

South Plains College
Department of Kinesiology
KINE 1301
Foundations of Kinesiology (Lecture)

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Required Text: ***Introduction to Kinesiology-Studying Physical Activity (5th Edition)*** *By Shirl Hoffman*

Course Description

This course is an introduction to the field of kinesiology (physical education), its philosophy, aims, objectives, principles, and history. Careers and the paths to those careers will be studied.

REMIND APP – I will use the REMIND APP in this course as another means of communication due to COVID 19. You do not need to download the app for this to work. To sign up for this tool, you need to text this number **81010** and send the following code as the text message

@kd3k3k

You will receive a response confirming your registration. Remind app is just another option to communicate with me if you choose to use it. I will use it periodically throughout the semester to remind the class of due dates and other useful information.

Student Learning Outcomes:

1. Discuss the meaning and philosophy of kinesiology, exercise science, and sport.
2. Discuss the role played by kinesiology, exercise science, and sport in society.
3. Understand the historical development of kinesiology, exercise science, and sport.
4. Identify careers and professional organizations related to kinesiology, exercise science, and sport.
5. Understand current and future issues facing kinesiology, exercise science, and sports professionals.
6. Discuss the qualifications needed for entering the field of kinesiology, exercise science, and sport.
7. Analyze the physical educator's role in society as a vital link to improving the quality and quantity of life for our nation's adults and children.

SPC TextBook Syllabus Statement:

TextBook Program: *This course is in the SPC TextBook program, so you do not need to purchase a textbook or access code for this course.*

- **What is TextBook?** The required textbook/digital content for this course is available to you in Blackboard from the first day of class. The charge for the textbook/digital content is the lowest price available from the publisher and bookstore and is included in your tuition.
- **How do I access my TextBook?** Your course material is in your Blackboard course from the first day of class. Access to your course material is provided either by VitalSource or other links inside your Blackboard course. VitalSource (and many publisher's) ebook features include the ability to hear the text read aloud, highlight, take notes, create flash cards, see word definitions, build study guides, print select pages, and download 100% of the book for offline access.
- **Help with TextBook issues and support:** check with your professor or visit: <https://support.vitalsource.com/hc/en-us/requests/new> (available 24/7 via chat, email, phone, and text)

- **Opting out of TexBook:** Participating in TexBook is not mandatory, and you can choose to opt out. However, by opting out you will lose access to the course textbook/digital content and competitive pricing, and you will need to purchase the required course material on your own. If you drop the class or opt-out before the opt-out deadline, the TexBook fee will be automatically refunded to your SPC account. The opt-out deadline for Fall and Spring is the twelfth-class day. The opt-out deadline for shorter terms varies between the second- and third-class day.

Please consult with your professor before deciding to opt-out.* If you still feel that you should purchase the course textbook/materials on your own, send an **opt-out email to **tfewell4texasbookcompany@gmail.com**. Include your first name, last name, student ID number, and the course you are opting out of. Once you have been opted-out, you will receive a confirmation email. If you need assistance with the process, contact the SPC Bookstore:

Email: tfewell@texasbook.com / **Phone:** 806-716-2399

Email: agamble@texasbook.com / **Phone:** 806-716-4610

Student Expectations

To acquire knowledge and build skills, students are expected to:

- Read and become familiar with the course syllabus and expectations.
- Keep up with assignments and readings.
- Ask for clarifications about material or course expectations.
- Analyze assigned readings and offer thoughtful interpretations.
- Be respectful of diverse perspectives and refrain from making inappropriate comments in discussion boards and personal interactions in class.

Blackboard is the computer software used to deliver quizzes and other class information. You must have reliable access to the Internet, Microsoft Word, PowerPoint, Excel, Adobe, etc. If you do not have a computer at home, you can access this information in a computer lab on the SPC Levelland campus and the SPC Reese campus. You will have deadlines set for you throughout the semester. If you wait until a few hours before assignments are due and have technical difficulties, they may not be corrected in time to get credit for the assignment. Have a backup plan in place should you encounter computer problems. There are open computer labs available to all enrolled SPC students on all campuses.

