

**San José State University**  
**CASA/Department of Kinesiology**  
**KIN 70, Intro to Kinesiology, Lecture, Section 01;**  
**Lab(Activity), Sections 02, 03, 04, 05, & 06 Spring 2015**

**Contact Information**

**Instructor:** Dr. Jessica Chin

**Office Location:** SCC 516/YUH 105 (confirm location beforehand)

**Telephone:** (409) 924-3039

**Email:** [jessica.chin@sjsu.edu](mailto:jessica.chin@sjsu.edu) (best way to reach me)

**Office Hours:** M/W 9:30am – 10:30am & by appointment

**Class Days/Time:** Lecture: M/W 8:30am-9:20am  
Lab 02: M 9:30am - 11:20am BBC 126 (Schmidt)  
Lab 03: W 9:30am - 11:20am BBC 126 (Schmidt)  
Lab 04: M 9:30am - 11:20am MQH 322 (Calway)  
Lab 05: W 9:30am - 11:20am MQH 322 (Calway)  
Lab 06: W 1:30pm - 3:20pm BBC 126 (Gonzalez)

**Classroom:** YUH 124

**Teaching Assistants (TAs):** Kelly Calway ([kelly.calway@sjsu.edu](mailto:kelly.calway@sjsu.edu))  
Matthew Gonzalez ([matthew.gonzalez@sjsu.edu](mailto:matthew.gonzalez@sjsu.edu))  
Jordan Schmidt ([jordan.schmidt@sjsu.edu](mailto:jordan.schmidt@sjsu.edu))

**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. Copies of course materials such as the syllabus (greensheet) and major assignment handouts may 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.

## **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.). (2013). *Introduction to kinesiology: Studying physical activity, 4th ed.* Champaign, IL: Human Kinetics.

Electronic version also available through Kindle

(note: if you do not have a Kindle reader, you can get the Kindle app).

## 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

Emily Chan: emily.chan@sjsu.edu  
(408) 808-2044  
(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**.

## Assignments and Grading Policy

### Course Evaluation, PLO#

- 1) Presentation (15%), **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 (15%) **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) Exams will be conducted online through Canvas. Exams will be timed and must be completed independently.
- 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 or 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 or teaching assistant. Students may earn up to 6 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.
- Students must attend the lab section in which they are enrolled. Switching sections is not allowed.

### Grading

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%		

## University Policies

### 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 year calendars document on the [Academic Calendars webpage](http://www.sjsu.edu/provost/services/academic_calendars/) at [http://www.sjsu.edu/provost/services/academic\\_calendars/](http://www.sjsu.edu/provost/services/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/>.

### Consent for Recording of Class and Public Sharing of Instructor Material

[University Policy S12-7](http://www.sjsu.edu/senate/docs/S12-7.pdf), <http://www.sjsu.edu/senate/docs/S12-7.pdf>, requires students to obtain instructor's permission to record the course.

- “Common courtesy and professional behavior dictate 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. Such 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.”
  - In classes where active participation of students or guests may be on the recording, permission of those students or guests should be obtained as well.
- “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.”

### Academic integrity

Your commitment as a student to learning is evidenced by your enrollment at San Jose State University. The [University Academic Integrity Policy S07-2](http://www.sjsu.edu/senate/docs/S07-2.pdf) at <http://www.sjsu.edu/senate/docs/S07-2.pdf> 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 Americans with 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](http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf) requires that students with disabilities requesting accommodations must register with the [Accessible Education Center](http://www.sjsu.edu/aec) (AEC) at <http://www.sjsu.edu/aec> to establish a record of their disability.

In 2013, the Disability Resource Center changed its name to be known as the Accessible Education Center, to incorporate a philosophy of accessible education for students with disabilities. The new name change reflects the broad scope of attention and support to SJSU students with disabilities and the University's continued advocacy and commitment to increasing accessibility and inclusivity on campus.

## **Student Technology Resources**

Computer labs for student use are available in the [Academic Success Center](http://www.sjsu.edu/at/asc/) at <http://www.sjsu.edu/at/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**

Peer Connections, a campus-wide resource for mentoring and tutoring, strives to inspire students to develop their potential as independent learners while they learn to successfully navigate through their university experience. You are encouraged to take advantage of their 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 10<sup>th</sup> 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

The SJSU Writing Center is located in Clark Hall, Suite 126. All Writing Specialists have gone through a rigorous hiring process, and they are well trained to assist all students at all levels within all disciplines to become better writers. In addition to one-on-one tutoring services, the Writing Center also offers workshops every semester on a variety of writing topics. To make an appointment or to refer to the numerous online resources offered through the Writing Center, visit the [Writing Center website](http://www.sjsu.edu/writingcenter) at <http://www.sjsu.edu/writingcenter>. For additional resources and updated information, follow the Writing Center on Twitter and become a fan of the SJSU Writing Center on



Facebook. (Note: You need to have a QR Reader to scan this code.)

