

George Mason University
College of Education and Human Development
Kinesiology

KINE 100.003 – Introduction to Kinesiology
3 Credits, Fall 2023

Mondays 9:00am-10:15am, Horizon Hall Rm 2016 – Fairfax Campus and Online

Faculty

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**Name and pronoun use: If you wish, please share your name and gender pronouns with me and indicate how best to address you in class and via email. I use “<she/her/hers>” for myself and you should address me as Ms. Borup in email and verbally.*

Contact Hours: I will respond to emails Monday-Friday between the hours of 9 a.m. and 4 p.m. Allow up to 36 hours for a response. I may not respond to emails on the weekends so please plan accordingly.

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% F2F and 50% online) format. You will log in to the Blackboard (Bb) course site, housed in the MyMason portal, using your Mason email name (everything before @ gmU.edu) and email password. The course site will be available on August 21, 2023.

Under no circumstances, may 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 standard up-to-date browsers. To get a list of Blackboard's supported browsers see:

https://help.blackboard.com/Learn/Student/Getting_Started/Browser_Support#supported-browsers

To get a list of supported operation systems on different devices see:

https://help.blackboard.com/Learn/Student/Getting_Started/Browser_Support#tested-devices-and-operating-systems

- 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:
 - Adobe Acrobat Reader: <https://get.adobe.com/reader/>
 - Windows Media Player:
<https://support.microsoft.com/en-us/help/14209/get-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 3 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 Text

Housh, T., Housh, D. & Johnson, G. (Eds.). (2017). *Introduction to Exercise Science* (5th ed.). Routledge. (Can be accessed online via GMU library or purchase a hard copy in the GMU bookstore)

Course Performance Evaluation

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

Students are expected to upload assignments through Blackboard as a PDF or Word document. “.pages” files will not be accepted. Assignments are due by Sunday each week, 11:59 PM, EST unless otherwise stated. Refer to the course schedule and weekly overviews for details.

- **Assignments and/or Examinations**
Pre-Lecture Reading Quizzes- Students will read assigned chapters before class and answer questions about the information before attending the lecture. Quiz questions may be in

multiple choice, true/false, short answer or fill in the blank format. Students can and should use their book to take the quiz. Quizzes are due before the start of class.

Guest Speaker Attendance and Quizzes – Students will listen to speakers, in person or online, discussing a variety of topics related to the Kinesiology major, careers and graduate study opportunities. Students will complete a video quiz or complete a reflection assignment, in class, to assess understanding of information presented.

Reflective Writing: Students will complete various in class reflective assignments (e.g., one-minute paper, key takeaways, conceptual connections, group discussions) to assess learning of course content.

Weekly Self-Reflection Journals

Students are required to complete weekly journals that have them reflect on their interests, skills, values, strengths and career aspirations.

Kinesiology Today Assignments

Go to the American Kinesiology Association Web Site

(<https://americankinesiology.org>) and respond to the following questions.

1. Go to the dropdown menu that says Career Center. Inside you will see Featured Careers in Kinesiology. Pick one career that you were not very aware of and briefly (3 to 5 sentences) discuss some of the responsibilities that someone in this position would perform (10 points)
2. Go the Publications Dropdown menu and go to Kinesiology Today. Examine one issue of KT between 2008 and present. Pick one article that sparked your interest. Give the title and the exact issue (e.g., Fall 2014 and page number) and give a three to five sentence summary of the article. (20 points)
3. Discuss how you might use this publication in the career you chose for question 1. (20 points)

Scavenger Hunt – Students will locate different places and resources on the Science and Technology campus. *The hunt will take place Monday, August 28th from 11:30 to 1pm.* Please notify your instructor if you have a scheduling conflict.

Informational Interview – An informational interview is a structured meeting to gather advice from a professional about an industry, occupation, or organization. This information can be used to help you decide about a major or career and how to prepare yourself to successfully enter that line of work. Students will complete 4 assignments related to this project.

