

HHPK 1301.01E

Foundations of Kinesiology – 3-semester hour credit
Spring 2024
Monday, Wednesday, and Friday (9am – 9:50am)
NHS 163

INSTRUCTOR INFORMATION

Instructor: Henry H. Ross, EdD
Office: NHS 140
Office Hours: Monday and Wednesday – (8:00am – 9:30am; 1:00pm – 3:00pm)
Tuesday and Thursday – (9:00am – 11:00am; 1:00pm – 3:00pm)
Friday – ***By appointment only***
E-mail Address: Henry.Ross@tamuc.edu

COURSE INFORMATION

Textbook:

Foundations of Physical Education, Exercise Science, and Sport (20th edition)
Authors: Wuest, D. and Fiset, J.
Publisher: McGraw-Hill, New York, NY
ISBN: 9781260253917

Course Description

The purpose of this course is to provide students with an introduction to human movement that includes the historical development of physical education, exercise science, and sport from ancient through contemporary cultures. This course offers the student both an introduction to the knowledge base as well as information on expanding career opportunities. Physiological, sociological, and psychological principles affecting human movement and sport are also studied.

Student Learning Outcomes

Course Objectives: *The student will.....*

1. Develop an understanding of the nature and scope of physical education, exercise science, and sport.
2. Develop a meaning and philosophy of physical education, exercise science, and sport.

3. Develop knowledge and understanding of the objectives and the role that physical education, exercise science, and sport has on the educational arena as well as in society.
4. Gain knowledge concerning the general factors that affect movement.
5. Become familiar with the historical foundations of physical education, exercise science, and sport.
6. Develop an understanding of the sociological and psychological foundations of exercise science and sport.
7. Gain an awareness of the types of careers and professional considerations in physical education, exercise science, and sport.
8. Develop an understanding of the issues and challenges that may affect the future of physical education, exercise science, and sport.

GRADING

Grading:

Final grading will tentatively be done on a percentage based on the total points possible.

Exam #1 =	100 points
Exam #2 =	100 points
Exam #3 =	100 points
Exam #4 =	100 points
Attendance and Participation	100 points
<u>10 Discussion Board Assignments @ 30 points each =</u>	<u>300 points</u>
Total	800 points

TENATIVE FINAL GRADING SCALE

Points	Average	Grade
720 - 800	90% - 100%	A
640 - 719	80% - 89%	B
560 - 639	70% - 79%	C
480 - 559	60% - 69%	D
479 and below	59% and Below	F

**** If you drop the class, and you are not passing the course, the grade assigned will be Dropped Failing.***

Browser support

D2L is committed to performing key application testing when new browser versions are released. New and updated functionality is also evaluated 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.

Supported browsers are the latest or most recent browser versions that are evaluated 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 evaluated 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) and the previous major version of iOS (the latest minor or point release of that major version). For example, as of June 7, 2017, D2L supports 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:
 - 512 MB of RAM, 1 GB or more preferred
 - Broadband connection required courses are heavily video intensive
 - Video display capable of high-color 16-bit display 1024 x 768 or higher resolution
 - You must have a:
 - Sound card, which is usually integrated into your desktop or laptop computer
 - Speakers or headphones.
 - *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)
<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.
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/) <https://get.adobe.com/reader/>
 - [Adobe Flash Player](https://get.adobe.com/flashplayer/) (*version 17 or later*) <https://get.adobe.com/flashplayer/>
 - [Adobe Shockwave Player](https://get.adobe.com/shockwave/) <https://get.adobe.com/shockwave/>
 - [Apple Quick Time](http://www.apple.com/quicktime/download/) <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.

Technical Support

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

Students can expect a response to email messages and/or phone calls within 24 hours from the time that your communication was sent. All assignments will be graded, and grades posted in a timely manner. Office hours are posted.

COURSE AND UNIVERSITY PROCEDURES/POLICIES

Course Specific Procedures/Policies

Class Procedures:

The class will be taught using two instructional approaches. About 70% of class time will be spent in a lecture format and 30% in a small group (i.e., discussion board) format. Guest speakers, films, and videos will be used depending on need and availability. The instructor has the right to modify the outline of the course. Therefore, it is essential that the student attends class, or if absent, find out about course changes and what may have been missed.

