Kin 1610 – 01 (1485)
Introduction to Kinesiology
Spring, 2014
Mon/Weds 12:00pm-1:50pm
Room: AE 0379

Course Outline

Instructor

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Email: vincent.liardi@csueastbay.edu
Office: Physical Education Bldg. Room 133
Office hours: Monday: 2:00pm - 4:00pm, Tuesday 10:00am - 12:00pm

1. Course information

1.1 Course Description
The study of human movement from a humanities, social science, and life science perspective. Topics: history; biomechanics/exercise physiology; skill learning; psychological/sociological factors. Career opportunities: health fields (i.e., physical and occupational therapy); exercise professions (i.e., rehabilitation and wellness); educational (i.e., teaching and coaching).

1.2 Aims and context
Kinesiology is the science of human movement, applying the latest evidence-based research to improve function, health, and wellness of people in all settings and populations. This course is designed for kinesiology majors who are interested in making a difference in their own life and the lives of others. The objective of this course is to provide you with a broad understanding of the sub-disciplines of kinesiology.

1.3 Prerequisites
Prerequisites: None

Comment [VL1]: Will the new cluster group technically be classified as kin majors yet?
2 Student learning outcomes

At the completion of this unit, students will be able to:

1. Define kinesiology and discuss its importance as well as its objectives.
2. Critically analyze theories contained within kinesiology.
3. Describe and understand the various kinesiology categories, including but not limited to: epidemiology, anatomy & physiology, philosophy of physical activity, history of physical activity, sociology of physical activity, athletic injuries, biomechanics of movement, motor learning & control, psychological principles of kinesiology, the relation of food & nutrition to physical activity, sport management, and coaching.
4. Obtain a thorough understanding of the numerous career opportunities associated with kinesiology, and how each of these careers can make a meaningful difference.
5. Develop critical thinking skills, through analysis of video and print media.
6. Apply learned theoretical principles to everyday experiences.
7. Evaluate and discuss national and other organizational recommendations for exercise and fitness within the US, while contrasting these with various international statuses of health & well-being.
8. Grasp the rudimentary principles of kinesiology research.

3 Learning and teaching activities

3.1 Lectures

This class will consist of a lecture format, with the addition of in-class discussions on: a) print material relating to healthy living, fitness, and contemporary sociocultural topics relating to kinesiology and b) video clips relating to the field of kinesiology. PowerPoint presentations will not be posted on blackboard. This is meant to encourage attendance and develop professional note-taking skills. Class attendance is critical for success, as all exam content will be presented during lecture hours.

3.2 Class Participation

Everyone must contribute to make the unit of study a successful experience. Students should complete the reading materials (if assigned) on time, attend class on time, remain for the entire class period, participate in class discussions, and check blackboard at the beginning of each class for updates. Students who arrive late to class more than twice during the academic quarter may be subject to a 5% grade reduction for each subsequent late arrival.

3.3 Textbook

Suggested Texts:

NONE. All relevant materials have been personally selected from a variety of sources, and it has been determined that the cost/benefit for learning in this introductory survey-style course favors the current format. Thus, you can save your money!

3.4 Blackboard

Blackboard supports in-class learning during this course. Important course materials will be posted here. Make it a habit to check Blackboard regularly. Specifically, the site is also used to post the links to reputable print media articles that are relevant to the unit, to post testable videos seen during class, and to complete multiple online quizzes relating to the assigned articles.
Important announcements and updates will be made by EMAIL to the class list of csueastbay.edu accounts. Make sure to check your university email regularly. It is policy that all email communication with students is through university-issued email accounts. If you have lapses checking your csueastbay.edu email, consider linking it (forwarding) to an email you check daily. I cannot overemphasize the importance of reviewing emails daily.

3.5 Further Support

You should familiarize yourself with the learning and support services at the university. Please visit the STUDENT CENTERS FOR ACADEMIC ACHIEVEMENT (SCAA) for information on how to get a tutor, workshops for writing skills, and many other valuable resources.

3.6 Assessment

3.6.1 Readings:
Intermittently, over the course of the semester, various written articles from varying respectable sources (e.g., the New York Times Health & Wellness section, Kinesiology Review, Kinesiology Today) will be assigned for reading. Your instructor will detail how to use the CSU East Bay database to properly research your readings, if applicable. Short online quizzes will be given periodically to check comprehension of the reading articles assigned by your class professor. Select articles will be chosen to form the basis of an engaging class discussion. There will be a minimum of one week allotted for completion of each quiz. This content will NOT be testable on either exam.

