INTRODUCTION TO KINESIOLOGY
PE 114
SYLLABUS
Spring 2014 - #22841

Class Meeting: Monday and Wednesday 9:30 – 11:00 am

Location: Fine Arts 54

Instructor: Dr. Ni Bueno
Office: HPEDA Building, Office O

Phone: 562-860-2451 ext 2874
E-Mail: nbueno@cerritos.edu

Office Hours: Monday and Wednesday 2-3 pm, Tuesday 12-1 pm

Catalog Description: This introductory course is designed to provide students an overview of the study of Kinesiology. Students will study fundamental/introductory concepts associated in each area of Kinesiology, explore those concepts within research and applied contexts, and complete activities to build knowledge of the various dimensions. Theories will be studied from both sport and exercise perspectives. The application of Kinesiology content will also be discussed as it relates to professional development.

Kinesiology sub-disciplines: Sports Psychology, Motor Behavior, Biomechanics, Physiology of Exercise/Physical Activity, History of Physical Activity, Philosophy of Physical Activity, and Sociology of Sport/Physical Activity.

Student Learning Outcomes (SLOs): Upon completion of this course, students will be able to do the following:

1. The student will discuss the basic concepts of kinesiology, including terms and philosophy, from an exercise and sport movement perspective.
2. The student will evaluate the different career opportunities related to physical activity professions.
3. The student will employ the movement analysis model to evaluate athletic, dance, or fitness performance.
4. The student will recognize the importance of the historical development of physical education and sport in our society.
5. The student will question how performance is influenced by emotions, thoughts, and behavior.


Teaching Strategies: This course will involve lectures; class discussions; guest lectures; and online instruction, announcements, and discussions. Online Study Guide (OSG) access at www.HumanKinetics.com/IntroductiontoKinesiology

Additional Readings: Additional readings may be assigned. These readings will be announced in class, and further information will be made available on TalonNet.
Grades

A 225-250
B 224-200
C 175-199
D 150-174
F <149

Evaluation

Exam 1, 2, 3 (SLOs 1-5): 60 points (20 points each)
Quiz 1, 2, 3 (SLOs 1-5): 15 points (5 points each)

Assignments, Discussions, and In-Class Activities (SLOs 1-4)

In-class assignments (points will vary, usually 5 points each): 25 points
Physical Activity (PA) interviews: 10 points
Resume and career preparation assignment: 20 points
Ethics assignment: 10 points
Kinesiology Jigsaw 30 points
Kinesiology Sports 30 points
Informational interview and observation: 50 points
Exams and Quizzes

- Students who are absent on exam or quiz days will not be allowed to make up the exam or quiz unless arrangements were made prior to the absence.
- **Missing an exam or quiz without prior notice will result in a zero.**
- Students will be responsible for all class materials, which include lectures, discussions, assignments, and readings, even if the material is not covered directly in the traditional classroom or online.

Assignments

- Students who fail to complete in-class assignments because they are absent will not be allowed to make up these assignments unless arrangements were made prior to the absence.
- Students who do not complete these in-class assignments will receive a zero for each assignment missed.
- Assignments completed outside of class must be submitted during class on the assigned due date. **Students will receive a zero for all work that is not submitted by this time.**

A. Kinesiology Jigsaw
   1. You will work with your classmates to complete a peer group educational project in order to study, learn, and share fundamental Kinesiology concepts. Working in “expert” groups, you will prepare a handout to represent the core concepts of one sub-discipline in Kinesiology and then you will present your findings to a peer “novice” group.
   2. Your role in this “presentation” is the discussion leader where you instruct your peer group but also engage them in the discussion of the course content. The class text will be used as the primary information source for the assignment.

B. Resume and cover letter
   1. After finding the ‘ideal job posting’ in a kinesiology-related field, you will write a resume and cover letter to apply for the position.
   2. Feedback from the Career Center will be an additional 3 points.

C. Kinesiology Sports Project
   1. The purpose of this project is to apply what we have learned about Kinesiology to a sport. This is an evidence-based project where research of the literature will be conducted to identify and study Kinesiology concept application.
   2. Students will work in small groups to develop a handout and PowerPoint presentation which focuses on one sport and present this sport from the perspective of sport psychology, motor behavior, exercise physiology, biomechanics, pedagogy, sports history/philosophy, and sports sociology to their peers in the class.

D. Informational Interview and Observation
   1. You will apply the sub-disciplines and other information from chapters 15-19 to create your interview questions. Your interviewee should be someone who is working in the field in which you would like to pursue.
   2. Your interview will also include comments from observing your interviewee in their workplace.
All assignments and projects are expected to be typed, double-spaced, no less than 12 pt font, 1-inch margins, contain the student’s name, date, and title of the assignment, provide page numbers, in MLA format, and if more than one page, be stapled. Check with a writing tutor in the Student Success Center (www.cerritos.edu/sc).

Assignments are expected to be turned in on time (in class when due) and will NOT BE ACCEPTED AS EMAIL ATTACHMENTS on the due date or otherwise. Spelling, grammar, and the quality of writing will be considered in the grading of ALL written assignments and projects.

Discussions

This requirement involves students actively participating in class or small-group discussions.

- Some discussion dates are listed on the course schedule, whereas others will be added at a future time.
- Additional information about these discussions will be provided.
- Students are required to participate actively in the discussions (both in class and online); all students should be contributing to the dialogue.
- Students will receive a grade for their discussion involvement.
- Students who do not actively participate in these discussions will receive a zero for the discussion.
- Students who are absent from class will receive a zero if arrangements were not made prior to the absence.
- Students are expected to be respectful of one another in their discussions; foul language and inappropriate or disrespectful comments will not be tolerated.
- Student responses and comments that are deemed inappropriate will result in a zero for the discussion grade.
- Repeat violations may result in the student’s failure in the course.

