Welcome to Kinesiology!

KPET 200 Introduction to Kinesiology
~FALL 2017~
SECTION: 29499
DATES/TIMES: T 9:30-10:50, WPEK 108

This class is in a HYBRID format

ADD/WITHDRAWAL DEADLINES: Check with Admissions & Records

I look forward to working with you in this course! Please review the following information and feel free to email me if you have questions.

College of the Canyons has moved to a new learning management system called CANVAS. You can log-in to Canvas with the following link:
https://www.canyons.edu/Offices/DistanceLearning/Pages/canvas Access.aspx

Important Log-In Information:

<table>
<thead>
<tr>
<th>USERNAME</th>
<th>Your MyCanyons username (for example, jdsmith)</th>
</tr>
</thead>
<tbody>
<tr>
<td>PASSWORD</td>
<td>students</td>
</tr>
</tbody>
</table>

**Once you log in, you should change your password to something unique that you will remember.

THE CANVAS SITE WILL BE AVAILABLE ON THE FIRST DAY OF THE COURSE. STUDENTS WHO FAIL TO LOG-IN TO CANVAS BY THE DEADLINE STATED IN THE FIRST ANNOUNCEMENT WILL BE DROPPED FROM THE CANVAS COURSE—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: Garrett Rieck, MA
EMAIL: garrett.rieck@canyons.edu
OFFICE: WPEK-208
OFFICE HOURS: Monday, 12:20 to 1:00 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.
COMMUNICATION
All communication in this class will take place in two forums: Canvas and MyCanyons email. I will post announcements in Canvas. You are responsible for all information posted in announcements. Your best way to reach me will be via the Canvas inbox, but should you choose to email me, please note I can only respond to email from your MyCanyons email account.

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 13 quizzes, six (6) of seven (7) discussion boards, a laboratory, a shadowing project/presentation, and a final exam. THE LABORATORY CANNOT BE MADE-UP!! The lowest discussion board score will be dropped and not calculated into the final grade. Therefore students may choose not to complete one discussion board, rendering that DB the “dropped” score. A standard 10% scale will be used for the determination of grades.

IN CLASS PARTICPATION = 75 PTS
QUizzes (14) = 150 PTS
DISCUSSION BOARDS 11) = 200 PTS
FITNESS LAB (1) = 100 PTS
PRESENTATION = 150 PTS
FINAL EXAM = 200 PTS
TOTAL = 875 PTS

All assessments (quizzes and final exam) are taken in Canvas.

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 150 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 = 80/150 points or 53.3%
VISUAL AIDS = 40/150 points or 26.6%
OVERALL IMPRESSION = 30/150 point or 13.3%
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”.