

Texas A&M University-Commerce
Health & Human Performance
HHPK 1301 01E: Foundations of Kinesiology
Spring 2025
January 13, 2025 – May 9, 2025

COURSE LOCATION: NHS 163
COURSE TIME: MWF at 9:00 am -9:50 am
INSTRUCTOR: Lauren Rhodes
OFFICE: NHS 136
OFFICE HOURS: Monday & Wednesday 12:00 pm- 2:30 pm or by appointment
PHONE: (903) 886-5549
FAX: (903) 886-5365
E-MAIL: Lauren.Rhodes@tamuc.edu

* Include your first & last name in all email correspondence as well as the course you are enrolled in. I expect emails to be written professionally, meaning you should proofread before sending.

REQUIRED TEXT: Wuest, D. & Fisetter, J. (2021). *Foundations of Physical Education, Exercise Science, and Sport*. (20th edition). New York, NY. McGraw Hill.

ISBN: 9781260807714

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:

Quizzes (8 total)	25%
Exam 1	15%
Exam 2	15%
Exam 3	15%
Exam 4	15%
Final Exam	15%

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:

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. In-Class Assignments & Quizzes (25%):

Several assignments will be given and completed in class.

For quizzes you will be able to use your notes from class. These assignments will comprise 25% of your grade. These quizzes are timed! If you attend class on a regular basis, pay attention, and take decent notes, you will be prepared for these quizzes. If you are absent, I highly encourage you to get notes from a classmate that was in attendance the day you missed. I am not responsible for providing you notes from classes **you** missed.

****No make-up quizzes will be given, unless arrangements are made prior to the quiz or a verifiable medical excuse is provided within 3 days of the missed quiz.***

C. 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 15%. 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

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:

Pandemic Policies

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.

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
Waters Library 162
Phone (903) 886-5150 or (903) 886-5835
Fax (903) 468-8148
StudentDisabilityServices@tamuc.edu

Student Conduct

All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment. (See *Code of Student Conduct from Student 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.

AI Policy

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

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.

Counseling Center Services

The Counseling Center at A&M-Commerce, located in the Halladay Building, Room 203, offers counseling services, educational programming, and connection to community resources for students. Students have 24/7 access to the Counseling Center's crisis assessment services by calling [903-886-5145](tel:903-886-5145). For more information regarding Counseling Center events and confidential services, please visit www.tamuc.edu/counsel

Mental Health and Well-Being

The university aims to provide students with essential knowledge and tools to understand and support mental health. As part of our commitment to your well-being, we offer access to Telus Health, a service available 24/7/365 via chat, phone, or webinar. Scan the QR code to download

the app and explore the resources available to you for guidance and support whenever you need it.



HHPK 1301: FOUNDATIONS OF KINESIOLOGY
TENTATIVE COURSE OUTLINE
Spring 2025

Week	Date	Class	Assignments Due
1	1/13 1/15 1/17	Intro to class & Syllabus Chapter 1: Meaning & Scope Chapter 1: Meaning & Scope	Quiz 1 (Syllabus & Ch 1) due by 11:59 pm CST on Friday, January 17 th
2	1/20 1/22 1/24	<i>MLK Day (No Class)</i> Chapter 2:Philosophy, Goals, & Objectives Chapter 2:Philosophy, Goals, & Objectives	
3	1/27 1/29 1/30	Chapter 2:Philosophy, Goals, & Objectives Chapter 3: Role in Society Chapter 3: Role in Society	Quiz 2 (Ch 2 & 3) due by 11:59 pm CST on Friday, January 30 th
4	2/3 2/5 2/7	Review for Exam EXAM 1 (Chapters 1, 2 & 3) Chapter 4: Historical Foundations	EXAM 1 (Ch 1-3)
5	2/10 2/12 2/14	Chapter 4: Historical Foundations Chapter 4: Historical Foundations Quiz 3	Quiz 3 (Ch 4) due by 11:59 pm CST on Friday, February 14 th
6	2/17 2/19 2/21	Chapter 5: Motor Behavior Chapter 5: Motor Behavior Chapter 6: Biomechanical Foundations	Quiz 4 (Ch 5) due by 11:59 pm CST on Friday, February 21 st
7	2/24 2/26 2/28	Chapter 6: Biomechanical Foundations Chapter 6: Biomechanical Foundations Review for Exam 2 & Quiz 5	Quiz 5 (Ch 6) due by 11:59 pm CST on Friday, February 28 th
8	3/3 3/5 3/7	EXAM 2 (Chapters 4, 5, & 6) Chapter 7:Exercise Physiology & Fitness Chapter 7:Exercise Physiology & Fitness	EXAM 2 (Ch 4-6) Quiz 6 (Ch 7) due by 11:59 pm CST on Friday, March 7 th
	3/10- 3/14	SPRING BREAK	
9	3/17 3/19 3/21	Chapter 8: Sociological Foundations Chapter 8: Sociological Foundations Quiz 7	Quiz 7 (Ch 8) due by 11:59 pm CST on Friday, March 21 st