Course Evaluation:

- 1) There will be **Two exams (midterm & final exam)**, each worth 100 points (200 points total; 40% of your overall grade). Each exam will consist of 50-100 questions (multiple-choice, essay, fill in the blank, matching, etc.).
- 2) **Quizzes** will be given over multiple chapters in the book for a total of 11 quizzes. Each quiz is worth 15 points (165 points total; 33% of your overall grade), and they will be posted on blackboard. Each quiz will consist of multiple-choice, true-false, or essay type questions. You can only take each quiz one time, and you must finish the quiz once you begin. You will not be able to leave the quiz and return to it later. **Once you enter the quiz, you must finish!** Please use your notes and textbook to complete the quizzes. These quizzes will help prepare you for the exams.
- 3) **Two Homework Assignments** will be completed over the semester. Each homework will be worth 35 points (70 points total; 14% of your overall grade).

4) Classroom Discussion Topics/ Attendance will be completed in class and turned in, each worth up to 5 points (65 points total; 13% of your overall grade). The primary goal for the course's discussion portion assignments is to think about what you are learning critically. These will also be used to keep up with attendance.

If you accumulate six absences, you will be dropped from the course. There are no makeups allowed for this portion of your grade. Absences will be recorded in your journal for you to keep up with throughout the semester.

** I expect you to read the chapters assigned. This exposes you to the material and makes it easier for you to understand the PowerPoint slides and take good notes. Plan, and do not wait until the last minute to submit your assignments. Excuses for late work will not be accepted.

Attendance Policy: Drop Policy

Students need to inform me before an absence due to a school-sponsored activity.

I do not need doctors' notes or excuses for being absent from or late to class. If you miss six assignments or if you are tardy continuously, you will be dropped. There are no makeups for missed assignments. I will not take roll before class but make sure you're aware of how many assignments you have missed.

The instructor will make Drops for six missed assignments, tardiness, discipline, and disregard for the class guidelines. It will be the student's responsibility to drop themselves after the administrative drop day.

TWO WEEKS OF CONSECUTIVE ABSENCES = DROPPED FROM THE CLASS. This is a college policy. If you stop coming to class, you should withdraw yourself. Refer to SPC catalog pg.21

Final grades will be determined as follow:

- 2 examinations @ 100 points each: 200 points
- 11 quizzes @ 15 points each 165 points
- 2 homework assignments @ 35 points each 70 points
- Classroom discussion/ Journal/ Attendance 65 points

Total: 500

Final Grade	Point Percentage	Point Total
A	90-100%	448-500
B	80-89%	398-447
C	70-79%	348-397
D	60-69%	298-347
F	Below 60%	Below 298

Additional Information:

- A. No cell phones! No texting during class!
- B. Use the restroom before class.
- C. No headphones are allowed in class.
- D. No hoodies are allowed to be on your head during class.
- E. No sleeping. Students will be asked to leave and counted absent if they are sleeping in class. This includes putting your head down.

ADA Statement

Students with disabilities, including but not limited to physical, psychiatric, or learning disabilities, who wish to request accommodations in this class should notify the Disability Services Office early in the semester so that the appropriate arrangements may be made. In accordance with federal law, a student requesting accommodations must provide acceptable documentation of his/her disability to the Disability Services Office. For more information, call or visit the Disability Services Office through the Guidance and Counseling Centers at Reese Center (Building 8) [716-4606](tel:716-4606), or Levelland (Student Services Building) [716-2577](tel:716-2577)

I _____ have read and understand all the information on this syllabus for KINE _____.

Print name _____

Date _____

Phone # _____

Write your phone number and email legibly!!!!

E-mail _____

Are there any health issues we should be concerned about before you start this program? (Circle one)

No

If yes, please explain:

***Sign and complete this form and turn it in to the instructor.**