

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

**Instructor:** Ryan Heth      **Office Phone:** 806.716.2234 (Only in my office on Mondays and Wednesdays)

**Office:** Kinesiology Building #107

**Office Hours:** By appointment

**Email:** [rheth@southplainscollege.edu](mailto:rheth@southplainscollege.edu)

**Required Text:** *Introduction to Kinesiology-Studying Physical Activity (06<sup>th</sup> Edition)* By Knudson

Please use Course Messages when turning in assignments. If you send them to me through my SPC email, I will not accept them. You can find the Course Message folder on the instructor information page.

**REMIND APP** – I will use the REMIND APP as another means of communication during the semester due to COVID 19. You don't need to download the app for this to work. To sign up for this tool, you need to text this number **81010** and send the following code as the text message **@736b2k**

You will receive a response confirming your registration. I will use it periodically throughout the semester to remind the class of due dates and other helpful information.

### Course Description

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

### Student Expectations:

South Plains College's online courses and programs are based on interactive teaching, learning, and communication. Faculty and students actively contribute to one another's learning through critical dialogue, integrative education, and collaborative learning. To take full advantage of the experiences and resources South Plains College offers, students are expected to manage and direct their academic progress with support and guidance from faculty. To acquire knowledge and build skills, students are expected to:

- Read and become familiar with the course syllabus and the Unit Instructions.
- 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 on discussion boards and personal interactions.

**Blackboard** is the computer software used to deliver this course. You must have reliable access to the Internet, Microsoft Word, PowerPoint, Excel, Adobe, etc. It is the student's responsibility to verify that assignments and assessments are accessible. 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. It is also the student's responsibility to have the required computer skills to complete this course. You must be able to download and attach files, watch videos, etc. Should you encounter technical difficulties contact SPC technical support at (806) 716-2180 or email [blackboard@southplainscollege.edu](mailto:blackboard@southplainscollege.edu). Be sure to include course and section number information when contacting technical support. If you are not a self-motivated student, online classes are most likely not for you!

## SPC TexBook Syllabus Statement:

**TexBook Program:** *This course is in the SPC TexBook program, so you do not need to purchase a textbook or access code for this course.*

- **What is TexBook?** The required textbook/digital content for this course is available to you in Blackboard from the first day of class. The charge for the textbook/digital content is the lowest price available from the publisher and bookstore and is included in your tuition.
- **How do I access my TexBook?** Your course material is in your Blackboard course from the first day of class. Access to your course material is provided either by VitalSource or other links inside your Blackboard course. VitalSource (and many publisher's) ebook features include the ability to hear the text read aloud, highlight, take notes, create flash cards, see word definitions, build study guides, print select pages, and download 100% of the book for offline access.
- **Help with TexBook issues and support:** check with your professor or visit: <https://support.vitalsource.com/hc/en-us/requests/new> (available 24/7 via chat, email, phone, and text)
- **Opting out of TexBook:** Participating in TexBook is not mandatory, and you can choose to opt out. However, by opting out you will lose access to the course textbook/digital content and competitive pricing, and you will need to purchase the required course material on your own. If you drop the class or opt-out before the opt-out deadline, the TexBook fee will be automatically refunded to your SPC account. The opt-out deadline for Fall and Spring is the twelfth-class day. The opt-out deadline for shorter terms varies between the second- and third-class day.

*\*Please consult with your professor before deciding to opt-out. If you still feel that you should purchase the course textbook/materials on your own, send an **opt-out email** to [tfewell4texasbookcompany@gmail.com](mailto:tfewell4texasbookcompany@gmail.com). Include your first name, last name, student ID number, and the course you are opting out of. Once you have been opted-out, you will receive a confirmation email. If you need assistance with the process, contact the SPC Bookstore:*

**Email:** [tfewell@texasbook.com](mailto:tfewell@texasbook.com) / **Phone:** 806-716-2399

**Email:** [agamble@texasbook.com](mailto:agamble@texasbook.com) / **Phone:** 806-716-4610

## Student Learning Outcomes:

1. Distinguish between and identify terminology and research within the sub-disciplines in the field of Kinesiology and their application to diverse careers.
2. Summarize the historical and philosophical approaches to physical activity, physical education, exercise science, and sport.
3. Identify the characteristics of a physically educated person and the importance of assessment and advocacy in physical education, exercise science, and sport.
4. Discuss how the changing nature of education and technological advances may influence physical education, exercise science, and sport in the future.
5. Identify major professional organizations, foundations, and associations supporting physical activity at local, state, national, and international levels, as well as data tools and resources.

