

GEORGE MASON UNIVERSITY
School of Recreation, Health, and Tourism
Division of Health and Human Performance
KINE 100-001: Introduction to Kinesiology (3)
Spring 2015

DAY/TIME:	M 4:30-7:10pm	LOCATION:	Planetary Hall 212
PROFESSOR:	Kathleen K. Friend, MS	EMAIL ADDRESS:	kfriend@gmu.edu
OFFICE LOCATION:	220A, Bull Run Hall	PHONE NUMBER:	N/A
OFFICE HOURS:	By appointment only	FAX NUMBER:	703-992-2025

PREREQUISITES/COREQUISITES

None

COURSE DESCRIPTION

Provides an overview of the field of kinesiology in the form of an introductory course. Students gain exposure to: history of the field, policies and procedures for the concentration, career options, and the model of evidence-based knowledge.

COURSE OBJECTIVES

This course is designed to enable students to:

1. Examine the historical and cultural aspects of kinesiology.
2. Interpret the model of evidence-based knowledge.
3. Evaluate the professional activities and development expected of an entry-level professional.
4. Examine the future development of the kinesiology field.

COURSE OVERVIEW

- Students are held to the standards of the George Mason University Honor Code. They are expected to attend all class sections, actively participate in class discussions, complete in-class exercises, and fulfill all assignments and exams. Written assignments must be turned in at the *beginning* of the class on the due date. Make-up tests, quizzes, assignments, or other grades will be granted for excused absences only. PRIOR approval must be obtained. Specific attention will be focused on the history of the field, career options in kinesiology, and the model of evidence-based knowledge that is utilized throughout the KINE curriculum. Introduction to the KINE curriculum, academic advising, and policies and procedures for the KINE concentration will also be addressed as well as fieldwork selection and opportunities.
- Any student who does not attend the lecture during the initial drop/add phase and has not communicated with me is subject to being administratively dropped from the roster. Roll will be taken up until the last day to add a class only and will not be used in grade calculation.
- You must be able to access Blackboard to download articles and to check Blackboard e-mail. Please check your Blackboard account prior to coming to class. If I am ill or there is a change in the class location, materials required, or meeting time, I will send an e-mail out via blackboard to your Mason student accounts.
- Students are always encouraged to email me to ask additional questions on the material. If necessary, we can communicate by phone or meet before class. However, please attempt to get information/clarification from a fellow student before emailing me with your questions. Do tell me in advance if you are not able to make it to class. If you do email me, I should respond within 2 working days. If you don't hear from me, then I did not get your email - **please follow up!**
- Student employment does not take priority over academic obligations. I recognize that many students need to work in order to meet living expenses, however, there are distinct guidelines for students in terms of the

number of credit hours which should be attempted based on how many hours per week a student has outside employment. For additional information on this subject, please see the GMU student handbook.

- No technology (e.g., cell phones, smart phones, iPads, Tablets, pagers, etc.) is allowed at any time during the lecture or lab sections UNLESS it is used for note-taking. Students using technology for something other than note-taking (e.g., text message, phone calls, instant messaging services, social media or others) will be given one warning and upon a second violation will be asked to leave the classroom.

ACCREDITATION

The George Mason University Kinesiology program meets the Commission on Accreditation of Allied Health Education Programs (CAAHEP) requirements.

NATURE OF COURSE DELIVERY

This course will include lecture, cooperative learning groups, and a field interview experience.

REQUIRED READINGS

1. Readings from course-related literature will be assigned.
2. Hoffman, S. (2009) Introduction to Kinesiology, 3rd Edition, Human Kinetics

EVALUATION

KINE 100 will be graded on a point system, with a total of 100 possible points.

Requirements	Points
Participation/Attendance	10
Physical Activity Record	10
Research Assignment	10
Personal Development Plan	5
Group-Led Discussion	5
Field Observations & Interview	20
Mid-Term Exam	20
Final Exam	20
Total Points = 100	<u>100</u>

Grading Scale

A = 94 – 100	B+ = 88 – 89	C+ = 78 – 79	D = 60 – 69
A- = 90 – 93	B = 84 – 87	C = 74 – 77	F = 0 – 59
	B- = 80 – 83	C- = 70 – 73	

Participation & Attendance

Points will be based on involvement in class discussions, group work and in-class activities.

Physical Activity Record

Each student will keep a physical activity log for 3 days. They will then write a paper discussing their views towards physical activity and its role in their lives.

Research Assignment

Students will choose a research topic pertaining to a specific focus of kinesiology and create an annotated bibliography of 5 peer-reviewed journal articles.

Personal Development Plan

Students will reflect on why they chose their particular field of study and explain their current career goals. They will explore different opportunities on their chosen educational path and research how to attain their goals.

