

# FOUNDATIONS OF KINESIOLOGY

KIN 1303

## COURSE DESCRIPTION

Historical and philosophical aspects of Kinesiology and sports. Orientation to Kinesiology programs in public and private settings.

## COURSE PREREQUISITES

None

## COURSE GOAL

To become familiar with the Physical Education, Exercise Science, and Sport Professions, the UTEP Kinesiology Dept, and a degree plan that works for you.

## Course Objectives

Upon completion of the course students will be able to:

1. identify their philosophy, goals, objectives, and role in physical education, exercise science, and sport.
2. distinguish between the specialized areas of philosophy, history, sociology, psychology, motor development, motor learning, biomechanics, exercise physiology, pedagogy, adapted physical education, and sport management.
3. discuss the history of physical education as the roots of the profession.
4. discuss the affective, social, emotional, and cognitive components of physical activity.
5. identify possible career choices in the field of kinesiology.
6. describe the current specializations available within the Bachelor of Science in Kinesiology Degree at the University of Texas at El Paso.
7. identify current Kinesiology faculty at UTEP and their specializations.
8. identify professional and institutional clubs founded on physical activity.
9. examine one's own learning and study strategies.

## CLASS MEETINGS

TR 7:30-8:50 College of Health Sciences 106

## COURSE REQUIREMENTS

All students must select a degree plan option during the term of the course.

All students who wish to become a Kinesiology Major must submit an application.

All students who wish to become a Kinesiology Major must become a KIN club member.

All students must do interviews/observations during the semester and write a journal reflection of each of their experiences. (PE - ES, MS, HS, PT, OT, EX SCI, ETC.)

All students must log in their physical activity patterns.

## FACULTY

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## REQUIRED TEXTS

FOUNDATIONS OF PHYSICAL EDUCATION, EXERCISE SCIENCE, AND SPORT

Wuest & Bucher, 16<sup>th</sup> edition

## WEBSITES

American Alliance for Health, Physical Education, Recreation, and Dance  
<http://www.aahperd.org/aahperd/template.cfm>



The [American Association for Health Education \(AAHE\)](#) serves health educators and other professionals who promote the health of all people. AAHE encourages, supports, and assists health professionals concerned with health promotion through education and other systematic strategies.



The [National Dance Association \(NDA\)](#) seeks to increase knowledge, improve skills, and encourage sound professional practices in dance education through high quality dance programs.



The [American Association for Physical Activity and Recreation \(AAPAR\)](#) seeks to increase public awareness, support and understanding of lifelong physical activity and recreation, through continuing education for professionals who serve diverse audiences of all ages. AAPAR supports a broad spectrum of community-based programs, issues, and populations including services in aquatics, adapted physical activity, outdoor recreation, lifelong recreational sport, facility design and management, fitness for older adults, leadership, family fitness, wellness, professional recreation, safety and risk management— and more!



The [National Association for Girls and Women in Sport \(NAGWS\)](#) -- the leading organization for equity issues in sports -- champions equal funding, quality, and respect for girls' and women's sports programs.



The mission of [National Association for Sport and Physical Education \(NASPE\)](#) is to enhance knowledge, improve professional practice, and increase support for high quality physical education, sport, and physical activity programs through research, development of standards, and dissemination of information.



The [Research Consortium](#) provides services and publications which assist the HPERD researcher and promote the exchange of ideas and scientific knowledge within the HPERD disciplines.

Texas Association for Health, Physical Education, Recreation and Dance  
<http://www.tahperd.org>

UTEP Kinesiology Program  
<http://www.utep.edu/kinesiology/>

Health Risks  
[http://win.niddk.nih.gov/publications/health\\_risks.htm](http://win.niddk.nih.gov/publications/health_risks.htm)

CATCH  
<http://www.sph.uth.tmc.edu/catch/>

## EVALUATION OF STUDENTS

|                               |               |
|-------------------------------|---------------|
| Written Assignments & Quizzes | 60% (900 pts) |
| Group Reports/Evaluations     | 10% (300 pts) |
| Midterm exam                  | 10% (100 pts) |
| Final                         | 10% (100 pts) |
| Portfolio                     | 10% (100 pts) |

\*\*Note: A grade of “C” or better is required for all Kinesiology courses.

## WITHDRAWAL DATE

Last day to withdraw from class with an automatic “W” is Friday, April 3. After that date a grade of “F” will be recorded.

## SCHOLASTIC HONESTY AND DISCIPLINE

Students are encouraged to study together and to share their knowledge freely during the learning process, as well as cooperate to the best of their ability on group projects. However, during exams and quizzes no assistance from other students or outside sources is allowed (materials such as books and notes may not be used unless otherwise indicated by the instructor). Students are expected to be above reproach in all scholastic activities. Students who engage in scholastic dishonesty are subject to disciplinary penalties, including the possibility of failure in the course and dismissal from the university. “Scholastic dishonesty includes but is not limited to cheating, plagiarism, collusion, the submission for credit of any work or materials that are attributable in whole or in part to another person, taking an examination for another person, any act designed to give unfair advantage to a student or the attempt to commit such acts.” Regent’s Rules and Regulations, Part One, Chapter VI, Section 3, Subsection 3.2, Subdivision 3.22. Since scholastic dishonesty harms the individual, all students, and the integrity of the university, policies on scholastic dishonesty will be strictly enforced.

## STUDENT RESPONSIBILITIES

1. It is a university policy that each student attends and participates in all classes. Each student receives **one (1) absence** without penalty. Each subsequent absence will result in 50 points being deducted from the student’s final point total (i.e, second absence subtracts 50 points from final total; third absence subtracts another 50 points, and so on). Class will begin at the time scheduled. Students who are tardy should come in quietly. Two (2) tardies count as one absence. Students are responsible for acquisition of material covered on days when absent. Prior arrangements must be made with the instructor if absence from a test is unavoidable. NOTE: Attendance is monitored during each class session even if you are not aware that it is happening.
2. All assignments, reports, and other related coursework are to be turned in **on the due date**. **NOTHING** will be accepted beyond the due date.
3. **Read chapters ahead of time** so you can ask and answer questions, complete quizzes successfully, and be involved in discussion/assignments.
4. Expect to spend **6-9 hours per week outside of class** on this course.
5. Turn your cell phone off during class. **DO NOT** receive or make any calls/text messages during class. Leave your cell phone out of sight (like in a purse or backpack).

## ATTENDANCE POLICY

Attendance is required and counts 30 % of the grade. Students receive points for attending class. It is especially important to be present during the first five minutes because that is when the instructions for the day are given and this is an important time for receiving logistical details of the course.

## WRITTEN ASSIGNMENTS

Your written assignments are an important part of your grade. Papers should be clear and legible; your **first and last name** should be on every paper you turn in. Spell words correctly; look them up when you do not know how to spell them. Words and phrases are often sufficient, but when sentences are called for use correct grammar. Late assignments receive **NO** credit.

## PROFESSIONAL CONDUCT

During this course you will be expected to deal with your subject area, your colleagues, and yourself as a professional. Approach learning with offensive strategies rather than with defense and evasion. Demonstrate pride in your chosen profession through both your actions and your attitude. This includes being on time for class and coming to class prepared.

**NOTE:** The Kinesiology Program seeks to provide reasonable accommodations for all qualified individuals with disabilities with respect to equal educational opportunities. It is the student's responsibility to present proper documentation to the faculty member in a timely manner in order to arrange for appropriate accommodations.