3.6.2 Assignments/Videos:
To enhance lecture content, short videos that are related to varying aspects of kinesiology, exercise, health, and well-being will occasionally be shown (e.g., TED talks). Unlike the assigned reading articles, this video content WILL be testable on both the midterm and final exams. However, there will NOT be supplemental quizzes designed to test any video-related content.

To assess how you can take concepts learned through lecture, and apply them to make a difference within a kinesiology-related profession, you will be asked to write two (2) reflections during the quarter. You will pull concepts learned throughout the unit or themes (e.g., sport & exercise psychology) and discuss i) why you found them personally relevant and ii) how you would use them in a hypothetical profession of your choosing (e.g., head coach for a sports team, university professor, nurse, physical therapist, etc.). Please limit the length of these reflections to 500 words (2 pages, 12pt. Times New Roman or Arial font, 1.5x line spacing). Lecture reflections will not be accepted via email under any circumstances. If you are unable to attend class, arrange to email it to a classmate who may submit it on your behalf. Those papers not received on the due date, stapled together with your full name on it, will receive a grade of zero.

3.6.3 Exams

Two exams will be given during the quarter to evaluate mastery of learning objectives. The second exam is not cumulative. Each exam will consist of True/False and (mostly) Multiple Choice questions. If the student should fail BOTH exams he/she will not be permitted to pass the course regardless of their performance on the quizzes & reflections. Further, make-up exams are only permitted for serious and compelling reasons and require documentation (e.g., medical certificate, death certificate). Students missing an exam without official documentation or notification to the instructor at least 24 hours before the exam may be subject to receiving a grade of 0% on that evaluation.
### SUMMARY OF ASSESSMENT TASKS

<table>
<thead>
<tr>
<th>Assessment</th>
<th>Due Date</th>
<th>Content Covered</th>
<th>Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Online (Blackboard) quizzes</td>
<td>One week after first posting</td>
<td>~7 kinesiology-related articles/assignments. Each quiz/assignment will be graded out of 8 points. Assigned readings will be issued in-class and via email.</td>
<td>20%</td>
</tr>
<tr>
<td>TWO Applied Unit Reflections</td>
<td>The following Tuesday class</td>
<td>Must submit 2 of the following by the deadline: Philosophy/History/Sociology of PA: Due 4/21 Anatomy &amp; Exercise Physiology: Due 4/28 Sport and Exercise Psychology: Due 5/21 Exercise Nutrition: Due 5/28</td>
<td>10%</td>
</tr>
<tr>
<td>Exam #1</td>
<td>05/07</td>
<td>Introduction to Kinesiology lecture to the Biomechanics lecture inclusive.</td>
<td>35%</td>
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<tr>
<td>Exam #2</td>
<td>TBA</td>
<td>ALL CONTENT presented in class after the date of the mid-term (Motor Learning &amp; Control to Careers in Kinesiology)</td>
<td>35%</td>
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The following grading scheme will be used to determine final grades:

<table>
<thead>
<tr>
<th>Percent</th>
<th>Grade</th>
<th>Percent</th>
<th>Grade</th>
<th>Percent</th>
<th>Grade</th>
<th>Percent</th>
<th>Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>90-100%</td>
<td>A</td>
<td>75-79.99%</td>
<td>B</td>
<td>63-66.99%</td>
<td>C</td>
<td>Below 55</td>
<td>F</td>
</tr>
<tr>
<td>85-89.99%</td>
<td>A-</td>
<td>70-74.99%</td>
<td>B-</td>
<td>60-62.99%</td>
<td>C-</td>
<td></td>
<td></td>
</tr>
<tr>
<td>80-84.99%</td>
<td>B+</td>
<td>67-69.99%</td>
<td>C+</td>
<td>55-59.99%</td>
<td>D</td>
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3.7 **ACADEMIC INTEGRITY AND HONESTY:**
- There is “zero tolerance” for academic dishonesty.
- By enrolling in this class the student agrees to uphold the standards of academic integrity described at [http://www20.csueastbay.edu/academic/academicpolicies/academic-dishonesty.html](http://www20.csueastbay.edu/academic/academicpolicies/academic-dishonesty.html).
- Any form of plagiarism or cheating may result in a automatic “F” (failure) of the course.

