

***The University of Texas at Dallas
School of Interdisciplinary Studies
Healthcare Studies Program***

HLTH 1301-OW2
Introduction to Kinesiology
3 Credits, Fall 2017

Faculty Information

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| Name | Claire Baetge, PhD |
| Office Phone | E-mail is preferred |
| Email Address | claire.baetge@utdallas.edu |
| Office Location | Online via Blackboard Collaborate |
| Online Office Hours | Thursdays 10:00am to 11:00am or by appointment |

Course Description

An overview of the field of kinesiology, which includes the history, philosophy, principles, and current concepts of kinesiology and career options.

Rationale

This course provides students a historical background and a knowledge base crucial for their professional pursuits. In addition, this course will prepare students for the variety of career options in kinesiology.

Student Learning Objectives/Outcomes

- To explain the meaning, scope, and significance of kinesiology
- To discuss the spheres of scholarly study that constitutes kinesiology
- To experience the meaning of kinesiology firsthand

Delivery Method

This course will be delivered online using an asynchronous format via eLearning. You will log in to the eLearning course site (<https://elearning.utdallas.edu>) using your UTD e-mail name (everything before @utdallas.edu) and e-mail password. The course site will be available on **August 21, 2017**.

Course Topics

The major topics that will be discussed will include:

- The historical foundations and philosophies that created the backbone of sport, physical education, and kinesiology
- Current and future issues within the profession
- Careers within the field and requirements of working within these fields
- Professional organizations within the field of sport, physical education, and kinesiology

Required Textbooks and Materials

Klavora, Peter. *Foundations of Kinesiology: Studying Human Movement and Health*. Third Edition. Kinesiology Books Publisher, 2018. ISBN: 978-0-920905-61-6.

Textbooks and some other bookstore materials can be ordered online through Off-Campus Books <http://www.offcampusbooks.com> or the UT Dallas Bookstore <http://www.bkstr.com/texasatdallasstore/home>. They are also available in stock at both bookstores.

Technical Requirements

In addition to a confident level of computer and Internet literacy, certain minimum technical requirements must be met to enable a successful learning experience. Please review the important technical requirements <http://www.utdallas.edu/elearning/students/getting-started.html#techreqs> on the Getting Started with eLearning webpage <http://www.utdallas.edu/elearning/students/getting-started.html>.

Course Access and Navigation

The course can be accessed using the UT Dallas NetID account at: <https://elearning.utdallas.edu>. Please see the course access and navigation <http://www.utdallas.edu/elearning/students/getting-started.html#courseaccessandnav> section of the site for more information.

To become familiar with the eLearning tool, please see the Student eLearning Tutorials <http://www.utdallas.edu/elearning/students/eLearningTutorialsStudents.html>.

UT Dallas provides eLearning technical support 24 hours a day/7 days a week. The eLearning Support Center <http://www.utdallas.edu/elearninghelp> services include a toll free telephone number for immediate assistance (1-866-588-3192), email request service, and an online chat service.

Communication

This course utilizes online tools for interaction and communication. Some external communication tools such as regular email and a web conferencing tool may also be used during the semester. For more details, please visit the eLearning Tutorials webpage <http://www.utdallas.edu/elearning/students/eLearningTutorialsStudents.html> for video demonstrations on eLearning tools.

Student emails and discussion board messages will be answered within 3 working days under normal circumstances. Please send e-mails to the email address posted at the beginning of the syllabus.

Distance Learning Student Resources

Online students have access to resources including the McDermott Library, Academic Advising, The Office of Student Access Ability, and many others. Please see the eLearning Current Students page <http://www.utdallas.edu/elearning/students/cstudents.htm> for details.

Server Unavailability or Other Technical Difficulties

The University is committed to providing a reliable learning management system to all users. However, in the event of any unexpected server outage or any unusual technical difficulty which prevents students from completing a time sensitive assessment activity, the instructor will provide an appropriate accommodation based on the situation. Students should immediately report any problems to the instructor as well as contact the online eLearning Help Desk <http://www.utdallas.edu/elearninghelp>. The instructor and the eLearning Help Desk will work with the student to resolve any issues at the earliest possible time.

Expectations

Course week: As an asynchronous course, there are not “fixed” meeting days. Our week will start on Monday and end on Sunday.

Log-in Frequency: Students are required to check the course on eLearning as well as their UTD e-mail for communication from the instructor and/or access to course material AT LEAST FOUR times per week.

Participation: Students are expected to actively engage in all course activities throughout the semester. This includes, but is not limited to: viewing all course materials, completing coursework, and participating in course discussions. Take notes and ask questions (via e-mail) when content is unclear. Read the assigned readings prior-to watching the video lectures. After viewing the lectures, if further explanation is needed, re-read the chapter(s), and then e-mail with questions.

