

Fall, 2026 College of the Redwoods

Course Syllabus for Kinesiology 65



Course Information

Kinesiology 65 (E1418) - Fall 2026

Instructor: Maggie White

Course units: 3 Units

Instructor Contact Information

Office location or Online: On Campus PE 100B

Office hours: by appointment via Zoom or email (or we can meet in person on campus)

Email address: Maggie-white@redwoods.edu





Required Material

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

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 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 Expectations

 Attendance



The best way to pass this class is to attend and be involved with the learning. Some lecture material is on PowerPoint in the course modules if you need to access it, but there is information covered in class that may not be on the slides.

Basic computer skills are required since a lot of the material is on Canvas. Our 100 point presentation will be turned in on Canvas.

You will also need to know how to navigate Canvas since our quizzes and exams are done in Canvas.

✓ Evaluation & Grading Policy

Homework assignments will be submitted on Canvas. Please do not email attachments with assignments. Each week there will be Modules that you can get to from the course home page of on the left of the screen by clicking on the Modules link. All the week's assignments including quizzes will be added to the module. This will be demonstrated in the face to face portion of class.

This syllabus provides a summary of the assignments. More details will be provided in class. The modules have quizzes, and reading the lecture notes.

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

There will be one short quiz almost every 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 oral 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 Age, when I was a student, I was not fond of the fact that 80% was below a 3.0 on the grade point average.

A - 90-100%

B - 80-89%

C - 70-79%

D - 60-69%

F - 59% or below

Educational Accessibility & Support

College of the Redwoods is committed to providing reasonable accommodations for qualified students who could benefit from additional educational support and services. You may qualify if you have a physical, mental, sensory, or intellectual condition which causes you to struggle academically, including but not limited to:

- Mental health conditions such as depression, anxiety, PTSD, or bipolar disorder
- Common ailments such as arthritis, asthma, diabetes, autoimmune disorders and diseases
- Temporary impairments such as a broken bone, recovery from significant surgery, or a pregnancy-related disability
- Neurodevelopmental disorders such as a learning disability, intellectual disability, autism, acquired brain injury, or ADHD
- Vision, hearing, or mobility conditions

Available services include extended test time, quiet testing environments, academic assistance and tutoring through the [LIGHT Center](https://www.redwoods.edu/services/sass/light.php)  (<https://www.redwoods.edu/services/sass/light.php>), counseling and advising, alternate formats of course materials (e.g. audio books or E-texts), assistive technology, learning disability assessments, approval for personal attendants, interpreters, priority registration, on-campus transportation, adaptive physical education and living skills courses, and 

more. If you believe you might benefit from disability- or health-related services and accommodations, please contact [Student Accessibility Support Services \(SASS\)](https://www.redwoods.edu/services/sass/index.php)  (<https://www.redwoods.edu/services/sass/index.php>).

If you are unsure whether you qualify, please contact SASS for a consultation: SASS@redwoods.edu (<mailto:SASS@redwoods.edu>).

SASS office locations and phone numbers

Eureka campus

- Phone: 707-476-4280,
- Locations: Student Services building, first floor SS113

Del Norte campus

- Phone: 707-465-2353
- Location: Main building, near the Library

Klamath-Trinity campus

- 707-476-4280

