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Fall, 2026

College of the Redwoods

Course Syllabus for Kinesiology 65



Course Information

Kinesiology 65 (V1419) - Fall 2026**Instructor:** Maggie White**Course units:** 3 Units**Course dates:** This is an 8-week course from 8/22/26 - 10/16/26

Instructor Contact Information

Office location or Online: On Campus PE 100B



Course 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

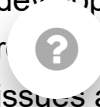
The attached link will lead you to a digital copy of the textbook from our Library. I hope this helps the class with access to the textbook.

[Foundations of Kinesiology Textbook \(https://caccl-redwoods.primo.exlibrisgroup.com/permalink/01CACCL_REDWOODS/157ehbf/alma991002474239405330\)](https://caccl-redwoods.primo.exlibrisgroup.com/permalink/01CACCL_REDWOODS/157ehbf/alma991002474239405330)

Happy Reading!



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  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

Course Communication

The best way to reach the instructor is through email at Maggie-white@redwoods.edu.
(<mailto:Maggie-white@redwoods.edu>) The easiest way is for the student to send a message via the Canvas messenger system. The Canvas messenger system is through your inbox on the left of the screen on Canvas. It is preferred since it will automatically document which course the student is taking since the instructor teaches multiple classes and it automatically gets sent to the instructor email. The instructor 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, and submit files to Canvas which is 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. It is recommended to have 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**  (<http://www.mozilla.org/en-US/firefox/new/>) or **Google Chrome**  (<http://www.google.com/chrome/>) as your internet browser. They are the preferred browsers for Canvas.

Canvas has an app available to use on a **phone or tablet**. As it is improving, it is still not as ideal as a computer. If the student has a major assignment with a lot of writing or the final exam should be taken on a computer with reliable Wi-Fi or hard wired internet to your computer.

Regular and Substantive Interaction

We can meet via email, messaging, phone, or zoom if needed. 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. The modules open every Friday, and the work is due the following Sunday (nine days to complete the work - except for the last week since the course ends before the weekend). There are threaded discussion forums, weekly quizzes, and assignments due each week.

Please check your messages at least twice a week to make sure you are getting necessary information. Our interaction will be done weekly. You may not work ahead and please do not fall behind as assignments close after the due date. Quizzes close the day after the due date and assignments close one week after the due date for partial credit. There are no make-ups after they close.



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. 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 **Microsoft Word Document**. Assignments will be graded within 72 hours of the due date.



This syllabus provides a summary of the assignments. More details will be provided in the assignment area of Canvas. The modules have discussion forums, quizzes, and reading the lecture notes. 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 2-3 postings by replying to my initial post **and one** reply to peer postings per forum every week. 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 to another student are a minimum of **100** words. **Postings are not text messages. Spell out words and use punctuation and grammar appropriate for college work. The use of AI should not be necessary with these postings as the instructor is looking for your thoughts on the topic. It is allowed to use AI for information on the topic to help form opinions, but PLEASE DO NOT COPY AND PASTE from AI. It is actually horrible work and obvious.** The postings are due by 11:59 pm each Friday and your response by 11:59 pm each Sunday. Late postings will have points deducted or may not receive a grade. It is important they are done on time to receive full credit.

They will be graded on the following criteria:

1. Answering questions in the prompt and meeting the word count requirement
2. The work is turned in on time and proper spelling a grammar is used
3. Responding to another student in the class and having the proper word count

Discussion forums will usually be graded within 72 hours of the due date. Please read grader comments in the rubric for explanation of grading.

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

There will be at least two short quizzes 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 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  or below





AI Use Class Policy

Generative AI tools, such as ChatGPT and Gemini, are likely to be widely used in the workplace moving forward. It's important for you to understand how to use them ethically and effectively. For that reason, in this class, you will sometimes be invited to use such a tool in the completion of an assignment. In this class, using generative AI tools is not cheating if the outputs are screened by you for accuracy, bias, appropriateness, and fidelity to your perspective.



Academic Integrity

In the academic community, the high value placed on truth implies a corresponding intolerance of scholastic dishonesty. In cases involving academic integrity, 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 a lack of academic integrity, 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.



