Northern Kentucky University

**College of Education and Human Services**

**KIN 125-001, Introduction to Kinesiology, 3 Credit hours**

**MWF 10:00-10:50, MP 329**

**Fall 2017**

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***Learn, Lead, Succeed***

**Mission**

The College of Education and Human Services plays an important leadership role and collaborates with others in the creation, dissemination, and application of knowledge and research that enhances professional practice and transforms lives, schools, and communities

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**Vision**

The College of Education and Human Services aspires to be known throughout the Commonwealth of Kentucky and region at large as the leader in providing opportunities for engaged learning and applied scholarship that fosters individual growth and collective success.

**Kentucky Core Academic Standards (KCAS)**

Preparation of Kentucky’s students for the demands of the 21st century requires districts and schools to prepare every student for successful transition to be College and Career Ready. The Kentucky Core Academic Standards help ensure that all students throughout Kentucky are provided with common content and have opportunities to learn at high levels. As education candidates complete and implement projects and assignments throughout their education programs at NKU, they will incorporate the components of the [Kentucky Core Academic Standards](http://education.ky.gov/curriculum/standards/kyacadstand/Pages/default.aspx).

**Professor:**  Alar Lipping, Ph.D.

**Office:** AHC 105

**Telephone:**  (859) 572-6576

**Office Hours:** MWF, noon-1:00; all other times by appointment

**Email:** Lipping@nku.edu

**Required Textbook and/or Materials:** Siedentop, D. and Van der Mars, H. (2012).*Introduction to Physical Education, Fitness and Sport* (8th edition), McGraw Hill.

 **ISBN:** 978-0-07-809577-1

**Course Information:** Posted on instructor’s website, <http://sappho.nku.edu/~lipping/>

 **Please refer to this website for all activities related to the course**.

**Course Description:** Overview of the profession; philosophy, history, and scientific areas; examination of career opportunities.

**Student Learning Outcomes:** By the completion of the course, students will be able to

1. Develop a rationale for the profession of physical education.
2. Identify and discuss the major aspects of historical, philosophical, sociological, and scientific foundations of the discipline of kinesiology.
3. Discuss aspects of professionalism in physical education.
4. Develop an understanding of career patterns in kinesiology.
5. Identify and discuss major aspects of successful teaching in physical education.
6. Identify and analyze recent developments in kinesiology.
7. Identify and interpret issues and problems confronting physical education and sport.
8. Utilize appropriate library resources pertaining to knowledge acquisition in kinesiology.
9. Identify career roles of kinesiology in private and public agencies.

**Course Assignments and Grading**

Students will attend all class meetings and participate in class discussion and group activities. In addition, students will complete the following assignments:

**Assignments Points (or percentage)**

Exam #1 50

Exam #2 50

Exam #3 50

Exam #4 50

\*Library research study 20

Introduction assignment, participation on group assignments and Attendance 20

**Grading Scale**

 **Grade Percent Points Earned**

 A 93%+ 223-240

 A- 90%+ 216-222

 B+ 87%+ 209-215

 B 83%+ 199-208

 B- 80%+ 192-198

 C+ 77%+ 185-191

 C 73%+ 175-184

 C- 70%+ 168-174

 D+ 67%+ 161-167

 D 63%+ 151-160

 F <63%+ <151

**Mid-term Grade:** Mid-term grades will be posted in MYNKU by the deadline established in the [Academic Calendar](http://registrar.nku.edu/academiccalendar.html).

**Final Examination Information:** The final exam schedule is established by the university and isavailable at the following website**:** [**http://registrar.nku.edu/academiccalendar.html**](http://registrar.nku.edu/academiccalendar.html)**.**

**The KIN 125 final exam will be held on Wednesday, December 13, 2017 10:10 – 12:10 p.m.**

**Course Policies and Procedures**

Attendance

Attendance at all class meetings is required, and to a large extent, the degree of your success will depend on class attendance. Each student is permitted two unexcused absences. Each unexcused absence in excess of two will result in a loss of 2 (two) points from your Attendance/Participation score. Students are expected to arrive at class on time.

Academic Dishonesty

Academic dishonesty in any form (plagiarism, cheating on exams, submitting other people’s work as yours, and the like) will result in a failure on the assignment in question. Proven academic dishonesty may result in failure in the course and a recommendation that the Dean of the College of Education and Human Services review the student’s standing regarding continuation in any degree program within the College of Education and Human Services.

Emergency Absence of Instructor

Every attempt possible will be made to notify students in advance of the class time in case of an emergency absence of the instructor.

 Syllabus and Class Schedule

This syllabus and calendar are subject to change by the instructor through notification from the instructor to the class members.

