

San José State University
CASA/Department of Kinesiology
KIN 70, Intro to Kinesiology, Lecture, Section 01;
Lab(Activity), Sections 02 & 03, Spring 2013

Instructor: Dr. Jessica Chin

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Office Hours: M/W 1:30 - 2:30pm ; also by appointment

Class Days/Time: Lecture: M & W 8:30 - 9:20 am
Lab: M or W 9:30am – 11:20am

Classroom: BBC 225

MYSJSU Messaging and Desire2Learn (D2L)

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. Copies of course materials such as the syllabus (greensheet), lecture slides, review sheets, and major assignment handouts may be found on D2L. If you do not have a D2L account, you will need to set one up. 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.

Undergraduate Degree Program Learning Objectives (PLOs)

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

1. Obtain a critical understanding and the ability to apply theoretical and scientific knowledge from the subdisciplines in kinesiology for personal fitness, healthy lifestyles, sport, and/or therapeutic rehabilitation;
2. Effectively communicate the essential theories, scientific applications, and ethical considerations related to kinesiology;

3. Apply scholarship and practice of different movement forms to enhance movement competence in kinesiology;
4. Recognize and apply sustainable approaches as they relate to kinesiology;
5. Identify social justice and equity issues related to kinesiology for various populations.

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.

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 including but not limited to internships, labs, clinical practica. Other course structures will have equivalent workload expectations as described in the syllabus.

As an example, 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

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;
- ✓ 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**.

- First offense: Reminder.
- Second offense: Loss of daily participation points.
- Third offense: Loss of one grade level on final grade in class.

Recording of Class Lectures

Common courtesy and professional behavior dictates that you notify someone when you are recording him/her. You must obtain the instructor's permission to make audio or video recordings in this class. This permission allows the recordings to be used for your private, study purposes only. The recordings are the intellectual property of the instructor; you have not been given any rights to reproduce or distribute the material.

Course material developed by the instructor is the intellectual property of the instructor and cannot be shared publicly without his/her approval. You may not publicly share or upload instructor-generated material for this course such as exam questions, lecture notes, or homework solutions without instructor consent.

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/provost/Academic_Calendars/) web page at http://www.sjsu.edu/provost/Academic_Calendars/. 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, PLO#

- 1) Presentation (12%), **1,2,5**
- 2) Lab Participation (20%), **1,2,3,4,5**
- 3) LinkedIn Profile/E-portfolio (8%) **2,4**
- 4) Exam 1 (12%) **1,2**
- 5) Exam 2 (15%) **1,2**
- 6) Exam 3 (15%) **1,2**
- 7) Exam 4 (18%) **1,2**

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 and pencil are required for each exam.
- 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

- Extra credit is only available through kinesiology related current events oral reports worth up to 2 points each. Point designation is dependent upon the quality of the report, which will be assessed by the professor. Students may earn up to 6 extra credit points per exam. Points given for the oral reports *will only apply toward the exam immediately following the date of the report.*
- Students must attend the lab section in which they are enrolled.

Grading

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

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

Your commitment as a student to learning is evidenced by your enrollment at San Jose State University. The [University's Academic Integrity policy](http://www.sjsu.edu/senate/S07-2.htm), located at <http://www.sjsu.edu/senate/S07-2.htm>, requires 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.sjsu.edu/studentconduct/) is available at <http://www.sjsu.edu/studentconduct/>.

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 your assignment or any material you have submitted, or plan to submit for another class, please note that SJSU's Academic Integrity Policy S07-2 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](http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf) at http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf 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.

Student Technology Resources

Computer labs for student use are available in the [Academic Success Center](http://www.at.sjsu.edu/asc/) at <http://www.at.sjsu.edu/asc/> located on the 1st floor of Clark Hall and in the Associated Students Lab on the 2nd floor of the Student Union. Additional computer labs may be available in your department/college. Computers are also available in the Martin Luther King Library.

A wide variety of audio-visual equipment is available for student checkout from Media Services located in IRC 112. These items include DV and HD digital camcorders; digital still cameras; video, slide and overhead projectors; DVD, CD, and audiotape players; sound systems, wireless microphones, projection screens and monitors.

SJSU Peer Connections

The Learning Assistance Resource Center (LARC) and the Peer Mentor Program have merged to become Peer Connections. Peer Connections is the new campus-wide resource for mentoring and tutoring. Our staff is here to inspire students to develop their potential as independent learners while they learn to successfully navigate through their university experience. Students are encouraged to take advantage of our services which include course-content based tutoring, enhanced study and time management skills, more effective critical thinking strategies, decision making and problem-solving abilities, and campus resource referrals.

In addition to offering small group, individual, and drop-in tutoring for a number of undergraduate courses, consultation with mentors is available on a drop-in or by appointment basis. Workshops are offered on a wide variety of topics including preparing for the Writing Skills Test (WST), improving your learning and memory, alleviating procrastination, surviving your first semester at SJSU, and other related topics. A computer lab and study space are also available for student use in Room 600 of Student Services Center (SSC).

