



HPK 1301 Foundations of Health and Kinesiology COURSE SYLLABUS: Spring 2021

Instructor: Dr. Betty A. Block, Professor
Office Location: Health Sciences Building
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COURSE INFORMATION

Materials – Textbooks, Readings, Supplementary Readings:

Textbook Required: Deborah Wuest & Charles Bucher. *Foundations of Physical Education, Exercise Science, & Sport*, 18th or 19th Edition; 2015.

APA RESOURCE: Purdue Online Writing Lab: <http://owl.english.purdue.edu/owl/resource/560/01/>

Course Description:

A survey course in human movement that includes the historical development of movement and sport from ancient through contemporary cultures. Physiological, sociological, and psychological principles affecting human movement and sport are also included.

This course brings the beginning student through the development of our profession and introduces them to the basic principles, which will be studied in depth in the major's program. An understanding of the sources of our body of knowledge and their application to kinesiology and sports studies is developed.

Student Learning Outcomes:

By the end of the course, the successful student should be able to:

1. Develop an understanding of the historical development of movement and sport.
2. Understand the principles and concepts of human movement development and maintenance to evaluate, select, and adapt activities that will help them achieve and maintain appropriate levels of movement.
3. Demonstrate knowledge of health, nutrition, and safety principles related to human movement.

4. Demonstrate ability to recognize and understand how to promote knowledge and cognitive skills in relation to lifetime fitness and wellness.
5. Demonstrate knowledge of principles and concepts of human movement, fitness and exercise science (e.g., anatomy and physiology, kinesiology, exercise physiology, biomechanics).
6. Demonstrates an understanding of concepts and principles of health, fitness, and performance and understands how to work with learners from diverse backgrounds to foster learning and encourage positive behavior.
7. Understands issues related to personal health risk factors and practices for health-related safety.

COURSE REQUIREMENTS

Exams:

A total of 4 examinations and 1 comprehensive final exam will be administered. Each exam will be valued at 100 points each.

Assignments & Discussions:

All assignments and discussions are due before or by 11:59pm on the specified due date. Late assignments will NOT be accepted, and no extra credit assignments will be available. Assignments and discussions will be worth 10 points each.

Exam #1	10%	below	A 100 – 90%
Exam #2	10%		B 89 – 80%
Exam #3	10%		C 79 – 70%
Exam #4	10%		D 69 – 60%
Final Exam	20%		F 59% and
Assignments	10%		
Discussions	10%		
Quizzes	20%		

Quick Guide			
<u>HHPK 1301</u>			
Module and Week	Topic/Description	Activities	Point value
Module 1 Week 1	Introductions Chapter 1 Meaning and Scope	Syllabus Quiz Introduce yourself	10

		<p>Read Chapter 1 and View PowerPoint</p> <p>Chapter 1 Quiz</p> <p><i>Due Sunday Jan 17 11:59pm Week 1</i></p>	10
<p>Module 2</p> <p>Week 2</p>	<p>Chapter 2 Philosophy, Goals, and Objectives</p>	<p>Read Chapter 2 and View PowerPoint</p> <p>Goals and Objectives Assignment</p> <p>Chapter 2 Quiz</p> <p><i>Due Sunday Jan 24 by 11:59pm Week 2</i></p>	<p>10</p> <p>10</p>
<p>Module 3</p> <p>Week 3</p>	<p>Chapter 3 Health and Physical Activity in Society</p>	<p>Read Chapter 3 and View PowerPoint</p> <p>Chapter 3 Quiz</p> <p>EXAM 1</p> <p><i>Due Sunday Jan 31 11:59pm Week 4</i></p>	<p>10</p> <p>115</p>
<p>Module 4</p> <p>Week 5</p>	<p>Chapter 4 Historical Foundations</p>	<p>Read Chapter 4 and View PowerPoint</p> <p>Play the History Jeopardy Game for Review</p>	50

		Open-book History Exam <i>Due Sunday Feb 7th 11:59pm Week 5</i>	
Module 5 Week 6	Chapter 5 Motor Behavior	Read Chapter 5 and View PowerPoint Play the Motor Behavior Jeopardy Game for Review Chapter 5 Quiz <i>Due Sunday Feb 14 by 11:59pm Week 6</i>	10
Module 6 Week 7	Chapter 6 Biomechanical Foundations	Read Chapter 6 and View PowerPoint Biomechanics Activity Assignment Chapter 6 Quiz EXAM 2 <i>Due Sunday Feb 21 by 11:59pm Week 8</i>	10 104
Module 7 Week 8	Chapter 7 Exercise Physiology and Fitness	Read Chapter 7 and View PowerPoint	

		Chapter 7 Quiz	10
		<i>Due Sunday Feb 28 by 11:59pm</i> Week 9	
Module 8 Week 9	Chapter 8 Sociological Foundations	Read Chapter 8 and View PowerPoint	
		Sociology Assignment	10
		Chapter 8 Quiz	10
		<i>Due Sunday March 14 by 11:59pm</i>	
Module 9 Week 11	Chapter 9 Sport and Exercise Psychology	Read Chapter 9 and View PowerPoint	
		Psychology Assignment	10
		Chapter 9 Quiz	10
		EXAM 3	100
		<i>Due Sunday March 28 11:59pm</i>	
Module 10 Week 13	Chapter 10 Physical Education Pedagogy	Read Chapter 10 and View PowerPoint	
		Chapter 10 Quiz	10

