



HHPK 1301 Foundations of Kinesiology
Winter Mini 2026; Dec 15 – Jan 9
Section 01W; 3 semester hours

INSTRUCTOR INFORMATION

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

Office Location: Nursing & Health Sciences #116

Office Hours: Virtual By Appointment

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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 Fisette and Wuest. 21st edition, McGraw Hill.

Text will be available through Inclusive Access within D2L.

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.

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 responsibility 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: 15 pts

Assignments: 135 pts

Quizzes: 150 pts

Total Points = 300

Grading Scale:

A = 90-100%

B = 80-89%

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

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 Microsoft Word or PDF file. Specific instructions for each assignment will be in D2L.

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

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.**

TECHNOLOGY REQUIREMENTS

All course sections offered by East Texas A&M University 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

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, an ETAMU 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:

The best way to reach me is via email (Sarah.Mitchell@tamuc.edu) as I check it frequently. I usually reply within 1 business day to your MyLeo email address. Use the course number in the subject line and be sure to include a greeting, the nature of your email, and your full name.

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)

ETAMU 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 East Texas A&M University 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 Tools

East Texas A&M University 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).

Like an encyclopedia or a dictionary or Wikipedia, AI tools can be used to begin the process of writing; in other words, it is a tool for preliminary research, not a reliable source. Preliminary research assists writers in learning the basics about a topic so that they can research the specifics using credible, academic sources which can be cited in the assignment. Thus, AI is used to generate ideas in the same way that a brainstorm or a Freewrite is used in the prewriting stage of the writing process. While no one would drop a brainstorm into a formal document, the ideas that are generated from the brainstorm can be developed as part of a writing assignment. The same is true of AI. 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.

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

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

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

Nondiscrimination Notice

East Texas A&M University 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 East Texas A&M University 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 East Texas A&M University 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 East Texas A&M University campuses. Report violations to the University Police Department at 903-886-5868 or 9-1-1.

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.



COURSE OUTLINE / CALENDAR

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.

Lecture Titles	Textbook Reading Assignment	Required Assignment(s)*	Due Date
Course Intro		Q, D	Section 1 due: December 20, 11:59p
Health & Human Performance		Q, A	
Certifications		Q, A	
Fitness		Q	
Goal Setting		A	
History of PE	Chapter 4, p78-113	Q, A	Section 2 due: December 29, 11:59p
HHP - Interdisciplinary Field	Chapter 1, p2-23	Q	
	Chapter 2, p25-48		
Kinesiology	Chapter 7, p187-226	Q	
Sports Law	Title IX info p104-107 & p241-251	Q, A	
Motor Behavior	Chapter 5, p116-149	Q	
	Chapter 6, p152-161		
HHP Occupations	National Standards for PE, Chapter 10, p292-307	A	Section 3 due: January 5, 11:59p
	Chapter 12, p366-382		
	Chapter 13, p390-412; Chapter 14, p416-438		
Professionalism	Chapter 11, p326-354	A	
Recreation	Chapter 1, p16-17	Q	
Sport	Chapter 4, p79-81 & p103-112, Chapter 9	Q	
Therapy	Chapter 13, p407-412	A	
HHP Vocabulary		Q	
Philosophy	Professional philosophy Chapter 2, p25-35	Q	
Career Goals		A	

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