- Interviewee Contact Information: Students will submit contact information of a Kinesiology professional they would like to interview. *The aim of this assignment is to gain a better understanding of a career you are interested in by interviewing someone that works in that career. You cannot submit contact information for GMU faculty or graduate students unless you are intending to pursue a research position.*
- Interview Questions: Students will submit 8-10 questions that they will use for their interview.
- Professional Communication: Students will compose a professional email and send it to the kinesiology professional they would like to interview. Students will submit the email correspondence and evidence that a meeting has been set up.

- Informational Interview & Reflection Paper: Students will interview a kinesiology professional and summarize the interview in paragraph form. Additionally, students will reflect on the interview and contemplate future plans.

Concept Application Assignments

- Applying Research to Real Life Settings
- Push-up Test of Upper-Body Muscular Endurance
- Queens College Step Test
- Disease Risk Assessment
- MyPlate Quiz and Plan
- Physical Activity History
- Evidence Based Practice Module
- Motor Skills
- Exercise Motivation
- Ethical Dilemmas
- Biomechanics

Examination 1 (100 points) and 2 (100 points)

Closed book. No Notes. No help.

Requirements	Weighted Percentage
Guest Speaker Attendance and Quizzes	10%
Pre-Lecture Reading Quizzes	10%
Concept Application Assignments	15%
Reflective Writing/Attendance	5%
Informational Interview Assignments (first 3 assignments)	5%
Informational Interview & Reflection Paper	10%
Self-Reflection Journals	10%
Kinesiology Today Assignments	10%
Exam 1 and 2	20%
Scavenger Hunt	5%
Total	100%

● **Other Requirements**

In correspondence/communication students will be expected to:

- Be professional and respectful in correspondence
- Make reasonable requests of the instructor. We will be happy to clarify course material and answer legitimate questions; however, please exhaust other information sources (e.g., syllabus, Blackboard) for answering your question before contacting me and remember, “Poor planning on your part does not constitute an emergency on my part.”

In regard to honesty in work, students will be expected to:

- Review the University integrity and honesty policies in the student handbook for guidelines regarding plagiarism and cheating. <https://oai.gmu.edu/mason-honorcode/>
- Refrain from dishonest work as it will receive a minimum penalty of zero on the assignment and a maximum penalty of a zero for the course with a report to the Honor committee. The GMU Honor Code requires that faculty submit any suspected Honor Code violations to the Office of Academic Integrity. Therefore, any suspected offense will be submitted for adjudication.

No late work will be accepted in this course without a submitted extension request. The extension request must be submitted via email by the assignment deadline. Extension requests must be submitted with an explanation as to why the student is unable to complete the assignment on time. No extension requests will be granted if submitted after the assignment deadline. Students are allowed one 24-hour extension during this course. Extensions approved beyond 24 hours are at the discretion of the instructor. Extensions cannot be requested for lab practicals, exams or presentations. In dire or extenuating circumstances, students may be allotted additional extensions or make up opportunities at the instructor's discretion.

Absences from classes or exams to observe religious holidays or to participate in university-sponsored activities (e.g., intercollegiate athletics, forensics team, dance company, etc.) will not affect your participation grade. An excused absence does not relieve students from responsibility for any part of the course work required during the absence. Students who miss classes, exams, or other assignments as a consequence of their religious observance or for participation in a university activity will be provided a reasonable alternative opportunity, consistent with class attendance policies stated in the syllabus, to make up the missed work. It is the obligation of students to provide the instructor the dates of major religious holidays and the dates, and support letter, for which they are requesting an excused absence for participation in any university-sponsored activity.

- **Grading**

A+ = 98 - 100	B+ = 88 - 89	C+ = 78 - 79	D = 60 - 69
A = 94 - 97	B = 84 - 87	C = 74 - 77	F = 0 - 59
A- = 90 - 93	B- = 80 - 83	C- = 70 - 73	

Professional Dispositions

See <https://cehd.gmu.edu/students/polices-procedures/>

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, 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 of what happened and to see if you are able to make up the missed work.

