

KNES 101: Introduction to Kinesiology

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Course Description

KNES 101: Introduction to Kinesiology

An introductory course in interpreting the purpose of physical education, health and recreation and how it relates to professional responsibilities and opportunities.

Required Text

1. Join a professional organization as a student member (LAHPERD, AAHPERD, Kinesiology Majors Club)
2. Wuest, D. A. & Bucher, C. A. (2006). Foundations of Physical Education, Exercise Science, and Sport 15th edition. McGraw-Hill.

Conceptual Framework: The Responsive Professional

The conceptual framework of the UL Lafayette College of Education is designed to expand upon the institution's commitment to be a responsive university. Teacher candidates are expected to demonstrate knowledge, skills, and dispositions associated with the four elements of a *Responsive Professional*. Responsive Professionals demonstrate expertise in knowledge and practice. They are reflective practitioners who respect diversity and demonstrate a commitment to professionalism.

Course Objectives and Corresponding Unit and Outcomes

- **On completion of the course, the student will apply the Responsive Professional model by acquiring knowledge, skills and dispositions through the following objectives. Candidates will acquire the following knowledge, skills, and dispositions through this course. Knowledge (K), Reflection (R), Diversity (D), and Professionalism (P) will be addressed.**
 1. Define health/physical education, athletic training, exercise science, health promotion and wellness, and recreation/sports management (K1, 2)
 2. Demonstrate knowledge of the history of the five sub-disciplines within the ULL Department of Kinesiology. (K1,2)
 3. Demonstrate and understanding of the foundations of sport and physical education. (K1, 2)
 4. Identify potential careers within the five sub-disciplines within the ULL Department of Kinesiology. (K1,2; R1)
 5. Demonstrate knowledge of teaching as an art and a science. (K1-4, 8; R1,3)
 6. Understand special populations as they relate to the five sub-disciplines of the ULL Department of Kinesiology. (K1-5,8,9; R2,3; D1-4; P1,6)
 7. Participate in field experiences that enhance the knowledge of the five sub-disciplines within the ULL Department of Kinesiology. (K1-4, 6, 9; R1,2; D1,4,5; P1-6)
 8. Compare the impact of contemporary and historical trends on the current practices within Kinesiology (K1,2; R3).

Technology Integration

The technologies utilized in class will emphasize basic computer skills and use a variety of software. Students will be able to:

1. Explain the purposes of and demonstrate the skills needed to incorporate technology in their specific areas of study (K3, 6-8; R3; P4).
2. Utilize the internet to effectively research and create and/or design projects (K7).
3. Utilize email to communicate with instructor and class members (K7).
4. Demonstrate skills and the ability to select and utilize appropriate software, including but not limited to, basic word processing, presentation programs, and marketing documents K3, 6-8; R3; P4).
5. Create an electronic portfolio according to the guidelines and schedule presented in class. Portfolio entries will be according to the designated schedule and will continue throughout the remainder of their undergraduate education (K1-7; R1, 3; P3, 4).

Course Requirements

1. Two tests will be administered during the semester
2. Quizzes will be administered at the discretion of the instructor
3. A career plan containing a philosophy statement and professional development plan.
4. PASS-PORT artifacts will be posted to the students PASS-PORT account (details below).
5. Field experience/Community Service Learning: assigned hours within the students chosen field of study and a written reflective journal
6. Department of Kinesiology Career Fair
7. Physical activity journal (due each week during the semester)

PASS-PORT Artifacts

- Career plan
- Field experience/Community Service Learning Journal
- Career Fair documents
- Other artifacts as assigned by instructor

Resources

Professional Associations

- American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD)
- Louisiana Association for Health, Physical Education, Recreation and Dance (LAHPERD)
- National Association For Sport and Physical Education (NASPE)
- National Athletic Training Association (NATA)
- American Association of Health Education (AAHE)
- American College of Sports Medicine (ACSM)
- National Intramural Recreational Sports Association (NIRSA)

