

**San José State University**  
**CHaHS/Department of Kinesiology**  
**KIN 70, Intro to Kinesiology, Lecture, Section 01;**  
**Lab(Activity), Sections 02, 03, 04, 05, & 06 Fall 2018**

**Course and Contact Information**

<b>Instructor:</b>	Dr. Jessica Chin
<b>Office Location:</b>	Spartan Complex (SPX) 173F
<b>Telephone:</b>	(408) 924-3039
<b>Email:</b>	<a href="mailto:jessica.chin@sjsu.edu">jessica.chin@sjsu.edu</a> (this is the best way to reach me)
<b>Office Hours:</b>	T/Th 1-2 pm
<b>Class Days/Time:</b>	Lecture: T/Th 12 – 12:50 pm Lab 02: M 11:30 am – 1:20 pm (Michelle Ruban) Lab 03: M 1:30 pm – 3:20 pm (Cristina Carrillo) Lab 04: W 11:30 am – 1:20 pm (Michelle Ruban) Lab 05: W 1:30 pm – 3:20 pm (Cristina Carrillo) Lab 06: M 11:30 am – 1:20 pm SPX 153 (Adriane Tomimbang)
<b>Classroom:</b>	YUH 124
<b>Lab Instructors:</b>	Michelle Ruban <a href="mailto:michelle.ruban@sjsu.edu">michelle.ruban@sjsu.edu</a> Cristina Carrillo <a href="mailto:cristina.carrillo@sjsu.edu">cristina.carrillo@sjsu.edu</a> Adriane Tomimbang <a href="mailto:adrianecris.tomimbang@sjsu.edu">adrianecris.tomimbang@sjsu.edu</a>

**Course Format**

This course adopts a hybrid classroom delivery format. Students must have an electronic device (i.e., phone, laptop, tablet) that connects to the internet to access class materials, take exams and submit assignments through Canvas.

**MYSJSU Messaging and Canvas**

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.

*You are responsible for regularly checking your emails and announcements posted on Canvas to learn of any updates. You can access the [Canvas Learning Management System course login website](http://sjsu.instructure.com) at <http://sjsu.instructure.com>.*

Copies of course materials such as the syllabus (greensheet), powerpoint slides, and major assignment instructions and guidelines can be found on Canvas. 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.

### **Kinesiology Program Learning Objectives (PLO)**

At the end of a Bachelor of Science degree program in the Department of Kinesiology, students will be able to:

1. Explain, identify, and/or demonstrate the theoretical and/or scientific principles that can be used to address issues or problems in the sub-disciplines in kinesiology;
2. Effectively communicate in writing (clear, concise and coherent) on topics in kinesiology;
3. Effectively communicate through an oral presentation (clear, concise and coherent) on topics in kinesiology;
4. Utilize their experiences across a variety of health related and skill-based activities to inform their scholarship and practice in the sub disciplines in kinesiology.
5. Identify and analyze social justice and equity issues related to kinesiology for diverse populations.

### **Course Goals and Course Learning Outcomes (CLO)**

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

- Understand the breadth of human movement as a discipline, and its related fields;
- Understand career options available within the field of kinesiology;
- Understand of the philosophical, historical, biological, psychological, pedagogical, and social foundations of human movement;
- Understand of movement based on fundamental movement skills and concepts and basic mechanical principles that govern efficient movement;
- Understand of current issues in kinesiology;
- Effectively examine and discuss alternative perspectives and ideas related to human movement;
- Understand the meaning of personal choice, responsibility and professional commitment in education and career preparation;
- Examine personal values related to career choice;
- Assess personal characteristics, skills and knowledge related to career success in the field of kinesiology;

- Understand and appreciate the variety of values, skills and cultural and personal needs found in a socially diverse population;
- Understand technology as a professional tool;
- Understand the process of professional portfolio development.

## Required Texts/Readings

### Textbook

Oglesby, C.A., Henige, K., McLaughlin, D. W., and Stillwell, B. (eds.). (2018). *Foundations of Kinesiology*. Burlington, MA: Jones & Bartlett Learning.

The textbook is available through the university bookstore. An electronic version is also available.