Attendance Policy

General: Students are expected to attend and be actively involved in all class meetings. Attendance is required in this course.

- Three (3) absences are allowed.
- **More than three absences will result in the student’s being dropped from the course and receiving the grade of either W or F.**
- Attendance will be taken at the beginning of class—students should check-in with the instructor after class.
- A student who misses class(es) is expected to submit all work on time unless prior arrangements have been made (failure to submit work by the due date will result in a zero for the work).
- Student-athletes must make prior arrangements if missing class on the day of an exam or a day when an assignment or discussion is due.
- Failure to participate in online discussions (submit questions or responses) by the assigned dates is equivalent to being absent from a class discussion and will result in a zero for the discussion grade(s) for that day.
Exam, Observation, Project, Assignment, and Discussion Due Dates

- Students who are absent on an exam day will not be allowed to make up the exam unless arrangements were made prior to the absence.
- A student who is absent on a day that an assignment, observation, presentation, or discussion is due is responsible for submitting the assignment on that day unless arrangements were made prior to the absence.
- No assignment, observation, presentation, or discussion will be accepted late without prior arrangements (failure to submit work by the due date will result in a zero for the work).
- **Attachments of assignments/projects to an email will NOT be accepted.**
- In-class assignments and activities may not be announced in advance of a class meeting. In-class assignments and activities must be submitted before leaving the classroom unless students are instructed otherwise.
  - Failure to do so will result in a zero for the assignment or activity. Failure to attend class may result in a zero for any work missed while a student was absent from class unless arrangements were made prior to the absence.

Academic Dishonesty
Academic dishonesty is attempting to obtain credit for work by the use of any dishonest, deceptive or fraudulent means and can result in an “F”. Examples of academic dishonesty would include, but not be limited to, the following: copying, either in part or in whole, from another’s test or examination; altering a grade or interfering with the grading procedures in any course; plagiarism, which is defined as the act of taking the ideas, words or specific substantive material of another and offering them as one's own without giving credit to the source. Please see the Cerritos College handbook or ask your instructor if you have any questions or concerns regarding academic dishonesty.
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<tr>
<th>Date</th>
<th>Topic</th>
<th>Assignments/Readings</th>
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<tbody>
<tr>
<td>Week 1</td>
<td>1/13 Introduction to course</td>
<td>Syllabus and calendar</td>
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<td>1/15 Our kinesiology degree Introduction: the discipline of kinesiology; defining movement and physical activity (PA)</td>
<td>Chapter 1 (OSG);</td>
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<td>Week 2</td>
<td>1/20 MLK Holiday</td>
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<td>1/22 Kinesiology Jigsaw Project Preparation</td>
<td>Chapter 2; CDC Web site (<a href="http://www.cdc.gov">www.cdc.gov</a>)</td>
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<td>The Spheres of Physical Activity experience</td>
<td>chapter 2 OSG</td>
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<td>The Importance of Physical Activity Experience</td>
<td>Healthy People 2010 Web site (<a href="http://www.cdc.gov/nchs/hphome.htm">www.cdc.gov/nchs/hphome.htm</a>)</td>
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<td>Week 3</td>
<td>1/27 1/29 Quiz 1 Importance of experiencing PA,</td>
<td>Chapter 3; chapter 3 (OSG)</td>
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<td>Kinesiology Jigsaw Project due in Dropbox 1/31 at 11:55 PM</td>
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<td>Week 4</td>
<td>2/3 2/5 Kinesiology Jigsaw Project Presentations</td>
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<td>Week 5</td>
<td>2/10 Kinesiology Jigsaw Project Presentations</td>
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<td>2/12 Kinesiology Jigsaw Project Presentations</td>
<td>Chapter 4; chapter 4 (OSG)</td>
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<td>Week 6</td>
<td>2/19 Importance of experiencing PA; self-sufficiency (ADLs and IADLs)</td>
<td>Physical activity interviews due</td>
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<td>Chapter 4</td>
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Week 7: 2/24
Kinesiology as an integrative discipline; scholarly studies of physical activity philosophy; ethics and values

**Ethics Assignment**
Chapter 5 (No OSG due)

2/26
Exam 1, Chapters 1-4
Ethics

Week 8: 3/3
History

3/5
History

Week 9: 3/10
Sociology

**Quiz 2**
Sociology

3/12
Chapter 7 In-class group project

3/17-21
**Spring Recess**

Week 10: 3/24
Motor behavior

Informational Interview assigned

3/26
Motor behavior

Week 11: 3/31
Sport and exercise psychology - **Guest Speaker**

4/2
Sport and exercise psychology, Kinesiology Sports Project Assigned

Week 12: 4/7
Biomechanics

**Quiz 3**
Biomechanics

4/9
Kinesiology Sports Project

4/14
Kinesiology Sports Project

4/16
Week 14 4/21  Kinesiology Sports Project

4/23  Resume and cover letters; presented by career services representative

Week 15
15 4/28  Exam 2: Chapters 5-8
     Exercise physiology  Chapter 11 OSG

4/30  Exercise Physiology
      Resume and cover letter due.

Week 16
16 5/5  Exercise physiology  Informational interviews and observations due in Dropbox 5/6 at 11:55 PM

5/7  Informational interviews and observations professionals

5/12  Informational interviews and observations

5/14  Informational interviews and observations

Week 18  Exam 3: Chapters 9-11