Peer Connections is located in three locations: SSC, Room 600 (10th Street Garage on the corner of 10th and San Fernando Street), at the 1st floor entrance of Clark Hall, and in the Living Learning Center (LLC) in Campus Village Housing Building B. Visit [Peer Connections website](http://peerconnections.sjsu.edu) at <http://peerconnections.sjsu.edu> for more information.

SJSU Writing Center (Optional)

The SJSU Writing Center is located in Suite 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 staff](http://www.sjsu.edu/writingcenter/about/staff/) can be found at <http://www.sjsu.edu/writingcenter/about/staff/>.

CASA Student Success Center

The Student Success Center in the College of Applied Sciences and Arts (CASA) provides advising for undergraduate students majoring or wanting to major in programs offered in CASA. The CASA Student Success Center offers academic advice, help with changing majors, academic policy related questions, peer advisor meetings, and presentations and workshops. It's also a great place to study, and you can check out laptops. More information can be found on the website at: <http://www.sjsu.edu/casa/ssc/>. The Center is located at MacQuarrie Hall (MH) 533. (tel) 408.924.2910; (email) sjststudentsuccess@gmail.com

KIN 70 Intro to Kin Course Schedule, Spring 2013

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.

Date	Reading	Lecture	Lab (**dress for PA)	PLO #
W 1/23		Introductions; Review Greensheet	Introductions/ Activity	
M 1/28	Ch. 1	Introduction to Kinesiology and Physical Activity	Introductions/ Activity	
W 1/30	Ch. 2	Spheres of Physical Activity Experience	Advising Workshop	
M 2/4	Ch. 2	Spheres (cont.)	Advising Workshop	
W 2/6	Ch. 3	Importance of Physical Activity Experiences	Physical Experiences Activity & Discussion**	
M 2/11	Ch. 3	Finish Ch. 3	Physical Experiences Activity & Discussion**	
W 2/13	Ch. 4	Importance of Subjective Experiences	Subjective Experiences Activity & Discussion**	1
M 2/18	Ch. 4	Finish Ch.4; Review for Exam 1	Subjective Experiences Activity & Discussion**	1
W 2/20	Exam 1	Chapters 1-4	NO LAB	
M 2/25	Ch. 5	Philosophy of PA	Linkedin e-portfolio; philosophyðics	2,4
W 2/27	Ch. 5	Philosophy of PA	Linkedin e-portfolio; philosophyðics	2,4
M 3/4	Ch. 6	History of PA	FIT: History of the Body Film & Discussion	1,5

W 3/6	Ch. 6	History of PA	FIT: History of the Body Film & Discussion	1,5
M 3/11	Ch. 7	Sociology of PA	Sociological Imagination Activity and Discussion	5
W 3/13	Ch. 7 (cont.)	Sociology of PA; Discuss Presentation Assignment; *LinkedIn Profile/E-Portfolio Due*	Sociological Imagination Activity and Discussion	
M 3/18	Ch. 8	Motor Behavior; *Presentation topic due*	Library Session	
W 3/20	Exam 2	Chapters 5-7	Library Session	
M 3/25		SPRING BREAK --		
W 3/27		CAMPUS CLOSED		
M 4/1		CESAR CHAVEZ DAY- CAMPUS CLOSED		
W 4/3	Ch. 8/9	Sport & Exercise Psychology	Sociology Presentations I	1,2,5
M 4/8	Ch. 9	Sport & Ex Psych (cont.)	Sociology Presentations I	1,2,5
W 4/10	Ch. 10	Biomechanics of PA	Sociology Pres II	1,2,5
M 4/15	Ch. 10	Biomechanics of PA	Sociology Pres II	1,2,5
W 4/17	Ch. 11	Physiology of PA	Fitness Test**	1,3
M 4/22	Ch. 11	Physiology of PA	Fitness Test**	1,3
W 4/24	Exam 3	Chapters 8-11	No Lab	1,5
M 4/29	Ch. 12&13	Becoming a Physical Activity Professional; Careers in Health and Fitness	PA Planning**	1,3,5
W 5/1	Ch. 14	Careers in Therapeutic Exercise *Guest Speaker*	PA Planning**	1,3,5
M 5/6	Ch. 15&16	Careers in Teaching PE; Coaching and Sport Instruction	KIN 70 Inclusion Olympics**	1,3,5
W 5/8	Ch. 15	Careers in Teaching PE and adapted P.E./PA *Guest speaker*	KIN 70 Inclusion Olympics**	1,3,5
M 5/13	Ch. 17	Careers in Sport Management *Guest speaker*		
Tuesday, 5/21 8:00-9:30 am	Exam 4	Chapters 12-17		1,2