

KINS 65 – V4520 - Foundations of Kinesiology

Spring, 2023 – Online Asynchronous course – 3 units

Instructor: Maggie White

Course Units: 3

Office hours: by appointment via zoom, in person in my office on the main campus, or email (I am available to meet day or night if needed).

Instructor Contact Information: Maggie-white@redwoods.edu

Textbook: Foundations of Kinesiology Second Edition, by Oglesby, Henige, McLaughlin, Stillwell. ISBN: 978-1-284-19830-0

Course Description

A course designed to familiarize students with the fields of kinesiology, exercise science, and sport studies. Students will examine the systems, dynamics, and principles involved in human development and physical activity within the context of society. An emphasis will be placed on relevant experience, research, and professional practice. In addition, students will discuss current issues and areas of career opportunities.

Course Student Learning Outcomes

1. Identify and describe the sub-disciplines of kinesiology, the professional qualifications required in kinesiology careers, and how personal values and skillsets play a determining factor in which subdiscipline to consider for a career.
2. Describe past and current issues and trends in kinesiology and the challenges they present in providing opportunities in health, recreation, and athletic programs.
3. Understand the history of sport and the history of Olympic games and apply the understanding to current political, social, and educational issues and trends.

Course Communication

The best way to reach me is through email at Maggie-white@redwoods.edu. You can also send a message via the Canvas messenger system (I like this better since I will automatically know which course you are in since I teach 5 classes this semester). I will usually respond within 24 hours during the week and 48 hours on the weekends.

Necessary Computer Skills

Online courses require basic modern computer skills. Be able to navigate websites, open and download files, use a word processor and be able to convert files, if necessary, into a word document or rich text format, and submit files to Canvas (the learning management system for the course). **Some assignments may require the use of a webcam or video submission. It is the student's responsibility to meet the technological demands of the class.**

Technology Requirements (computer, other hardware, and software)

Since the course material is delivered online, your equipment needs to be up to date. I recommend broadband services from your local cable provider or satellite internet providers. You will need reliable access to the internet and log into the class regularly (at least twice a week). It is your responsibility to meet class deadlines. It is highly recommended that you use **Firefox** or **Google Chrome** as your internet browser. They are the preferred browsers for Canvas.

Technology Support

When dealing with technology, I would contact the experts in this field. I can help with course material, but support with your login or managing the technology should be left up to the experts. Before contacting Technical Support please visit the Online Support Page at <http://www.redwoods.edu/online/Help>.

For password issues with Canvas, Web Advisor, or your mycr.redwoods.edu email, contact Technical Support at its@redwoods.edu or call 707-476-4160 or 800-641-0400 ext. 4160 between 8:00 A.M. and 4:00 P.M., Monday through Friday.

Special Accommodations

College of the Redwoods complies with the Americans with Disabilities Act in making reasonable accommodations for qualified students with disabilities. Please present your written accommodation request at least one week before the first test so that necessary arrangements can be made. No last-minute arrangements or post-test adjustments will be made. If you have a disability or believe you might benefit from disability-related services and may need accommodations, please contact me. Students may make requests for alternative media by contacting DSPS at 707-476-4280.

Regular Effective Contact

We can meet via email, messaging, phone, or zoom if needed. I am also on the Eureka main campus 3-4 days a week if that works too. This is an asynchronous (you can do the work on your own time within the posted due dates each week) course, and the modules are organized weekly. They open every Friday, and the work is due the following Sunday (nine days to complete the work). There are threaded discussion forums, weekly quizzes, and some assignments due each week. There are also instructor-prepared materials in each module. Our interaction will be done weekly (you may not work ahead and please do not fall behind as assignments close after the due date).

Accessibility

College of the Redwoods is committed to making reasonable accommodations for qualified students with disabilities. If you have a disability or believe you might benefit from disability-related services and accommodations, please contact your instructor or [Disability Services and Programs for Students](#) (DSPS). Students may make requests for alternative media by contacting DSPS based on their campus location:

- Eureka: 707-476-4280, student services building, 1st floor
- Del Norte: 707-465-2324, main building near library
- Klamath-Trinity: 530-625-4821 Ext 103

If you are taking online classes DSPS will email approved accommodations for distance education classes to your instructor. In the case of face-to-face instruction, please present your written accommodation request to your instructor

at least one week before the needed accommodation so that necessary arrangements can be made. Last minute arrangements or post-test adjustments usually cannot be accommodated.

Student Support

Good information and clear communication about your needs will help you be successful. Please let your instructor know about any specific challenges or technology limitations that might affect your participation in class. College of the Redwoods wants every student to be successful.

