KINE 100.004 – Introduction to Kinesiology
3 Credits, Fall 2019
Wednesday/4:30am-7:10pm Krug Hall 210 – 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. Explores career options.

Course Overview

Not Applicable.

Course Delivery Method

This course will be delivered using a hybrid (50% online) asynchronous 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 25, 2019. **In-person lectures will occur every Monday from October 16 to December 4 from 4:30-7:10pm.**

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 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). (2018). *Introduction to Kinesiology* (5th ed.). Champaign, IL: Human Kinetics.

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/or Examinations**

  Reflection Papers – Students will submit written responses to teacher prompts.

  Discussion Boards – Students will respond to an original prompt and then reply to classmates' postings with thoughtful remarks and/or questions.

  Kinesiology Timeline – Students will create a chronological timeline of historical events and significant people relating to the kinesiology field from 1840-2019.

  Annotated Bibliography - Students will choose a kinesiology research topic and create an annotated bibliography containing five peer-reviewed journal articles.

  Final Project - Students will observe a kinesiology professional at work, conduct an informational interview and submit a paper reflecting on their experience and observations. Students will research three professions and create 1-page snapshots of each profession. Additionally, students will reflect on the field experience, careers and contemplate plans.

Requirement	Points
Attendance & Participation	60
Reflection Papers (5 points each)	10
Discussions Boards (5 points each)	10
Kinesiology Timeline	30
Annotated Bibliography	30
Final Project	60
Total	**200**

- **Other Requirements**
  - Students are expected to attend and be on time to all class meetings, actively participate in all class activities and complete all assignments. Absence from class to observe a religious holiday, to serve jury duty, or to participate in required military service, and medical emergencies are exceptions to the above policy. If you anticipate being absent for any of these reasons, please make arrangements at least 48 hours in advance by emailing the instructor. Make-up exams, quizzes, assignments, or other grades may be arranged due to an excused absence. PRIOR approval must be obtained.
  - All assignments must be submitted through Blackboard by 4:30pm E.S.T. on the date due, <u>unless otherwise specified</u>. **Due to the fast-paced nature of the class, <u>late work will not be accepted</u> and a student will receive a zero for any assignments marked "Late" unless prior instructor approval has been granted.** The date that the assignment was received by the instructor via email or Blackboard will be considered the date submitted. Strive to keep up with the assignment schedule so that you will be able to have appropriate formative evaluation and feedback from your instructor across the semester.
  - Students are always encouraged to email the professor to ask additional questions on the material. However, please ask 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.

- **Grading**

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

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	Homework
1	October 16	Intro to Kinesiology Advisor: Stormi Woltz	Read Chapter 1
2	October 23	Research Guest Speaker: Librarian	**Reflection #1** Read Chapters 4-6
3	October 30	Motor Behavior Guest Speaker: TBD	**Annotated Bibliography** Read Chapter 7 Read Berryman (2010)
4	November 6	Sport Psychology Guest Speaker: TBD	**Kinesiology Timeline** Read Chapter 8
5	November 13	Biomechanics Guest Speaker: TBD	Read Chapters 9 **Discussion Board #1**
6	November 20	Physiology Guest Speaker: TBD	**Reflection #2** **Discussion Board #2** Read Chapter 10
7	November 27	**No Class Thanksgiving**	
8	December 4	Careers Guest Speaker: TBD	**Final Project** Read Chapter 11-16
9	**December 11**	**NO CLASS MEETING**	**Final Project is due by Sunday**

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/ .