

**San José State University**  
**Kinesiology 165 (Section 2) - Motor Development**  
 College of Health and Human Sciences  
 Department of Kinesiology

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<b>Office Hours:</b>	M/W 11:30pm to 12:00pm & by appointment
<b>Class Days/Time:</b>	M/W 12:00pm - 1:15pm
<b>Classroom:</b>	SPX 151 and Zoom

Course Description

Motor development of the individual from birth to maturity. Emphasis upon motor behavior, needs, capacities and interests. Prerequisite: KIN 070 / 3 units.

Learning Outcomes

**Kinesiology Undergraduate Major Program Learning Outcomes (PLOs)**

At the end of a Bachelor of Science degree program in the Department of Kinesiology, students will be able to:

- ✓ 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 (PLO #1)
- ✓ effectively communicate in writing (clear, concise and coherent) on topics in kinesiology (PLO #2)
- ✓ effectively communicate through an oral presentation (clear, concise and coherent) on topics in kinesiology (PLO #3)
- ✓ 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 (PLO #4)
- ✓ identify and analyze social justice and equity issues related to kinesiology for diverse populations (PLO #5)

**Course-Specific Learning Outcomes**

Goals of this course are:

- 1) To provide the student with knowledge of the:
  - a. Goals and objectives of the discipline of motor development (PLO #1).
  - b. Common terms in motor development (PLO #1).
  - c. Lifespan motor development "stages" and their characteristics (PLO #1 and #2).
  - d. Scientific literature in the field of motor development (PLO #1, #2, and #3).
  - e. Related cognitive, social, and moral development theory and implications for motor development (PLO #1, #2, #3, and #5).
  - f. ability to develop motor and physical activity programs (PLO #4).
- 2) To provide the student with the ability to:
  - a. Practically apply the knowledge gained concerning motor development (PLO #1 and #4).

b. Critically analyze research and theory prominent in motor development (PLO #1, #3, and #5).

#### Required and Recommended Texts:

- ✓ Payne, V.G., & Isaacs, L.D. (2020). *Human motor development: A lifespan approach* (10<sup>th</sup> ed.), Routledge: London (Required).
- ✓ Gallahue, D.L., Ozmun, J.C. & Goodway, J. D. (2012). *Understanding Motor Development: Infants, Children, Adolescents, Adults*. (7<sup>th</sup> ed.), McGraw-Hill: NY. (UMD) (Recommended).

#### Course Requirements and Assignments

SJSU classes are designed such that in order to be successful, it is expected that students will spend a minimum of forty-five hours for each unit of credit (normally three hours per unit per week), including preparing for class, participating in course activities, completing assignments, and so on. More details about student workload can be found in [University Policy S12-3](http://www.sjsu.edu/senate/docs/S12-3.pdf) at <http://www.sjsu.edu/senate/docs/S12-3.pdf>. All students have the right, within a reasonable time, to know their academic scores, to review their grade-dependent work, and to be provided with explanations for the determination of their course grades.

#### Class Protocol

All students should demonstrate respect for themselves, each other, and the instructor at all times. In addition, students are expected participate fully in all activities throughout the class period.

