



## I. Instructor Information

**Instructor** Rachael Wilcox  
HKC 220  
Phone: (936) 294-2647  
[rmw017@shsu.edu](mailto:rmw017@shsu.edu) (response within 48 hours)

**Office Hours:** Monday and Wednesday by appointment only

## II. Materials & Required Texts

Siedentop, D. & van der Mars, H. (2012). *Introductions to Physical Education, Fitness, and Sport*, 8<sup>th</sup> ed.; McGraw-Hill. ISBN: 9780078095771

**Class time:** 100% ONLINE.

## III. Course Requirements

### Technical Requirements:

- Internet/Blackboard access (no tablets or other devices).
- SHSU email address; you must use your Sam email account or go through Blackboard. Emails from other email accounts will not be acknowledged.
- **For technical support contact the Help Desk at (936) 294-1950.**

Professionalism/Participation: It is expected that students be active, enthusiastic, and collegial participants during the semester. All work will be accessed and completed online via Blackboard; make sure you have access to an up-to-date computer to complete all assignments. **Late assignments will not be permitted for this course.**

Examinations and Assignments: Exams will be administered only during specified dates and will be recorded using Respondus LockDown Browser™. **Technical requirements are the responsibility of the student; technical instructions are provided on Blackboard.**

If you miss an exam, documentation will be required in order to make the exam up. Otherwise a zero will be recorded. You need to contact the instructor for approval and arrangements within 24 hours of missing the exam and provide proper documentation (i.e., doctors note).

**Email Etiquette:** Most communication about the course (general questions, questions about assignments, etc.) should be through the “Virtual Office” on Blackboard. When communicating with me via email, you must follow the etiquette below; otherwise I reserve the right of not replying to your email.

- i. Include your course number in the subject line.
- ii. Be sure to include a meaningful subject line; this helps clarify what your message is about and may also help me prioritize reading your email. If you have a question, indicate that in the subject line.
- ii. Address your instructor properly, “Hey” is inappropriate.
- iii. Use standard spelling, punctuation, and capitalization. Do not use all caps, avoid abbreviations, and do not use emoticons.
- iv. Write clear, short paragraphs and be direct and to the point; I consider your email communication as business.

**Electronic submission of assignments:** **Assignments must be submitted to Blackboard.** Assignments must conform to the guidelines below:

- i. Submitted in a **.docx** format unless other formats are specified as being allowed.
- ii. Files not conforming to the above will not be graded and will receive a 0 (zero).
- iii. Check to make sure the file attachment went through. If the attachment is not there, the assignment will be considered late. If you do not see a piece of paper by your name, the file did not attach.
- iv. Do not wait until the last minute to submit your assignment. If you are unable to upload the assignment, it will be considered late.
- v. Some assignments will utilize SafeAssign. This will be set up through Blackboard and does not require additional steps on your part.
- vi. Assignments must be presented in a visually appealing manner (meaning, easy to read and follow) using APA 6<sup>th</sup> edition as a guideline.

*KINE 1331 is a required course for the Degree of Kinesiology. This course is NOT required for non-Kinesiology majors or minors; you can choose to take this course as an elective but the course focuses on the Kinesiology field and associated careers.*

The course will be divided into three areas:

- Nature and scope of physical education, exercise science and sport;
- Foundations of physical education, exercise science, and sport;
- Career opportunities, issues and challenges.

This course serves as a base for all kinesiology courses. Units will include historical development, philosophical implications, physical fitness, scientific bases of movement, and educational values of kinesiology and career path options. *Credit 3.*

On completion of this course, the student will be able to:

1. Describe the primary organizations that provide leadership in the various areas of interest related to kinesiology and sport.
2. Explain the sub-discipline areas related to kinesiology, exercise science, and sport.
3. Recognize the history of kinesiology (physical education), including the impact that various cultures have had on the development of this discipline.
4. Identify various leaders, both past and present, who have had or are having an impact on the various sub-disciplines related to the areas of interest.
5. State the impact that legislation has had on the profession, especially Title IX.

6. Explain various factors, which have contributed to changes in the profession (e.g. political, social, economic, religious, etc.).
7. Describe the physiological and psychological impact that various forms of movement can have on an individual or group.
8. Discuss the role of movement on the total development of the individual, especially within the confines of an educational system, but including young adults, middle age and the elderly.
9. Assess the personal satisfactions and rewards to be gained from working in the profession.

