

# KIN 1303 – Foundations of Kinesiology

## Class Times:

- Tuesday: 12:00 – 1:20pm  
Liberal Arts Building (Rm 107)

- Thursday: Online

## Instructor Information:

Jason Boyle, Ph.D.

Chair: Department of Kinesiology

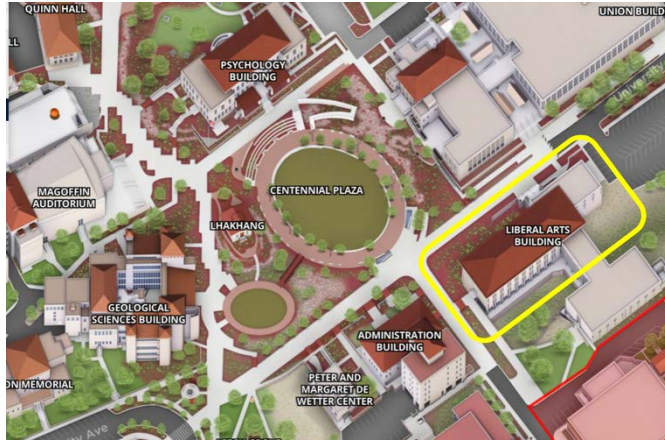
Associate Professor

College of Health Sciences

Office: HSSN #443

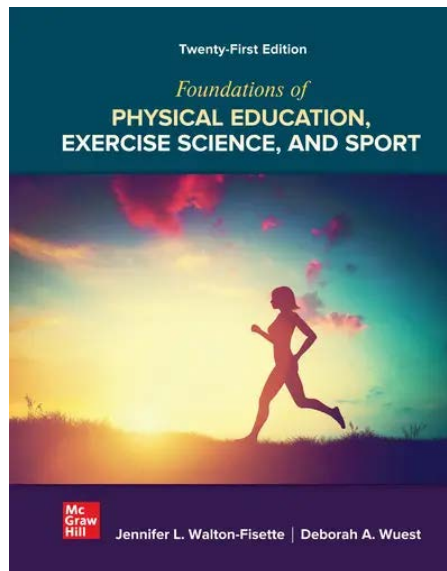
Email: [jbboyle@utep.edu](mailto:jbboyle@utep.edu)

(Best way to reach me)



## Textbook:

Foundations of Physical Education, Exercise Science, and Sport.  
Wuest & Fisette, 21st edition







**Course Prerequisites:** None

## Course Description:

Study of the history and philosophy of physical activity, and an introduction to anatomy, physiology, biomechanics, motor behavior, and psychology of exercise and sport. This course will also introduce careers in kinesiology and the requirements for graduation with a degree in kinesiology.

## Course Objectives and University Learning Outcomes

By the end of the course, students will be able to:

<u>Student Learning Objective</u>	<u>Outcome</u>
Demonstrate the ability to consider different points of view and to work effectively with others as you discuss potential solutions to social issues.	 Teamwork Skills
Draw on existing knowledge bases to create “new” or “transformed” knowledge	 Critical Thinking Skills
Develop a career goals pathway map. This will be initiated through honest/data driven introspection and followed by future SMART goals	 Entrepreneurship
Address the societal issues in the field of Kinesiology from a historical and modern lens.	 Social Responsibility

### How do you earn Your Grade?

#### Grade Components

1. **Quizzes:** There will be 20 Quizzes throughout the semester. The Readiness quiz will be made available immediately following class on Tuesday. This quiz will specifically cover the material discussed in class that day. **The online lecture video and Retention Quiz will become available following the Readiness quiz attempt.** The Retention Quiz will be a more in-depth quiz and worth more points.

**The expectation is that the student:** Attends class, takes the Readiness Quiz, watches the online lecture video for a second round of studying and takes the Retention Quiz. Given these assignments are performed outside of the classroom, all quizzes will be taken online through Blackboard.

2. **Individual Exams:** 2 exams will be given this semester. The exams will consist of true/false and multiple-choice questions. All 2 individual exams will be taken **in class** on a Tuesday (see schedule).
3. **Final Exam (Cumulative)**
4. **Personal Career Goals Workbook:** All students will be expected to fill out career information as well as develop their own unique Personal Career Goals pathway. This workbook will explore career pathway goals that Kinesiology students are on track for as well as challenge the student to think deeply about the likelihood that they will be successful based upon: their effort, their grades, their engagement with beneficial opportunities (student leadership, performing research with faculty, volunteering, etc.) as well as what their back up plan is.

<b>Requirement</b>	<b>Points</b>
Readiness Quiz (10) at 2pts each	<b>20</b>
Retention Quiz (10) at 4pts each	<b>40</b>
Individual Exams (2) at 10pts each	<b>20</b>
Final Exam (1) at 10 pts	<b>10</b>
Personal Career Goals Workbook (1) at 10pts	<b>10</b>
<b>Total</b>	<b>100</b>

#### *Course Grade Determination*

- A = 100-90
- B = 89-80
- C = 79-70
- D = 69 -60
- F = 59 and lower

**Technology in the classroom:** All exams will be administered via Blackboard in class. This means that it is the responsibility for each student to have a fully charged, WIFI capable laptop or tablet with them for class. If you do not have one, you may check one out from the [library](#) free of charge. This will be a requirement in many of your professional KIN classes and is commonplace in almost all work settings KIN majors undertake after graduating (PT/OT school, Graduate school, Medical field, etc.).

**Textbook VS Lecture Notes:** Although we will cover the vast majority of topics from the textbook during in-person class, it is critical that the student completely read each textbook chapter and watch the lecture videos. All material from the lectures and textbook chapters will be used during the quizzes/exams.