- 1) **Communication:** it is a very important aspect of this class. You need to contact an instructor immediately when you have any **questions, issues, concerns, or problems**. Effective communication with the instructor will result in avoiding potential issues associated with your grade.
- 2) **Intellectual property:** Course materials developed by the instructor (e.g., exam items, videos, lecture notes), are the instructor's intellectual property and **cannot be shared or uploaded** in any form publicly without the instructor's approval.
- 3) Report any accidents to the instructor immediately. If a serious illness or accident occurs that requires an extended absence, the student should obtain a medical statement and/or withdraw from the class.
- 4) **Exams** will be administered **only on the specified dates and times** (these will NOT be re-opened). No make-up exams are administered. However, the instructor reserves the right to give make-up exam because of unforeseen valid emergencies which can be officially documented in writing and notified to the instructor via email within 24 hours. Make-up work is only allowed upon presentation of valid medical or legal evidence. If make-up exam is approved and given by the instructor based on other circumstances other than valid medical or legal evidence, a student's grade will be reduced by **40 % of the grade you have finally got and extra questions on the exam cannot be graded**.
- 5) **All assignments, class activities and lab reports** will be turned in electronically via the course Canvas site unless otherwise stated. It is most beneficial to you to follow all directions carefully to maximize your opportunity to receive the highest grade possible. It is each students responsibility to know when each assignment is due, due dates are listed on the schedule and on Canvas. **NO late assignments, class activities or lab reports will be accepted** unless prior arrangements have been made with the professor.
- 6) All written work is intended to be the creation of the individual turning in the assignment, class activity and lab report; no student may use another student's work and claim it as his/her own. Correctly use referenced materials. Do not plagiarize. It is the role and obligation of each student to be aware of the University's Academic Integrity Policy (S04-12).

- 7) When communicating with the instructor via email, **you must follow the etiquette below**; otherwise the instructor reserves the right of not replying to your email.
- Be sure to include a meaningful subject line; this helps clarify what your message is about and may also help the instructor prioritize reading your email.
  - Just like a written letter, be sure to open your email with a greeting such as Hello Dr. Chang.
  - Introduce yourself (your name and what class you are taking).

### Course Assignments:

- Assignments (3) = **15 pts** (PLO #1 and #2)
  - ✓ #1: Getting to know you (1 page)  
To know about you. Questions and information will be posted on Canvas (3 pts)
  - ✓ #2: Creating motor skill/physical activities for children  
Students will learn about FMS and how to teach FMS. The purpose of this assignment is to plan most effective activities to promote motor skills for children. More information will be posted on Canvas (7 pts).
  - ✓ #3: Youth Sports  
The purpose of this assignment is to think and describe most effective strategies to prevent negative coach and parent behaviors in youth sports. More information will be posted on Canvas (5 pts).
- Class activities & Lab sessions = **125 pts** (PLO #3 and #4)
  - ✓ Class activities related to the class topic will be provided.
  - ✓ Two lab sessions will
    - help students develop knowledge about critical elements of fundamental motor skills and the ability to find errors of FMS performance.
    - provide hands-on experience regarding assessment of FMS  
*Specific information for lab sessions will be announced*
- Exams (#1= 30pts / #2= 40pts / #3= 40pts) = **110 pts** (PLO #1, #2, and #5)
  - ✓ Multiple choice questions and T/F questions. Study guide for each exam will be posted on Canvas.

**TOTAL: 250 points**

### Grading

Final course grade will be assigned according to the following scale based on the total accumulated percentage of available points during the semester.

A+ 98-100%	A 93-97%	A- 90-92%
B+ 88-89%	B 83-87%	B- 80-82%
C+ 78-79%	C 73-77%	C- 70-72%
D+ 68-69%	D 63-67%	D- 60-62%
F < 60%		

\* **No policy for rounding grades to the nearest integer.**

### University Policies

Please note that detailed information about the following information can be found at [www.sjsu.edu/gup/syllabusinfo/](http://www.sjsu.edu/gup/syllabusinfo/). Please familiarize yourself with this information.

- General Expectations, Rights and Responsibilities of the SJSU Student
- 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 Service