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. Email is an official means of communication. As such, you are expected to follow simple guidelines of professionalism. You should: (a) use a subject line that is relevant to your message; (b) clearly state your question or concern; (c) use standard English and complete sentences, as opposed to using abbreviations and texting-style communications; (d) include a signature block containing your name, phone number,

and email address; and (e) proofread your email prior to sending it. I will try to respond to your email within 24 to 48 hours.

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

Unless otherwise stated, all assignments are due by the end of the week in which they are assigned. For the purposes of this course, a week is defined as **beginning at 12:01 am each Monday EST, and ending at 11:59 pm on Sunday EST.**

To help you manage your schedule and time to complete the assignments in this course, please follow the recommended timeline below. If you have a question or concern or encounter a problem about an assignment, please contact me immediately so we can discuss and work out a resolution.

Week/F2F Meeting		Lesson	Assignments Due
Week 1	8/21/2023	Introduction to the Course and Kinesiology/Exercise Science	In-class <ul style="list-style-type: none"> ○ Course introduction and expectations ○ Review syllabus Asynchronous <ul style="list-style-type: none"> ○ Discussion Board: Introductions ○ Read Chapter 1 and take Quiz
Week 2	8/28/2023	Introduction to Exercise Science and the Science and Technology Campus	Assignment: Scavenger Hunt on Sci Tech campus. You will not meet in class this week. You will need to complete the scavenger hunt on 8/28 from 11:30am to 1pm Asynchronous <ul style="list-style-type: none"> ○ Self-Reflection Journal ○ Assignment: Physical Activity History
Week 3	9/4/2023	No class	

Week 4	9/11/2023	Reading & Interpreting the Literature in Exercise Science	<p>Before class</p> <ul style="list-style-type: none"> ○ Evidence Based Module ○ Read Chapter 2 and take Quiz <p>In class</p> <ul style="list-style-type: none"> ○ Weekly lecture ○ Overview/Demo of asynchronous assignments <p>Asynchronous</p> <ul style="list-style-type: none"> ○ Assignment: Applying Research to Real Life Settings ○ Kinesiology Today Assignment
Week 5	9/18/2023	Assessment in Exercise Science	<p>Before class</p> <ul style="list-style-type: none"> ○ Read Chapter 3 and take Quiz <p>In class</p> <ul style="list-style-type: none"> ○ Weekly lecture ○ Overview/Demo of asynchronous assignments <p>Asynchronous</p> <ul style="list-style-type: none"> ○ Assignment: Push-up Test of Upper-Body Muscular Endurance ○ Self-Reflection Journal
Week 6	9/25/2023	Exercise Physiology	<p>Before class</p> <ul style="list-style-type: none"> ○ Read Chapter 5 and take Quiz <p>In class</p> <ul style="list-style-type: none"> ○ Weekly lecture ○ Overview/Demo of asynchronous assignments <p>Asynchronous</p> <ul style="list-style-type: none"> ○ Assignment: Submit contact information for your Informational Interview (paper due near the end of the semester) ○ Kinesiology Today Assignment ○ Assignment: Queens College Step Test
Week 7	10/2/2023	Exercise Epidemiology	<p>Before class</p> <ul style="list-style-type: none"> ○ Read Chapter 6 and take Quiz <p>In class</p> <ul style="list-style-type: none"> ○ Weekly lecture ○ Overview/Demo of asynchronous assignments <p>Asynchronous</p> <ul style="list-style-type: none"> ○ Self-Reflection Journal ○ Assignment: Disease Risk Assessment