## Definition of a Credit Hour

Success in this course is based on the expectation that students will spend, for each unit of credit, a minimum of forty-five hours over the length of the course (normally 3 hours per unit per week with 1 of the hours used for lecture) for instruction or preparation/studying or course related activities. The expectation of work for a 3-credit course is 150-minutes of direct faculty instruction and ***six hours of out-of-class student work each week.***

## Library Liaison

Adriana Poo  
[adriana.poo@sjsu.edu](mailto:adriana.poo@sjsu.edu)

(408) 808-2019  
 (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;
- ✓ completing reading assignments before class;
- ✓ **Turning off and storing all cell phones and other electronic devices during lecture and lab.\*\***
- ✓ In order to be eligible for full participation points in lab, student must meet the following criteria:
  - be present for the full lab period;
  - come prepared for class, including having fully completed all assignments;

- be appropriately dressed for physical activity on designated days; and
- show maximum effort in all activities.
- The tardiness of a student will directly impact that student's eligibility for participation points (i.e., if a student misses half the lab, the student is only eligible for a maximum of half credit for that lab). Likewise, if a student is not appropriately dressed for physical activity, and thus cannot fully participate, the student will automatically forfeit *a minimum of 20%* of daily participation points for that lab.

**\*\*Cell phone and mobile device policy**

The use of cell phones and other mobile devices *for personal communication* is disruptive to the class, to both the instructor and classmates, and is therefore strictly prohibited. However, using electronic devices for class purposes is allowed (i.e., taking notes, accessing powerpoints).

**Course Requirements and Assignments**

The final grade in this course will be determined by grades earned on the following assignments and exams. More details to be discussed in lecture and lab. The grade percentage for each component is listed below along with the corresponding Program Learning Objective (PLO).

**Course Evaluation, PLO#**

- 1) Presentation (10%), **1,2,5**
- 2) Lab Participation (20%), **1,2,3,4,5**
- 3) LinkedIn Profile Assignment (5%) **2,4**
- 4) Exam 1 (15%) **1,2**
- 5) Exam 2 (15%) **1,2**
- 6) Exam 3 (15%) **1,2**
- 7) Exam 4—Final Exam (20%) **1,2**

**Grading Information**

A+ = 100-97%	A = 96.9-93%	A- = 92.9-90%
B+ = 89.9-87%	B = 86.9-83%	B- = 82.9-80%
C+ = 79.9-77%	C = 76.9-73%	C- = 72.9-70%
D+ = 69.9-67%	D = 66.9-63%	D- = 62.9-60%
F = 59.9-0%		

**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) Exams will be conducted online through Canvas. Exams will be timed and must be completed independently. Assistance of any kind from outside sources (i.e., internet, text book, class notes, classmate) is strictly prohibited.

- 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.

### Other Information

- *Students must attend the lab section in which they are enrolled. Switching sections is not allowed.*
  
- *Extra credit* is only available through kinesiology-related current events oral reports worth up to 2 points each and social media commentary and posts worth up to 1 point each. Point designation is dependent upon the quality of the report or commentary, which will be assessed by the professor, lab instructor, or teaching assistant. Students may earn up to 4 extra credit points per exam. Extra credit points *will only apply toward the exam immediately following the date of the oral report or social media commentary/post*. More details will be provided in class and are also available on Canvas.

### University Policies

Per University Policy S16-9, university-wide policy information relevant to all courses, such as academic integrity, accommodations, etc. will be available on Office of Graduate and Undergraduate Programs' [Syllabus Information web page](http://www.sjsu.edu/gup/syllabusinfo/) at <http://www.sjsu.edu/gup/syllabusinfo/> **Make sure to review these university policies and resources.**

The syllabus page contains information relevant to all courses at SJSU.

[General Expectations, Rights and Responsibilities of the Student](#)

[Workload and Credit Hour Requirements](#)

[Attendance and Participation](#)

[Timely Feedback on Class Assignments](#)

[Accommodation to Students' Religious Holidays](#)

[Dropping and Adding](#)

[Consent for Recording of Class and Public Sharing of Instructor Material](#)

[Academic integrity](#)

[Campus Policy in Compliance with the American Disabilities Act](#)

[Student Technology Resources](#)

[SJSU Peer Connections](#)

[SJSU Writing Center](#)

[SJSU Counseling and Psychological Services](#)

## KIN 70 Intro to Kin Course Schedule, Fall 2018

*This is a tentative schedule and as such is subject to change with fair notice. Advance notice for any changes will be provided by the professor.*

