

San José State University
CASA/Department of Kinesiology
KIN 70, Intro to Kinesiology, Lecture, Section 07;
Lab(Activity), Sections 08 & 09, Spring 2013

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| Instructor: | Jeffry Mathis |
| Office Location: | SPX 61 |
| Telephone: | None |
| Email: | Jeffry.mathis@sjsu.edu (notice spelling) |
| Office Hours: | MW 800-820, 1120-1200 |
| Class Days/Time: | Lecture: M & W 830-920 Lab: M or W 930-1120 |
| Classroom: | SH 345 |

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>. If you have difficulty logging in to D2L, please contact me and I will help however I can.

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.

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 turning in, on time, 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 may be 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.

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 section at <http://info.sjsu.edu/static/catalog/policies.html>. Add/drop deadlines can be found on the

current academic calendar web page located at http://www.sjsu.edu/academic_programs/calendars/academic_calendar/. The Late Drop 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 at <http://www.sjsu.edu/advising/>.

Assignments and Grading Policy

Course Evaluation, PLO#

- 1) Presentation (10%), **1,2,5**
- 2) Lab Assignments (10%), **1,2,3,4,5**
- 3) Portfolio (25%) **2,4**
- 4) Midterm (20%) **1,2**
- 5) Final (25%) **1,2**
- 6) Quizzes (10%) **1,2**
- 6) Class participation (5%) **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, pencil, greenbook (or whatever color), and pen are required for each exam.
- 3) Make-up exams and presentations are permitted **ONLY** for serious and compelling reasons and will be considered only if the instructor has been contacted **prior to** the regularly scheduled time.

Other Information

* Extra credit will be available for various things throughout the semester. Pay attention. If EC is assigned in class, it will be available only to those who are in attendance.

* Students must attend the lab section in which they are enrolled except for serious and compelling reasons, and only if the instructor has been contacted prior to the lab..

Grading

Grades will be assigned as follows:

- | | |
|-----------|------|
| 93-100% | = A |
| 90-92.9% | = A- |
| 87-89.9 % | = B+ |
| 83-86.9% | = B |
| 80-82.9% | = B- |

...and so on

University Policies

Academic integrity

Students should know that the University's Academic Integrity Policy 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 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 (DRC) at <http://www.drc.sjsu.edu/> to establish a record of their disability.

SJSU Writing Center

The Writing Center in Clark Hall 126 offers tutoring services to San Jose State students in all courses. Writing Specialists assist in all areas of the writing process, including grammar, organization, paragraph development, coherence, syntax, and documentation styles. For more information, visit the Writing Center website at <http://www.sjsu.edu/writingcenter> or call 408-924-2308.

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 is located at <http://www.sjsu.edu/muse/peermentor/>

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) sjsustudentsuccess@gmail.com

KIN 70/ Intro to Kin, Fall 2012, Course Schedule

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 | | Read | | Lab Activity | Notes |
|--------|---|----------|---|------------------------------------|---------------|
| 23-Jan | W | | Introductions; Review Syllabus | Intro Activities | |
| 28-Jan | M | Ch. 1 | Introduction to Kinesiology and Physical Activity | Intro Activities | |
| 30-Jan | W | Ch.1/2 | Spheres of Physical Activity Experience | Advising Workshop | |
| 4-Feb | M | Ch. 2/3 | Importance of Physical Activity Experiences | Advising Workshop | |
| 6-Feb | W | Ch. 3 | Importance of PA E | Presentation/ Portfolio discussion | |
| 11-Feb | M | Ch. 3, 4 | Importance of Subjective Experiences | Presentation/ Portfolio discussion | |
| 13-Feb | W | Ch. 4 | Importance of SE | Research | Topics due |
| 18-Feb | M | Ch. 5 | Philosophy of PA | Research | Topics due |
| 20-Feb | W | Ch. 5 | Philosophy of PA | Phil. Lab | |
| 25-Feb | M | Ch. 5 | Philosophy of PA | Phil. Lab | |
| 27-Feb | W | Ch. 6 | History of PA Summaries Due | FIT – Film and discussion | |
| 4-Mar | M | Ch. 6 | History of PA | FIT – Film and discussion | |
| 6-Mar | W | Ch. 6 | History of PA | TBA | |
| 11-Mar | M | Ch. 7 | Sociology of PA | Resume work | Bring Resume! |
| 13-Mar | W | Ch. 7 | Sociology of PA | Resume work | Bring Resume! |
| 18-Mar | M | Ch. 7 | Sociology of PA | TBA | |
| 20-Mar | W | | Midterm | No Lab | |
| 25-Mar | M | | Spring Break | Don't die of | |
| 27-Mar | W | | Spring Break | alcohol poisoning | |
| 1-Apr | M | | Cesar Chavez | Si, se puede | Uvas no! |
| 3-Apr | W | Ch. 8 | Motor Behavior | Skill Aquisition | Spartan Lawn |
| 8-Apr | M | Ch. 8 | Motor Behavior | Skill Aquisition | Spartan Lawn |
| 10-Apr | W | Ch. 9 | Sport & Exercise Psychology PORTFOLIO DUE | Presentations | |
| 15-Apr | M | Ch. 9 | Sport & Exercise Psychology | Presentations | |

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|--------|---|-----------|-----------------------------|------------------|---------------|
| 17-Apr | W | Ch. 9 | Sport & Exercise Psychology | Presentations | |
| 22-Apr | M | Ch. 10 | Biomechanics | Presentations | |
| 24-Apr | W | Ch. 10 | Biomechanics | TBA | |
| 29-Apr | M | Ch. 11 | Exercise Physiology | Fitness testing | PA Dress |
| 1-May | W | Ch. 11 | Exercise Physiology | Fitness testing | PA Dress |
| 6-May | M | Ch. 11 | Exercise Physiology | TBA | |
| 8-May | W | Ch. 12 | Being a Professional | Fists of Freedom | |
| 13-May | M | Ch. 13-17 | Professions | Fists of Freedom | |
| 21-May | T | | Final Exam | 715-930 | Sucks, I know |