Technical Competence: Students are expected to demonstrate competency in the use of all course technology. Students who are struggling with technical components of the course are expected to seek assistance from the instructor and/or College or University technical services.

Technical Issues: Students should anticipate some technical difficulties during the semester and should therefore, plan accordingly. Late work will not be accepted based on individual technical issues.

Workload: The course is not self-paced. There are specific deadlines and due dates listed in the Class Schedule section of the syllabus. It is the student's responsibility to keep track of the weekly course schedule of topics, readings, assignments, and overall coursework due dates.

Instructor Support: Students may schedule a one-on-one meeting via Blackboard Collaborate or via telephone, to discuss course requirements, content, or other course-related issues. Students should e-mail the instructor to schedule a meeting.

Netiquette: Students are expected to behave in a respectful manner (both with other students as well as with the instructor). Questions are highly encouraged, but please re-read any e-mails prior to sending. "Professionalism" points can be affected due to poor e-mail composition.

Accommodations: Online learners who require effective accommodations to insure accessibility, must registered with UTD Disability Services.

Course Policies

Introductory Blog: Students will complete a one-page Introductory Blog about themselves. More detailed instructions will be provided on eLearning.

Homework Assignments: There will be 10 assignments. Assignments are to be typed and will only be accepted via Blackboard as a Word document or pdf. No late assignments will be accepted.

Discussion Board:

- Discussion Post - Students will sign-up for one main discussion post, for the semester. Main discussion posts are due on Thursday of the assigned week. Students will be responsible for researching and providing thorough information (at least 450 words), which will be beneficial and applicable to the rest of the class. Thorough information means relevant, current, and in greater detail than that which is provided in the textbook or class notes.
- Discussion Post Responses - Additionally, each week, including the week when writing the main post, students will need to kindly respond to another student's post. Responses are due by Friday.

Kinesiology Blog Project: Students will be required to research a topic of their choosing, in the area of kinesiology, and provide an informational blog post on the topic. At least five peer-reviewed journals will need to be cited.

Quizzes: There are 11 quizzes, which are available on Fridays. They consist of 10 multiple choice or T/F questions, and they are timed. Students will have 15 minutes to complete them. If a student waits until the final minutes to complete a quiz and is unable to do so, due to technical issues, that does not constitute an excused absence, and that quiz will receive a zero.

Exams: There are 4 exams, which are available over a three-day period (Thursday-Saturday). They consist of 50 multiple choice, T/F, and/or fill-in the blank questions. Exams will be timed. Students will have 75 minutes to complete the exams. If a student waits until the final hours to complete an exam and is unable to do so, due to technical issues, that does not constitute an excused absence, and that exam will receive a zero.

Make-up exams: Exams can only be made-up if there is a university excused absence for the entire three-day period, for which the exam is available. Students must contact the instructor prior-to the excused absence and will have one week from the initial due date, to complete it.

Extra Credit: Extra credit should not be expected. Please do not ask if there are extra assignments that you can complete, in order to raise your grade.

Late Work: Late assignments are not accepted. Any coursework submitted after the due date, will receive a zero. This includes exams and quizzes submitted after the due time. (Watch the clock.)

Rubrics: Rubrics will be posted on eLearning for all coursework that will be submitted for grading.

E-mail: All communication from the instructor will be sent through the UTDallas e-mail account. Students are only permitted to e-mail the instructor from their UTDallas e-mail. Please put the course name (HLTH 1301) and section number in the subject line, and include your first and last name in the body of the e-mail. Failure to do so will only delay the response time.

Professionalism: Students are expected to maintain a professional disposition at all times.

- Communication – When communicating with the instructor and classmates, it must be via the assigned UTDallas e-mail address. Students need to address the other person appropriately, use appropriate language, and maintain a pleasant demeanor.
- Participation – Participate in class discussions and coursework. Demonstrate that you have an interest in the subject matter.
- Responsibility/Accountability – Professionals take responsibility for their actions and are accountable. In a classroom setting, this can include taking responsibility for your education by completing assignments on time, submitting work of appropriate quality, honoring commitments, and owning up to mistakes.
- Honesty/Integrity – Students are expected to be honest with the instructor, classmates, and themselves. Act in an ethical manner, which includes doing your own work on all course material, as well as, when completing quizzes and exams.
- Self-Improvement/Self-Awareness – Students should be aware of their strengths/weaknesses and continually seek to improve. Professionals often seek out opportunities to increase their knowledge and improve their current skill set.

