

San José State University
CASA/Department of Kinesiology
KIN 70, Intro to Kinesiology, Section 01, Fall 2009

Instructor:	Dr. Jessica Chin
Office Location:	SPX 106 (in courtyard)
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Office Hours:	T/Th 12:00 PM – 1:30 PM; Wed 10:30 AM – 12:30 PM
Class Days/Time:	M/W 9:30 AM – 10:20 AM
Classroom:	SPXE 77

MYSJSU Messaging and Online Access to Course Materials

In order to ensure that you receive all pertinent email communication, you must have a current and accurate email address in the MYSJSU system. Please check to make sure your email is updated in MYSJSU. Also, copies of the course materials such as the syllabus, major assignment handouts, etc. may be found on Blackboard. If you do not have a Blackboard account, you will need to set one up at <http://sjsu6.blackboard.com/>. For more information on setting up your account go to <http://www.sjsu.edu/ecampus/students>.

Course Description

This course explores the broad spectrum of kinesiology as an academic discipline, fundamental concepts and meaning of movement/physical activity, diversity of humans as moving beings, professional/career options, current issues, personal characteristics/professional responsibilities, Kinesiology at SJSU; initiates professional portfolio.

Course Goals and Student Learning Objectives

Upon completion of Kinesiology 70, through well prepared assignments and presentations, a high level of class participation, and satisfactory completion of examinations, the student will demonstrate:

- Understanding of the breadth of human movement as a discipline, and its related fields;
- Understanding of career options available within the field of kinesiology;
- Understanding of the philosophical, historical, biological, psychological, pedagogical, and social foundations of human movement;

- Understanding of movement based on fundamental movement skills and concepts and basic mechanical principles that govern efficient movement;
- Understanding of current issues in kinesiology;
- Ability to effectively examine and discuss alternative perspectives and ideas related to human movement;
- Understanding of the meaning of personal choice, responsibility and professional commitment in education and career preparation;
- Ability to examine personal values related to career choice;
- Ability to assess personal characteristics, skills and knowledge related to career success in the field of kinesiology;
- Understanding and appreciation for the variety of values, skills and cultural and personal needs found in a socially diverse population;
- Understanding technology as a professional tool;
- Understanding the process of professional portfolio development.

Required Texts/Readings

Textbook

Hoffman, S.J. (Ed.). (2009). *Introduction to kinesiology: Studying physical activity*, 3rd ed. Champaign: Human Kinetics.

Other Readings

To be distributed in class

Other equipment / material requirements

Binder for professional portfolio
Three (3) Scantron T&E 0200 forms

Library Liaison

Ms. Peggy Cabrera: peggy.cabrera@sjsu.edu
(408) 808-2034
(408) 808-2100 Reference Desk
(408) 808-2470 Student Computer Service

Classroom Protocol

Each student must actively engage in the learning process. Be an active learner by:

- ✓ attending each scheduled class;
- ✓ arriving on time;
- ✓ coming alert and ready to learn;
- ✓ being willing to take chances by speaking up in class;
- ✓ reading assignments before class;
- ✓ bringing your text to every class;
- ✓ **Turning off and storing all cell phones and other electronic devices.**

Dropping and Adding

Students are responsible for understanding the policies and procedures about add/drop, grade forgiveness, etc. Refer to the current semester's [Catalog Policies](http://info.sjsu.edu/static/catalog/policies.html) section at <http://info.sjsu.edu/static/catalog/policies.html>. Add/drop deadlines can be found on the [current academic calendar](http://www.sjsu.edu/academic_programs/calendars/academic_calendar/) web page located at http://www.sjsu.edu/academic_programs/calendars/academic_calendar/. The [Late Drop Policy](http://www.sjsu.edu/aars/policies/latedrops/policy/) is available at <http://www.sjsu.edu/aars/policies/latedrops/policy/>. Students should be aware of the current deadlines and penalties for dropping classes.

Information about the latest changes and news is available at the [Advising Hub](http://www.sjsu.edu/advising/) at <http://www.sjsu.edu/advising/>.

Assignments and Grading Policy

Course Evaluation

- 1) Quizzes & Class Activities (10%)
- 2) Presentation (10%)
- 3) Lab Participation (20%)
- 4) Portfolio (20%)
- 5) Exam 1 (10%)
- 6) Exam 2 (15%)
- 7) Exam 3 (15%)

Examinations

- 1) Exams may consist of true and false, multiple choice, matching and short answer essays reflecting lecture material, assigned readings from text, presentations and handouts.
- 2) A scantron **T&E 0200** is required.
- 3) Make-up exams are permitted ONLY for serious and compelling reasons and will only be considered if the instructor has been contacted **prior to** the regularly scheduled exam.

Quizzes/Class Activities

- 1) Given at random times during lecture.
- 2) Quizzes are open book and open notes, but **NOT** open neighbor.
- 3) Make-up quizzes **are not** given under any circumstances.

Other Information

Extra credit is not available.

Exam/Assignment/Quiz Grading

Each exam will be given a letter grade based on percentages of highest score on the exam.