**Student Honor Code:** The [Student Honor Code](http://www.nku.edu/audience/current-students/honor.html) [the "Honor Code"] is a commitment by students of Northern Kentucky University, through their matriculation or continued enrollment at the University, to adhere to the highest degree of ethical integrity in academic conduct. It is a commitment individually and collectively that the students of Northern Kentucky University will not lie, cheat, or plagiarize to gain an academic advantage over fellow students or avoid academic requirements.

The purpose of the Honor Code is to establish standards of academic conduct for students at Northern Kentucky University and to provide a procedure that offers basic assurances of fundamental fairness to any person accused of violations of these rules. Each Northern Kentucky University student is bound by the provisions of the Honor Code and is presumed to be familiar with all of its provisions. Students also should aspire to conduct themselves in a manner that is consistent with the highest degree of ethical integrity in all matters, whether covered in the Honor Code or not. The success of this commitment begins in the diligence with which students uphold the letter and the spirit of the Honor Code.

In addition, students in the education programs must also adhere to the [College of Education and Human Services Code of Ethics](http://coehs.nku.edu/content/dam/coehs/docs/departments/Teache_Ed/COEHSCodeofEthics.pdf) and the [Professional Code of Ethics for Kentucky School Certified Personnel](http://www.kyepsb.net/legal/ethics.asp).

**Credit Hour Policy Statement:** In accordance with federal policy, NKU defines a credit hour as the amount of work represented in the achievement of student learning outcomes (verified by evidence of student achievement) that reasonably approximates one hour (50 minutes) of classroom instruction and a minimum of two hours of out-of-class student work. For every course credit hour, a typical student should expect to spend at least three hours per week of concentrated attention on course-related work including, but not limited to, class meeting time, reading, reviewing, organizing notes, studying and completing assignments. At least an equivalent amount of time is expected for other academic activities such as online courses, laboratory work, internships, practica, studio work and other academic work leading to the award of credit hours.

Estimates of the time required for a typical student to complete course expectations are as follows:

 In-Class: 3 days x 50 minutes x 15 weeks = 37.5 Hours (2250 minutes)

 Readings: 12 chapters x 5 hours each = 60.0 Hours

 Assignments: 4 assignments x 2 hour each = 8.0 Hours

 Group Projects: 3 x 2 hours each = 6.0 Hours

 Review for Exams = 25.0 Hours

 **Total =136.5 Hours**

**Student Evaluation of Instructor and Course:** Northern Kentucky University takes Instructor and Course Evaluations very seriously as an important means of gathering information for the enhancement of learning opportunities for its students. It is an important responsibility of NKU students as citizens of the University to participate in the instructor and course evaluation process. During the two weeks\* prior to the end of each semester classes, you will be asked to reflect upon what you have learned in this course, the extent to which you have invested the necessary effort to maximize your learning, and the role your instructor has played in the learning process. It is very important that you complete the online evaluations with thoughtfully written comments.

Student evaluations of courses and instructors are regarded as strictly confidential. They are not available to the instructor until after final grades are submitted, and extensive precautions are taken to prevent your comments from being identified as coming from you. Students who complete an evaluation for a particular course (or opt out of doing so in the evaluation) will be rewarded for their participation by having access to their course grade as soon as that grade is submitted by the instructor. On the other hand, any student who does not complete the course evaluation (or opt out of doing so in the evaluation) should expect to incur a two week delay in access to his or her course grade beyond the university's official date for grade availability. To complete online evaluations go to [http://eval.nku.edu](http://eval.nku.edu/). Click on "student login" and use the same USERNAME and PASSWORD as used on campus.

In addition, you should be aware of:

* Evaluations can affect changes in courses. Evaluations without comments are less valuable and less credible than those filled out thoughtfully. Comments that are expressed well are more effective than those that are not.
* Positive feedback is just as important as criticism. Moreover, negative evaluations without any explanation and specifics are not especially useful.
* Once grades are submitted, all evaluations are read not only by the instructor, but also by the instructor’s department chairperson.
* Evaluations not only provide feedback to your instructor, but also provide information to the department chair for use in performance evaluations. This information affects reappointments, promotions, salaries, and teaching assignments.

**Accommodations Due to Disability:** Northern Kentucky University is committed to providing reasonable accommodations for all persons with disabilities. The syllabus is available in alternate formats upon request. Students with disabilities: If you are seeking classroom accommodations under the Americans with Disabilities Act, you are required to register with the Disability Programs and Services Office in SU 303. To receive academic accommodations for this class, please obtain the proper DPS forms and meet with me at the beginning of the semester.  More information on Disability Services can be found at <http://disability.nku.edu>.

**Bibliography**

Coakley, J. (2009). *Sport in Society: Issues and Controversies* (10th ed). New York:

 McGraw Hill.

Foss, M.L. and Keteian, S.J. (1998). Fox’s Physiological Basis for Exercise and Sport, (6th ed).

 New York: McGraw Hill.

