

COLLIN COLLEGE
COURSE SYLLABUS

Course Information

Course Number: PHED 1301

Course Title: Foundations of Kinesiology

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. This course offers the student both an introduction to the knowledge base, as well as, information on expanding career opportunities.

Course Credit Hours: 3

Lecture Hours: 3

Student Learning Outcomes:

- **State Mandated Outcomes:** Upon successful completion of this course, students will:
 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.
- **Additional Collin Outcomes:** Upon successful completion of this course, students will:
 1. Evaluate literature to enhance understanding about current issues and practices in sport.
 2. 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.

Withdrawal Policy: See the current *Collin Registration Guide* for last day to withdraw.

Collin College Academic Policies: See the current *Collin Student Handbook*

Americans with Disabilities Act Statement: Collin College will adhere to all applicable federal, state and local laws, regulations and guidelines with respect to providing reasonable accommodations as required to afford equal educational opportunity. It is the student's responsibility to contact the ACCESS office, SCC-D140 or 972.881.5898 (V/TTD: 972.881.5950) to arrange for appropriate accommodations. See the current *Collin Student Handbook* for additional information.

INSTRUCTOR INFORMATION

Instructor's Name: Traci Ramsey

Office Number: U-127 (PRC)

Office Hours: On-site in U-127: Mondays 10:30am-1:30pm

Online in Canvas: Sundays 6:00-8:30pm, Mondays 10:00-10:30am . To join the online session inside Canvas, go to "Home", "Zoom Session".

Phone Number: 972-881-5713

E-mail: You can get to Canvas by logging on to Cougar Web. Once classes begin, all correspondence should be inside the mail tool in Canvas. Responses to e-mail will occur within 48 hrs. except on weekends. If Canvas is down, you may contact me at tramsey@collin.edu. Web site: <http://iws.collin.edu/tramsey> can be used as an alternate way to download the syllabus for due dates/times, etc.

Class Information: **Foundations of Kinesiology- online**

Section Number: **PHED 1301.WP1** **Spring 2017** (Jan. 17-May 10)

Meeting Times: There are no mandatory on-site meeting times. The course calendar details course work, due dates & times. All course work is due in Central Standard Time (CST).

Meeting Location: Canvas

Minimum Technology Requirement: To find the minimum system requirement for Blackboard go to this link, <http://online.collin.edu/StudentInformation.html> Software: Internet Explorer or Firefox (for PC); Firefox (for Mac) , [Adobe Acrobat Reader](#) , Microsoft Word 2003 or [Microsoft Word 2003 Viewer](#), [Window Media Player](#), Microsoft PowerPoint 2007 or [Microsoft PowerPoint Viewer 2007](#)

Minimum Student Skills: Time management. This course requires approximately 9 hours of study per week. Consistent review of course lecture notes & prompt submission of assignments is expected. Late work will not be accepted. If you do not submit any work by **8:00 pm Jan. 29**, no other work will be accepted. If you are having difficulty, contact the instructor. This is not a self-paced course. There will be specific due dates and activity requirements just as in an onsite class.

Late Date to Drop Course: Mar. 17.

Netiquette Expectations & Classroom Management: Standards of courtesy and respect must be maintained at all times in our online "classroom" and e-mail. Join in to the discussion, but remember that this is still a "classroom" setting and that respect & consideration are crucial for any intellectual

discussion. Discussion areas are the place for intelligent and respectful airing of ideas. Name-calling and personal attacks are not permitted. Any violation of the standards of appropriate behavior online will be reported to the Dean of Students and appropriate disciplinary action will be taken by the college/instructor.

Collin College's Strategies of Behavioral Intervention (SOBI) team is an interdisciplinary, college-wide team whose mission is to provide support for students, faculty, and staff, and to facilitate a positive and effective learning environment. In order to accomplish this, the SOBI team has designed a process for assisting students who may display various levels of concerning behavior (e.g., strange or unusual behavior; changes in dress, personal hygiene, or physical appearance; threats of harm to self or others; etc.). Any behavior that becomes a concern to you or that negatively affects your ability to succeed as a student at Collin College may be referred to SOBI.