Class Attendance and Participation:

The course material will be presented via “face-to-face,” and all exams will be administered online in D2L. The dates and times for your class section is listed on the schedule of classes. For those students attending class, required CoVid-19 standards may be applied. These standards may include face-covering, social distancing, frequent sanitizing, and temperature checks. Students are expected to attend class and participate appropriately in class sessions. An attendance grade will be determined by the number of class meetings minus the number of absences acquired by the student; divided by the total number of scheduled class meetings. ***In addition to regular attendance (attending at least 90% of the class meetings), spirited and appropriate discussion and thoughtful questions may help to raise the student’s grade to the next highest grade for those students who may be on the borderline at the end of the semester. (Borderline is viewed as an average that is at least 3 points past the mid-point.)***

Class Notes:

Neither my notes nor overheads will be made available to students. It is suggested that arrangements be made with fellow classmates to obtain notes from them. If you have questions regarding their notes or your own notes, I will be happy to answer them. Power-point presentations **should not be used as a substitute for reading the chapter.**

Assignments:

- a. **Reading:** Because group discussion will be used for a portion of the class, it is absolutely necessary that assigned chapters be read – and read on time.
- b. **Assignments:** (1) The student shall respond appropriately to the questions listed on the discussion board. The response should be between 125 – 150 words. Correct spelling, grammar, and punctuation are expected. Cheating and plagiarism will not be tolerated and may result in a score of “0” (zero) on the assignment and/or a failing grade for the course.

Late Paper Policy

Written assignments are due on the dates specified in the Course Calendar. **NO LATE WORK WILL BE ACCEPTED!!** For all written assignments, the student should keep a “saved” copy of the assignment for future reference. Telling me that you posted an assignment that I do not acknowledge is not acceptable. **Assignments must reach my “Discussion Board/Drop Box” by 11:59pm on the day that the assignment is due.** **THE BEST ADVICE IS TO TURN YOUR ASSIGNMENT IN ON TIME AND ALWAYS SAVE A COPY IN A FILE THAT IS EASILY ACCESSIBLE.**

Exams:

There will be four exams equally spaced throughout the semester. The exams will only cover material from the respective chapters during the semester. The exams may include multiple choice, short answer, and essay questions that cover content from the class lectures, discussions, and readings. The fourth exam will be held during the final examination week. Students will have the opportunity to engage in a test review prior to an exam being administered. No “make-up” exams are available unless due to extenuating circumstances (i.e., death of an immediate family member, severe injury/illness, etc.) and the student has written approval from the instructor to take the exam at a later date.

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

Language Regarding the University’s Pandemic Response

“A&M-Commerce requires the use of face-coverings in all instructional and research classrooms/laboratories. Exceptions may be made by faculty where warranted. Faculty have management over their classrooms. Students not using face-coverings can be required to leave class. Repetitive refusal to comply can be reported to the Office of Students’ Rights and Responsibilities as a violation of the student Code of Conduct. “

“Students should not attend class when ill or after exposure to anyone with a communicable illness. Communicate such instances directly with your instructor. Faculty will work to support the student getting access to missed content or completing missed assignments.”

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>

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>

AI use policy [Draft 2, May 25, 2023]

Texas A&M University-Commerce acknowledges that there are legitimate uses of Artificial Intelligence, ChatBots, or other software that has the capacity to generate text, or suggest replacements for text beyond individual words, as determined by the instructor of the course.

Any use of such software must be documented. Any undocumented use of such software constitutes an instance of academic dishonesty (plagiarism).

Individual instructors may disallow entirely the use of such software for individual assignments or for the entire course. Students should be aware of such requirements and follow their instructors' guidelines. If no instructions are provided the student should assume that the use of such software is disallowed.

In any case, students are fully responsible for the content of any assignment they submit, regardless of whether they used an AI, in any way. This specifically includes cases in which the AI plagiarized another text or misrepresented sources.

13.99.99.R0.03 Undergraduate Academic Dishonesty
13.99.99.R0.10 Graduate Student Academic Dishonesty

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 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

Website: [Office of Student Disability Resources and Services](http://www.tamuc.edu/campusLife/campusServices/studentDisabilityResourcesAndServices/)

<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.

COURSE OUTLINE / CALENDAR

Course Calendar Spring 2024: *(subject to modification)*

DATE	TOPIC	READINGS/ASSIGNMENT
1/10/24	Introduction /Overview of the Class	
1/12/24	Chapter 1 (Meaning and Scope)	CHAPTER 1
1/15/24	University Closed (MLK Observance)	
1/17/24	Chapter 1 (cont.)	CHAPTER 1 (cont.) DQ 1 due by 11:59pm on 1/17/24
1/19/24	Chapter 2 (Philosophy, Goals, & Objectives)	CHAPTER 2
1/22/24	Chapter 2 (cont.)	CHAPTER 2 (cont.)

