

Santa Ana College
Department of Kinesiology, Health, and Athletics

Introduction to Kinesiology: KNPR 101 Course Syllabus: Tentative Plan for Fall 2021
Location & Time: W-101 T-Th 8:35-10:00am

Course Instructor: & Instructor Contacts:
Office Hrs: Online by ConferZoom via Canvas Shell when requested. Office Hrs:

COURSE DESCRIPTION:

This course provides an introduction to the interdisciplinary approach to the study of human movement. An overview of the importance of sub-disciplines in kinesiology will be discussed along with career opportunities in the areas of teaching, coaching, allied health, and fitness professions.

PRE-REQUISITE: None

STUDENT LEARNING OUTCOMES:

1. Students will be able to discuss the importance of physical activity in daily life and the implications for Kinesiology-related career opportunities.
2. Students will be able to express the nature and demands of Kinesiology-related occupations and compare and contrast the career options available to students graduating from departments of Kinesiology.
3. Students will be able to compare and contrast the many sub-disciplines of Kinesiology.

COURSE OBJECTIVES:

1. Describe the Historical, Ethical, and Philosophical Foundations of Kinesiology.
2. Describe the personal and social significance of activity in daily life.
3. Identify the basic concepts of Kinesiology.
4. Identify the relationship between performance in the movement forms of sport, dance, and exercise and the conceptual foundations of the sub-disciplines.
5. Use research/library skills to review literature and compare and contrast information from 2 or more sub-disciplines.
6. Identify the pathways and requirements for career opportunities.

REQUIRED TEXT:

1. Hoffman, S. (2009). Introduction to Kinesiology-Studying Physical Activity (3rd.ed) Champaign, IL: Human Kinetics, ISBN#: **9780736076135**
2. Later versions (4th ed. 2013 and or 5th ed. 2017) of the textbook are compatible with course organization but more expensive.

COURSE CONTENT:

1. Unit 1: Introduction to the Discipline:
 - a. Introduction to Kinesiology and Physical Activity – ch1
 - b. The Spheres of Physical Activity – ch 2
 - c. The Importance of Physical Activity – ch 3
 - d. The Importance of Subjective Experiences in Physical Activity - ch 4
2. Unit 2: Scholarly Study:
 - a. Philosophy of Physical Activity – ch 5

- b. History of Physical Activity – ch 6
- c. Sociology of Physical Activity – ch 7
- 3. Unit 3: Scholarly Study:
 - a. Motor Behavior – ch 8
 - b. Sport and Exercise Psychology – ch 9
 - c. Biomechanics of Physical Activity – ch 10
 - d. Physiology of Physical Activity – ch 11
- 4. Unit 4: Careers in Kinesiology:
 - a. Becoming a Physical Activity Professional – ch 12
 - b. Careers in Health and Fitness – ch 13
 - c. Careers in Therapeutic Exercise – ch14
 - d. Careers in Physical Education Teaching – ch 15
 - e. Careers in Coaching, Sport Instruction and Management – ch 16 & 17

COURSE EVALUATION: TOTAL POSSIBLE POINTS (450 PTS.)

Final Grades are based upon:

- a. You receive an “A” for earning between 400 & 450 points.
 - b. You receive a “B” for earning between 350 & 399 points.
 - c. You receive a “C” for earning between 310 & 349 points.
 - d. You receive a “D” for earning between 260 & 309 points.
 - e. You receive an “F” for earning 259 or fewer points.
1. Orientation is worth 25 points. 5 for emailing the instructor, 10 for syllabus quiz, 10 for introduction video
 2. Unit 1 Exam is worth 50 points.
 3. Unit 2 Exam is worth 50 points.
 4. Unit 3 Exam is worth 50 points.
 5. Unit 4 Exam is worth 50 points.
 6. Chapter Quizzes are worth 70 points.
 7. Student Selected Project is worth 75 points (Choose a OR b) Due the end of week 12.
 - a. Article Critique (Rp1). Select a peer-reviewed journal article related to the Kinesiology disciplines
 - b. Career Pathway Interview Assignment
 8. Various homework assignments are worth 80 points.
 - a. homework assignments / discussion boards are worth 10 points each.
 - b. Critical thinking and writing in response to faculty-initiated questions as well as discussion board postings. You will need to post at least 2 replies to 2 different classmate’s postings when a discussion board is opened.