Please note that SOBI is not a disciplinary committee, and SOBI actions are not a substitute for disciplinary procedures. Reports of *Student Code of Conduct (Code)* violations will be referred directly to the Dean of Students for disciplinary action

Academic Dishonesty: Please refer to the current Collin College Student Handbook. If a student is found responsible for academic dishonesty, a penalty ranging from a 0 on an assignment to an F in the course will be assigned based on the instructor's interpretation of the severity of the situation.

Course Resources: Wuest, D., and Fisette, J. 2012. *Foundations of Physical Education, Exercise Science and Sport*. 18th ed. (ISBN: 978-0-07-352277-7) **OR** 17th ed. (ISBN: 978-0-07-809578-8) New York: McGraw –Hill Publishing. **OR** Wuest, D., and Bucher, C. 2009. *Foundations of Physical Education, Exercise Science and Sport*. 16th ed. New York: McGraw – Hill Publishing. ISBN: 978-0-07-352374-3.

Supplies: Access to computer, printer, scanner, internet and transportation to volunteer/observation events

Attendance Policy: This course requires approximately 9 hours of study per week. Consistent review of course lecture notes & prompt submission of assignments is expected. Late work will not be accepted. If you do not submit any work by **Jan. 29 @ 8pm**, no other work will be accepted. If you are having difficulty, contact the instructor before deadlines. **This is not a self-paced course;** there will be specific due dates and activity requirements just as in an onsite class.

Additional Student Learning Outcomes: None

Americans with Disabilities Act: See Collin's Student handbook

Plagiarism: See Collin's Student handbook and Academic Dishonesty policy above

Method of Evaluation: Grade based on the following items:

Scale: 90 – 100 A	1. Online Exams (2 @ 10 pts. each)	20 points(%)
80 - 89 B	2. Historical Perspectives Paper	10 points(%)
70 - 79 C	3. Written Assignments (10 @ 5 pts)	50 points(%)
60 - 69 D	4. Discussions x 10 (1 pt. each)	10 points (%)
59 or below F	5. Observation	<u>10 points(%)</u>
	Total:	100 points(%)

1. Online Exams

(max 20 pts)

Exam I (covers chapters 1, 2, 3, 7 and 10)- Exam I is worth 10 pts. It will be available online beginning at 9:00 am on Monday, Feb. 13. Exam I must be completed by 5:00 pm Wednesday, Feb. 15. There will be a 1 hour time limit to complete the exam. There is no make-up for this exam. Grades available Monday, Feb. 20, 5:00 pm

Exam II (covers chapters 4, 14, 8, 9, 13, 11 and Research (not in book))- Exam II is worth 10 pts. It will be available online beginning at 9:00 am on Monday, May 8. Exam II must be completed by 5:00 pm Wednesday, May 10. There will be a 1 hour time limit to complete the exam. If your grade is 49 or below, you will be blocked from taking the exam because a perfect score of 10 on the test won't be enough to pass the course. There is no make-up for this exam. Grades available May 15, 11:00 am.

2. Historical Perspectives Paper

(max 10 pts)

Your assignment is to select a time period in the history of sport or an individual in sport and write a paper on your selected topic. **You must submit your topic for this paper via Canvas by 8:00pm Sunday, Jan. 29** in order to avoid a 1 point penalty. Your topic must be approved by the instructor. Follow up questions & suggestions may be asked to ensure your topic is thorough. Your paper should provide meaningful information, insights and perspectives on the impact or contribution of the selected topic to physical education. It should be 5 complete pages in length (not including title page or citation page), APA format and 12- point font, double spaced, .doc or .pdf file type. References are required. **No late reports will be accepted. Due Monday, Mar. 20 by 5 pm to turnitin.com (through Canvas)** which is an internet-based plagiarism detection service. Submission details can be found inside Canvas. Grade available Monday, Apr. 3, 5pm.

