

**San José State University**  
**CASA/Department of Kinesiology**  
**KIN 70, Intro to Kinesiology, Lecture Section 04, Lab Section 05 &**  
**Section 06, Spring 2013**

<b>Instructor:</b>	Janet Clair
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<b>Office Hours:</b>	Sign up by appointment outside of office (SPX 60)
<b>Class Days/Time:</b>	Lecture: Monday & Wednesday 8:30 – 9:20 Lab: Monday or Wednesday 9:30 – 11:20
<b>Classroom:</b>	Lecture: CC 101 Lab: BBC 126

### **MYSJSU Messaging**

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. Materials for KIN 70 are posted on Desire to Learn (D2L) <https://sjsu.desire2learn.com/>.

### **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. 3 units.

### **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.

## **Undergraduate Degree Program Learning Outcomes (PLO)**

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 sub disciplines in kinesiology for personal fitness, healthy lifestyles, sport, and/or therapeutic rehabilitation.
2. effectively communicate the essential theories, scientific application, 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.

## **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 practice. 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.

## **Required Texts/Readings**

### **Textbook (hardcopy or e-copy)**

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

### **Library Liaison**

Ms. Peggy Cabrera: [peggy.cabrera@sjsu.edu](mailto: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;
- ✓ **Turning off and storing all cell phones and other electronic devices in lecture and 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.

## Assignments and Grading Policy

### Course Evaluation

- 1) Presentation (12%) (PLO 1,2)
- 2) Lab Participation (20%) (PLO 1,2,3,4,5)
- 3) Portfolio (8%) (PLO 2,4)
- 4) Exam 1 (12%) (PLO 1,2)
- 5) Exam 2 (15%) (PLO 1,2)
- 6) Exam 3 (15%) (PLO 1,2)
- 7) Exam 4 (18%) (PLO 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 **T&E 882-E** 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.

### Other Information

\* Students must attend the lab section in which they are enrolled.

## Grading

**Table 1 Grading**

Percentage	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

### 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_Calendar/) web page at [http://www.sjsu.edu/provost/Academic\\_Calendar/](http://www.sjsu.edu/provost/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/>.

### 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 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 [Disability Resource Center](http://www.drc.sjsu.edu/) (DRC) at <http://www.drc.sjsu.edu/> to establish a record of their disability.

## Campus Resources for You

### 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. Computer lab and study spaces 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 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/>.

## **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 Departments and Schools:

- Health Science
- Hospitality, Recreation, and Tourism Management
- Journalism and Mass Communications

- Justice Studies
- Kinesiology
- Nursing
- Nutrition, Food Science, and Packaging
- Occupational Therapy
- Social Work

All CASA students and students who would like to be in CASA are invited to stop by the Center for general education advising, help with changing majors, academic policy related questions, meeting with peer advisors, and/or attending various regularly scheduled presentations and workshops. Looking for academic advice or maybe just some tips about how to navigate your way around SJSU? Check out the CASA Student Success Center! It's also a great place to study, and you can check out laptops.

Location: Mac Quarrie Hall (MH) 533 - top floor of Mac Quarrie Hall <http://www.sjsu.edu/casa/ssc/>

### **KIN 70/ Intro to Kinesiology, Spring 2013, 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.**

<b>Date</b>	<b>Reading</b>	<b>Lecture</b>	<b>Lab (**Dress for PA)</b>
W 1/23		Introductions Review Green sheet	Introductions/ Activity
M 1/28	Chapter 1	Introduction to Kinesiology and Physical Activity	Introductions/ Activity
W 1/30	Chapter 2	Spheres of Physical Activity Experience	Advising Workshop
M 2/4	Chapter 2 (cont.)	Importance of Physical Activity Experiences	Advising Workshop
W 2/6	Chapter 3	Importance of Physical Activity Experiences	Physical Activity Experiences Activity & Discussion**
M 2/11	Chapter 3 (cont.)	Importance of Physical Activity Experiences	Physical Activity Experiences Activity & Discussion**
W 2/13	Chapter 4	Importance of Subjective Experiences	Subjective Experiences Activity & Discussion**
M 2/18	Chapter 4 (cont.)		Subjective Experiences Activity & Discussion**
W 2/20	<b>Exam 1</b>	<b>Chapters 1-4 Scantron 882-E</b>	<b>No Lab</b>
M 2/25	Chapter 5	Philosophy of Physical Activity	LinkedIn e-portfolio; philosophy & ethics
W 2/27	Chapter 5 (cont.)	Philosophy of PA	LinkedIn e-portfolio; philosophy & ethics
M 3/4	Chapter 6	History of Physical Activity	Film & Discussion

W 3/6	Chapter 6 (cont.)	History of PA	Film & Discussion
M 3/11	Chapter 7	Sociology of Physical Experience	Sociology Discussion/Assignment
W 3/13	Chapter 7 (cont.)	Sociology of PA <b>LinkedIn Assignment Due</b>	Sociology Discussion/Assignment
M 3/18	Chapter 8	Motor Behavior <b>Presentation Topic Due in Lecture</b>	MLK Library Visit
W 3/20	<b>Exam 2</b>	<b>Chapters 5-7; Scantron 882-E</b>	MLK Library Visit
M 3/25 W 3/27		Spring Break – Enjoy!	
M 4/1		Cesar Chavez Day – Campus Closed	
W 4/3	Chapter 9	Sport & Exercise Psychology	<b>Sociology Presentations I</b>
M 4/8	Chapter 9 (cont.)	Sport & Exercise Psychology	<b>Sociology Presentations I</b>
W 4/10	Chapter 10	Biomechanics of Physical Activity	<b>Sociology Presentations II</b>
M 4/15	Chapter 10 (cont.)/11	Biomechanics of PA Physiology of Physical Activity	<b>Sociology Presentations II</b>
W 4/17	Chapter 11 (cont.)	Physiology of PA	Fitness Lab**
M 4/22			Fitness Lab**
W 4/24	<b>Exam 3</b>	<b>Chapters 8-11 Scantron 882-E</b>	<b>No Lab</b>
W 4/29	Chapter 12 /13	Becoming a Physical Activity Professional/ Careers in Health & Fitness	PA Planning**
W 5/1	Chapter 14	Careers in Therapeutic Exercise	PA Planning**
M 5/6	Chapter 15	Careers in Teaching Physical Education	KIN 70 Olympics**
W 5/8	Chapter 16	Coaching and Sport Instruction Review for exam 3	KIN 70 Olympics**
M 5/13	Chapter 17	Career in Sport Management	<b>No Lab</b>
Tue 5/21	<b>Exam 4</b>	<b>Chapters 12-17 &amp; Guest Speakers; Scantron 882-E</b>	<b>7:15 – 9:30 CC101</b>