Behavior p 148-180	
6	10/3 10/5 10/7	Chapter 6: Biomechanical Foundations p 182-212 Chapter 6: Biomechanical Foundations p 182-212 Chapter 6: Biomechanical Foundations p 182-212	
7	10/10 10/12 10/14	EXAM 2 Chapter 7: Exercise Physiology & Fitness p 216-261 Chapter 7: Exercise Physiology & Fitness p 216-261	EXAM 2
8	10/17 10/19 10/21	Chapter 7: Exercise Physiology & Fitness p 216-261 Chapter 7: Exercise Physiology & Fitness p 216-261 Chapter 7: Exercise Physiology & Fitness p 216-261	
9	10/24 10/26 10/28	Chapter 8: Sociological Foundations p 265-303 Chapter 8: Sociological Foundations p 265-303 Chapter 8: Sociological Foundations p 265-303	
10	10/31 11/2 11/4	Chapter 9: Sport & Exercise Psychology p 306-388 Guest Lecturer Chapter 9: Sport & Exercise Psychology p 306-388	
11	11/7 11/9 11/11	Chapter 9: Sport & Exercise Psychology p 306-388 EXAM 3 Chapter 11 Professional Development p 378-412	EXAM 3
12	11/14 11/16 11/18	Chapter 11 Professional Development p 378-412 Chapter 11 Professional Development p 378-412 Chapter 10: Sport Pedagogy p 341-374	
13	11/21 11/23	Chapter 10: Sport Pedagogy p 341-374 Thanksgiving Holiday	

	11/25	Thanksgiving Holiday	
14	11/28 11/30 12/2	Chapter 10: Sport Pedagogy p 341-374 Chapter 15 Issues & Challenges p 510-544 Chapter 15 Issues & Challenges p 510-544	
15	12/5 12/7 12/9	EXAM 4 Role of Sport History & Sociology (past) Role of Sport History & Sociology (future implications)	EXAM 4
		Final Exam December 15 th , Friday 10:30am – 12:30pm	Final Exam

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.