

San José State University
CASA/Department of Kinesiology
KIN 70, Intro to Kinesiology, Lecture, Section 01;
Lab(Activity), Sections 02, 03, 04, 05, & 06 Fall 2017

Course and Contact Information

Instructor:	Dr. Jessica Chin
Office Location:	Spartan Complex (SPX) 173F
Telephone:	(409) 924-3039
Email:	jessica.chin@sjsu.edu (this is the best way to reach me)
Office Hours:	T/Th 1pm – 2pm
Class Days/Time:	Lecture: T/Th 12 – 12:50 pm Lab 02: M 11:30 am – 1:20 pm (Michelle Watson) Lab 03: M 1:30 pm – 3:20 pm (Cristina Carrillo) Lab 04: W 11:30 am – 1:20 pm (Michelle Watson) Lab 05: W 1:30 pm – 3:20 pm (Cristina Carrillo) Lab 06: M 11:30 am – 1:20 pm SPX 153 (Jihyun Lee)
Classroom:	YUH 124
Lab Instructors:	Michelle Watson michelle.watson@sjsu.edu Cristina Carrillo cristina.carrillo@sjsu.edu Dr. Jihyun Lee jihyun.lee01@sjsu.edu

Course Format

This course adopts a hybrid classroom delivery format. 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.

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 (greensheet), 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

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

The textbook is available through the university bookstore. An electronic version is 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. 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

(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;
- ✓ **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. 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 (5%) **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 (20%) **1,2**

Grading Information

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%		

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 4 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/>

Dropping and Adding

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 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.

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 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

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 7th 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) sjstudentsuccess@gmail.com

KIN 70 Intro to Kin Course Schedule, Fall 2017

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 (**dress for PA)	PLO #
R 8/24		Introductions; Review Greensheet	No Lab	
T 8/29	Ch. 1	Introduction to Kinesiology and Physical Activity	Introductions/ Activity	
R 8/31	Ch. 1/2	Spheres of Physical Activity Experience	Introductions/ Activity	
T 9/5	Ch. 2	Spheres (cont.)	Physical Experiences Activity & Discussion**	1
R 9/7	Ch. 3	Importance of Physical Activity Experiences	Physical Experiences Activity & Discussion**	1
T 9/12	Ch. 3/4	Importance of Subjective Experiences	Subjective Experiences Activity & Discussion**	1,2
R 9/14	Ch. 4	Subjective Exp. (cont) Review for Exam 1	Subjective Experiences Activity & Discussion**	1, 2
T 9/19	Ch. 5	Philosophy of Sport and PA	LinkedIn/e-portfolio; intro to philosophy	1, 2, 4
R 9/21	Ch. 5	Philosophy of Sport and PA	LinkedIn/e-portfolio; intro to philosophy	1, 2, 4
T 9/26	EXAM 1	Chapters 1-5	Sociological Imagination Activity and Discussion	1,2,5
R 9/28	Ch. 7	Sociology of PA	Sociological Imagination Activity and Discussion	1,2,5
T 10/3	Ch. 7	Sociology of PA (cont) Discuss Presentation Assign.	Library Session *Presentation topic ideas due in lab*	
R 10/5	Ch. 6	History of PA	Library Session *Presentation topic ideas due in lab*	
T 10/10 (maybe marti guest speaker)	Ch. 6	History of PA (cont) *LinkedIn Profile Assignment Due*	FIT: History of the Body Film & Discussion	1,5

Date	Reading	Lecture Topic	Lab (**dress for PA)	PLO #
R 10/12	Ch. 8	Motor Behavior	FIT: History of the Body Film & Discussion	1,5
T 10/17	Chs 8/9	Motor Behav/Psychology	Psych discussion/activity	1,2,5
R 10/19	Ch. 9	Sport & Exercise Psychology	Psych discussion/activity	1,2,5
T 10/24	EXAM 2	Chapters 6-9	Sociology Pres I	1,2,5
R 10/26	Ch. 10	Biomechanics	Sociology Pres I	1,2,5
T 10/31	Ch. 10/11	Biomechanics/Physiology	Sociology Pres II	1,2,5
R 11/2	Ch. 11	Physiology of PA	Sociology Pres II	1,2,5
T 11/7	Ch. 12	Becoming a PA Professional	Fitness Test**	1
R 11/9	Ch. 13	Careers in Health and Fitness *Guest Speaker*	Fitness Test**	1
T 11/14	Ch. 14	Careers in Therapeutic Exercise *Guest Speaker*	Timpany Center	1
R 11/16	Ch.14	Careers in Therapeutic Exercise	Timpany Center	1
T 11/21	Exam 3	Chapters 10-13	NO LAB	
Thanksgiving Holiday- No Class or Lab 11/22-23				
T 11/28	Ch. 15	Careers Teaching PE/APA	APA Planning**	1,3,5
R 11/30	Ch. 15/16	Careers in Coaching & Sport Instruction	APA Planning**	1,3,5
T 12/5	Ch. 17	Sport Management *Guest speaker*	KIN 70 Inclusion Olympics**	1,3,5
R 12/7		Final Exam Review Course wrap-up	KIN 70 Inclusion Olympics**	1,3,5
Wednesday Dec 13	9:45 am – 12 noon	Final Exam	In accordance with university final exam schedule	