**Unit Instructions** There will be three units of instructions that include fifteen separate chapters. These unit instructions will contain everything you need to do for each chapter. Pay very close attention to these unit instructions and the due dates associated with each unit. The due dates will be addressed in class.

**Course Evaluation:**

- 1) There will be **Three Exams**, each worth 70 points (210 points total). Each exam will consist of multiple-choice, true/false, and essay questions.
- 2) **Chapter Quizzes** will be given over every chapter for a total of 15 quizzes. Each quiz is worth 10 points (150 points total), and they will be posted on blackboard. Each quiz will consist of multiple-choice, true-false questions, or essay type questions. Please use your notes and textbook to complete the quizzes. These quizzes will help prepare you for the exams.
- 3) **Two Homework Assignments** will be completed over the semester. Each homework will be worth 40 points (80 points in total).
- 4) **Discussion Boards** will be completed over the semester, each worth 5-15 points (60 points total). Do not ignore these assignments. The primary goal for the discussion portion of the course is to "talk" about learning. Please be respectful of others when posting on the DB, and keep your content appropriate and about the subject matter. \*(Students who do not comply with this last statement will be dropped from the course.) \*

\*\* I expect you to read the chapters assigned. This exposes you to the material and makes it easier for you to understand the PowerPoint slides and take good notes. Plan, and do not wait until the last minute to submit your assignments. Excuses for late work, such as "The network was down" or "I could not figure out how to post or send the assignment," are unacceptable.

\*\*\* All written assignments should be presented using the conventions of Standard Written English. South Plains College requires all students to become proficient in "academic English," a form of English typically used in academic, professional, and business contexts. While slang and informal self-expression are appropriate in some settings, they are out of place in academic writing.

**Administrative Drop Policy:** Due to Financial Aid and South Plains College requirements for participation/attendance, a student who fails to turn in 6 assignments during the semester may be dropped from the course with a grade of "X" or "F" (at my discretion). If missed assignments occur after the final drop date, the grade will be an "F." **NOTE: You may be dropped from this course without notice if you miss the due dates for any combination of any assignments and discussions totaling six or more.**

Final grades will be determined as follow:

- |   |                                 |
|---|---------------------------------|
| • 3 examinations @ 70 points each:        | 210 points-                     |
| • 15 quizzes @ 10 points each             | 150 points-                     |
| • 2 Homework assignments @ 40 points each | 80 points                       |
| • Discussions/Lab Assignments             | 60 points                       |
|   | <b><u>Total: 500 points</u></b> |

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

## Academic Information

### **Be advised – I do not accept late work for any reason.**

Student will be counted absent for an entire class period (after 1 warning) for the following:

- Texting during class
- Instant Messaging during class
- Sleeping during class
- Excessive Tardiness (After 2<sup>nd</sup>)
- Leaving class early
- Off topic/disruptive, excessive discussion with other students

A student who stops attending AND stops completing assignments, must take the responsibility of contacting the Registrar's Office to drop the class.

**I do not drop students for non-attendance. It is your responsibility to initiate the drop process if you decide not to complete the course. Students who stop attending and do not complete the coursework will receive an F at the end of the semester.**

**PLEASE NOTE: The last day to drop this course is Thursday, December 1, 2022**

**Plagiarism and Cheating:** Students are expected to do their own work on all projects, quizzes, assignments, examinations, and papers. Failure to comply with this policy will result in an F for the assignment and can result in an F for the course if circumstances warrant.