Student Support Services

The following online resources are available to support your success as a student:

- [CR-Online](#) (Comprehensive information for online students)
- [Library Articles & Databases](#)
- [Canvas help and tutorials](#)
- [Online Student Handbook](#)

[Counseling](#) offers assistance to students in need of professional counseling services such as crisis counseling.

Learning Resource Center includes the following resources for students

- [Academic Support Center](#) for instructional support, tutoring, learning resources, and proctored exams. Includes the Math Lab & Drop-in Writing Center
- [Library Services](#) to promote information literacy and provide organized information resources.
- [Multicultural & Diversity Center](#)

Special programs are also available for eligible students include

- [Extended Opportunity Programs & Services \(EOPS\)](#) provides services to eligible income disadvantaged students including: textbook award, career academic and personal counseling, school supplies, transportation assistance, tutoring, laptop, calculator and textbook loans, priority registration, graduation cap and gown, workshops, and more!
- The TRiO Student Success Program provides eligible students with a variety of services including trips to 4-year universities, career assessments, and peer mentoring. Students can apply for the program in [Eureka](#) or in [Del Norte](#)
- The [Veteran's Resource Center](#) supports and facilitates academic success for Active Duty Military, Veterans and Dependents attending CR through relational advising, mentorship, transitional assistance, and coordination of military and Veteran-specific resources.
- Klamath-Trinity students can contact the CR KT Office for specific information about student support services at 530-625-4821

Course Requirements (What do I need to do to pass this class?):

Homework assignments will be submitted in Canvas (please do not email me attachments with assignments). Each week will have a module that needs to be completed. All the week's assignments (including quizzes will be added to the module). You need to read through the module and complete the work each week. Most assignments are due by Sunday at 11:59 p.m. on the week given. When you save your document, please use your last name in the file name and save it as a **rich text format or Microsoft Word Document. Google Docs may not work with Canvas (you can copy and paste from the google doc to the text box in the assignment)**. This syllabus provides a summary of the assignments. More details will be provided in the modules on Canvas. There are discussion forums, quizzes, a career project, and reading the lecture notes in the module. Some discussion forums require some outside work before submitting the discussion, so it is a good idea to do them early in the week.

Discussion Forum Entries (225 points - 10 points for 15 posts and 5 points for 15 responses)

You will be required to submit one posting (reply to my initial post) **and** one reply to peer postings for each

forum. Postings are a minimum of **200** words in length and must reflect an understanding of the written (text, lecture, and articles) materials, critical thinking on the topics, and citations from the materials you read to support views. The responses are a minimum of **100** words. **Postings and responses are not text messages. Spell out words and use punctuation and grammar appropriate for college work.** The postings are due by 11:59 pm each Friday and your response by 11:59 pm each Sunday. Late postings may not receive a grade. It is important they are done on time to receive full credit.

Quizzes (150 - 180 points - 10 points for 15 - 18 quizzes)

There will be at least one short quiz per week. These are done online and due by the end of the week (Sunday at 11:59 pm). They will be timed (about 2 minutes per question) and cover the assigned readings and lecture notes for the assigned week. These quizzes are open book, but the quizzes are timed. Therefore, be mindful of the time when you begin the quiz. You are allowed two chances on the quiz but remember the final exam may only be taken once.

Kinesiology Career Project (100 points)

Students will complete a comprehensive project and presentation on a career related to the field of kinesiology. Students will research and gather information, consult, and interview career experts and develop a written or video presentation on Canvas. Students will be provided numerous options for related careers and /or areas of study in kinesiology in which to choose for the project.

Final Examination (100 points)

There will be one examination that will cover the entire semester. Please be mindful as the exam will be timed and you only can take it once.

Total: 575 - 605 points

Topics Covered:

1. Fundamental terms and topics in physical education
2. Disciplines and sub-disciplines in kinesiology
3. Specialized studies and career preparation
4. Historical foundation of physical education
5. Significant cultural connections of sports throughout history
6. Early and current instruction of physical education in schools and or instructional settings
7. Current trends/challenges in kinesiology
8. Future developments and endeavors in kinesiology.

Grading:

Your final grade will be based on the total points you have earned throughout the semester. After each assignment is graded, your point value will be posted into the Canvas grade book. I am not a fan of the plus or

minus system in grading. Occasionally, I may give a plus, but rarely a minus. Back in the Stone Ages, when I was a student, I was not fond of the fact that 80% was below a 3.0 on the grade point average.

