Welcome to Kinesiology!

Winter 2015
Section: 15137  Dates/Times: Wed. 9:00 AM – 12:00 PM
Add/Withdrawal Deadlines: Check with Admissions & Records

I look forward to working with you in this course! Please review the following information/syllabus and feel free to email me if you have questions. More information can be obtained from our Blackboard website which you can link to via: bb9.canyons.edu

Once there, follow these instructions for logging in:

Students General Connection Information:

<table>
<thead>
<tr>
<th>URL:</th>
<th><a href="http://bb9.canyons.edu">http://bb9.canyons.edu</a></th>
</tr>
</thead>
<tbody>
<tr>
<td>Username:</td>
<td>7 digit student identification number (i.e.: 0001234)</td>
</tr>
<tr>
<td>Password:</td>
<td>“student” (no quotation marks)</td>
</tr>
<tr>
<td></td>
<td>Click on the “Health Education” course in your list.</td>
</tr>
</tbody>
</table>

First Login:
Blackboard uses a username and password authentication model. If for some reason you forget your password, the only way to gain access to your account is to have your password reset. The reset process can take between 24 and 48 hours to complete. To avoid the need to use this process, Blackboard provides a method of emailing your account information (username and password) to your email address. The only email address Blackboard 9 will use is your CANYONS EMAIL ADDRESS!!! You cannot change it to your personal email address, but you may be able to push email sent to your Canyons address to your personal address.

Your BB site will default to the announcements page. Follow the directions in the first announcement carefully or risk being dropped from the course.

The Blackboard site will be available **on the first day of the course**. Students who fail to log-in to the Blackboard site by **the deadline stated in the first announcement** will be dropped from Blackboard – no exceptions!

You will be responsible for dropping formally through the office or admissions or risk receiving an ‘FW’ in the course!
KPET 200
INTRODUCTION TO KINESIOLOGY

INSTRUCTOR: Lisa Hooper, MA
TELEPHONE: 661-259-7800 ext. 3471
EMAIL: lisa.hooper@canyons.edu
OFFICE: EPEK-125
OFFICE HOURS: W 12-1 or by appointment

COURSE DESCRIPTION
This course is intended to provide the student with a survey of the fields of kinesiology and physical education. Topics will include but not be limited to: exercise physiology, sports nutrition, biomechanics, physical and occupational therapy, athletic training, pedagogy or teaching, adapted physical education, motor learning and control, and sport and exercise psychology. Career opportunities will be discussed. Students who are considering a course of study or career in the field of kinesiology and/or physical education are best suited for this course.

By the end of this course, students will be able to:

Delineate, compare, and contrast the various disciplines within kinesiology.

Objectives:
1. Describe the nature and scope of kinesiology as a profession and an academic discipline.
2. Discuss and appreciate the role of kinesiology in society.
3. Differentiate between the basic anatomical, biomechanical, and physiological foundations of kinesiology.
4. Explain the basic psychological foundations of kinesiology. Analyze the relationship between sport experience and education.
5. Examine the scope of educational preparedness for teaching and coaching.
6. Evaluate the job market for career opportunities in kinesiology.

TEXT

BLACKBOARD
This class will have an online site where students will always have access to their grades, syllabus, class schedule, exams, and discussion boards. To log-in, go to:

bb9.canyons.edu
Username: 7-digit student identification number.
Password: “student” (until or unless you change it)
EMAIL
All communication in this class will take place in two forums: Blackboard and MyCanyons email. I will post announcements in BB and have those announcements emailed to you, but they will be sent automatically to your my.canyons.edu email address. You must check this address regularly or push email from this address to an address you regularly check. You cannot change your default email address in BB. I will not respond to student email unless it comes from a my.canyons.edu address.

ATTIRE
Occasionally students will be asked to come to class in workout attire. The laboratories/activities in this field are physical in nature and require human subjects. All students will participate in laboratories while volunteers will be taken for the more arduous activities. In this class, we will often learn by doing (kinesthetically 😊!)

GRADES
Your grade in this course will be determined by your performance on four (4) of five (5) exams, five (5) of six (6) discussion boards, 13 quizzes, a laboratory, and a presentation. THE LABORATORY CANNOT BE MADE-UP!! The lowest exam and discussion board score will be dropped and not calculated into the final grade. Therefore students may choose not to take one exam and/or complete one discussion board, rendering those assignments “dropped” scores. A standard 10% scale will be used for the determination of grades.

<table>
<thead>
<tr>
<th>Component</th>
<th>Points</th>
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<tbody>
<tr>
<td>Exams (4)</td>
<td>400</td>
</tr>
<tr>
<td>Discussion Boards (5)</td>
<td>100</td>
</tr>
<tr>
<td>Quizzes</td>
<td>130</td>
</tr>
<tr>
<td>Fitness Lab (1)</td>
<td>100</td>
</tr>
<tr>
<td>Presentation</td>
<td>180</td>
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<tr>
<td><strong>Total</strong></td>
<td><strong>910</strong></td>
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EXAMINATIONS
All examinations are taken online in Blackboard. Students with experience in online exam-taking and Blackboard should have no problems. Students new to online coursework and/or who are unfamiliar with Blackboard are encouraged to take their exams on campus in the TLC (Tutoring, Learning, & Computing Lab). Check the college website for hours. Examinations will be re-set ONE TIME for technical difficulties. Thereafter, examinations will only be re-set if an email is received from the TLC staff.

PRESENTATION
You will choose someone in the profession you are considering (field of kinesiology) to shadow and interview. “Shadow” means follow them through their workday and observe. You will be given a set of questions to ask them in your interview, but you will need to ask questions of your own to receive full credit. You will report what you learned via both a typed synopsis (submitted to the instructor) and an oral presentation with visual aids. Each oral presentation should last approximately 5-7 minutes. Your presentation is worth 180 points; students who attend all presentations will earn 15 points extra credit. A more detailed rubric is provided in Blackboard, but here is the basis for your grade on the presentation:

- **CONTENT** = 55%
- **VISUAL AIDS** = 27%
- **OVERALL IMPRESSION** = 17%
EXTRA CREDIT
There will be a maximum of two other opportunities to earn extra credit over the course of the semester, each worth a possible 20 points. Students may review pertinent literature to the field of study, or participate in a practical assignment related to the field. Only students who have completed the first four (4) exams, or 3 of the first 4 exams AND the laboratory will be eligible for extra credit. Prior approval of the instructor is required.

CLASS ATTENDANCE
College of the Canyons' attendance policy states that a student may be dropped A) for failure to attend the first class meeting, and/or B) absences totaling the number of class sessions in one week. Enforcement of these policies is at the discretion of the instructor. In this course, students are generally only dropped at the beginning of the semester when/if room is needed for students attempting to add. Students, who stop attending this or any other course, should officially withdraw through the Office of Admissions or risk earning an “FW”.