STUDENTS WITH DISABILITIES:

A student with a disability, who would like to request an academic accommodation, is responsible for identifying herself/himself to the instructor and to the Disabled Student Programs and Services (DSPS). To make arrangements for academic accommodations, contact the Learning Disabilities Program in The Village, VL-204 or phone (714) 564-6264, TTY (714) 564-6284 for a referral to the appropriate DSPS Department.

LATE POLICY:

I tend to be understanding and willing to work with students who for whatever reason need some time to submit work late; however, tracking individual requests can be cumbersome and at times unfair to all students. If work is submitted late at anytime during the semester, I will subtract 10% off of the earned scored. I will accept work at

anytime during the semester (exams and quizzes are the exception, there is an open window for taking and completing the exams and quizzes.)

ACADEMIC HONESTY POLICY:

Students at Santa Ana College are expected to be honest and forthright in their academic endeavors. To falsify the results of one's research, to steal the words or ideas of another, or to cheat on an examination, corrupts the essential process by which knowledge is advanced. Academic dishonesty is seen as an intentional act of fraud, in which a student seeks to claim credit for the work or efforts of another without authorization, or uses unauthorized materials or fabricated information in any academic exercise. As institutions, we also consider academic dishonesty to include forgery of academic documents, intentionally impeding or damaging the academic work of others, assisting other students in acts of dishonesty or coercing students into acts of dishonesty.

ATTENDANCE/PARTICIPATION/QUIZES:

Attendance is mandated by the state. A student may be administratively dropped from class upon accumulating more than 3 absences; so don't miss. An absence is considered excused if it meets one of the College's sanctioned reasons (personal illness, death of an immediate family member, or a College sponsored event. If a conflict arises, simply contact me by phone prior to the start of class and you will find that I am understanding and willing to work with you. In the event of an absence, it is your responsibility to obtain notes from classmates and complete missed assignments. Noteworthy:

1. It is the student's responsibility to drop all classes in which he/she is no longer participating
2. It is the student's responsibility to drop all classes in which he/she is no longer attending
3. It is the instructor's discretion to withdraw a student after the add/drop deadline, as stated in the course schedule, you will receive a Pass or No-Pass after the deadline

COVID-19 FALL 2021 STATEMENT

The nature of the current pandemic requires awareness of everyone who is physically present in a college classroom or laboratory. In order to achieve the learning objectives of this course, it is necessary to conduct a number of laboratory exercises in-person while observing full safety protocols. Students will attend these required laboratory sessions in small groups as assigned by the instructor and must observe all safety and health precautions at all times while present. Prior to Arrival Each student must conduct self-symptom monitoring. You must be free of ANY symptoms potentially related to COVID-19.

At this time, these symptoms include:

1. Cough
2. Shortness of breath or difficulty breathing
3. Fever
4. Greater than 100 degrees
5. Chills
6. Muscle pain
7. Sore throat
8. Loss of taste or smell

If you have any symptoms: 1. You must call your primary care provider for assessment of symptoms and/or COVID-19 testing. 2. You should self-isolate until cleared by your doctor to return to class. 3. Inform your instructor and do NOT come to your class (laboratory session). During Laboratory Session The following hygiene protocols must be observed at all times: 1. Wear a face mask and other personal protective equipment as required by your instructor. 2. Regularly wash hands for 20 seconds with warm water and soap. 3. Cover coughs and sneezes. 4. Avoid touching your eyes, mouth and nose. Your instructor will provide you with 'Sanitizing Procedures' for each lab session and all students will be required to complete their part. Although not required by current State protocols we encourage

everyone to maintain 6 feet of social distancing wherever possible or practical. Important Note: All students must understand their instructor may deny them access to the class or laboratory to preserve the health and safety of other students and staff. If you are asked to go home due to symptoms, or for not following other safety rules, please leave the campus immediately. Any questions or concerns can be addressed in follow-up communication with your instructor. During this pandemic, students may be denied entrance to the campus and/or laboratory; or students may miss class due to quarantine. Should this occur, there will be alternative assignments that students will be able to complete out of the classroom to make up the assignments. There is always the possibility that the class will be required to move away from any in-person meetings and to become fully remote. Please be aware of this possibility and expect changes to lab assignments if we are required to move to remote lab instruction.