Group-Led Discussion

In groups, students will lead the class in a discussion on an assigned article pertaining to an issue in kinesiology.

Field Observation & Interview

Students will observe a kinesiology professional at work, conduct an interview and submit a paper reflecting on their experience and observations.

Mid-term and Final Exams

Exams will be based on online study guide material for each chapter assigned and other material presented in class.

TENTATIVE COURSE SCHEDULE			READINGS
JAN	26	Course Overview, Introduction to Kinesiology	CH 1
FEB	2	Spheres of Physical Activity Experience Research and library fundamentals - Librarian Janna Matson Due: Personal Development Plan	CH 2
	9	Importance of Physical Activity Experiences Importance of Subjective Experiences in Physical Activity Evaluation of Evidence/Research Basics Due: Physical Activity Record	CH 3, 4
	16	Philosophy, History of Kinesiology	CH 5, 6
	23	Sociology of Kinesiology Guest Speakers: Dr. Jones & Melissa Busillo	CH 7
MAR	2	Motor Behavior & Sport & Exercise Psychology Due: Research Assignment	CH 8, 9
	16	Biomechanics & Physiology of Physical Activity	CH 10, 11
	23	MIDTERM EXAM Professional Issues, Marketing, and Management	CH 12, 13
	30	Careers in Therapeutic Exercise & PE	CH 14, 15
APR	6	Careers in Coaching & Sports Management	CH 16, 17
	13	Group-Led Discussions	Assigned Readings
	20	Group-Led Discussions	Assigned Readings
	27	Field Experience Discussion Issues in Kinesiology Due: Field Observation & Interview	Assigned Readings
MAY	4	Personal Reflection, Exam Review	
	11	FINAL EXAM	

Note: Faculty reserves the right to alter the schedule as necessary to enhance student learning.

PROFESSIONALISM

Kinesiology students are expected to behave in a professional manner. Depending upon the setting professionalism may appear different, but typically consists of similar components. For undergraduate Kinesiology students in a classroom setting professionalism generally comprises the following components: **Attendance** – Show up on time to class and pay attention. If you cannot attend a class for a legitimate reason, please notify the instructor ahead of time. If you have to unexpectedly miss a class due to something out of your control, contact the instructor within 24 hours to notify them what happened and to see if there is anything you need to do to make up your absence.

Communication – When communicating with the instructor and classmates, either face-to-face or via the assigned George Mason University email address, students should address the other person appropriately, use appropriate language and maintain a pleasant demeanor.

Participation – Participate in class discussions and activities. Demonstrate that you have an interest in the subject matter.

Responsibility/Accountability – Professionals take responsibility for their actions and are accountable. This can occur at multiple levels but generally consists of completing assignments on time, submitting work that is of the appropriate quality, honoring commitments and owning up to mistakes.

Honesty/Integrity – Students are expected to be honest with the instructor, classmates and themselves. Professionals keep their word when committing to something and act in an ethical manner.

Self-Improvement/Self-awareness – One should be aware of their strengths/weaknesses and constantly seek to improve. Professionals regularly seek out opportunities to increase their knowledge and improve their current skill set.

Student Expectations

- Students must adhere to the guidelines of the George Mason University Honor Code [See <http://oai.gmu.edu/the-mason-honor-code-2>]
- Students with disabilities who seek accommodations in a course must be registered with the George Mason University Office of Disability Services (ODS) and inform their instructor, in writing, at the beginning of the semester [See <http://ods.gmu.edu/>].
- Students must follow the university policy for Responsible Use of Computing [See <http://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>].
- Students are responsible for the content of university communications sent to their George Mason University email account and are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students solely through their Mason email account.
- Students must follow the university policy stating that all sound emitting devices shall be turned off during class unless otherwise authorized by the instructor.

Campus Resources

- The George Mason University Counseling and Psychological Services (CAPS) staff consists of professional counseling and clinical psychologists, social workers, and counselors who offer a wide range of services (e.g., individual and group counseling, workshops and outreach programs) to enhance students' personal experience and academic performance [See <http://caps.gmu.edu/>].
- The George Mason University Writing Center staff provides a variety of resources and services (e.g., tutoring, workshops, writing guides, handbooks) intended to support students as they work to construct and share knowledge through writing [See <http://writingcenter.gmu.edu/>].
- For additional information on the College of Education and Human Development, School of Recreation, Health, and Tourism, please visit our website [See <http://rht.gmu.edu/>].

PROFESSIONAL BEHAVIOR: Students are expected to exhibit professional behaviors and dispositions at all times.

CORE VALUES COMMITMENT: The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles.