3. Written Assignments

(max 50 pts)

Each written assignment will be worth a maximum of 5 pts. The general topics for each assignment are listed below. Specific instructions for each assignment can be found in the "Modules" link the week before the assignment is due. These assignments must be typed (2 full page minimum, 12- point font, double spaced, .doc or .pdf file type), thorough and submitted by 5pm on the due date. **No credit will be given if submitted outside Canvas or in Canvas e-mail.** Late assignments will receive no credit.

Goals/Objectives/Philosophy- Due Jan. 23/ Grade available Jan. 30, 5pm

Child Development Lab- Due Jan. 30/ Grade available Feb. 6, 5pm

Career Assignment- Due Feb. 6/ Grade available Feb. 13, 5pm

Compare Your Health to Your Neighbors- Due Feb. 20/ Grade available Feb. 27, 5pm

Educating the Whole Child- Due Feb. 27/ Grade available Mar. 13, 5pm

Facility Evaluation- Due Mar. 13/ Grade available Mar. 20, 5pm

Professional Liability- Due Mar. 27/ Grade available Apr. 3, 5pm
Controversies in Your Profession- Due Apr. 3/ Grade available Apr. 10, 5pm
Legal Liability/ Title IX- Due Apr. 10/ Grade available Apr. 17, 5pm
Coaching & Motivation- Due Apr. 17/ Grade available Apr. 24, 5pm

4. Discussions

(max 10 pts)

There will be a total of 10 discussions this semester. Each discussion is worth 1 point. Discussion questions can be found under the “Modules” link the week they are available (see below). **Discussions are available at 9am on Friday and must be answered by the following Monday at 5pm EXCEPT DISCUSSION #6.** There are 3 requirements in order to receive full credit for your posting: (1) must be specific to the topic (2) answer the posting in great detail, being sure to reference information from the text, a journal, or a website to support your position. (3) give a unique point/response to the posting that has not been addressed. All students can read your posted responses.

Discussion #1- Jan. 20-23/ Grade available Jan. 30, 5pm
Discussion #2- Jan. 27-30/ Grade available Feb. 3, 5pm
Discussion #3- Feb. 3-6/ Grade available Feb. 10, 5pm
Discussion #4 Feb. 10-13/ Grade available Feb. 17, 5pm
Discussion #5 Feb. 24-27/ Grade available Mar. 3, 5pm
Discussion #6 Mar. 1-13/ Grade available Mar. 17, 5pm
Discussion #7 Mar. 17-20/ Grade available Mar. 24, 5pm
Discussion #8 Mar. 24-27/ Grade available Mar. 31, 5pm
Discussion #9 Mar. 31-Apr.3/ Grade available Apr.7, 5pm
Discussion #10 Apr. 7-10/ Grade available Apr. 17, 5pm

5. Observation

(max 10 pts)

Students are expected to volunteer a minimum of 2 hours in a physical activity, health, or sport setting. You are expected to be involved in either working, planning, or observing (w/ interview) a scheduled event with the Collin athletic department, student life, wellness program, or an independent event. The chosen event must be related to physical education AND be an activity in which you have little experience. The point is to spend time learning about a future career choice. Observation choices must be approved by the instructor in writing. You must **submit your observation choice via Canvas by 8pm Sunday, Jan. 29** in order to avoid a 1 point

penalty. Follow up questions & suggestions may be asked to ensure that your observation is appropriate for the assignment. Failure to get approval from instructor will result in a grade of zero. A 2-3 page typed paper (12- point font, double spaced, .doc or .pdf file type) detailing your experience must be submitted by **Monday, Apr. 24, 5pm. No credit will be given unless a scanned signature & contact information is received from the event supervisor.** This assignment must be submitted (including the scanned signature of the supervisor) by 5:00 pm. Grade available Monday, May 1, 5pm.

Special note: You must communicate with the instructor INSIDE Canvas by 8:00 pm, **Sunday, Jan. 29.** Communication can be in various forms, including: submitting your historical topic, observation choice and course agreement response, answering discussion #1, or by taking the extra credit syllabus quiz by Jan. 29 at 11:59 pm. Monday, Jan. 30 is the census date and the instructor must submit names of any student who is not active in the course. Once your name has been submitted as "inactive", you could be dropped from the course...and you WILL NOT BE RE-ADDED.

