

KINE 5372- YOUTH FITNESS

FALL 2017

KINE 5372 is a required course for Master's degree in Kinesiology in Sport and Human Performance.

College of Health Science

Department of Kinesiology

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Text/Readings:

Smith, A.J. and Biddle, S.J.H. (2008). Youth Physical Activity and Sedentary Behavior: Challenges and Solutions. Human Kinetics.

Course Description:

This course is designed to provide the student with specific background and knowledge in how to appropriately plan programs geared to improving the fitness of youth. Central to this course is the development of an attitude that perceives youth fitness as a significant part of the school curriculum. This course will prepare individuals to promote youth fitness in an effective and scientific manner throughout the community.

Course Format:

Essential to the class is gaining factual knowledge (terminology, classifications, methods, trends). Important components of the class include developing specific skills, competencies, and points of view needed by professionals in the field most closely related to this course, acquiring skills in working with others as a member of a team and acquiring an interest in learning more by asking questions and seeking answers

Standards Matrix:

Objectives/Learning Outcomes	Activities (* indicates field-based activity)	Performance Assessment	Standards: <ul style="list-style-type: none"> • <u>State Standards</u> • <i>Specialty Organization Standards</i> • <u>Conceptual Framework #</u>
Identify the importance of youth fitness	Lecture, Discussion	Written exam,	
Identify the problems that lack of fitness in youth creates for American society	Lecture, Discussion	Written exam	
Identify common misconceptions regarding exercise and nutrition for children	Lecture, Discussion	Written exam	
Understand the importance of family and social support in the problem of youth fitness	Lecture, Discussion	Written exam	
Applies knowledge of problems in youth fitness in written form	Individual Writings	Original Paper	
Understand various injuries that can occur in the human body (specifically child) through motion and activity	Lecture, Discussion	Written exam	
Present a project to analyze or address the problem of youth fitness in our schools/homes.	Group Presentation	Group project/ presentation	

Web address for state standards: N/A

Web address for *specialty organization standards*: N/A

Web link for Conceptual Framework: N/A

Course Content:

- I) Conceptualization of Youth Physical Activity and Sedentary Behavior
 - A) Definition and Measurements
 - B) Youth Health Outcomes
 - C) Socio-historical analysis of U.S: Youth Physical Activity and Sedentary Behavior
 - D) Conceptual Perspectives
 - E) Critical assessment of ethics of youth physical Activity and Research
- II) Developmental and Psychological Factors in Youth Physical Activity and Sedentary Behavior
 - A) Bio-cultural Factors in Developing Physical Activity Levels
 - B) Youth Attitudes
 - C) Motivational Characteristics
 - D) Role of Self
 - E) Youth with Movement Difficulties
- III) Social and Contextual Factors in Youth Physical Activity and Sedentary Behavior
 - A) Family
 - B) Peers
 - C) Physical Activity Levels During the School Day
 - D) Organized Sport and Physical Activity Promotion
 - E) Community Out of School Physical Activity Promotion
 - F) Living Environments
 - G) Economic Principles
 - H) Culturally Appropriate Research and Interventions

Course Requirements:

Because this is an on-line class, requirements for the class (besides the listed assignments) are minimal:

- 1) Frequent access to Blackboard on SHSU website
- 2) Emails kept up to date

Evaluation:

Exams: 2 exams x 100 points each, (Midterm and Final) (200 points)

Subjective questions with student responses submitted on-line.

Project/Presentation - 100 Points (Collaborative)

Students will be asked to develop a comprehensive youth fitness program that would be easily administered in a school or commercial setting. You will be assigned to a group of between three and four students for this project. Focus will be on initial budget, timeline, activities, personnel, focus group, start up, marketing and other pertinent information. All groups must complete some format of presentation (either Powerpoint or video) outlining their project. Groups will be assigned by the instructor, and groups will be formed by the second week of the semester. All topics/programs must be approved by the instructor. Presentations will be due towards the latter part of the semester. Specific information will be discussed in the Project Video. Grading: 75% on presentation and 25% on peer and self-evaluations

Research Paper – (100 points)

Students must turn in a 7-9 page (content) 1 ½ spaced typed original paper summarizing a topic of interest in youth fitness/competition. Students are advised to remember the university's policy on academic honesty and plagiarism. All topics must be approved by the instructor. The presentation and paper may NOT be over the same topic. APA format must be followed. Further information including due date will be discussed in the Research Paper Video.

