

### Course Information

Semester & Year:	Spring 2025
Course ID & Section #:	KINS-65-V8193
Instructor's name:	Marla Gleave
Day/Time or *Online:	Tuesday and Thursday 11:40-1:05
Location or *Online:	Eureka PE 100
Number of units:	3

### Instructor Contact Information

Office location	PE 100H
Office hours:	T and TH 10-11 and 1:15-2:30
Office Phone number:	email is best as I am only on campus T and TH
Email address:	marla-gleave@redwoods.edu

### Required Materials

Textbook title:	Foundations of Kinesiology
Edition:	2nd
Author:	Oglesby, Henige, McLaughlin, Stillwell
ISBN:	978-1-284-19830-0
Other requirements:	Basic research skills, group work
Pre/co Requisite:	NONE

### Catalog Description

A course designed to familiarize students with the fields of kinesiology, exercise science, and sport studies. Students will examine the systems, dynamics, and principals 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 (from course outline of record)

1. Identify and describe the sub-disciplines of kinesiology, the professional qualifications required in kinesiology careers, and how personal values and skill sets play a determining factor in which sub-discipline 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.

### Objectives addressed via course content:

1. Assess personal characteristics, skills, values and knowledge related to career success.
2. Examine the areas of study in kinesiology including emphasis in anatomical kinesiology, physiology of movement, biomechanics and basic motor movement, fitness and health, psychosocial kinesiology, teaching and coaching and career opportunities in the field.
3. Identify past issues (i.e. social, political, physical, financial) in the field of kinesiology and compare to current issues in the field of kinesiology.

4. Understand the physiological, mental, and biomechanical principles as well as the societal role of the various kinesiology sub-disciplines.
5. The social impact of the history of sport and how it has shaped sport and athletics in the United States.
6. Examine the historical review of the ethical and philosophical foundations of sport and how these historical foundations have shaped the fields of physical education, kinesiology and modern day sport

### Evaluation & Grading Policy

Final Grade scale

A= 95-100%

A-= 90-94%

B+ = 86-89%

B = 83-85%

B- = 80-82%

C+ = 75-79%

C = 70-74%

D = 60-69%

F = 59% and below

### Course Requirements:

*The instructor reserves the right to adjust, add, or delete requirements as deemed appropriate to the success of the class. Any adjustments in assignments will be announced to the class.*

1. **Lecture and discussion involvement.**
2. **Exams, approximately 4. Exams will not be cumulative.**
3. **In-class group work. Must be present on day group work occurs in order to earn points.**
4. **Out-of-class time reading, researching, assignments, completing comprehensive project.**
5. **In-class points earned listening and dialoguing with guest speakers. You must be in class on quest speaker days in order to earn 5 participation points. Points from quest speaker days cannot be made up.**

**Career Comprehensive Project/Portfolio:** Throughout the semester, various assignments will generate a comprehensive portfolio of Kinesiology sub-disciplines that interest the student. For some assignments, students will work in a group setting; other assignments will be the student completing work on their own. All assignments within this portfolio will include research using professional journals, textbook engagement, and presentations. Students will be provided numerous options of related careers and /or areas of study in kinesiology in which to choose from for the project. **Approximately 75 points for all assignments combined. Details for each assignment will be handed out separately.**

### Topics of discussions/research/group work:

- Historical events group project: research and presentation
- Biomechanics research and analysis (group or individual option)
- Sociology research and discussion on a topic selected by the instructor
- Ethics, values, and professional qualifications research and discussion
- Youth Sports discussion: What has negatively impacted family and school sports?

## **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. I encourage students to use language that is inclusive and respectful.

### **College and instructor initiated drop dates and drop policies:**

A student can be dropped from the course in a manner of three different ways and three different deadlines.

1. A student who does not attend the first week of classes will be faculty dropped by Thursday noon of the first week of the semester (January 18).
2. A student who attends the first class or the first week but then fails to attend the second week of the semester will be faculty dropped by the end of the 2<sup>nd</sup> week (CENSUS date) of the semester in order to fulfill the college policy of confirming the course roster per California Community College Chancellor's Office census roster reporting requirements.
3. **Excessive Absence Policy:** Redwoods Community College District has an excessive absence policy which allows instructors to drop a student after the census date and anytime throughout the end of the 10<sup>th</sup> week of the semester. Each instructor is able to define their own excessive absence criteria. For the purpose of this class, excessive absence is defined as a student not attending class for two consecutive weeks without communication with the instructor on reason for absence and creating a plan on returning to class. **For the Spring 2024 semester, the end of the 10<sup>th</sup> week is March 29 A Withdraw (W) will appear on the official student transcript.**

### **Student Initiated Withdraw from course:**

Students can withdraw themselves anytime from the start of the course until the Friday of the second week of the course and not have a Withdraw (W) stated on their official college transcript.

Students may also withdraw themselves between the start of week 3 and the end of week 10 (March 29), but this timeframe will result in a Withdraw (W) stated on their official college transcript.

It is advised that a student meet with a CR counselor prior to withdrawing from a course to understand any repercussions that a Withdraw on their official transcript may create.

### **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 see me or contact [Disabled Students Programs and Services](#). Students may make requests for alternative media by contacting DSPS at 707-476-4280.

## **Academic Support**

Academic support is available at [Counseling and Advising](#) and includes academic advising and educational planning, [Academic Support Center](#) for tutoring and proctored tests, and [Extended Opportunity Programs & Services](#), for eligible students, with advising, assistance, tutoring, and more.

## **Academic Honesty**

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 at: <http://www.redwoods.edu/board/Board-Policies/Chapter-5-Student-Services>, and scroll to AP 5500. 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.

## **Disruptive Classroom 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, he or she 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 at: <http://www.redwoods.edu/board/Board-Policies/Chapter-5-Student-Services> and scroll to AP 5500.

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.

Maintaining a classroom environment that is conducive to learning is a high priority. Class sessions can be fun, and still be structured, serious and worthwhile. Any behavior that degrades the learning environment and/or interferes with the safety of others will not be tolerated and the student(s) will be asked to leave the class for the day. Continuous behavior issues will lead to complete removal from the class and the final grade will be affected. Behavior that qualifies as 'degrading' includes but is not limited to::

- Side conversations while lecture and/or other students are partaking in class discussions
- Cell phone usage of any kind
- Sleeping