Week 8	10/10/2023 (Please note this class meets on Tuesday)	Athletic Training and Sports Medicine	<p>Before class</p> <ul style="list-style-type: none"> ○ Read Chapter 7 and take Quiz <p>In class</p> <ul style="list-style-type: none"> ○ Weekly lecture ○ Overview/Demo of asynchronous assignments <p>Asynchronous</p> <ul style="list-style-type: none"> ○ Assignment: Informational Interview Task: Write interview questions for professional ○ Kinesiology Today Assignment
Week 9	10/16/2023	Exam 1	<p>In class</p> <ul style="list-style-type: none"> ○ Overview of asynchronous assignments ○ Exam <p>Asynchronous</p> <ul style="list-style-type: none"> ○ Self-Reflection Journal
Week 10	10/23/2023	Exercise & Sport Nutrition	<p>Before class</p> <ul style="list-style-type: none"> ○ Read Chapter 8 and take Quiz <p>In class</p> <ul style="list-style-type: none"> ○ Weekly lecture ○ Overview/Demo of asynchronous assignments <p>Asynchronous</p> <ul style="list-style-type: none"> ○ Assignment: Informational Interview Task: Write a professional email to the person that you would like to interview (see email template) ○ Kinesiology Today Assignments ○ Assignment: MyPlate Quiz and Plan
Week 11	10/30/2023	Clinical and Sport Biomechanics	<p>Before class</p> <ul style="list-style-type: none"> ○ Read Chapter 9 and take Quiz <p>In class</p> <ul style="list-style-type: none"> ○ Weekly lecture ○ Overview/Demo of asynchronous assignments <p>Asynchronous</p> <ul style="list-style-type: none"> ○ Self-Reflection Journal ○ Assignment: Biomechanics
Week 12	11/6/2023	Motor Control & Motor Learning	<p>Before class</p> <ul style="list-style-type: none"> ○ Read Chapter 10 and take Quiz <p>In class</p> <ul style="list-style-type: none"> ○ Weekly lecture ○ Overview/Demo of asynchronous assignments <p>Asynchronous</p>

			<ul style="list-style-type: none"> ○ Conduct interview with professional ○ Kinesiology Today Assignment ○ Assignment: Motor Skills
Week 13	11/13/2023	Exercise & Sport Psychology	<p>Before class</p> <ul style="list-style-type: none"> ○ Read Chapter 11 and take Quiz <p>In class</p> <ul style="list-style-type: none"> ○ Weekly lecture ○ Overview/Demo of asynchronous assignments <p>Asynchronous</p> <ul style="list-style-type: none"> ○ Conduct interview with professional ○ Self-Reflection Journal ○ Assignment: Exercise Motivations Inventory (V2)
Week 14	11/20/2023	Careers and Professional Issues in Exercise Science	<p>In class</p> <ul style="list-style-type: none"> ○ Weekly lecture ○ Kinesiology Today Assignment Discussion ○ Overview/Demo of asynchronous assignments <p>Asynchronous</p> <ul style="list-style-type: none"> ○ Conduct interview with professional ○ Self-Reflection Journal ○ Assignment: Ethical Dilemmas
Week 15	11/27/2023	Exam 2	Informational Interview & Reflection Paper due

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 <https://catalog.gmu.edu/policies/honor-code-system/>).

- Students must follow the university policy for Responsible Use of Computing (see <https://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 <https://ds.gmu.edu/>).
- Students must silence all sound emitting devices during class unless otherwise authorized by the instructor.

Campus Resources

- Support for submission of assignments to VIA should be directed to viahelp@gmu.edu or <https://cehd.gmu.edu/aero/assessments> . Questions or concerns regarding use of Blackboard should be directed to <https://its.gmu.edu/knowledge-base/blackboard-instructional-technology-support-for-students/>.
- For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>

Notice of mandatory reporting of sexual assault, sexual harassment, interpersonal violence, and stalking:

As a faculty member, I am designated as a “Non-Confidential Employee,” and must report all disclosures of sexual assault, sexual harassment, interpersonal violence, and stalking to Mason’s Title IX Coordinator per [University Policy 1202](#). If you wish to speak with someone confidentially, please contact one of Mason’s confidential resources, such as [Student Support and Advocacy Center](#) (SSAC) at 703-380-1434 or [Counseling and Psychological Services](#) (CAPS) at 703-993-2380. You may also seek assistance or support measures from Mason’s Title IX Coordinator by calling 703-993-8730, or emailing titleix@gmu.edu.

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