Percentage of the highest Score on an Exam	Grade
93 – 100%	A
90 – 92.99%	A-
87 – 89.99%	B+
83 – 86.99%	B
80 – 82.99%	B-
77 – 79.99%	C+
73 – 76.99%	C
70 – 72.99%	C-
67 – 69.99%	D+
63 – 66.99%	D
60 – 62.99%	D-
less than 59.99%	F

University Policies

Academic integrity

Students should know that the University's [Academic Integrity Policy](http://sa.sjsu.edu/judicial_affairs/faculty_and_staff/academic_integrity/index.html) is available at http://sa.sjsu.edu/judicial_affairs/faculty_and_staff/academic_integrity/index.html. Your own commitment to learning, as evidenced by your enrollment at San Jose State University and the University's integrity policy, require you to be honest in all your academic course work. Faculty members are required to report all infractions to the office of Student Conduct and Ethical Development. The [Student Conduct and Ethical Development website](http://www.sa.sjsu.edu/judicial_affairs/index.html) is available at http://www.sa.sjsu.edu/judicial_affairs/index.html.

Instances of academic dishonesty will not be tolerated. Cheating on exams or plagiarism (presenting the work of another as your own, or the use of another person's ideas without giving proper credit) will result in a failing grade and sanctions by the University. For this class, all assignments are to be completed by the individual student unless otherwise specified. If you would like to include in your assignment any material you have submitted, or plan to submit for another class, please note that SJSU's Academic Policy F06-1 requires approval of instructors.

Campus Policy in Compliance with the American Disabilities Act

If you need course adaptations or accommodations because of a disability, or if you need to make special arrangements in case the building must be evacuated, please make an appointment with me as soon as possible, or see me during office hours. Presidential Directive 97-03 requires that students with disabilities requesting accommodations must register with the [Disability Resource Center](http://www.drc.sjsu.edu/) (DRC) at <http://www.drc.sjsu.edu/> to establish a record of their disability.

SJSU Writing Center

The SJSU Writing Center is located in Room 126 in Clark Hall. It is staffed by professional instructors and upper-division or graduate-level writing specialists from each of the seven SJSU colleges. Our writing specialists have met a rigorous GPA requirement, and they are well trained to assist all students at all levels within all disciplines to become better writers. The [Writing Center website](http://www.sjsu.edu/writingcenter/about/staff/) is located at <http://www.sjsu.edu/writingcenter/about/staff/>.

Peer Mentor Center

The Peer Mentor Center is located on the 1st floor of Clark Hall in the Academic Success Center. The Peer Mentor Center is staffed with Peer Mentors who excel in helping students manage university life, tackling problems that range from academic challenges to interpersonal struggles. On the road to graduation, Peer Mentors are navigators, offering “roadside assistance” to peers who feel a bit lost or simply need help mapping out the locations of campus resources. Peer Mentor services are free and available on a drop –in basis, no reservation required. The [Peer Mentor Center website](http://www.sjsu.edu/muse/peermentor/) is located at <http://www.sjsu.edu/muse/peermentor/>

KIN 70/ Intro to Kinesiology, Fall 2009, Course Schedule

This is a tentative schedule and as such is subject to change with fair notice. Notice for any changes will be provided in class at least one week in advance of the class period(s) to be affected.

DATE	Reading	Lecture
Mon. 8-24	Introductions	
Wed. 8-26	Chapter 1	Introduction to Kinesiology and Physical Activity
Mon. 8-31	Chapter 1/2	Spheres of Physical Activity Experience
Wed. 9-2	Chapter 2/3	Importance of Physical Activity Experiences
Mon. 9-7		Labor Day – Campus Closed
Wed. 9-9	Chapter 3/4	Importance of Subjective Experiences in Physical Activity
Mon. 9-14	Chapter 4	Finish Chapter 4 and Review for Exam
Wed. 9-16	Exam 1	Chapters 1-4 Bring a Scantron T&E 0200 and pencil
Mon. 9-21	Chapter 12	Becoming a Physical Activity Professional
Wed. 9-23	Chapter 7	Sociology of Physical Activity

Mon. 9-28	Chapter 13	Careers in Health and Fitness
Wed. 9-30		
Mon. 10-5	Chapter 14	Careers in Teaching Physical Education
Wed. 10-7		
Mon. 10-12	Chapter 15	Careers in Therapeutic Exercise *Guest Speaker*
Wed. 10-14		
Mon. 10-19		Faculty and Campus Furlough Day No Class
Wed. 10-21	Chapter 16	Careers in Coaching and Sport Instruction
Mon. 10-26	Chapter 17	Careers in Sport Management
Wed. 10-28		
Mon. 11-2	Exam 2	Chapters 7, 12-17 Bring a Scantron T&E 0200 and pencil
Wed. 11-4	Chapter 5	Philosophy of Physical Activity
Mon. 11-9	Chapter 6	History of Physical Activity
Wed. 11-11		Veteran's Day – Campus Closed
Mon. 11-16	Chapter 10	Biomechanics of Physical Activity
Wed. 11-18		**Portfolio Due in Lecture Class **
Mon. 11-23	Chapter 11	Physiology of Physical Activity
Wed. 11-25		Professor Furlough Day – NO CLASS
Mon. 11-30	Chapter 9	Sport and Exercise Psychology
Wed. 12-2		
Mon. 12-7	Chapter 8	Motor Behavior
Wed.12-16	Exam 3 -7:15-9:30 am	Chapters 5-11 Bring a Scantron T&E 0200 and pencil