



**HHPK 1301 Foundations of Kinesiology**  
**August mini 2021; August 13-27**  
**Section 01W; 3 semester hours**

**INSTRUCTOR INFORMATION**

**Instructor: Dr. Sarah M. Mitchell, PhD, ATC, LAT**

Office Location: Nursing & Health Sciences #137

Office Hours: Available via phone or face-to-face by appointment only

Office Phone: (903) 886-5543

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University Email Address: Sarah.Mitchell@tamuc.edu

Preferred Form of Communication: Email

Communication Response Time: 24-48 hours

**COURSE INFORMATION**

**Textbook(s) Required**

Foundations of Physical Education, Exercise Science, and Sport by D. A. Wuest and J. L. Fiset. 19<sup>th</sup> 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.

**Student Learning Outcomes**

- 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**

### **Minimal Technical Skills Needed**

Students must have working knowledge of and know how to use the MyLeo Online: D2L Brightspace learning management system, and Microsoft Word/Excel/PowerPoint. Students must utilize their University assigned email (Leo mail) for all course communications. All email communication from the instructor will be sent to the student’s Leo mail.

### **Student Responsibilities or Tips for Success in the Course**

Students can expect to do well in this course when they log into the online course often, complete all assignments/quizzes/exams/discussions, and seek assistance when they do not understand course material. Students should also utilize all course resources provided through D2L, such as, course lecture notes, assignments, and course information. It is the students responsibly to have internet access, check this site frequently, and become familiar with how it works.

### **Grading**

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: 100 pts	Grading Scale:
Assignments: 75 pts	A = 90-100%
Quizzes: 150 pts	B = 80-89%
Total Points = 325	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)

## **ASSESSMENTS**

### **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 “submission folder.” 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.

## **COURSE SPECIFIC PROCEDURES/POLICIES**

### **Attendance**

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 D2L. Technical and/or computer problems associated with D2L 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.

## **TECHNOLOGY REQUIREMENTS**

All course sections offered by Texas A&M University-Commerce have a corresponding course shell in the myLeo Online Learning Management System (LMS). Below are technical requirements

LMS Requirements: <https://community.brightspace.com/s/article/Brightspace-Platform-Requirements>

LMS Browser Support:

[https://documentation.brightspace.com/EN/brightspace/requirements/all/browser\\_support.htm](https://documentation.brightspace.com/EN/brightspace/requirements/all/browser_support.htm)

## **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](mailto: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**

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

## **Technical Support**

If you are having technical difficulty with any part of Brightspace, please contact Brightspace Technical Support at 1-877-325-7778. Other support options can be found here:

<https://community.brightspace.com/support/s/contactsupport>

## **Interaction with Instructor Statement**

Email is the best way to contact the instructor if you need assistance with any aspect of the course. Instructor will typically respond to emails within 24 hours (except on weekends). Students are also welcome to contact the instructor if they prefer a face to face conversation.

## **UNIVERSITY PROCEDURES/POLICIES**

### **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.

### **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>

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](http://www.albion.com/netiquette/corerules.html)

Students are expected to prepare for, participate in, and attend each scheduled class. Failure to do so may/will lead to a decline in the student's overall grade. In order to succeed in this class, students should read each chapter prior to beginning that section in the course. Forming study groups to prepare for class and tests will also greatly benefit students throughout the semester. Students are also expected to behave appropriately in class and avoid being a distraction to their fellow students and the instructor. Appropriate behavior involves paying attention, actively participating, and following instructions.

## **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 for 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**, Velma K. Waters Library- Room 162, Phone (903) 886-5150 or (903) 886-5835, Fax (903) 468-8148

Email: [studentdisabilityservices@tamuc.edu](mailto:studentdisabilityservices@tamuc.edu)

Website: [Office of Student Disability Resources and Services](#)

<http://www.tamuc.edu/campusLife/campusServices/studentDisabilityResourcesAndServices/>

## **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/rulesProcedures/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.

**Note:** This syllabus is tentative and may be changed as the course dictates. Any changes will be posted on D2L and sent via email to all enrolled students.

Section	Lecture Titles	Textbook Reading Assignment	Required Assignment(s)*	Due Date
1	Course Intro		Q, D	Section 1 due: Aug 17, 11:59p
	Health & Human Performance		Q, A	
	Certifications		Q, D	
	Fitness		Q	
	Goal Setting		A	
2	History of PE	Chapter 4, p96-132	Q, D	Section 2 due: Aug 20, 11:59p
	HHP - Interdisciplinary Field	Chapter 1, p2-25	Q	
		Chapter 2, p40-52		
	Kinesiology	Chapter 7, p207-247	Q	
	Sports Law	Title IX info p124-126 & p264-274	Q, D	
	Motor Behavior	Chapter 5, p136-169	Q	
Chapter 6, p172-181				
3	HHP Occupations	National Standards for PE, Chapter 10, p320-322	D	Section 3 due: Aug 24, 11:59p
		Chapter 12, p396-414		
		Chapter 13, p421-444 Chapter 14, p447-469		
	Professionalism	Chapter 11, p354-382	D	
	Recreation	Chapter 1, p19	Q	
	Sport	Chapter 4, p97-99 & p123-132	Q, D, A	
4	Therapy	Chapter 13, p439-444	A	Section 4 due: Aug 27, 11:59p
	HHP Vocabulary		Q	
	Philosophy	Professional philosophy Chapter 2, p28-40	Q, D	
	Career Goals		A	

\*Q = Quiz; D = Discussion; A = Assignment