		<i>Due Sunday April 11 by 11:59pm Week 14</i>	
Module 11 Week 14	Chapters 14 and 15 Careers	Read Chapters 14 and 15 and View PowerPoint Chapters 14 and 15 Quiz EXAM 4 <i>Due Sunday April 18 by 11:59pm Week 15</i>	10 118
Week 15	Comprehensive Final Exam	Take Final Exam Due April 26	100
Total			737

TECHNOLOGY REQUIREMENTS

LMS

All course sections offered by Texas A&M University-Commerce have a corresponding course shell in the myLeo Online Learning Management System (LMS). Below are technical requirements

LMS Requirements:

<https://community.brightspace.com/s/article/Brightspace-Platform-Requirements>

LMS Browser Support:

https://documentation.brightspace.com/EN/brightspace/requirements/all/browser_support.htm

YouSeeU Virtual Classroom Requirements:

<https://support.youseeu.com/hc/en-us/articles/115007031107-Basic-System-Requirements>

ACCESS AND NAVIGATION

You will need your campus-wide ID (CWID) and password to log into the course. If you do not know your CWID or have forgotten your password, contact the Center for IT Excellence (CITE) at 903.468.6000 or helpdesk@tamuc.edu.

Note: Personal computer and internet connection problems do not excuse the requirement to complete all course work in a timely and satisfactory manner. Each student needs to have a backup method to deal with these inevitable problems. These methods might include the availability of a backup PC at home or work, the temporary use of a computer at a friend's home, the local library, office service companies, Starbucks, a TAMUC campus open computer lab, etc.

COMMUNICATION AND SUPPORT

If you have any questions or are having difficulties with the course material, please contact your Instructor.

Technical Support

If you are having technical difficulty with any part of Brightspace, please contact Brightspace Technical Support at 1-877-325-7778. Other support options can be found here:

<https://community.brightspace.com/support/s/contactsupport>

Interaction with Instructor Statement

I am available Monday – Friday 8:00 – 5:00. Please make an appointment to meet by phone or online if you would like to discuss anything with me. My cell phone number is at the top of this syllabus.

COURSE AND UNIVERSITY PROCEDURES/POLICIES

Course Specific Procedures/Policies

Please follow the course schedule for turning in all assignments. Let me know if you are unable to get your work in on time.

Syllabus Change Policy

The syllabus is a guide. Circumstances and events, such as student progress, may make it necessary for the instructor to modify the syllabus during the semester. Any changes made to the syllabus will be announced in advance.

University Specific Procedures

Student Conduct

All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment. The Code of Student Conduct is described in detail in the [Student Guidebook](#).

<http://www.tamuc.edu/Admissions/oneStopShop/undergraduateAdmissions/studentGuidebook.aspx>

Students should also consult the Rules of Netiquette for more information regarding how to interact with students in an online forum: <https://www.britannica.com/topic/netiquette>

TAMUC Attendance

For more information about the attendance policy please visit the [Attendance](#) webpage and [Procedure 13.99.99.R0.01](#).

<http://www.tamuc.edu/admissions/registrar/generalInformation/attendance.aspx>

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/academic/13.99.99.R0.01.pdf>

Academic Integrity

Students at Texas A&M University-Commerce are expected to maintain high standards of integrity and honesty in all of their scholastic work. For more details and the definition of academic dishonesty see the following procedures:

[Undergraduate Academic Dishonesty 13.99.99.R0.03](#)

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/undergraduates/13.99.99.R0.03UndergraduateAcademicDishonesty.pdf>

[Graduate Student Academic Dishonesty 13.99.99.R0.10](#)

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/graduate/13.99.99.R0.10GraduateStudentAcademicDishonesty.pdf>

Students with Disabilities-- ADA Statement

The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you have a disability requiring an accommodation, please contact:

Office of Student Disability Resources and Services

Texas A&M University-Commerce

Gee Library- Room 162

Phone (903) 886-5150 or (903) 886-5835

Fax (903) 468-8148

Email: studentdisabilityservices@tamuc.edu

Website: [Office of Student Disability Resources and Services](#)

<http://www.tamuc.edu/campusLife/campusServices/studentDisabilityResourcesAndServices/>

Nondiscrimination Notice

Texas A&M University-Commerce will comply in the classroom, and in online courses, with all federal and state laws prohibiting discrimination and related retaliation on the basis of race, color, religion, sex, national origin, disability, age, genetic information or veteran status. Further, an environment free from discrimination on the basis of sexual orientation, gender identity, or gender expression will be maintained.

Campus Concealed Carry Statement

Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in Texas A&M University-Commerce buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun. Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and A&M-Commerce Rule 34.06.02.R1, license holders may not carry a concealed handgun in restricted locations.

For a list of locations, please refer to the [Carrying Concealed Handguns On Campus](#) document and/or consult your event organizer.

Web url:

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/34SafetyOfEmployeesAndStudents/34.06.02.R1.pdf>

Pursuant to PC 46.035, the open carrying of handguns is prohibited on all A&M-Commerce campuses. Report violations to the University Police Department at 903-886-5868 or 9-1-1.

COVID-19 statement

COVID-19 Statement & Use of Face Masks/Shields A&M-Commerce requires the use of face-coverings in all instructional and research classrooms/laboratories. Exceptions may be made by faculty where warranted. Faculty have management over their classrooms. Students not using face-coverings can be required to leave class. Repetitive refusal to comply can be reported to the Office of Students' Rights and Responsibilities as a violation of the student Code of Conduct.

Students should not attend class when ill or after exposure to anyone with a communicable illness. Communicate such instances directly with your instructor. Faculty will work to support the student getting access to missed content or completing missed assignments.