Plagiarism violations include, but are not limited to, the following:

1. Turning in a paper that has been purchased, borrowed, or downloaded from another student, an online term paper site, or a mail order term paper mill;
2. Cutting and pasting together information from books, articles, other papers, or online sites without providing proper documentation;
3. Using direct quotations (three or more words) from a source without showing them to be direct quotations and citing them; or
4. Missing in-text citations.

Cheating violations include, but are not limited to, the following:

1. Obtaining an examination by stealing or collusion;
2. Discovering the content of an examination before it is given;
3. Using an unauthorized source of information (notes, textbook, text messaging, internet, apps) during an examination, quiz, or homework assignment;
4. Entering an office or building to obtain unfair advantage;
5. Taking an examination for another;

6. Altering grade records;
7. Copying another's work during an examination or on a homework assignment;
8. Rewriting another student's work in Peer Editing so that the writing is no longer the original student's;
9. Taking pictures of a test, test answers, or someone else's paper.

**Student Code of Conduct Policy:** Any successful learning experience requires mutual respect on the part of the student and the instructor. Neither instructor nor student should be subject to others' behavior that is rude, disruptive, intimidating, aggressive, or demeaning. Student conduct that disrupts the learning process or is deemed disrespectful or threatening shall not be tolerated and may lead to disciplinary action and/or removal from class.

**Diversity Statement:** In this class, the teacher will establish and support an environment that values and nurtures individual and group differences and encourages engagement and interaction. Understanding and respecting multiple experiences and perspectives will serve to challenge and stimulate all of us to learn about others, about the larger world and about ourselves. By promoting diversity and intellectual exchange, we will not only mirror society as it is, but also model society as it should and can be.

**Disability 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 at Levelland (Student Health & Wellness Office) 806-716-2577, Reese Center (Building 8) 806-716-4675, or Plainview Center (Main Office) 806-716-4302 or 806-296-9611.

**Nondiscrimination Policy:** South Plains College does not discriminate on the basis of race, color, national origin, sex, disability or age in its programs and activities. The following person has been designated to handle inquiries regarding the non-discrimination policies: Vice President for Student Affairs, South Plains College, 1401 College Avenue, Box 5, Levelland, TX 79336. Phone number 806-716-2360.

**Title IX Pregnancy Accommodations Statement:** If you are pregnant, or have given birth within six months, Under Title IX you have a right to reasonable accommodations to help continue your education.

To [activate](#) accommodations you must submit a Title IX pregnancy accommodations request, along with specific medical documentation, to the Director of Health and Wellness. Once approved, notification will be sent to the student and instructors. It is the student's responsibility to work with the instructor to arrange accommodations. Contact the Director of Health and Wellness at 806-716-2362 or [email cgilster@southplainscollege.edu](mailto:cgilster@southplainscollege.edu) for assistance.

**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 and Frequently Asked Questions, please refer to the Campus Carry page at: <http://www.southplainscollege.edu/campuscarry.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.

**COVID-19 Statement:** If you are experiencing any of the following symptoms, please do not attend class and either seek medical attention or test for COVID-19.

- Cough, shortness of breath, difficulty breathing
- Fever or chills
- Muscles or body aches

- Vomiting or diarrhea
- New loss of taste and smell

Please also notify DeEtte Edens, BSN, RN, Associate Director of Health & Wellness, at [dedens@southplainscollege.edu](mailto:dedens@southplainscollege.edu) or 806-716-2376. Proof of a positive test is required. A home test is sufficient but students must submit a photo of the positive result. The date of test must be written on the test result and an ID included in the photo. If tested elsewhere (clinic, pharmacy, etc.), please submit a copy of the doctor's note or email notification. Results may be emailed to DeEtte Edens, BSN, RN at [dedens@southplainscollege.edu](mailto:dedens@southplainscollege.edu).

A student is clear to return to class without further assessment from DeEtte Edens, BSN, RN if they have completed the 5-day isolation period, symptoms have improved, and they are without fever for 24 hours without the use of fever-reducing medication.

Students must communicate with DeEtte Edens, BSN, RN prior to their return date if still symptomatic at the end of the 5-day isolation