

George Mason University
College of Education and Human Development
Kinesiology

KINE 100 (005) - Introduction to Kinesiology
3 Credits, Fall 2016
Monday/4:30-7:10pm, Robinson B220-Fairfax Campus

Faculty

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Prerequisites/Corequisites

None

University Catalog Course Description

Provides overview of the field of kinesiology in the form of an introductory course. Exposes students to the history of the field, and its emphasis on evidence based knowledge. Explains policies and procedures for the major. Explorers career options.

Course Overview

Not Applicable.

Course Delivery Method

This course will be delivered using a hybrid (50% online) format. In-person lectures will occur on **Mondays at 4:30pm** on the following dates: **8/29, 9/19, 10/3, 10/24, 11/7, 11/21 & 12/5**. The online portion will be administered via the Blackboard learning management system (LMS) housed in the MyMason portal. You will log in to the Blackboard course site using your Mason email name (everything before @masonlive.gmu.edu) and email password. The course site will be available on August 29th, 2016.

Technical Requirements

To participate in this course, students will need to satisfy the following technical requirements:

- High-speed Internet access with a standard up-to-date browser, either Internet Explorer or Mozilla Firefox is required (note: Opera and Safari are not compatible with Blackboard).
- Students must maintain consistent and reliable access to their GMU email and Blackboard, as these are important methods of communication for this course.

Expectations

- Course Week: Our course week will begin on Mondays.
- Log-in Frequency: Students must actively check the course Blackboard site and their GMU email for communications from the instructor, class discussions, and/or access to course materials at least 2 times per week.
- Participation: Students are expected to actively engage in all course activities throughout the

semester, which includes viewing all course materials, completing course activities and assignments, and participating in course discussions and group interactions.

- **Technical Competence:** Students are expected to demonstrate competence in the use of all course technology. Students who are struggling with technical components of the course are expected to seek assistance from the instructor and/or College or University technical services.
- **Technical Issues:** Students should anticipate some technical difficulties during the semester and should, therefore, budget their time accordingly. Late work will not be accepted based on individual technical issues.
- **Workload:** Please be aware that this course is **not** self-paced. Students are expected to meet *specific deadlines* and *due dates* listed in the **Class Schedule** section of this syllabus. It is the student's responsibility to keep track of the weekly course schedule of topics, readings, activities and assignments due.
- **Instructor Support:** Students may schedule a one-on-one meeting to discuss course requirements, content or other course-related issues. Students should email the instructor to schedule a one-on-one session, including their preferred meeting method and suggested dates/times.
- **Netiquette:** The course environment is a collaborative space. Experience shows that even an innocent remark typed in the online environment can be misconstrued. Students must always re-read their responses carefully before posting them, so as others do not consider them as personal offenses. *Be positive in your approach with others and diplomatic in selecting your words.* Remember that you are not competing with classmates, but sharing information and learning from others. All faculty are similarly expected to be respectful in all communications.
- **Accommodations:** Online learners who require effective accommodations to insure accessibility must be registered with George Mason University Disability Services.

Learner Outcomes or Objectives

This course is designed to enable students to do the following:

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.

Professional Standards

Not Applicable

Required Texts

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

Course Performance Evaluation

Students are expected to submit all assignments on time in the manner outlined by the instructor (e.g., Blackboard, Tk20, hard copy).

• **Assignments and Examinations**

Professional Plan #1 & #2 - 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. A reevaluation will take place near the end of the semester.

Chapter Assignments - Students will complete an assignment based on a chapter from the textbook. Students must follow all instructions and thoroughly answer all of the questions to receive full credit.

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

Career Highlights - Students will create an outline highlighting a kinesiology career (training, certifications, credentials, employment opportunities, salary, etc.)

Field Observation & Informational Interview - Students will observe a kinesiology professional at work, conduct an informational interview and submit a paper reflecting on their experience and observations.

• **Other Requirements**

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.

• **Course Performance Evaluation Weighting**

- Professional Plan (2) – 25 points each
- Annotated Bibliography – 50 points
- Chapter Assignments – 25 points each
- Career Highlights (4) – 15 points each
- Discussion Board – 25 points per forum

- In-class assignments – 15 points each
- Field Observation & Interview – 100 points

• Grading Policies

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		

Professional Dispositions

- Students are expected to attend all class sections, actively participate in class discussions, complete in-class exercises and fulfill all assignments. Assignments must be submitted through Blackboard by the beginning of class on the specified date due or **no credit will be given**.
- Make-up tests, quizzes, assignments, or other grades will be granted for excused absences only. PRIOR approval must be obtained.
- Students are always encouraged to email the professor to ask additional questions on the material. However, please attempt to get information/clarification from a fellow student before emailing your questions.
- Student employment does not take priority over academic obligations. There are distinct guidelines for the number of credit hours that should be attempted based on how many hours per week a student has of 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.

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: <http://cehd.gmu.edu/values/>.

GMU Policies and Resources for Students

Policies

- Students must adhere to the guidelines of the University Honor Code (see <http://oai.gmu.edu/the-mason-honor-code/>).
- 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 Mason 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 with disabilities who seek accommodations in a course must be registered with George Mason University Disability Services. Approved accommodations will begin at the

time the written letter from Disability Services is received by the instructor (see <http://ods.gmu.edu/>).

- Students must follow the university policy stating that all sound emitting devices shall be silenced during class unless otherwise authorized by the instructor. *Campus Resources*
- Support for submission of assignments to Tk20 should be directed to tk20help@gmu.edu or <https://cehd.gmu.edu/api/tk20>. Questions or concerns regarding use of Blackboard should be directed to <http://coursesupport.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/>).
- 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/>). Template Revision Date: August 2016 3
- The George Mason University Office of Student Support staff helps students negotiate life situations by connecting them with appropriate campus and off-campus resources. Students in need of these services may contact the office by phone (703-993-5376). Concerned students, faculty and staff may also make a referral to express concern for the safety or well-being of a Mason student or the community by going to <http://studentsupport.gmu.edu/>, and the OSS staff will follow up with the student.

For additional information on the College of Education and Human Development, please visit our website <https://cehd.gmu.edu/>.

Class Schedule

Week	Class Date	Topic	Assignments Due
1	September 29	Course Overview (5:50-7:10pm)	
2	September 5 No Meeting	Labor Day – No classes	
3	September 12 No Meeting	History of Physical Activity	Professional Plan #1
4	September 19	Sport & Culture	Historical Timeline
5	September 26 No Meeting	Evidence-Based Practice	Sport & Culture Assignment
6	October 3	Research	
7	October 10 No Meeting	Research	
8	October 17 No Meeting	Motor Behavior	Annotated Bibliography
9	October 24	Sport & Exercise Psychology	
10	October 31 No Meeting	Biomechanics	
11	November 7	Exercise Physiology	
12	November 14	Professionalism, Marketing, Management	Career Highlight #1

	No Meeting		
13	November 21	SMART LAB Field Trip	Career Highlight #2
14	November 28 No Meeting	Kinesiology Careers	Career Highlight #3
15	December 5	Kinesiology Careers	Career Highlight #4 Professional Plan #2
16	December 12 No Meeting	-----	Field Observation & Interview Paper

*Note: Faculty reserves the right to alter the schedule as necessary, with notification to students.

Assessment Rubric(s)

Not Applicable.