1/24/24	Chapter 2 (cont.)	CHAPTER 2 (cont.) <i>DQ 2 due by 11:59pm on 1/24/24</i>
1/26/24	Chapter 3 (Health & Physical Activity in Our Society)	CHAPTER 3
1/29/24	Chapter 3 (cont.)	CHAPTER 3 (cont.)
1/31/24	Chapter 3 (cont.)	CHAPTER 3 (cont.) <i>DQ 3 due by 11:59pm on 1/31/24</i>
2/2/24	Chapter 4 (Historical Foundations)	CHAPTER 4
2/5/24	Chapter 4 (cont.)	CHAPTER 4 (cont.)
2/7/24	Chapter 4 (cont.)	CHAPTER 4 (cont.) <i>DQ 4 due by 11:59pm on 2/7/24</i> <i>Exam #1 available from 10am on 2/7/24 – 8:59am on 2/9/24</i>
2/9/24	Chapter 5 (Motor Behavior)	CHAPTER 5
2/12/24	Chapter 5 (cont.)	CHAPTER 5 (cont.)
2/14/24	Chapter 5 (cont.)	CHAPTER 5 (cont.) <i>DQ 5 due by 11:59pm on 2/14/24</i>
2/16/24	Chapter 6 (Biomechanical Foundations)	CHAPTER 6
2/19/24	Chapter 6 (cont.)	CHAPTER 6 (cont.)
2/21/24	Chapter 6 (cont.)	CHAPTER 6 (cont.) <i>DQ 6 due by 11:59pm on 2/21/24</i>
2/23/24	Chapter 7 (Exercise Physiology & Fitness)	CHAPTER 7
2/26/24	Chapter 7 (cont.)	CHAPTER 7 (cont.)
2/28/24	Chapter 7 (cont.)	CHAPTER 7 (cont.) <i>DQ 7 due by 11:59pm on 2/28/24</i>
3/1/24	Chapter 8 (Sociological Foundations)	CHAPTER 8
3/4/24	Chapter 8 (cont.)	CHAPTER 8 (cont.)
3/6/24	Chapter 8 (cont.)	CHAPTER 8 (cont.) <i>DQ 8 due by 11:59pm on 3/6/24</i> <i>Exam #2 available 10:00am on 3/6/24 – 8:59am on 3/8/24</i>
3/8/24	Catch up Day (if needed)	
3/11/24-3/15/24	SPRING BREAK	

3/18/24	Chapter 9 (Sport & Physical Activity Psychology)	CHAPTER 9
3/20/24	Chapter 9 (cont.)	CHAPTER 9 (cont.)
3/22/24	Chapter 9 (cont.)	CHAPTER 9 (cont.) <i>DQ 9 due by 11:59pm on 3/22/24</i>
3/25/24	Chapter 10 (Physical Education Pedagogy)	CHAPTER 10
3/27/24	Chapter 10 (cont.)	CHAPTER 10 (cont.)
3/29/24	Chapter 10 (cont.)	CHAPTER 10 (cont.) <i>DQ 10 is due by 11:59pm on 3/29/24</i>
4/1/24	Chapter 11 (Career & Professional Development)	CHAPTER 11
4/3/24	Chapter 11 (cont.)	CHAPTER 11 (cont.)
4/5/24	Chapter 11 (cont.)	CHAPTER 11 (cont.)
4/8/24	Chapter 12 (Teaching & Coaching Careers)	CHAPTER 12
4/10/24	Chapter 12 (cont.)	CHAPTER 12 (cont.)
4/12/24	Chapter 12 (cont.)	CHAPTER 12 (cont.) <i>Exam #3 available from 10:00am on 4/12/24 – 8:59am on 4/14/24</i>
4/15/24	Chapter 13 (Fitness & Health-Related Careers)	CHAPTER 13
4/17/24	Chapter 13 (cont.)	CHAPTER 13 (cont.)
4/19/24	Chapter 13 (cont.)	CHAPTER 13 (cont.)
4/22/24	Chapter 14 (Sport Careers)	CHAPTER 14
4/24/24	Chapter 14 (cont.)	CHAPTER 14 (cont.)
4/26/24	Chapter 15 (Future Professionals as Leaders & Advocates)	CHAPTER 15
4/29/24	Chapter 15 (cont.)	CHAPTER 15 (cont.)
5/1/24	STUDY DAY	
5/3/24	STUDY DAY	
5/6/24 – 5/10/24	FINALS WEEK	<i>Exam #4 available from 10:00am on 5/6/24 – 10:00am on 5/8/24</i>