Grading Policy

| Course Work | Point Value |
|--------------------------------|----------------------|
| Syllabus Contract Quiz | 25 |
| Discussion Topic Sign-Up | 25 |
| Introductory Blog | 25 |
| Kinesiology Blog Topic Sign-Up | 25 |
| Kinesiology Blog Project | 100 |
| Blog project journal articles | 25/100 |
| Discussion Post | 10 |
| Discussion Post Responses | 13 x 10 points = 130 |
| Assignments | 11 x 10 points = 110 |
| Quizzes | 11 x 10 points = 110 |
| Exams | 4 x 100 points = 400 |
| Professionalism | 40 |
| TOTAL | 1000 |

Grading Scale

| | | | | | | | | | |
|----|----------|----|---------|----|---------|----|---------|---|-------|
| A+ | = 98-100 | B+ | = 88-89 | C+ | = 78-79 | D+ | = 68-69 | F | = <60 |
| A | = 93-97 | B | = 83-87 | C | = 73-77 | D | = 63-67 | | |
| A- | = 90-92 | B- | = 80-82 | C- | = 70-72 | D- | = 60-62 | | |

Class Schedule: All assigned coursework is due by 11:59pm on the date stated in the syllabus.

| Week | | Ch(s) | Topic(s) | Assignment(s) |
|------|-------------|-------------|---|---|
| No. | Date | | | |
| 1 | 8/21-8/27 | 1 | Syllabus Overview, Introductory Lecture, What is Kinesiology? | Discussion Topic Sign-Up: 8/23 HW 1: 8/25 Quiz 1: 8/25 Discussion 1 Responses: 8/25 Kinesiology Blog Sign-Up: 8/26 Introductory Blog: 8/26 Syllabus Contract Quiz: 8/26 |
| 2 | 8/28-9/3 | 3 & 4 | What is Anatomy? The Pieces of the Body Puzzle: A Regional Approach | HW 2: 9/1 Quiz 2: 9/1 Discussion 2 & 3 Responses: 9/1 |
| 3 | 9/5*-9/10 | 1, 3, & 4 | 9/4 Labor Day, 9/6 Census Day Exam 1: 9/7-9/9 | |
| 4 | 9/11-9/17 | 5 | Muscle Structure and Function | HW 3: 9/15 Quiz 3: 9/15 Discussion 4 Responses: 9/15 |
| 5 | 9/18-9/24 | 6 | Muscles at Work | HW 4: 9/22 Quiz 4: 9/22 Discussion 5 Responses: 9/22 |
| 6 | 9/25-10/1 | 7 | Energy for Muscular Activity | HW 5: 9/29 Quiz 5: 9/29 Discussion 6 Responses: 9/29 |
| 7 | 10/2-10/8 | 8 | The Heart and Lungs at Work | HW 6: 10/6 Quiz 6: 10/6 Discussion 7 Responses: 10/6 |
| 8 | 10/9-10/15 | 5-8 | 10/14 Midterm Grades Due Exam 2: 10/12-10/14 | |
| 9 | 10/16-10/22 | 9 | Biomechanics | HW 7: 10/20 Quiz 7: 10/20 Discussion 8 Responses: 10/20 |
| 10 | 10/23-10/29 | 14 | Health and Wellness | HW 8: 10/27 Quiz 8: 10/27 Discussion 9 Responses: 10/27 |
| 11 | 10/30-11/5 | 15 | Fitness | HW 9: 11/3 Quiz 9: 11/3 Discussion 10 Responses: 11/3 Blog Project Articles: 11/4 |
| 12 | 11/6-11/12 | 9, 14, & 15 | Exam 3: 11/9-11/11 | |
| 13 | 11/13-11/19 | 16 & 17 | Nutrition Weight Management | HW 10: 11/17 Quiz 10: 11/17 Discussion 11 & 12 Responses: 11/17 Kinesiology Blog Project: 11/18 |
| 14 | 11/20-11/26 | | Fall Break and Thanksgiving Holiday | |
| 15 | 11/27-12/3 | 2 | Careers | HW 11: 12/1 Quiz 11: 12/1 Discussion 13 Responses: 12/1 |
| 16 | 12/4-12/10 | 16, 17, & 2 | 12/6 Last Day of Class, 12/7 Reading Day FINAL EXAM: 12/8-12/10 | |

Academic Honesty

University students are expected to conduct themselves in accordance with the highest standards of academic honesty. Academic misconduct for which a student is subject to penalty includes all forms of cheating, forgery, or plagiarism.

Comet Creed

This creed was voted on by the UT Dallas student body in 2014. It is a standard that Comets choose to live by and encourage others to do the same:

“As a Comet, I pledge honesty, integrity, and service in all that I do.”

UT Dallas Syllabus Policies and Procedures

The information contained in the following link constitutes the University’s policies and procedures segment of the course syllabus.

Please go to <http://go.utdallas.edu/syllabus-policies> for these policies.

The descriptions and timelines contained in this syllabus are subject to change at the discretion of the Professor.