10	3/24 3/26 3/28	Chapter 9: Sport & Exercise Psychology Chapter 9: Sport & Exercise Psychology Chapter 9: Sport & Exercise Psychology	
11	3/31 4/2 4/4	EXAM 3 Chapter 11: Professional Development Chapter 11: Professional Development	EXAM 3 (7-9)
12	4/7 4/9 4/11	Chapter 10: Sport Pedagogy Chapter 10: Sport Pedagogy Quiz 8	Quiz 8 (Ch 10) Due by 11:59 pm CST on Friday, April 11 th
13	4/14 4/16 4/18	Chapter 13: Fitness-and Health-related Careers Chapter 15: Issues & Challenges Chapter 15: Issues & Challenges	
14	4/21 4/23 4/25	EXAM 4 (Chapters 10, 11, 13, & 15) Chapter 14: Sport Mgt, Media, and Sport-related careers Chapter 14: Sport Mgt, Media, and Sport-related careers	EXAM 4 (Ch 10, 11, & 15)
15	4/28 4/30 5/2	Chapter 12: Teaching and Coaching Careers Chapter 12: Teaching and Coaching Careers Review for Final	
	5/7	Final Exam (Chapters 1-15) Wednesday, May 7 th at 8:00 am *Students are expected to be present for the final exam on the exam date.	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.

Course Policies

1. STUDENTS ARE EXPECTED TO BE IN CLASS, READY TO PARTICIPATE, ON TIME.
2. AN “EXCUSED ABSENCE” IS DEFINED AS A DOCUMENTED UNIVERSITY APPROVED ACTIVITY. THE INSTRUCTOR RESERVES THE RIGHT TO CHANGE THE CONTENT OR FORMAT OF ALL MAKE-UP WORK. THE STUDENT IS RESPONSIBLE FOR MAKING UP MISSED WORK.
 - a. If the absence is for one of the reasons listed below, you will be able to make up the work. To reserve this right, you **MUST** provide written documentation on the day of your return to class (a copy that I can keep). Please notify me ahead of time if you know you will be absent.
 - i. Participation in an activity appearing on the University’s authorized activity list.
 - ii. Death or major illness in a student’s immediate family.
 - iii. Illness of a dependent family member
 - iv. Participation in legal proceedings or administrative procedures that require a student’s presence.
 - v. Religious Holy Day
 - vi. Illness that is too severe or contagious for the student to attend class (to be determined by Health Center or off campus physician)

vii. Required participation in military duty

3. ANY STUDENT MISSING AN EXAM OR ASSIGNMENT WITHOUT PRIOR ARRANGEMENT WILL RECEIVE A SCORE OF ZERO.
4. YOU **MUST** CHECK YOUR E-MAIL REGULARLY IN CASE I NEED TO COMMUNICATE WITH YOU. I WILL NOT E-MAIL YOU JUNK, AND I REQUEST THAT YOU DO THE SAME FOR ME. (YOUR LEO ACCOUNT)
5. WHILE YOU ARE IN CLASS, I EXPECT YOU TO PARTICIPATE. DO NOT COME TO CLASS AND EXPECT TO SIT TO THE SIDE. WORKOUTS ARE DESIGNED SO THAT EVERYONE CAN PARTICIPATE. YOU MUST BE ON TIME. WHEN YOU ARE LATE, IT DISRUPTS THE FLOW OF THE CLASS. WHILE IN CLASS, YOU MUST REFRAIN FROM ANYTHING THAT IS NOT CLASS-RELATED. CELL PHONES AND ALL OTHER ELECTRONIC DEVICES MUST BE TURNED OFF AND OUT OF SIGHT. THIS IS A ZERO-TOLERANCE POLICY. (THANKS!) . IF YOU USE A CELL PHONE, IPOD, ETC. IN CLASS (OR IF YOUR PHONE RINGS), YOU WILL LOSE 1 POINT PER INCIDENT (OFF YOUR FINAL GRADE). TURN IT OFF!
6. DUE DATES: THE DUE DATES LISTED FOR ASSIGNMENTS ARE THE LAST CHANCE TO SUBMIT THEM. I DO NOT ACCEPT LATE ASSIGNMENTS.
7. IF YOU HAVE A QUESTION OR CONCERNS, TALK TO ME. I AM HERE TO HELP. IF YOU NEED TO REACH ME AND I AM NOT IN MY OFFICE, E-MAIL ME.

Minimal Technical Skills Needed

Using the learning management system, using Microsoft Word, PowerPoint, and Excel, using university email, and using Google Docs / Slides.

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.

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	<p>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.</p> <p>Chrome: Latest version for the iOS browser.</p>
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

Please note that on the 4th Sunday of each month there will be System Maintenance which means the system will not be available 12 pm-6 am CST.