HHPK 1301 Foundations of Kinesiology

COURSE SYLLABUS: Spring 2019

INSTRUCTOR INFORMATION

Instructor: Dr. Betty A. Block, Professor
Office Location: Field House 211
Office Hours: By appointment
Office Phone: 903.886.5549
Office Fax: 903.468.5365
University Email Address: betty.block@tamuc.edu
Preferred Form of Communication: email
Communication Response Time: 24 hours or less

COURSE INFORMATION

Materials – Textbooks, Readings, Supplementary Readings

Textbook(s) Required: Deborah Wuest & Charles Bucher. *Foundations of Physical Education, Exercise Science, & Sport*, 18th Edition;2015.

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.

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.

The *syllabus/schedule are subject to change.*

Student Learning Outcomes

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 recognizes 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.

COURSE REQUIREMENTS

Minimal Technical Skills Needed
Using the learning management system with sound, using Microsoft Word, and PowerPoint

Instructional Methods
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.

Student Responsibilities or Tips for Success in the Course
Email will be our primary form of communication.

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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 LEO 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!

GRADING

Final grades in this course will be based on the following scale:

A = 90%-100%
B = 80%-89%
C = 70%-79%
D = 60%-69%
F = 59% or Below

Assessments

Exam #1	115 points
Exam #2	104 points
Exam #3	100 points
Exam #4	118 points
History Open-book exam	50 points
Final Exam	100 points
Assignments	10 points each
Quizzes	10 points each

TECHNOLOGY REQUIREMENTS

Browser support

D2L is committed to performing key application testing when new browser versions are released. New and updated functionality is also tested against the latest version of supported browsers. However, due to the frequency of some browser releases, D2L cannot guarantee that each browser version will perform as expected. If you encounter any issues with any of the browser versions listed in the tables below, contact D2L Support, who will determine the best course of action for resolution. Reported issues are prioritized by supported browsers and then maintenance browsers.

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Supported browsers are the latest or most recent browser versions that are tested against new versions of D2L products. Customers can report problems and receive support for issues. For an optimal experience, D2L recommends using supported browsers with D2L products.

Maintenance browsers are older browser versions that are not tested extensively against new versions of D2L products. Customers can still report problems and receive support for critical issues; however, D2L does not guarantee all issues will be addressed. A maintenance browser becomes officially unsupported after one year.

Note the following:

- Ensure that your browser has JavaScript and Cookies enabled.
- For desktop systems, you must have Adobe Flash Player 10.1 or greater.
- The Brightspace Support features are now optimized for production environments when using the Google Chrome browser, Apple Safari browser, Microsoft Edge browser, Microsoft Internet Explorer browser, and Mozilla Firefox browsers.

Desktop Support

Browser	Supported Browser Version(s)	Maintenance Browser Version(s)
Microsoft® Edge	Latest	N/A
Microsoft® Internet Explorer®	N/A	11
Mozilla® Firefox®	Latest, ESR	N/A
Google® Chrome™	Latest	N/A
Apple® Safari®	Latest	N/A

Tablet and Mobile Support

Device	Operating System	Browser	Supported Browser Version(s)
Android™	Android 4.4+	Chrome	Latest
Apple	iOS®	Safari, Chrome	The current major version of iOS (the latest minor or **point** release of that major version)

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Device	Operating System	Browser	Supported Browser Version(s)
			and the previous major version of iOS (the latest minor or **point** release of that major version). For example, as of June 7, 2017, D2Lsupports iOS 10.3.2 and iOS 9.3.5, but not iOS 10.2.1, 9.0.2, or any other version. Chrome: Latest version for the iOS browser.
Windows	Windows 10	Edge, Chrome, Firefox	Latest of all browsers, and Firefox ESR.