Gerber, E.W. (1971). Innovators and Institutions in Physical Education. Philadelphia: Lea

 and Febiger.

Hoffman, S.J. ( 2013). Introduction to Kinesiology, (4th ed). Champaign, IL: Human Kinetics.

Hoffman, S.J. and Knudson, D.V. (2017). Introduction to Kinesiology. (5th ed.). Champaign, IL: Human

 Kinetics.

Kenney, L.,Wilmore, J.H.,and Costill, D.L. (2015). Physiology of Sport and Exercise, (6th ed). Champaign, IL: Human Kinetics.

Lumpkin, A. (2014). Introduction to Physical Education, Exercise Science, and Sport Studies, (9th ed.)

 New York: McGraw Hill.

VanDalen, D.B. and Bennett, B.L. (1971). A World History of Physical Education, (2nd ed).

 Englewood Cliffs, N.J.: Prentice Hall.

Wuest, D.A. and Bucher, C.A.(2009). Foundations of Physical Education and Sport, (15th ed).

 St. Louis: Mosby.

Tentative Course Schedule

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| --- | --- | --- | --- |
| **Date** | **Topic** | **Reading** | **Assignments Due** |
| **8/21** | Introduction / Course Overview | Handout |  |
| **8/23** | The nature of sport: Operational definitions | **Text:** Chapter 10 |  |
| **8/25** | The nature of sport cont’d |  | **Defining sport assignment** |
| **8/28** | **Video:** Olympiad |  |  |
| **8/30** | Basic Concepts of Sport  | **Text:** Chapter 10 |  |
| **9/1** | Basic Concepts of Sport cont’d |  |  |
| **9/4** | **Labor Day No Class** |  |  |
| **9/6** | Sport programs and professions | **Text:** Chapter 11 |  |
| **9/8** | Problems and issues in sport  | **Text:** Chapter 12 |  |
| **9/11** | Problems and Issues in sport cont’d |  |  |
| **9/13** | **Video:** Playing To Extremes  |  |  |
| **9/15** | Problems and issues in youth sports  |  |  |
| **9/18** | High school athletics**Video:** Concussions in Football |  |  |
| **9/20** | Problems and issues in sports(gender equity)**Video:** Title IX |  | **Concussion video assignment due** |
| **9/22** | Review for Exam 1 |  |  |
| **9/25** | **EXAM 1** |  |  |
| **9/27** | Basic concepts of physical fitness | **Text:** Chapter 7 |  |
| **9/29** | Basic concepts of physical fitness (continued) |  |  |
| **10/2** | Fitness programs and professions | **Text:** Chapter 8 |  |
| **10/4** | Problems and issues in physical fitness | **Text:** Chapter 9 |  |
| **10/6** | Problems and issues in physical fitness (continued) |  |  |
| **10/9** | **Video:** Research in Exercise Science |  |  |
| **10/11** | **Library Orientation – class will meet in Steely Library Room 300** |  | **Distribution of Library Assignment** |
| **10/13** | Review for Exam #2 |  |  |
| **10/16** | **Fall Break/No Class** |  |  |
| **10/18** | **EXAM 2** |  |  |
| **10/20** | Basic Concepts of Physical Education  | **Text:** Chapter 4 |  |
| **10/23** | **Library Assignment** (Class time allocated to assignment) |  |  |
| **10/25** | Basic Concepts of Physical Education (continued) |  |  |
| **10/27** | Physical Education Programs and Professions | **Text:** Chapters 5 & 13 |  |
| **10/30** | Physical Education Programs and Professions (continued) |  |  |
| **11/1** | Instructor will be attending a conference – no class meeting |  |  |
| **11/3** | **Video:** History of Physical Education and Fitness  |  |  |
| **11/6** | Historical Foundations of Physical Education (continued) |  | **Library Assignment Due** |
| **11/8** | Historical Foundations of Physical Education (continued) |  |  |
| **11/10** | Implications of kinesiology in the 21st century | **Text:** Chapter 3 |  |
| **11/13** | Review for exam 3 |  |  |
| **11/15** | **EXAM 3** |  |  |
| **11/17** | Degree Programs in Kinesiology |  |  |
| **11/20** | Degree Programs in Kinesiology |  |  |
| **11/22** | **University Open/ No Classes** |  |  |
| **11/24** | **Thanksgiving Holiday/ No Class** |  |  |
| **11/27** | Degree Programs in Kinesiology(guest speaker) |  |  |
| **11/29** | Degree Programs in Kinesiology (guest speaker) |  |  |
| **12/1** | Degree Programs in Kinesiology(guest speaker) |  |  |
| **12/4** | Conclusion |  |  |
| **12/6** | Final Exam Review |  |  |
| **12/8** | Final Exam Review |  |  |
| **12/13** | **FINAL EXAM****10:10 – 12:10 p.m. MP 329** |  |  |