3.8 **ACADEMIC WORKLOAD SUGGESTIONS:**
- Students should be aware that academic excellence and scholastic achievement typically require a significant investment of time in study, research, and out-of-class projects.
- Typical expectations: for every hour spent in class, students should devote ~2 hours of time outside of class.
- For the lecture alone, 4 hrs/wk translates into 8 hrs/wk outside of class study/work time!!
- Students with a 15-hour course load should schedule ~30 hours weekly for completing outside-of-class reading, study, and homework assignments.

*Students who are employed >10 hours each week might consider reducing their course loads (credit hours), depending upon study habits, learning abilities, and course work requirements.*
If you need to email me, please put ‘intro to kin’ or ‘introduction to kinesiology’ in the subject line.

To facilitate an environment that is as conducive to learning as possible, please follow these simple suggestions:

- Arrive to class on time, and stay throughout, unless you have a compelling reason to leave early (please let me know in advance),
- Please refrain from cell phone, texting, internet browsing, and headphone usage,
- Use of electronic devices to record video/images during lecture is strictly prohibited
- Do not talk while videos are being shown
- Computers are used for taking notes - not Twitter, Facebook, YouTube, Instagram, etc.,
- If things are unclear, don't hesitate to ask me to clarify a point,
- Give your full attention to the instructor or to your classmates when they present information, lead discussions, ask questions or offer their opinions
- Respect the opinions of your classmates and maintain civility during all discussions,
- Meeting a deadline is an essential factor for success in our field. Plan ahead for unforeseen circumstances. Review course notes regularly, and,
- If you are absent for a lecture please obtain course notes from a peer, not your instructor.

3.9 Feedback

Feedback to students forms a vital part of the teaching-learning link. Grades will be updated on blackboard as soon as they are available. If you would like further feedback on any of the assessments, please meet with your instructor during office hours. Students failing exam I are strongly recommended to set up a meeting with the instructor to review their exam and discuss a “game-plan” to stimulate academic progress.

4 Policies

CEAS Mission
To prepare collaborative leaders, committed to professional excellence, social justice and democracy, who will influence a diverse and interconnected world.

Disability
If you have a documented disability and wish to discuss academic accommodations, or if you would need assistance in the event of an Emergency evacuation, please contact the professor as soon as possible.

Students with disabilities needing accommodation should speak with the Accessibility Services.

Emergency Information
California State University, East Bay is committed to being a safe and caring community. Your appropriate response in the event of an emergency can help save lives. Information on what to do in an emergency situation (earthquake, electrical outage, fire, extreme heat, severe storm, hazardous materials, terrorist attack) may be found at: http://www20.csueastbay.edu/af/departments/risk-management/ehs/emergency-management/index.html
Please be familiar with these procedures. Information on this page is updated as required. Please review the information on a regular basis.
## 5. Lecture Scheduled Timeline for Topics

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
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<tbody>
<tr>
<td>04/02</td>
<td>Welcome/Syllabus/What Is Kinesiology?</td>
</tr>
<tr>
<td>04/07</td>
<td>Importance of Exercise/Physical Activity Spheres</td>
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<tr>
<td>04/09</td>
<td>Philosophy of Physical Activity</td>
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<tr>
<td>04/14</td>
<td>History of Physical Activity</td>
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<tr>
<td>04/16</td>
<td>Sociology of Physical Activity</td>
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<tr>
<td>04/21</td>
<td>Introduction to Anatomy</td>
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<tr>
<td>04/23</td>
<td>Exercise Physiology</td>
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<tr>
<td>04/28</td>
<td>Athletic Injuries</td>
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<tr>
<td>04/30</td>
<td>Concussions: League of Denial (movie)</td>
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<tr>
<td>05/05</td>
<td>Biomechanics</td>
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<tr>
<td>05/07</td>
<td><strong>EXAM I</strong></td>
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<tr>
<td>05/12</td>
<td>Motor Learning &amp; Control</td>
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<tr>
<td>05/14</td>
<td>Exercise Psychology</td>
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<tr>
<td>05/19</td>
<td>Sport Psychology</td>
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<tr>
<td>05/21</td>
<td>Introduction to Food &amp; Nutrition</td>
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<tr>
<td>05/22</td>
<td>Exercise Nutrition</td>
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<tr>
<td>05/28</td>
<td>Sport Management</td>
</tr>
<tr>
<td>06/02</td>
<td>Coaching</td>
</tr>
<tr>
<td>06/04</td>
<td>Special Topic: TDB (open to multiple suggestions)</td>
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<tr>
<td>TBD</td>
<td><strong>EXAM II</strong></td>
</tr>
</tbody>
</table>