<b>Date</b>	<b>Reading</b>	<b>Lecture Topic</b>	<b>Lab (**dress for PA)</b>	<b>PLO #</b>
T 8/21		Introductions; Review Syllabus and Canvas	Introductions/ Activity	
R 8/23	Ch. 1	Introduction to Kinesiology: Fundamentals and Paradoxes	Introductions/ Activity	
T 8/28	Ch. 2	Pathways to the Pillars	Physical Experiences Activity & Discussion**	
R 8/30	Ch. 3	A History of Kinesiology	Physical Experiences Activity & Discussion**	1
T 9/4	Ch. 10	Sociology of Sport, Exercise and PA	Sociological Imagination/Film	1
R 9/6	<b>EXAM 1</b>	<b>Chapters 1-3</b>	Sociological Imagination/Film	1,2
T 9/11	Ch. 10	Sociology (cont)	Film	
R 9/13	Ch. 5	Exercise and Sport Psych	Film	1, 2
T 9/18	Ch. 5	E&S Psych (cont)	Psych Activity/Discussion	1, 2, 4
R 9/20	Ch. 6	Exercise and Sport Physiology	Psych Activity/Discussion	1, 2, 4
T 9/25	Ch. 6	E&S Physio (cont)	Fitness Test**	1,2,5
R 9/27	Ch. 7	Motor Behavior	Fitness Test**	
T 10/2	Ch. 7	Motor Behavior	<b>LinkedIn/e-portfolio</b>	
R 10/4	Ch. 8	Philosophy of Kinesiology	LinkedIn/e-portfolio	1,5
<b>T 10/9</b>	<b>EXAM 2</b>	<b>Chapters 5, 6, 7, 10</b>	Motor Skills Lab**	
R 10/11	Ch. 8	Philosophy (cont)	<b>Motor Skills Lab**</b>	1,2,5
T 10/16	Ch. 9	Sport Pedagogy and PA	<b>Library Session</b> <b>*Presentation topic ideas</b> <b>due in lab*</b>	1,2,5
R 10/18	Ch. 9	Careers in Teaching PE *Guest Speaker*	<b>Library Session</b> <b>*Presentation topic ideas</b> <b>due in lab*</b>	1,2,5
T 10/23	Ch. 11	Adapted PA	<b>Guest Speaker (Timpany Center)</b>	1,2,5

<b>Date</b>	<b>Reading</b>	<b>Lecture Topic</b>	<b>Lab (**dress for PA)</b>	<b>PLO #</b>
R 10/25	Ch. 11	Careers in APA and APE *Guest Speaker*	<b>Guest Speaker (Timpany Center)</b>	1,2,5
T 10/30	Ch. 4	Biomechanics	<b>Biomechanics Lab**</b>	1,2,5
R 11/1	Ch. 4	Biomechanics (cont)	<b>Biomechanics Lab**</b>	1
T 11/6	Ch. 12	Sport Management <b>*LinkedIn Profile Assignment Due*</b>	<b>Presentations I</b>	1
R 11/8	Ch. 12	Sport Management *Guest Speaker*	<b>Presentations I</b>	1
T 11/13	Ch.13	Healthy Living/Careers in Health and Fitness *Guest Speaker*	<b>Presentations II</b>	1
<b>R 11/15</b>	<b>Exam 3</b>	<b>Chapters 4, 8, 9, 11</b>	<b>Presentations II</b>	
T 11/20	Ch.14	Restoring Function	<b>No Lab</b>	1,3,5
<b>R 11/22</b>	<b><i>Thanksgiving Holiday- No Class or Lab 11/21-23</i></b>			
T 11/27	Ch. 15	Discovering Possibilities/ Careers in Therapeutic Exercise *Guest Speaker*	Inclusive/Excellence/ Diversity Planning**	1,3,5
R 11/29	Chs. 16,17,18	Diversity, Excellence and Inclusion	Inclusive/Excellence/ Diversity Activity Planning**	1,3,5
T 12/4	Chs. 16, 17, 18 (cont)	Careers in Coaching & Sport Instruction *Guest Speaker*	KIN 70 Inclusion Olympics**	1,3,5
R 12/6	Ch. 19	Kinesiology and the Public's Health: Collaboration Imperatives	KIN 70 Inclusion Olympics**	
Friday 12/14	9:45 am – 12 noon	<b>Final Exam</b>	<b>In accordance with university final exam schedule (Group II Classes)</b>	