## **V. Assessment and Evaluation of Learning Objectives**

The course evaluation will be based on written tests and assignments. Tests will be mostly multiple choices. The approximate breakdown for the components of the evaluation will be as follows:

### ***Assignment #1 - Student Introduction***

Student Introduction (10 points)	5%
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### ***Assignment #2 – Online Discussions & Journal Entries***

Participation in Four Online Discussions (15 point each)	20%
Four Journal Entries (10 points each)	

### ***Assignment #3 – Career Research Project***

Topics and Sources (10 points)	25%
Professional Interview (50 points)	
Career Research Paper (50 points)	

### ***Examinations***

Four Examinations (50 points each)	50%
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**100%**

**Cut-offs for grades will be (percentage of total points):**

A= 89% or better

B= 78 to 88%

C = 66 to 77%

D = 54 to 65%

F = less than 53%

## VI. Examinations

### Exams

The four exams will cover general topics encountered in the assigned readings. The exam format will be a combination of multiple choices and true/false. Exams will be administered online via Blackboard and will be given during designated dates and will be timed, requiring Respondus LockDown Browser™.

Note: Examinations are to be taken by students independently; collaboration with other students is not permitted. Students caught collaborating on exams will result in automatic failure of this course.

### Exam Due Dates

Section	Chapters	Topic	Open Date	Due Date (by 11:00PM)
Part I	Chapters 1-3	The Current Context and Evolution of Physical Activity	Aug. 26	Sept. 15
Part II	Chapters 4-6	Physical Education	Sept. 16	Oct. 6
Part III	Chapters 7-9	Fitness	Oct. 7	Oct. 27
Part IV	Chapters 10-12	Sport	Oct. 28	Dec. 1

## VII. Course Assignments (*detailed guidelines will be posted for each assignment on Blackboard*):

### 1. Assignment #1: Student Introduction - total 20 points or 5%.

Students will post an introduction video highlighting their interests within the kinesiology field. Explain why you have chosen the kinesiology field as a career path and what you hope to do professionally after you graduate. State your major, if applicable, and expected graduation date. If you are not a kinesiology major then explain why you are taking the class and what you hope to get out of the course. **Student Introductions are due Friday by Sept. 1st by 11:00PM.**

### 2. Assignment #2: Four Online Discussions & Four Journal Entries – total of 100 points or 20%.

**Online Discussions (60 points):** There are a total of four online discussions scheduled throughout the semester; students will be expected to participate in all discussions. The grade will be based on participation (rubric provided on Blackboard) and each discussion is worth up to 15 points each. The four scheduled online discussion due dates are provided below.

**Journal Entries (40 points):** Students will be required to write in a journal during each of the four sections of this course. Journal entries can be anything related to the content covered or the assignments within each section; entries must be a minimum of 300 words. The journal entries give students an opportunity to reflect upon their experiences in this online course. Journal entries are private and will only be viewed by the instructor. There are a total of four journal entries, each worth up to 10 points.

***Scheduled Online Discussions***

<b><i>Topic</i></b>	<b><i>Online Discussion</i></b>	<b><i>Start Date</i></b>	<b><i>Due Date (by 11:00PM)</i></b>
<b><i>History &amp; Evolution of Kinesiology (Ch. 1-3)</i></b>	<b>Discussion 1</b> - Participate at least once each week during this period, three posts required	Sept. 2	Sept. 15
<b><i>Physical Education (Ch. 4-6)</i></b>	<b>Discussion 2</b> - Participate at least once each week during this period, three posts required	Sept. 16	Oct. 6
<b><i>Fitness (Ch. 7-9)</i></b>	<b>Discussion 3</b> - Participate at least once each week during this period, three posts required	Oct. 7	Oct. 27
<b><i>Sport (Ch. 8-10)</i></b>	<b>Discussion 4</b> - Participate at least once each week during this period, three posts required	Oct. 28	Nov. 17

**3. Assignment #3: Career Research Project– total of 110 points or 25% (10 points for topic and sources, 50 points for professional interview, and 50 points for research paper).**

Students will research a kinesiology related profession or an area of interest within the kinesiology field (e.g., physical therapist, athletic coach, personal trainer, etc.). Additional topics will be considered with approval of the instructor. The project will serve as a basis for career exploration within the kinesiology field. There are two parts of the career research project: the professional interview and the career research paper.

