

**San José State University**  
**CHHS/Department of Kinesiology**  
**KIN 70, Intro to Kinesiology, Lecture, Section 01;**  
**Lab(Activity), Sections 02, 03, 04, 05, & 06 Spring 2021**

**Course and Contact Information**

<b>Instructor:</b>	Dr. Jessica Chin <a href="https://www.linkedin.com/in/jessica-chin-55002111">https://www.linkedin.com/in/jessica-chin-55002111</a> <a href="https://twitter.com/kinprof1">https://twitter.com/kinprof1</a>
<b>Office Location:</b>	Spartan Complex (SPX) 173F
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<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>	M/W 9:30-10:30 am (online via video conference) Use this link to book an appointment: <a href="https://drchin.youcanbook.me">https://drchin.youcanbook.me</a>
<b>Class Days/Time:</b>	Lecture: M/W 8:30 am – 9:20am (online through Canvas) Lab 02: M 9:30 am – 11:20 am (Dietrich) Lab 03: W 9:30 pm – 11:20 am (Dietrich) Lab 04: M 9:30 am – 11:20 am (Tomimbang) Lab 05: W 9:30 am – 11:20 am (Tomimbang) Lab 06: W 1:30 pm – 3:20 pm (Tomimbang)
<b>Classroom:</b>	Canvas and Zoom
<b>Lab Instructors:</b>	Ms. Alev Dietrich <a href="mailto:alev.dietrich@sjsu.edu">alev.dietrich@sjsu.edu</a> Ms. Adriane Tomimbang <a href="mailto:adrianecris.tomimbang@sjsu.edu">adrianecris.tomimbang@sjsu.edu</a>

**Course Format**

Due to safety and health concerns related to the novel coronavirus (COVID-19) this semester, all instruction for this course will be online. This course will utilize both synchronous (real-time) and asynchronous classroom delivery formats. 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.

Please contact the MLK Library as early as possible if you need to borrow a laptop for the semester.

## **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, 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;
- ✓ In order to be eligible for full participation points in lab, student must meet the following criteria:
  - be present for the full lab period (when meeting synchronously);
  - 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 (10%) **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 (15%) **1,2**

**Grading Information**

A plus = 100 to 97%	A = 96.9 to 93%	A minus = 92.9 to 90%
B plus = 89.9 to 87%	B = 86.9 to 83%	B minus = 82.9 to 80%
C plus = 79.9 to 77%	C = 76.9 to 73%	C minus = 72.9 to 70%
D plus = 69.9 to 67%	D = 66.9 to 63%	D minus = 62.9 to 60%
F = 59.9 to 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 2 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, Spring 2021

*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 Topic	Lab (**Asynchronous)	Lab Day	PLO#
W 1/27	Ch. 1	Introductions; Review Syllabus and Canvas	No Lab	W	
M 2/1	Ch. 1	Introduction to Kinesiology: Fundamentals and Paradoxes	Introductions/ Activity	M	
W 2/3	Ch. 2	Pathways to the Pillars	Introductions/ Activity	W	
M 2/8	Ch. 2/10	Sociology of Sport, Exercise and PA	Sociological Imagination; Presentation guidelines	M	1
W 2/10	Ch. 10	Sociology (cont)	Sociological Imagination; Presentation guidelines	W	1
M 2/15	Ch. 3	History of Kinesiology	History Film**	M	1,2
W 2/17	Ch. 3	History (cont); <i>Exam #1 Review</i>	History Film**	W	1,2
<b>M 2/22</b>	<b>EXAM 1</b>	<b>Chapters 1,2,3,10</b>	<b>Library Session</b>	<b>M</b>	<b>1,5</b>
W 2/24	Ch. 5	Exercise and Sport Psychology	Library Session	W	1,5
M 3/1	Ch. 5	Psych (cont)	Psych Activity/Discussion <b>Presentation topic due</b>	M	1, 2
W 3/3	Ch. 6	Exercise & Sport Physiology	Psych Activity/Discussion <b>Presentation topic due</b>	W	1, 2
M 3/8	Ch. 6	Physiology (cont)	Fitness Testing**	M	1,2
W 3/10	Ch. 7	Motor Behavior	Fitness Testing**	W	1,2
M 3/15	Ch. 7	Motor Behavior (cont);	Motor Skills Lab	M	1
<b>W 3/17</b>	ASYN CLASS (complete on your own time)	“LinkedIn Profile Best Practices” Webinar <a href="https://www.youtube.com/watch?v=-c-BwXo0ils">https://www.youtube.com/watch?v=-c-BwXo0ils</a>	Motor Skills Lab	W	1
M 3/22		<b>LinkedIn/Professional Portfolio</b> <i>Exam #2 Review</i>	LinkedIn Assignment and Personal Statement/Intro	M	4
<b>W 3/24</b>	<b>EXAM 2</b>	<b>Chapters 5, 6, 7</b>	<b>LinkedIn Assignment and Personal Statement/Intro</b>	<b>W</b>	<b>4</b>
M 3/29, W 3/31	SPRING BREAK	NO CLASSES	<b>SPRING BREAK</b>		
M 4/5	ASYN CLASS (complete on your own time)	Americans with Disabilities Act (ADA): Reflections on the last 30 years of people with disabilities in sport	<b>Presentations I</b>	M	1, 3, 5

		<a href="https://www.sjsuwordstoaction.com/event/sport-conversations-for-change/">https://www.sjsuwordstoaction.com/event/sport-conversations-for-change/</a>			
W 4/7	Ch. 8	Sport Philosophy	<b>Presentations I</b>	W	1, 3, 5
M 4/12	Ch. 8	Sport Philosophy (cont)	<b>Presentations II</b>	M	1, 3, 5
W 4/14	Ch. 4	Biomechanics	<b>Presentations II</b>	W	1, 3, 5
M 4/19	Ch. 4	Biomechanics (cont)	<b>Biomechanics Lab**</b>	M	1
W 4/21	Ch. 14	Restoring Function/Careers in Therapeutic Exercise <b>*Guest Speaker</b>	<b>Biomechanics Lab**</b>	W	1
M 4/26	<b>Exam 3</b>	<b>Chapters 4, 8, 14 + guest speaker(s)</b>	LinkedIn Open Lab	M	
W 4/28	Ch. 9	Sport Pedagogy and PA/Careers in Teaching PE (async)	LinkedIn Open Lab	W	
M 5/3	Ch. 11	Adapted PA/PE Careers in APA/APE <b>*LinkedIn Profile Assignment Due*</b>	Adapted inclusion and diversity	M	3,5
W 5/5	Ch. 11	Adapted PA/PE (cont)	Adapted inclusion and diversity	W	3,5
M 5/10	Ch. 12	Sport Management <b>*Guest speaker</b>	Career Center	M	
W 5/12		Rehabilitation and Physical Therapy: academic requirements and career options <b>*Guest speaker</b>	Career Center	W	4
M 5/17	Ch. 19	Exploring KIN career options/academic paths; final exam review	No Lab	M	4
<b>W 5/19</b>	<b>7:15-9:30 am</b>	<b>Final Exam Chapters 9, 11, 12, 19 + guest speaker(s)</b>	In accordance with university final exam schedule (Group I) +		<b>1</b>

+SJSU Spring 2021 Exam Schedule

<https://www.sjsu.edu/classes/final-exam-schedule/spring-2021.php>