90% and above	A
80-89%	B
70-79%	C
60-69%	D
59% and below	F

Admissions deadlines & enrollment policies

Spring 2023 Dates

- *Classes begin: 01/14/23*
- *Martin Luther King's Birthday (all campuses closed): 01/16/23*
- *Last day to add a class: 01/20/23*
- *Last day to drop without a W and receive a refund: 01/27/23*
- *Census date: 01/30/23 or 20% into class duration*
- *Last day to petition to file P/NP option: 02/10/23*
- *Lincoln's Birthday (all campuses closed): 02/17/23*
- *President's Day (all campuses closed): 02/20/23*
- *Last day to petition to graduate or apply for certificate: 03/02/23*
- *Spring Break (no classes): 03/13/23 – 03/18/23*
- *Last day for student-initiated W (no refund): 03/31/23*
- *Last day for faculty-initiated W (no refund): 03/31/23*
- *Final examinations: 05/06/23 – 05/12/23*
- *Commencement: 05/15/23*
- *Semester ends: 05/12/23*
- *Grades available for transcript release: approximately 05/26/23*

Academic dishonesty

In the academic community, the high value placed on truth implies a corresponding intolerance of scholastic dishonesty. In cases involving academic dishonesty, determination of the grade and of the student's status in the course is left primarily to the discretion of the faculty member. In such cases, where the instructor determines that a student has demonstrated academic dishonesty, the student may receive a failing grade for the assignment and/or exam and may be reported to the Chief Student Services Officer or designee. The Student Code of Conduct ([AP 5500](#)) is available on the College of the Redwoods website. Additional information about the rights and responsibilities of students, Board policies, and administrative procedures is in the [College Catalog](#) and on the [College of the Redwoods website](#).

Disruptive behavior

Student behavior or speech that disrupts the instructional setting will not be tolerated. Disruptive conduct may include, but is not limited to: unwarranted interruptions; failure to adhere to instructor's directions; vulgar or obscene language; slurs or other forms of intimidation; and physically or verbally abusive behavior. In such cases where the instructor determines that a student has disrupted the educational process, a disruptive student may be temporarily removed from class. In addition, the student may be reported to the Chief Student Services Officer or designee. The Student Code of Conduct ([AP 5500](#)) is available on the College of the Redwoods website. Additional information about the rights and responsibilities of students, Board policies, and administrative procedures is located in the [College Catalog](#) and on the [College of the Redwoods website](#).

Inclusive Language in the Classroom

College of the Redwoods aspires to create a learning environment in which all people feel comfortable in contributing their perspectives to classroom discussions. It therefore encourages instructors and students to use language that is inclusive and respectful.

Setting Your Preferred Name in Canvas

Students have the ability to have an alternate first name and pronouns to appear in Canvas. Contact [Admissions & Records](#) to request a change to your preferred first name and pronoun. Your Preferred Name will only be listed in Canvas. This does not change your legal name in our records. See the [Student Information Update form](#).

Canvas Information

Canvas Information

This course is 100% taught on Canvas (The college learning management system).

Log into Canvas at [My CR Portal](#)

For help logging in to Canvas, visit [My CR Portal](#).

For help with Canvas once you're logged in, click on the Help icon on the left menu.

For tech help, email its@redwoods.edu or call 707-476-4160

Canvas online orientation workshop: [Canvas Student Orientation Course \(instructure.com\)](#)

Community College Student Health and Wellness

Resources, tools, and trainings regarding health, mental health, wellness, basic needs and more designed for California community college students, faculty and staff are available on the California Community Colleges [Health & Wellness website](#).

[Wellness Central](#) is a free online health and wellness resource that is available 24/7 in your space at your pace.

Students seeking to request a counseling appointment for academic advising or general counseling can email counseling@redwoods.edu.

Emergency procedures / Everbridge

College of the Redwoods has implemented an emergency alert system called Everbridge. In the event of an emergency on campus you will receive an alert through your personal email and/or phones. Registration is not necessary to receive emergency alerts. Check to make sure your contact information is up to date by logging into WebAdvisor <https://webadvisor.redwoods.edu> and selecting 'Students' then 'Academic Profile' then 'Current Information Update.'

Please contact Public Safety at 707-476-4112 or security@redwoods.edu if you have any questions. For more information see the [Redwoods Public Safety Page](#).

In an emergency that requires an evacuation of the building anywhere in the district:

- Be aware of all marked exits from your area and building
- Once outside, move to the nearest evacuation point outside your building
- Keep streets and walkways clear for emergency vehicles and personnel

Do not leave campus unless it has been deemed safe by the campus authorities

Note: *The instructor has the right to make changes to this syllabus during the semester.*