### Spring 2022 - Course Schedule (KIN 165)

Date	Topic	Course Resources	Assignments & Deadlines
1/26 (W)	Course introduction / Review syllabus	- <b>Zoom meeting</b>	1 <sup>st</sup> Assignment - <b>Due: 1/26 (W)</b>
1/31 (M)	Introduction to MD (Ch.1): Terms & Trends	- <b>Zoom lecture (1/31)</b>	
2/2 (W)	Introduction to MD : Stages & Models	- Reading 1 & 2 - Video resources (Models of MD)	Class activity #1 - <b>Due: 2/3 (Th)</b>
2/7 (M)	Cognitive & MD (Ch.2) : Stages of Jean Piaget's theory & Adulthood: General Theories	- Reading 1 - Video resources (Jean Piaget's theory)	
2/9 (W)	Cognitive & MD: Knowledge Development and Sport Performance	- <b>Zoom lecture (2/9)</b> - Reading 2	Class activity #2 - <b>Due: 2/10 (Th)</b>
2/14 (M)	Social & MD (Ch.3) : Self-Esteem & Social Influences on MD (Infancy to Adolescence)		
2/16 (W)	Social & MD: Social Influences on MD (Early and middle Adulthood)		Class activity #3 - <b>Due: 2/17 (Th)</b>
2/21 (M)	Social & MD: Social Influences on MD (Late Adulthood & Ageism) / Exam#1 Prep	- Readings - Video resources	Class activity #4 - <b>Due: 2/22 (Tu)</b>
2/23 (W)	<b>Exam #1</b>	<b>Ch.1, Ch.2, Ch.3</b>	<b>Canvas Exam (1:30pm)</b>
2/28 (M)	Physiological Changes (Ch.7) : Physical Activity, Fitness & Exercise		
3/2 (W)	Physiological Changes : Health & Skill -Related Physical Fitness		Class activity #5 - <b>Due: 3/3 (Th)</b>
3/7 (M)	Infant Reflexes & Stereotypies (Ch. 9)		
3/9 (W)	Infant Reflexes & Stereotypies : Primitive & Posture Reflexes	- Readings - Lecture video	Class activity 6# - <b>Due: 3/10 (Th)</b>
3/14 (M)	Voluntary Movements of Infancy (Ch.10)		
3/16 (W)	Voluntary Movements of Infancy	- Readings / Video resources	Class activity 7# - <b>Due: 3/17 (Th)</b>
3/21 (M)	Fine Motor Development (Ch.11)		
3/23 (W)	Fine Motor Development / Exam#2 Prep	- Readings / Video resources	Class activity 8# - <b>Due: 3/24 (Th)</b>
3/28 (M)	<b>Spring Break</b>	<b>No Class</b>	
3/30 (W)			
4/4 (M)	<b>Exam #2</b>	<b>Ch.7, Ch.9, Ch.10, Ch.11</b>	<b>Canvas Exam (1:30pm)</b>
4/6 (W)	Overview of Movement Skills (Ch.12 & Ch.13)	- PPT (Critical elements)	
4/11 (M)	Teaching Fundamental Motor Skill (FMS)		Class activity 9# - <b>Due: 4/12 (Tu)</b> 2 <sup>nd</sup> Assignment - <b>Due: 4/12 (Tu)</b>
4/13 (W)	FMS (Lab #1)		Lab report #1 : <b>Due: 4/14 (Th)</b>
4/18 (M)	Specialized Movement Skills 1		
4/20 (W)	Specialized Movement Skills 2	- Readings / Video resources	Class activity 10# - <b>Due: 4/21 (Th)</b>

4/25 (M)	Assessment (Ch.16)	- Reading (TGMD-3)	
4/27 (W)	Assessment of FMS	- TGMD-2: guidelines for using and interpreting the test's results	Class activity 11# - <b>Due: 4/28 (Th)</b>
5/2 (M)	FMS Assessment (Lab #2)		Lab report 2 : <b>Due: 5/3 (Tu)</b>
5/4 (W)	Youth Sports (Ch.14)		
5/9 (M)	Youth Sports	- Readings / Video resources	
5/11 (W)	Movement in Adulthood (Ch.15)		3 <sup>rd</sup> Assignment - <b>Due: 5/13 (F)</b>
5/16 (M)	Movement in Adulthood / Final Exam Review	- Readings / Video resources	
5/23 (W)	<b>Final Exam</b>	<b>Ch.12 - Ch.16, Specialized Movement Skills</b>	<b>In-Person Exam (9:45 pm)</b>

- ✓ Subject to change with fair notice.
- ✓ Changes will be announced in class and/or posted on Canvas.