- You will need regular access to a computer with a broadband Internet connection. The minimum computer requirements are:
  - o 512 MB of RAM, 1 GB or more preferred
  - o Broadband connection required courses are heavily video intensive
  - o Video display capable of high-color 16-bit display 1024 x 768 or higher resolution

- **For YouSeeU Sync Meeting sessions _8 Mbps_ is required.** Additional system requirements found here: https://support.youseeu.com/hc/en-us/articles/115007031107-Basic-System-Requirements

- You must have a:
  - o Sound card, which is usually integrated into your desktop or laptop computer
  - o Speakers or headphones.
  - o *For courses utilizing video-conferencing tools and/or an online proctoring solution, a webcam and microphone are required.

- Both versions of Java (32 bit and 64 bit) must be installed and up to date on your machine. At a minimum Java 7, update 51, is required to support the learning management system. The most current version of Java can be downloaded at: JAVA web site http://www.java.com/en/download/manual.jsp

- Current anti-virus software must be installed and kept up to date.

Running the browser check will ensure your internet browser is supported.

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Pop-ups are allowed.
JavaScript is enabled.
Cookies are enabled.

- You will need some additional free software (plug-ins) for enhanced web browsing. Ensure that you download the free versions of the following software:
  - Adobe Reader https://get.adobe.com/reader/
  - Adobe Flash Player *(version 17 or later)* https://get.adobe.com/flashplayer/
  - Adobe Shockwave Player https://get.adobe.com/shockwave/
  - Apple Quick Time http://www.apple.com/quicktime/download/

- At a minimum, you must have Microsoft Office 2013, 2010, 2007 or Open Office. Microsoft Office is the standard office productivity software utilized by faculty, students, and staff. Microsoft Word is the standard word processing software, Microsoft Excel is the standard spreadsheet software, and Microsoft PowerPoint is the standard presentation software. Copying and pasting, along with attaching/uploading documents for assignment submission, will also be required. If you do not have Microsoft Office, you can check with the bookstore to see if they have any student copies.

ACCESS AND NAVIGATION

You will need your campus-wide ID (CWID) and password to log into the course. If you do not know your CWID or have forgotten your password, contact the Center for IT Excellence (CITE) at 903.468.6000 or helpdesk@tamuc.edu**.**

Note: Personal computer and internet connection 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, Starbucks, a TAMUC campus open computer lab, etc.

COMMUNICATION AND SUPPORT
Brightspace Support

Need Help?
Student Support

If you have any questions or are having difficulties with the course material, please contact your Instructor.

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<h1 style="text-align:center">Technical Support</h1>

If you are having technical difficulty with any part of Brightspace, please contact Brightspace Technical Support at 1-877-325-7778 or click on the **Live Chat** or click on the words "click here**"** to submit an issue via email.

System Maintenance

D2L runs monthly updates during the last week of the month, usually on Wednesday. The system should remain up during this time unless otherwise specified in an announcement. You may experience minimal impacts to performance and/or look and feel of the environment.

Interaction with Instructor Statement

I will respond to your individual emails to me within 24hours unless you are notified otherwise. Please contact me early if you are having difficulty so that I may help you resolve issues before you get too far behind.

COURSE AND UNIVERSITY PROCEDURES/POLICIES

Course Specific Procedures/Policies

It is important that you check D2L multiple times a week. I am flexible with assignment due dates; however, I suggest that you stay within the week that the module is presented so that you do not get behind more than a few days. Let me know otherwise so that I will know to go in and grade your work in a timely manner.

Syllabus Change Policy

The syllabus is a guide. Circumstances and events, such as student progress, may make it necessary for the instructor to modify the syllabus during the semester. Any changes made to the syllabus will be announced in advance.

University Specific Procedures

Student Conduct

All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment. The Code of Student Conduct is described in detail in the Student Guidebook.
http://www.tamuc.edu/Admissions/oneStopShop/undergraduateAdmissions/studentGuidebook.aspx

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Students should also consult the Rules of Netiquette for more information regarding how to interact with students in an online forum: Netiquette
http://www.albion.com/netiquette/corerules.html

TAMUC Attendance

For more information about the attendance policy please visit the Attendance webpage and Procedure 13.99.99.R0.01.
http://www.tamuc.edu/admissions/registrar/generalInformation/attendance.aspx

http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/academic/13.99.99.R0.01.pdf

