

**South Plains College**  
**Department of Kinesiology**  
**KINE 1301**  
**Foundations of Kinesiology**

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Required Text: **Introduction to Kinesiology-Studying Physical Activity (5<sup>th</sup> Edition)** By Shirl Hoffman

**Course Description**

This course is an introduction to the field of kinesiology (physical education), its philosophy, aims, objectives, principles, and history. Careers and the paths to those careers will be studied.

**Student Learning Outcomes:**

1. Discuss the meaning and philosophy of kinesiology, exercise science, and sport.
2. Discuss the role played by kinesiology, exercise science, and sport in society.
3. Understand the historical development of kinesiology, exercise science, and sport.
4. Identify careers and professional organizations related to kinesiology, exercise science and sport.
5. Understand current and future issues facing kinesiology, exercise science, and sport professionals.
6. Discuss the qualifications needed for entering the field of kinesiology, exercise science, and sport.
7. Analyze the role of the physical educator in society as a vital link to improving the quality and quantity of life for our nation's adults and children.

**Student Expectations**

To acquire knowledge and build skills, students are expected to:

- Read and become familiar with the course syllabus and expectations.
- Keep up with assignments and readings.
- Ask for clarifications about material or course expectations.
- Analyze assigned readings and offer thoughtful interpretations.
- Be respectful of diverse perspectives and refrain from making inappropriate comments in discussions boards and personal interactions in class.

**Blackboard** is the computer software used to deliver quizzes and other class information. It is essential that you have reliable access to the Internet, Microsoft Word, Power Point, Excel, Adobe, etc. If you do not have a computer at home you can access this information in a computer lab on the SPC Levelland campus and the SPC Reese campus. You will have deadlines set for you throughout the semester. If you wait until a few hours before assignments are due and have technical difficulties, they may not be corrected in time to get credit for the assignment. Have a backup plan in place should you encounter computer problems. There are open computer labs available to all enrolled SPC students on all campuses.

## **Course Evaluation:**

- 1) There will be **Two exams (midterm& final exam)** each worth 100 points (200 points total; 40% of your overall grade). Each exam will consist of 50-100 questions (multiple choice, essay, fill in the blank, matching).
- 2) **Quizzes** will be given over multiple chapters in the book for a total of 11 quizzes. Each quiz is worth 15 points (165 points total; 30% of your overall grade) and they will be posted on blackboard. Each quiz will consist of multiple choice, true false, or essay type questions. You can only take each quiz once but there is not a time limit. However, you must finish the quiz once you begin. You will not be able to leave the quiz and return to it later. *Once you enter the quiz you must finish!* Please use your notes and/or textbook to complete the quizzes. These quizzes will help prepare you for the exams.
- 3) **Two Homework Assignments** will be completed over the course of the semester. Each homework will be worth 37.5 points (75 points total; 15% of your overall grade).
- 4) **Classroom Discussion Topics/ Attendance** will be completed in class and turned in, each worth up to 5 points (75 points total; 15% of your overall grade). The primary goal for the discussion portion assignments of the course is to critically think about what you are learning. These will also be used to keep up with attendance. If you miss 6 of these assignments you will be dropped from the course. There are no makeups allowed for this portion of your grade. If you are not here when we complete these in class, you will receive a zero as a grade.

\*\* I expect you to read the chapters assigned. This exposes you to the material and makes it easier for you to understand the power point slides and take good notes. Plan ahead, and do not wait until the last minute to submit your assignments. Excuses for late work will not be accepted.

## **Attendance Policy: Drop Policy**

### **Students need to inform me prior to an absence due to a school sponsored activity.**

I do not need doctors notes or excuses for being absent from or late to class. If you miss six assignments or if you are tardy on a continuous basis you will be dropped. There are no makeups for missed assignments. I will not take roll prior to class but make sure you're aware of how many assignments you have missed.

- Drops will be made by the instructor for 6 missed assignments, tardiness, discipline, and disregard for the class guidelines. It will be the student's responsibility to drop themselves after the administrative drop day.

**TWO WEEKS OF CONSECUTIVE ABSENCES = DROPPED FROM THE**

**CLASS.** This is a college policy. If you stop coming to class, it is best that you withdraw yourself. Refer to SPC catalog pg.21

Final grades will be determined as follow:

- 2 examinations @ 100 points each: 200 points
- 11 quizzes @ 15 points each 165 points (5 bonus points)
- 2 homework assignments @ 37.5 points each 75 points
- Classroom discussion topics/ Attendance 75 points

**Total: 505 points**

**5 point bonus possible.**

<b>Final Grade</b>	<b>Point Percentage</b>	<b>Point Total</b>
A	90-100%	448- <b>500</b>
B	80-89%	398-447
C	70-79%	348-397
D	60-69%	298-347
F	Below 60%	Below 298

**Additional Information:**

- A. No cell phones! No texting during class!
- B. Use the restroom prior to class.
- C. Absolutely no head phones are allowed in class.
- D. No hoodies are allowed to be on your head during class.
- E. No sleeping. Students will be asked to leave and counted absent if they are sleeping in class. This includes putting your head down.

**ADA Statement**

Students with disabilities, including but not limited to physical, psychiatric, or learning disabilities, who wish to request accommodations in this class should notify the Disability Services Office early in the semester so that the appropriate arrangements may be made. In accordance with federal law, a student requesting accommodations must provide acceptable documentation of his/her disability to the Disability Services Office. For more information, call or visit the Disability Services Office through the Guidance and Counseling Centers at Reese Center (Building 8) [716-4606](tel:716-4606), or Levelland (Student Services Building) [716-2577](tel:716-2577)

**Campus Concealed Carry –**

Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in South Plains College 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 South Plains College policy, license holders may not carry a concealed handgun in restricted locations. For a list of locations, please refer to the SPC policy at: ([http://www.southplainscollege.edu/human\\_resources/policy\\_procedure/hhc.php](http://www.southplainscollege.edu/human_resources/policy_procedure/hhc.php))

Pursuant to PC 46.035, the open carrying of handguns is prohibited on all South Plains College campuses. Report violations to the College Police Department at 806-716-2396 or 9-1-1

**I \_\_\_\_\_ have read and understand all the information on this syllabus for KINE\_\_\_\_\_.**

**Print name \_\_\_\_\_**

**Date \_\_\_\_\_**

**Phone # \_\_\_\_\_**

**Write your phone number and email legibly!!!!**

**E-mail \_\_\_\_\_**

**Are there any health issues we should be concerned about before you start this program? (Circle one)**

**No**

**If yes, please explain:**

**\*Sign and complete this form and turn it in to the instructor.**