Spring 2017 Course Calendar:

Week 1	Chapter 1- Meaning and Philosophy
Week 2	Chapter 2- Goals & Objectives, Domains of Learning, Assessments
Week 3	Chapter 3- Role in Society and Education Chapter 7- Exercise Physiology and Fitness
Week 4	Chapter 10- Career & Professional Development
Week 5	Exam 1
Week 6 -10	Chapter 4- Historical Foundations
Week 11	Chapter 14- Issues and Challenges Chapter 8- Sociological Foundations
Week 12	Chapter 8- Title IX Lecture notes on Legal Liability Chapter 9- Sport & Exercise Psychology
Week 13-14	Chapter 13- Sport Careers Chapter 11- Teaching & Coaching Careers
Week 15	Research (not in book)
Week 16	Exam II (Final Exam)

Updated 1-13-17

TECHNICAL ASSISTANCE WITH CANVAS IS AVAILABLE FOR YOU:

If you have any technical problems related to Canvas or CougarWeb, you can click this technical support link, <http://www.collin.edu/academics/ecollin/>

Call the 24-hour/ 7 days per week support user line at **972-377-1777 x 5**. Examples of when you might call this number are when you have trouble viewing power point lectures or videos, have trouble submitting assignments, cannot read e-mail or experience other technical problems inside Canvas. The instructor will most likely refer you to this service, so always contact them first. **If you encounter a problem between 9am and 5pm Monday- Friday, you might get faster assistance by calling the eLC at 972-881-5870.** You can also e-mail them at ELC@collin.edu.

ADA Statement: Collin College will adhere to all applicable federal, state and local laws, regulations and guidelines with respect to providing reasonable accommodations as required to afford equal educational opportunity. It is the student's responsibility to contact the ACCESS Office (CPC D-118-I, PRC F-144C, or SCC-D140 or 972.881.5898, [V/TDD 972.881.5950]), to arrange for appropriate accommodations. See the current Collin student Handbook for additional information.

Upon Review of This Syllabus You Should

1. Read it again thoroughly. Make sure you are clear about the expectations of the course and are willing to put in the time necessary to do well. This course requires a significant time commitment. Late assignments or excuses will not be accepted. Remember, you are completing the same amount of work as an on-site class. Time management is essential.
2. Develop an emergency plan for submitting your work. Find out campus library hours in advance so that you can use the computers if you run into problems. Know where the closest Fed Ex Office (or similar business) is in case the campus libraries are closed. Identify someone who will be able to assist you if you are not familiar with word documents or Canvas. Computer problems are no excuse! Work must only be submitted inside Canvas in the correct format for credit. Submit work early to ensure you won't lose points.
3. Print a hardcopy of the syllabus. Keep it in a safe place you can refer to often. Highlight due dates. Be sure to download an updated copy inside Canvas once classes start. Page 6, under the course calendar, shows the date the syllabus was last updated. Compare your hard copy to the syllabus inside Canvas.

4. Purchase the required text for the course (see page 3 of syllabus). Always take a copy of the syllabus with you when purchasing your books. Don't rely on bookstore employees to sell you the correct book. It is your responsibility to purchase the correct book. The textbook for this course is also on reserve at the PRC library.

5. Make sure your computer is ready to work. Make use of the eCollin website at <http://online.collin.edu> for an orientation and additional resources.

6. To locate your course offered in Canvas, go to cougarweb.collin.edu and log in. Click on the "My Courses" tab and click on your course listed in the My Courses channel. It will take you to your Canvas course.

7. **All items must be completed by Sunday, Jan. 29.**
 - 1.) Extra Credit Syllabus Quiz. It is a 15 minute maximum quiz that tests your knowledge of the syllabus. This is the only item on this list that is available until 11:59 pm Sunday Jan. 29.
 - 2.) Review & respond to the Course Agreement. Due at 8:00pm.
 - 3.) Choose & submit a topic for the historical perspectives paper. Due at 8:00pm.
 - 4.) Choose a place to complete your volunteer/observation hours and wait for the instructor's for approval.