***Topics and Sources (10 points)***

Students will research a career (e.g., physical therapy, athletic coaching, physical education teacher) within the kinesiology field or a profession they hope to pursue following graduation. Additional topics will be considered with approval of the instructor. The project will serve as a basis for career exploration within the kinesiology field. A minimum of five sources is required for the research paper, including a professional interview. Students will submit their chosen topic and the five sources that will be used within the research paper.

***Professional Interview (50 points)***

The interview assignment will allow you to get first-hand knowledge of your chosen profession. This assignment requires that you talk to a person who is actually working in the field. Following the interview, students will provide a report containing both the questions and answers (paraphrased) from the professional interview. The main goal of this interview is to gain a general understanding of the type of work you might be performing in the future.

***Research Paper (50 points)***

The research paper should focus on the specific criteria required for a career in the chosen field. You should include the educational requirements including internships; certifications if any, additional training or preparations, and information related to the general path to pursuing this career (e.g., salary, job outlook, progressions in field, etc.). There are several resources you should utilize in your research including the Student Advising and Mentoring (SAM) Center, Career Services, Newton Gresham Library, O\*Net, internet, and any other reliable sources you might find.

The research paper is a *brief* report of the requirements for the field. APA formatting is required; the paper must be three (3) pages in length but no more than five (5), using Times New Roman 12 point font, and 1" margins. A reference list is required (at least five references, including the professional interview. Also, for areas where you obtain information from outside sources (e.g., internet resources, library resources, etc.), it is expected that the sources will be correctly cited using APA format.

Papers received that are not correctly cited, will be assumed to be copied from another place or otherwise suspected of plagiarism will *at minimum* receive no credit for that portion of the paper. If it is corrected by the final draft of the paper, you will not be penalized for that final paper. If you have any questions about how to do this that have not been answered by those resources provided above, please feel free to ask me *before turning in your paper*. Specific guidelines for Career Research Paper are posted on Blackboard under Assignment #3.

### ***Career Research Project Timelines***

<b><i>Career Research Project</i></b>	<b><i>Description</i></b>	<b><i>Due Date</i></b>
<i>Topics and Sources</i>	Choose career topic and provide five sources to be used within career research paper	Oct. 20
<i>Professional Interview</i>	Conduct professional interview with someone in the field you plan to pursue.	Nov. 3
<i>Career Research Paper</i>	Submit your final research paper on Blackboard; research papers will be submitted to Turnitin.	Nov. 22

**Assignments are due by 11:00PM of the assigned day unless otherwise specified in the syllabus. No late assignments will be accepted. Assignment dates and specifications are subject to change per instructor. If there is a change you will be informed on Blackboard.**

### **Written work should:**

- Be clear, well organized, and concise and free from grammatical and spelling errors.
- Be typed using Times New Roman 12 point font, double spaced, and 1 inch margins on left and right, with name, date, course in upper right hand corner. Paginate with page number in upper right hand corner and a staple in upper left corner. Cover pages are required on all assignments.
- Demonstrate a thorough analysis and include supporting evidence from course readings and additional resources (citations must be provided).
- Use 6<sup>th</sup> edition APA format.

### **NOTE:**

1. Papers are due on the date printed in the course outline unless otherwise notified.
2. Late work **WILL NOT** be accepted unless pre-approved by the instructor
3. Make-up exams **WILL NOT** be given unless pre-approved by the instructor.
4. The syllabus is subject to change pending notification.

## **VII. SHSU Policies**

### **1. Student Absences on Religious Holy Days (AP 861001)**

Section 51.911(b) of the Texas Education Code requires that an institution of higher education excuse a student from attending classes or other required activities, including examinations, for the observance of a religious holy day, including travel for that purpose. Section 51.911 (a) (2) defines a religious holy day as: "a holy day observed by a religion whose places of worship are exempt from property taxation under Section 11.20...." A student whose absence is excused under this subsection may not be penalized for that

absence and shall be allowed to take an examination or complete an assignment from which the student is excused within a reasonable time after the absence.

University policy 861001 provides the procedures to be followed by the student and instructor. A student desiring to absent himself/herself from a scheduled class in order to observe (a) religious holy day(s) shall present to each instructor involved a written statement concerning the religious holy day(s). The instructor will complete a form notifying the student of a reasonable timeframe in which the missed assignments and/or examinations are to be completed.

