

George Mason University
College of Education and Human Development

Kinesiology

KINE 100 – Introduction to Kinesiology

3 Credits, Fall 2018

Monday 1:30-2:15; Bull Run Hall 132; Sci Tech 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. Explores career options.

Course Overview

Not Applicable.

Course Delivery Method

This course will be delivered using a hybrid (50% online) synchronous format via Blackboard Learning Management system (LMS) housed in the MyMason portal. You will log in to the Blackboard (Bb) course site using your Mason email name (everything before @masonlive.gmu.edu) and email password. The course site will be available on August 27th. In-person lectures will occur on **Mondays & Wednesdays at 1:30pm** on the following dates: **8/27, 8/29, 9/17, 9/19, 10/1, 10/3, 10/22, 10/23, 11/5, 11/7, 11/26, 11/28**

Under no circumstances, may candidates/students participate in online class sessions (either by phone or Internet) while operating motor vehicles. Further, as expected in a face-to-face class meeting, such online participation requires undivided attention to course content and communication.

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 the official methods of communication for this course.
- Students may be asked to create logins and passwords on supplemental websites and/or to download trial software to their computer or tablet as part of course requirements.
- The following software plug-ins for PCs and Macs, respectively, are available for free download: [Add or delete options, as desire.]
 - Adobe Acrobat Reader: <https://get.adobe.com/reader/>

- Windows Media Player:
<https://windows.microsoft.com/en-us/windows/downloads/windows-media-player/>
- Apple Quick Time Player: www.apple.com/quicktime/download/

Expectations

- Course Week: Our course week will begin on the day that our synchronous meetings take place as indicated on the Schedule of Classes.
- 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. Those unable to come to a Mason campus can meet with the instructor via telephone or web conference. 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. Understand the subdisciplines of theoretical knowledge.
4. Evaluate the professional activities and development expected of an entry-level professional.
5. Examine the future development of the kinesiology field.

Professional Standards

Not Applicable.

Required Texts

Hoffman, S.J., & Knudson, D.V. (Eds). (2019). *Introduction to Kinesiology* (5th ed.). Champaign, IL: Human Kinetics.

Course Performance Evaluation

	<i>Points</i>	<i>Total</i>
Professional Plans (2)	25	50
Chapter Assignments/Quizzes	25	200
Annotated Bib (1)	50	50
Career Highlights (1)	30	30
Professional Interview (1)	100	100
Discussion Board (2)	50	100
Attendance	60	<u>60</u>
		590

Description of Evaluation:

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. (25 points each)

Chapter Assignments/Quizzes - Students will complete an assignment or quiz based on a chapter from the textbook. Students must follow all instructions and thoroughly answer all of the questions to receive full credit. (25 points each)

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. (50 points)

Career Highlights - Students will create three outlines highlighting three different kinesiology careers (training, certifications, credentials, employment opportunities, salary, etc.) (30 points)

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. (100 points)

Discussion Board (25 points per forum)

Attendance (60 points)

1 class = 5 points

12 class meetings = 60 points

Make-up Policy

- For every day an assignment is late a drop in one letter grade will be applied. (Ex: An assignment that is one day late will start at a grade of a B+, 2 days late a C+, etc....)
- Exams which are due to unexcused absences will not be allowed a make-up exam.
- Make-up exams and assignments will only be offered for those who possess a University sanctioned excuse or doctor's note.

Cell Phones:

- Must be turned off at the beginning of class and texting in class will not be tolerated. I don't even want to see them out on the desk for ANY reason.
- You get **ONE WARNING**; further cell phone use will result in a 5 point reduction on the next exam.
- For repeated offenses the student will be removed from the classroom and a drop in one whole letter grade will result. (i.e. A to B+)
- Texting during an exam warrants immediate expulsion from class and zero will be given for a grade.
- If you have an emergency situation and your cell phone needs to be on please inform the professor at the beginning of the class.

Other Requirements

- Students are expected to attend all class sections, actively participate in class discussions, complete in-class exercises and fulfill all assignments.
- **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.

Professional Dispositions

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.

Class Schedule

Week	Class Date	Topic	Assignments Due
1	8/27	Course Overview, Introduction to Kinesiology	
	8/28	Importance of Physical Activity	
2	9/3	Labor Day	Professional Plan #1
	9/5	No Meeting - History of Kinesiology	Historical Timeline
3	9/10	No Meeting – Philosophy of Physical Activity	Chapter Quiz
	9/12	No Meeting – Sociology/Sport Culture	Sports & Culture assignment
4	9/17	Research in Kinesiology	
	9/19	Research in Kinesiology	
5	9/24	No Meeting – Motor Behavior	Motor Behavior Assignment
	9/26	No Meeting – Motor Behavior	
6	10/1	Exercise & Sport Psychology	Annotated Bibliography
	10/3	Exercise & Sport Psychology	
7	10/8	No Meeting - Biomechanics	Chapter Quiz
	10/10	No Meeting - Biomechanics	
8	10/15	No Meeting – Careers in Health & Fitness	Discussion
	10/17	No Meeting – Careers in Therapeutic Exercise	
9	10/22	Exercise Physiology	Ch. quiz
	10/24	Clinical Exercise Physiology	Ch. Quiz
10	10/29	No Meeting – Careers in Coaching	Discussion
	10/31	No Meeting – Careers in Sport Management	
11	11/5	Careers – Guest Lecturers	Guest Speaker Questions
	11/7	Careers – Guest Lecturers	
12	11/12	No Meeting	Career Highlights Assignment
	11/14	No Meeting	
14	11/19	No Meeting	
	11/21	Happy Thanksgiving!	
15	11/26	Graduate School	Professional Proposal Part 2
	11/28	SMART Lab Field Trip	
16	12/3	No Meeting	
	12/5	No Meeting	Observation & Interview Paper

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

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 Mason 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/aero/tk20>. Questions or concerns regarding use of Blackboard should be directed to <http://coursessupport.gmu.edu/>.
- For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>

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