Professional Journals

- Journal of Health, Physical Education, Recreation and Dance
- Journal of Health Education
- Journal of Teaching Physical Education
- American Journal of Health Education
- Research Quarterly for Exercise and Sport
- International Electronic Journal of Health Education
- Medicine and Science in Sports and Exercise
- Exercise and Sports Science Reviews
- ACSM Health and Fitness Journal

Other Professional References:

NASPE Position Papers
ACSM Position Papers
CDC Position Papers
AAHE Position Papers

Course Policies and Procedures

Class policies:

- a. **Assignments will not be accepted late, do no request an extension.**
- b. All assignments must be typed (1/4 point deduction per typing, grammar, and/or spelling error).
- c. If a scheduled test is missed, it must be made up before the next scheduled class meeting.
- d. **Tardies will not be tolerated.** A significant reduction in the final grade will result for persistent tardies. Two tardies equal one absence. The expectation is that students are in class when the instructor arrives.
- e. Students are expected to attend and participate in all class activities. Dressing appropriately for physical activity is expected. During any field experiences you are expected to wear professional clothing (collared shirt, khaki pants/shorts, athletic/running shoes).
- f. Students are expected to complete assigned readings of articles and other supplemental materials. You are expected to read the material covered before the lecture/class session that covers those topics.
- g. Recopying class notes and developing small study groups or discussion groups are **highly** encouraged.
- h. Cell phones are to be turned off during any and all class times.

Academic Honesty:

Plagiarism, or any other violation of the ULL Code of Student Conduct or other issues outlined in the Undergraduate Bulletin (2005-2007), will not be tolerated. The university academic honest policy states: “The University considers both cheating and plagiarism serious offenses. The minimum penalty for a student guilty of either dishonest act is a grade of ‘zero’ for the assignment in question. The maximum penalty is dismissal from the University. The complete policy may be found in the UL Lafayette Undergraduate Bulletin.” (see: 2005-2007 UL Lafayette Undergraduate Bulletin: page 444-445).

Procedures for Tests/Exams

During tests/exams given in class, students will be required to leave all personal belongings (books, notebooks, backpacks, cell phones, hats, etc.) at the front of the room. Only pens/pencils will be allowed at the students’ desk or work area during tests/exams.

Absence Policy:

The expectation is that students will be in class everyday. Excessive absences and/or tardiness will have a negative impact on the final grade. **Two tardies equal one absence. Students are tardy if they arrive 5 minutes after the posted start time of class.** Since two tardies will equal one absence, it is your responsibility to let the instructor know if you arrive late to class. If you arrive late, and fail to inform the instructor, at the end of class, of your presence, you will be marked absent. No exceptions.

Excessive Absences: Students who exceed the University’s minimum criteria for absences (absences in excess of 10% of the number of class meetings) will be dropped a letter grade at the end of the semester (example: student with an overall B average in the course will receive a C as a final grade). See: 2005-2007 UL Lafayette Undergraduate Bulletin: page 443-444).

Course Evaluation:

- Test #1: 100 points
- Test #2: 100 points
- Quizzes: not to exceed 50 points total (throughout the semester)
- Career Plan with Philosophy: 50 points
- Field Experience Hours: 25 points
- Field Experience Journal: 50 points
- Career Fair: 100 points
- Physical Activity Journal: 15 points

Course Evaluation

The following grading criteria will be used

100-90%	= A
89-80%	= B
79-70%	= C
69-60%	= D
Below 69%	= F

Students Requiring Special Accommodations

Students Requiring Special Accommodations must register with the Office for Students with Disabilities and provide official documentation to the instructor in a timely manner. If you are a qualified student with a disability seeking accommodations under the Americans with Disabilities Act, you are required to self-identify with the instructor and with the Office for Students with Disabilities, Lee Hall 106.

EMERGENCY EVACUATION PROCEDURES

A map of this floor is posted near the elevator marking the evacuation route and **designated route area**. This is an area where emergency service personnel will go first to look for individuals who need assistance in exiting the building. Students who may need assistance should identify themselves to the teaching faculty.

Submitted Fall 2006