**South Plains College**

**Department of Kinesiology**

**KINE 1301 Introduction to Kinesiology**

**M-W 8:00 am Syllabus – Spring 2025**

**Instructor**: Ryan Heth **Office Phone**: 806-716-2234

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**Office Hours**: Please see the calendar below **Email**: [rheth@southplainscollege.edu](mailto:rheth@southplainscollege.edu)

**Required Text:**

* ***Introduction to Kinesiology-Studying Physical Activity (06th Edition)*** *By Knudson* 
  + This textbook is included in the cost of this course and will be available to you in electronic form on your blackboard page.

**REMIND APP –** I will use the REMIND APP as another means of communication during the semester. I use this in case there is a need to cancel classes so you do not show up if you do not need to. I may also use this if the weather ever becomes an issue. This is NOT used for you to inform me of an absence. You don't need to download the app for this to work. To sign up for this tool, you need to text this number**, 81010,** and send the following code as the text message **@kine1301m**

You will receive a response confirming your registration. I will use it periodically throughout the semester to remind the class of due dates and other helpful information.

**Course Description**

This course is an introduction to the field of kinesiology (physical education), its philosophy, aims, objectives, principles, and history. In addition, careers and the path to those careers will be studied.

**Student Expectations:**

South Plains College's online courses and programs are based on interactive teaching, learning, and communication. Faculty and students actively contribute to one another's learning through critical dialogue, integrative education, and collaborative learning. To take full advantage of the experiences and resources South Plains College offers, students are expected to manage and direct their academic progress with support and guidance from faculty. To acquire knowledge and build skills, students are expected to:

• Read and become familiar with the course syllabus and the Unit Instructions.

• Keep up with assignments and readings.

• Ask for clarifications about material or course expectations.

• Analyze assigned readings and offer thoughtful interpretations.

• Be respectful of diverse perspectives and avoid inappropriate comments on discussion boards and personal interactions.

**SPC TexBook Syllabus Statement:**

**TexBook Program: *This course is in the SPC TexBook program, so you do not need to purchase a textbook or access code for this course.***

The TexBook program at South Plains College is part of a national Inclusive Access model in which publishers and higher education institutions provide digital course materials to students at the lowest possible price on the first day of class. All students in a TexBook class pay for and receive digital content, which lowers costs for everyone. Students are billed an electronic course materials fee along with their usual tuition and course fees.

**Benefits of TexBook**

* Students get access to digital class materials the first day of class, avoiding hassles with access codes, shipping, stock, etc.
* Students get required course materials at a significantly reduced rate.
* Students pay for class materials the same way they pay for tuition and fees, which allows them to use scholarships and other financial aid to cover the costs.

**Access Through Blackboard**

Students in a TexBook class will access their required course material digitally via a link provided in their Blackboard course. The link may be provided by VitalSource or may be a direct link to publisher content. Students who remain opted in to the TexBook program will have access to the course material for the duration of the semester.

**Decide If You Should Opt Out**

Participating in TexBook for a course is not mandatory, and students may opt out of the program. Students who opt-out will lose access to the course material and competitive pricing and will need to purchase the required course material on their own. If they drop the class or opt-out before the opt-out deadline, the TexBook charge will be credited to their SPC TexanConnect account prior to the first scheduled refund of the term. Students should consult with their professor before deciding to opt-out.

**Student Learning Outcomes:**

1. Distinguish between and identify terminology and research within the sub-disciplines in the field of Kinesiology and their application to diverse careers.
2. Summarize the historical and philosophical approaches to physical activity, physical education, exercise science, and sport.
3. Identify the characteristics of a physically educated person and the importance of assessment and advocacy in physical education, exercise science, and sport.
4. Discuss how the changing nature of education and technological advances may influence physical education, exercise science, and sport in the future.
5. Identify major professional organizations, foundations, and associations supporting physical activity at local, state, national, and international levels, as well as data tools and resources.