***Cheating, Plagiarism, Scholastic Dishonesty, and Student Discipline:*** Cheating is obtaining a reward for ability by dishonest means. It is unethical and not acceptable. Plagiarism occurs whenever a student quotes, paraphrases or summarizes another person's work without providing correct citation. Plagiarism occurs whether the work quoted is a book, article, website, reader's guide like Cliffs Notes or SparkNotes, another student's paper, or any other source. An entire essay is fraudulent even if only a single sentence is plagiarized. *Do not submit work under your name that you did not do yourself, ever.* You may not submit work for this class that you did for another class. If you cheated or plagiarized, you will be subject to disciplinary action as stated in the UTEP undergraduate catalog policy.

***Deadline Policy and Late Assignments:*** It is essential that you regularly visit the class Blackboard website prepared to work. Once a deadline has passed, you can no longer turn in your work for credit. Plan carefully to ensure you meet the deadlines. If you wait until the last minute, things that can go wrong often do. Start early so you have time to deal with problems and are still able turn in your assignments on time. Do not procrastinate!

***Missed Assignments:*** All assignments will strictly follow UTEP's attendance policy. Any missed assignment that does not meet the requirements of an excused absence will be counted as a 0. If you are going to / or miss an assignment and you believe the absence is excusable, you must contact the Professor within 24 hours of the assignment's due date. Emailing later in the semester about missing grades, even if the absence was excused, will not be accepted. It is the student's responsibility to keep track of when assignments are due and also to communicate to the Professor when absences happen.

***Students in Need of Assistance:*** UTEP seeks to provide reasonable accommodation for all qualified individuals who need accommodation or support for their learning. This university adheres to all applicable federal, state, and local laws, regulations and guidelines with respect to providing reasonable accommodations as required, affording equal educational opportunity. It is the *student's responsibility* to register with the **Center for Accommodations and Support Services** <http://sa.utep.edu/cass/> in the UTEP Union Bldg. East Wing, Room 106 *within the first two weeks of classes*, and inform the faculty member to arrange for appropriate accommodations or support.


The CASS Office can also be reached in the following ways:

Web: <http://cass.utep.edu/>; Phone: (915) 747-5148 voice or TTY; Fax: (915) 747-8712; E-Mail: [cass@utep.edu](mailto:cass@utep.edu)

**Campus Safety and Emergencies Notifications:** Information Technology at UTEP provides emergency notification via your mobile phone. Visit <http://www.utep.edu/it> for more information and registration. Check the UTEP website for health related information and updates.

## Fall 2024 Tentative Schedule

<b>Week</b>	<b>Dates</b>	<b>Topics</b>	<b>Assignments</b>
1	Monday August 26, 2024 - Friday September 30, 2024	Welcome  (1) Meaning and Scope	-Readiness Quiz 1  -Retention Quiz 1
2	Monday September 2, 2024 - Friday September 6, 2024	(2) Philosophy, Goals & Objectives	-Readiness Quiz 2  -Retention Quiz 2
3	Monday September 9, 2024 - Friday September 13, 2024	(3) Health & Physical Activity in Our Society	-Readiness Quiz 3  -Retention Quiz 3
4	Monday September 16, 2024 - Friday September 20, 2024	(4) Historical Foundations	-Readiness Quiz 4  -Retention Quiz 4
5	<b>Tuesday September 24, 2024</b>	<b>EXAM 1 (1-4)</b>  *** In the classroom ***	- Exam 1
6	Monday September 30, 2024 - Friday October 4, 2024	(5) Motor Behavior  ***Entire week ONLINE***	-Readiness Quiz 5  -Retention Quiz 5
7	Monday October 7, 2024 - Friday October 11, 2024	(6) Biomechanical Foundations	-Readiness Quiz 6  -Retention Quiz 7

8	Monday October 14, 2024 - Friday October 18, 2024	(7) Exercise Physiology & Fitness	-Readiness Quiz 7  -Retention Quiz 7
9	Monday October 21, 2024 - Friday October 25, 2024	(8) Sociological Foundations	-Readiness Quiz 8  -Retention Quiz 8
10	Monday October 28, 2024 - Friday November 1, 2024	(9) Sport and Physical Activity Psychology	-Readiness Quiz 9  -Retention Quiz 9
*	<b>Friday November 1, 2024</b>	Drop/Withdrawal Deadline	
*	<b>Sunday November 3, 2024</b>	Department of Kinesiology Miner Dash 5K Run/3K Walk	 <b>-Extra Credit Opportunity</b>
11	<b>Tuesday November 5, 2024</b>	<b>EXAM 2 (5-9)</b>  *** In the classroom ***	-EXAM 2
12	Monday November 11, 2024 - Friday November 15, 2024	(10) Physical Education Pedagogy	-Readiness Quiz 10  -Retention Quiz 10
13	Monday November 18, 2024 - Friday November 22, 2024	Career Pathways Lecture Video (Chapters 12, 13 & 14)  ***Entire week ONLINE***	

14	<p style="text-align: center;">Monday November 25, 2024 - Friday November 29, 2024</p>	<p style="text-align: center;">Work on: Personal Career Goals (PCG) Workbook  ***Entire week ONLINE***</p>	
15	<p style="text-align: center;"><b>Due: Friday December 6, 2024</b></p>	<p style="text-align: center;"><b>PCG Workbook</b>  ***Entire week ONLINE***</p>	<p style="text-align: center;">-PCG Workbook</p>
16	<p style="text-align: center;"><b>Tuesday December 10, 2024</b>  1:00-3:45pm</p>	<p style="text-align: center;"><b>FINAL EXAM</b> Chapters 1- 10  *** In the classroom ***</p>	<p style="text-align: center;">-FINAL EXAM</p>