## SJSU Counseling Services

The SJSU Counseling Services is located on the corner of 7<sup>th</sup> Street and San Fernando Street, in Room 201, Administration Building. Professional psychologists, social workers, and counselors are available to provide consultations on issues of student mental health, campus climate or psychological and academic issues on an individual, couple, or group basis. To schedule an appointment or learn more information, visit [Counseling Services website](http://www.sjsu.edu/counseling) at <http://www.sjsu.edu/counseling>.

The Center is located at MacQuarrie Hall (MH) 533. (tel) 408.924.2910; (email) [sjsustudentsuccess@gmail.com](mailto:sjsustudentsuccess@gmail.com)

## KIN 70 Intro to Kin Course Schedule, Spring 2015

*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 #
M 1/26		Introductions; Review Greensheet	Introductions/ Activity	
W 1/28	Ch. 1	Introduction to Kinesiology and Physical Activity	Introductions/ Activity	
M 2/2	Ch. 1/2	Spheres of Physical Activity Experience	Physical Experiences Activity & Discussion**	1
W 2/4	Ch. 2	Spheres (cont.)	Physical Experiences	1

			Activity & Discussion**	
M 2/9	Ch. 3	Importance of Physical Activity Experiences	Subjective Experiences Activity & Discussion**	1
W 2/11	Ch. 3/4	Importance of Subjective Experiences	Subjective Experiences Activity & Discussion**	1
M 2/16	Ch. 4	Subjective Exp. (cont) Review for Exam 1	LinkedIn/e-portfolio; intro to philosophy	1, 2, 4
W 2/18	<b>Exam 1</b>	<b>Chapters 1-4</b>	LinkedIn/e-portfolio; intro to philosophy	1, 2, 4
M 2/23	Ch. 6	History of PA	FIT: History of the Body Film & Discussion	2,5
W 2/25	Ch. 6	History of PA (cont)	FIT: History of the Body Film & Discussion	2,5
M 3/2	Ch. 7	Sociology of PA	Sociological Imagination Activity and Discussion	2,4
W 3/4	Ch. 7	Sociology of PA (cont) Discuss Presentation Assign.	Sociological Imagination Activity and Discussion	1,5
M 3/9	Ch. 5	Philosophy of PA <b>*LinkedIn Profile/E-Portfolio Due to Canvas*</b>	<b>Library Session</b> <b>*Presentation topic ideas due in lab*</b>	1,5
W 3/11	Ch. 5	Philosophy of PA (cont)	<b>Library Session</b> <b>*Presentation topic ideas due in lab*</b>	2,5
M 3/16	Ch. 8	Motor Behavior	TBA**	
W 3/18	Ch. 8	Motor Behavior (cont.)	TBA**	
<b>Spring Recess 3/23-3/27</b>				
M 3/30	<b>Exam 2</b>	<b>Chapters 5-7</b>	Psych discussion/activity	2,5
W 4/1	Ch. 9	Sport & Exercise Psychology	Psych discussion/activity	
M 4/6	Ch. 9	Sport & Exercise Psychology	<b>Sociology Presentations I</b>	1
W 4/8	Ch. 10	Biomechanics of PA	<b>Sociology Presentations I</b>	1
M 4/13	Ch. 10	Biomechanics of PA (cont)	<b>Sociology Pres II</b>	1,2,5
W 4/15	Ch. 11	Physiology of PA (cont)	<b>Sociology Pres II</b>	1,2,5
M 4/20	Ch. 11	Physiology of PA (cont)	Fitness Test**	1,2,5
W 4/22	<b>Exam 3</b>	<b>Chapters 8-10</b>	Fitness Test**	1,2,5
M 4/27	Ch. 12	Becoming a PA Professional	APA: Timpany Center	1,2
W 4/29	Ch. 15 & 16	Careers Teaching PE/APA; Coaching & Sport Instruction	APA: Timpany Center	1,2
M 5/4	Ch. 14	Careers in Therapeutic Exercise <b>*Guest Speaker*</b>	PA Planning**	1,3
W 5/6	Ch. 13	Careers in Health and Fitness	PA Planning**	1,3



M 5/11	Ch. 17	Sport Management *Guest speaker*	KIN 70 Inclusion Olympics**	1,3
M 5/13		Review Day	KIN 70 Inclusion Olympics**	
W 5/20 7:15a– 9:30a	<b>Exam 4</b> (final exam)	<b>Chapters 11-17 + comprehensive essay</b>		1,3