**Unit Instructions**for this course will come from the Unit Modules***.*** There are many ways to get the information you need, but this is probably the easiest way to navigate the course. There will be four units of instruction that include ten separate chapters ( I combine chapters 10-15 into one chapter.)These unit instructions will contain everything you need to do for each chapter. Pay close attention to these unit instructions and the due dates for each chapter and week.

**Course Evaluation:**

1. There will be **Four Exams,** each worth 50 points (200 points total). Each exam will consist of multiple-choice, true/false, and essay questions.
2. **Chapter Quizzes** will be given over the first 10 chapters for a total of 10 quizzes. I combine chapters 10-15 into one chapter. Each quiz is worth 15 points (150 points total), and they will be posted on Blackboard. Each quiz will consist of multiple-choice, true-false, or essay-type questions. Please use your notes and textbook to complete the quizzes. These quizzes will help prepare you for the exams.
3. **Two Homework Assignments** will be completed over the semester. Each homework will be worth 40 points (80 points in total).
4. **Discussion Boards** Throughout the semester, you will complete discussion board assignments during in class sessions. Each assignment is worth between 5 and 15 points, with a combined total of 70 points for the semester. These assignments account for 15% of your overall grade, so attendance and participation are crucial. Please note that if you are absent, you will not have the opportunity to make up the missed work, which will negatively affect your final grade. Prioritize attending class and completing these assignments to ensure you are successful in this course.

\*\* I expect you to read the chapters assigned. This exposes you to the material and makes it easier for you to understand the PowerPoint slides and take good notes. Plan, and do not wait until the last minute to submit your assignments. Excuses for late work, such as "The network was down" or "I could not figure out how to post or send the assignment," are unacceptable.

\*\*\* All written assignments should be presented using the conventions of Standard Written English.

South Plains College requires all students to become proficient in "academic English," a form of English typically used in academic, professional, and business contexts. While slang and informal self-expression are appropriate in some settings, they are out of place in academic writing.

Final grades will be determined as follows:

* Four examinations @ 50 points each: 200 points-
* 10 quizzes @ 15 points each 150 points-
* 2 Homework assignments @ 40 points each 80 points
* Discussions/Lab Assignments 70 points

**Total: 500 points**

**Final Grade Point Percentage Point Total**

A 90-100% 448-500

B 80-89% 398-447

C 70-79% 348-397

D 60-69% 298-347

F Below 60% Below 298

# Academic Information

Please note that I evaluate each situation individually and do not automatically drop students due to attendance issues or missed assignments. If you decide not to complete the course, it is your responsibility to initiate the formal drop process. Students who stop attending classes and fail to complete coursework will receive an F at the end of the semester.

**Plagiarism and Cheating:**Students are expected to do their work on all projects, quizzes, assignments, examinations, and papers. Failure to comply with this policy will result in an F for the assignment and can result in an F for the course if circumstances warrant.

Plagiarism violations include, but are not limited to, the following:

1. Turning in a paper that has been purchased, borrowed, or downloaded from another student, an online term paper site, or a mail-order term paper mill.
2. Cutting and pasting together information from books, articles, other papers, or online sites without providing proper documentation;
3. Using direct quotations (three or more words) from a source without showing them to be direct quotations and citing them.

Cheating violations include, but are not limited to, the following:

1. Obtaining an examination by stealing or collusion;
2. Discovering the content of an examination before it is given;
3. Using an unauthorized source of information (notes, textbook, text messaging, internet, apps) during an examination, quiz, or homework assignment;
4. Entering an office or building to obtain an unfair advantage;
5. Taking an examination for another;
6. Altering grade records;
7. Copying another's work during an examination or on a homework assignment;
8. Rewriting another student's work in Peer Editing so that the writing is no longer the original student's;
9. Taking pictures of a test, test answers, or someone else's paper.

**Please see the following links for the South Plains College General Syllabus Statements and the Covid-19 Policy.**

<https://www.southplainscollege.edu/syllabusstatements/>

<https://www.southplainscollege.edu/emergency/covid19-faq.php>