<http://www.shsu.edu/dotAsset/0953c7d0-7c04-4b29-a3fc-3bf0738e87d8.pdf>

## **2. Students with Disabilities (AP 811006)**

It is the policy of Sam Houston State University that individuals otherwise qualified shall not be excluded, solely by reason of their disability, from participation in any academic program of the university. Further, they shall not be denied the benefits of these programs nor shall they be subjected to discrimination. Students with disabilities that might affect their academic performance should register with the Office of Services for Students with Disabilities located in the Lee Drain Annex (telephone 936-294-3512, TDD 936-294-3786, and e-mail [disability@shsu.edu](mailto:disability@shsu.edu)). They should then make arrangements with their individual instructors so that appropriate strategies can be considered and helpful procedures can be developed to ensure that participation and achievement opportunities are not impaired.

SHSU adheres to all applicable federal, state, and local laws, regulations, and guidelines with respect to providing reasonable accommodations for students with disabilities. NOTE: No accommodation can be made until a student registers with the Services for Students with Disabilities.

<http://www.shsu.edu/dotAsset/187f9029-a4c6-4fb4-aea9-2d501f2a60f3.pdf>

## **3. Class Attendance (AP 800401)**

Each instructor is obligated to clarify her/his classroom policy regarding absences in writing to each student enrolled in class at the beginning of the semester. Each faculty member will announce to her/his class the policies for accepting late work or providing make-up examinations.

A student shall not be penalized for three or fewer hours of absences when examinations or other assigned class work have not been missed. Class absences will be counted only from the actual day of enrollment for the individual student in that specific class.

<http://www.shsu.edu/dotAsset/b719129b-9593-424f-9d5a-920e2eda6890.pdf>

## **4. Student Absence Notification Policy (Dean of Students)**

Distinction between non-emergency and emergency absences; included in this link is the Absence Notification Request Form: <http://www.shsu.edu/dept/dean-of-students/absence.html>

## **5. Use of Telephones and Text Messengers in Academic Classrooms and Facilities (AP 100728)**

Each course syllabus must contain a policy statement as to the disposition of telephones and text messages (1) in the classroom, (2) during testing periods, and (3) for emergency considerations.

<http://www.shsu.edu/dotAsset/6d35c9c9-e3e9-4695-a1a1-11951b88bc63.pdf>

## **6. Procedures in Cases of Academic Dishonesty (AP 810213)**

Students are expected to engage in all academic pursuits in a manner that is above reproach. Students are expected to maintain honesty and integrity in the academic experiences both in and out of the classroom. Any student found guilty of dishonesty in any phase of academic work will be subject to disciplinary action. The University and its official representatives may initiate disciplinary proceedings against a student accused of any form of academic dishonesty including but not limited to, cheating on an



examination or other academic work which is to be submitted, plagiarism, collusion and the abuse of resource materials.

<http://www.shsu.edu/dotAsset/728eec25-f780-4dcf-932c-03d68cade002.pdf>

Allegations of **student misconduct**, as defined in paragraph 5.2, Chapter VI of the *Rules and Regulations*, Board of Regents, The Texas State University System, and Sam Houston State University *Student Guidelines*, published by the Dean of Students' Office, will be referred to the Dean of Students' Office for necessary action. Dean of Students: <http://www.shsu.edu/dept/dean-of-students/>.

### **7. Academic Grievance Procedures for Students (AP 900823)**

Academic grievances include disputes over course grades, unauthorized class absences/tardiness, suspension for academic deficiency, instructor's alleged unprofessional conduct related to academic matters, graduate comprehensive and oral exams, theses and dissertations, and withdrawal or suspension of privileges related to degree-required clinical rotation, internships, or other clinical service delivery in professional degree programs.

If the dispute is determined to be based upon professional judgment, the aggrieved student is entitled to have, as appropriate and in turn, the department/school chair, College Academic Review Panel, academic dean, Dean of Graduate Studies (for graduate student issues), and Provost and Vice President for Academic Affairs form an opinion about the dispute and so advise the individual(s) involved.

<http://www.shsu.edu/dotAsset/0bb1346f-b8d6-4486-9290-dba24123d0d8.pdf>

### **8. Visitors in the Classroom**

Only registered students may attend class. Exceptions can be made on a case-by-case basis by the professor. In all cases, visitors must not present a disruption to the class by their attendance. Students wishing to audit a class must apply to do so through the Registrar's Office.

### **Additional Resources:**

All SHSU Policies: <http://www.shsu.edu/intranet/policies/>

Student Guidelines <http://www.shsu.edu/students/guide/>