Academic Integrity

Students at Texas A&M University-Commerce are expected to maintain high standards of integrity and honesty in all of their scholastic work. For more details and the definition of academic dishonesty see the following procedures:

Undergraduate Academic Dishonesty 13.99.99.R0.03

http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/undergraduates/13.99.99.R0.03UndergraduateAcademicDishonesty.pdf

Graduate Student Academic Dishonesty 13.99.99.R0.10

http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/graduate/13.99.99.R0.10GraduateStudentAcademicDishonesty.pdf

ADA Statement

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 162
Phone (903) 886-5150 or (903) 886-5835
Fax (903) 468-8148
Email: studentdisabilityservices@tamuc.edu

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Website: Office of Student Disability Resources and Services
http://www.tamuc.edu/campusLife/campusServices/studentDisabilityResourcesAndServ
ices/

Nondiscrimination Notice

Texas A&M University-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 Statement

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 the Carrying Concealed Handguns On Campus document and/or consult your event organizer.

Web url:
http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedur
es/34SafetyOfEmployeesAndStudents/34.06.02.R1.pdf

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.

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COURSE OUTLINE / CALENDAR

Quick Guide **HHPK 1301**			
Module and Week	**Topic/Description**	**Activities**	**Point value**
Module 1 Week 1	Introductions **Chapter 1 Meaning and Scope**	Syllabus Quiz Introduce yourself Read Chapter 1and View PowerPoint Chapter 1 Quiz *Due Sunday by 11:59pm Week 1*	10 10
Module 2 Week 2	**Chapter 2 Philosophy, Goals, and Objectives**	Read Chapter 2 and View PowerPoint Goals and Objectives Assignment Chapter 2 Quiz *Due Sunday by 11:59pm Week 2*	10 10
Module 3 Week 3	**Chapter 3 Health and Physical Activity in Society**	Read Chapter 3 and View PowerPoint Chapter 3 Quiz **EXAM 1** *Due Sunday by 11:59pm Week 4*	10 115

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Module 4 Week 5	**Chapter 4 Historical Foundations**	Read Chapter 4 and View PowerPoint Play the History Jeopardy Game for Review **Open-book History Exam** *Due Sunday by 11:59pm Week 5*	50
Module 5 Week 6	**Chapter 5 Motor Behavior**	Read Chapter 5 and View PowerPoint Play the Motor Behavior Jeopardy Game for Review Motor Behavior Activity Assignment Chapter 5 Quiz *Due Sunday by 11:59pm Week 6*	 10 10
Module 6 Week 7	**Chapter 6 Biomechanical Foundations**	Read Chapter 6 and View PowerPoint Biomechanics Activity Assignment Chapter 6 Quiz **EXAM 2** *Due Sunday by 11:59pm Week 8*	 10 10 104
Module 7 Week 8	**Chapter 7 Exercise Physiology and Fitness**	Read Chapter 7 and View PowerPoint Chapter 7 Quiz *Due Sunday by 11:59pm Week 9*	 10

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Module 8 Week 9	**Chapter 8 Sociological Foundations**	Read Chapter 8 and View PowerPoint Sociology Assignment	10
		Chapter 8 Quiz *Due Sunday by 11:59pm Week 10*	10
Module 9 Week 11	**Chapter 9 Sport and Exercise Psychology**	Read Chapter 9 and View PowerPoint Psychology Assignment	10
		Chapter 9 Quiz	10
		EXAM 3 *Due Sunday by 11:59pm Week 12*	100
Module 10 Week 13	**Chapter 10 Physical Education Pedagogy**	Read Chapter 10 and View PowerPoint Pedagogy Assignment	10
		Chapter 10 Quiz *Due Sunday by 11:59pm Week 14*	10
Module 11 Week 14	**Chapters 14 and 15 Careers**	Read Chapters 15 and 15 and View PowerPoint Careers Assignment	10
		Chapters 14 and 15 Quiz	10
		EXAM 4 *Due Sunday by 11:59pm Week 15*	118
Week 15	**Comprehensive Final Exam**	Take Final Exam **Due December 12**	100
Total			767

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