Grading: Rubric to be posted

Article review, 2 articles at 50 points each (100 points)

Students will be asked to obtain and review a journal article dealing with a facet of youth fitness discussed in class – all articles must be approved by the instructor before review. Reviews must consist of a two page comprehensive examination of events, interventions, importance or otherwise significance of the article and how it relates to youth fitness. You are encouraged to locate articles that have some significance to you! Further information will be in the Article Review Video.

Discussion board Participation (100 points)

Students are expected to listen to the short video lectures and respond to the introduction and discussion questions that will be posted on line. Discussion boards are open ONLY for the week of the Module (generally Monday AM to Sunday PM). Expectation is a minimum of one original post and two responses to others post each module. Because there will be 11 modules with Discussion Boards, we will drop the lowest participation during the semester. Further information will be in the Discussion Board Video.

Summative Evaluation

540-600 Points	A
480-539 Points	B
420-479 Points	C
Less than 420 Points	F

Academic Dishonesty

According to Sam Houston State University's Academic Dishonesty statement, *"All 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."*

To help facilitate this endeavor, faculty may employ one or more of the following tools:

Test Protection:

ProctorFree

Sam Houston State University licenses ProctorFree, an on-demand, automated online proctoring service that deters cheating in an online testing environment and provides student identity verification at no cost to the learner. To learn more about this integration, [click here](#).

Respondus Lockdown Browser

Respondus LockDown Browser® is a custom browser that locks down the testing environment within Blackboard. When students use Respondus LockDown Browser they are unable to print, copy, go to another URL, or access other applications. When an assessment is started, students are locked into it until they submit it for grading. Available for Windows, Mac and iOS. To learn more about this integration, check out the student's [Respondus Lockdown Browser page](#).

Plagiarism Detection

Blackboard SafeAssign

SafeAssign compares submitted assignments against a set of academic papers to identify areas of overlap between the submitted assignment and existing works. SafeAssign is based on a unique text matching algorithm capable of detecting exact and inexact matching between a paper and source material. Submissions are compared against several databases:

- **Internet:** Comprehensive index of documents available for public access on the internet.
- **ProQuest ABI/Inform database:** More than 1,100 publication titles and about 2.6 million articles from 1990 to present time, updated weekly (exclusive access).
- **Institutional document archives:** Contains all papers submitted to SafeAssign by users in their respective institutions.
- **Global Reference Database:** Contains papers that were volunteered by students from Blackboard client institutions to help prevent cross-institution plagiarism.

For more information on this resource, [click here](#).

Turnitin

[Turnitin](#) is web-based plagiarism detection software owned by Turnitin.com, Inc., and is available to instructors at Sam Houston State University via a Blackboard Building Block integration. Turnitin can be used as a deterrent, but can also act as an educational tool to teach students how to work with sources and to improve paraphrasing and quoting skills. The repository to which papers are compared for originality currently consists of three primary databases:

- Both a current and an extensively archived copy of the publicly accessible Internet
- Commercial pages from books, newspapers, and journals
- Student papers already submitted to Turnitin

STUDENT ABSENCES ON RELIGIOUS HOLY DAYS POLICY

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. 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). This request must be made in the first fifteen days of the semester or the first seven days of a summer session in which the absence(s) will occur. 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.

STUDENTS WITH DISABILITIES POLICY

It is the policy of Sam Houston State University that no otherwise qualified individual with disabilities shall, solely by reason of his/her handicap, be excluded from the participation in, be denied the benefits of, or be subjected to discrimination under any academic or Student Life program or activity. Students with disabilities may request help with academically related problems stemming from individual disabilities from their instructors, school/department chair, or by contacting the Chair of the Committee for Continuing Assistance for Disabled Students and Director of the Counseling Center, Lee Drain Annex, or by calling (936) 294-1720.

AMERICANS WITH DISABILITIES ACT

SHSU adheres to all applicable federal, state, and local laws, regulations, and guidelines with respect to providing reasonable accommodations for students with disabilities. Students with disabilities that may affect adversely their work in this class should register with the SHSU Counseling Center and talk with their University supervisor and classroom mentor teachers about how they can help. All disclosures of disabilities will be kept strictly confidential. NOTE: no accommodation can be made until registration with the Counseling Center is complete.