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



Important Dates

CR Academic Calendar

CR Academic Calendar



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Date	Details	Due
Sun 10, 2026	Chap 00 Syllabus Quiz (https://redwoods.instructure.com/courses/22953/assignments/560684) 	due by 11:59pm

Date	Details	Due
Sun Sep 6, 2026	 Chap 01 Quiz (https://redwoods.instructure.com/courses/22953/assignments/560675)	due by 11:59pm
	 Chap 02 Quiz (https://redwoods.instructure.com/courses/22953/assignments/560683)	due by 11:59pm
	 Introduction (https://redwoods.instructure.com/courses/22953/assignments/560699)	due by 11:59pm
	 Will You Be Marketable in a Career? (https://redwoods.instructure.com/courses/22953/assignments/560698)	due by 11:59pm
	 Newton's Laws (https://redwoods.instructure.com/courses/22953/assignments/560697)	due by 11:59pm
	 Adapted P.E. (https://redwoods.instructure.com/courses/22953/assignments/560689)	due by 11:59pm
	 Chap 03 Quiz (https://redwoods.instructure.com/courses/22953/assignments/560672)	due by 11:59pm
	 Chap 04 Quiz (https://redwoods.instructure.com/courses/22953/assignments/560676)	due by 11:59pm
	 Career Presentation (https://redwoods.instructure.com/courses/22953/assignments/560696)	due by 11:59pm
	 Chap 05 Quiz (https://redwoods.instructure.com/courses/22953/assignments/560671)	due by 11:59pm
Sun Sep 13, 2026	 Chap 06 Quiz (https://redwoods.instructure.com/courses/22953/assignments/560685)	due by 11:59pm
	 Dance! (https://redwoods.instructure.com/courses/22953/assignments/560701)	due by 11:59pm
	 Sport Physiology (https://redwoods.instructure.com/courses/22953/assignments/560700)	due by 11:59pm



Date	Details	Due
Sun Sep 20, 2026	 Chap 07 Quiz (https://redwoods.instructure.com/courses/22953/assignments/560682)	due by 11:59pm
	 Chap 08 Quiz (https://redwoods.instructure.com/courses/22953/assignments/560673)	due by 11:59pm
	 Sport Psychology (https://redwoods.instructure.com/courses/22953/assignments/560695)	due by 11:59pm
	 Women in Sports (https://redwoods.instructure.com/courses/22953/assignments/560688)	due by 11:59pm
Sun Sep 27, 2026	 Chap 09 Quiz (https://redwoods.instructure.com/courses/22953/assignments/560681)	due by 11:59pm
	 Chap 10 Quiz (https://redwoods.instructure.com/courses/22953/assignments/560679)	due by 11:59pm
	 Personal Philosophy (https://redwoods.instructure.com/courses/22953/assignments/560694)	due by 11:59pm
	 Physical Education (https://redwoods.instructure.com/courses/22953/assignments/560692)	due by 11:59pm
Sun Oct 4, 2026	 Chap 11 Quiz (https://redwoods.instructure.com/courses/22953/assignments/560677)	due by 11:59pm
	 Chap 12 Quiz (https://redwoods.instructure.com/courses/22953/assignments/560686)	due by 11:59pm
	 Interview a Professional (https://redwoods.instructure.com/courses/22953/assignments/560693)	due by 11:59pm
	 Leadership (https://redwoods.instructure.com/courses/22953/assignments/560690)	due by 11:59pm
Sun Oct 11, 2026	 Kinesiology Presentation (https://redwoods.instructure.com/courses/22953/assignments/560704)	due by 11:59pm
	 Chap 15 Quiz (https://redwoods.instructure.com/courses/22953/assignments/560674)	due by 11:59pm

Date	Details	Due
	 Chap 16 Quiz (https://redwoods.instructure.com/courses/22953/assignments/560680)	due by 11:59pm
	 Stereotypes in P.E. and Athletics (https://redwoods.instructure.com/courses/22953/assignments/560691)	due by 11:59pm
	 Target Heart Range (https://redwoods.instructure.com/courses/22953/assignments/560702)	due by 11:59pm
	 Extra Credit (https://redwoods.instructure.com/courses/22953/assignments/560703)	due by 11:59pm
Wed Oct 14, 2026	 Final Week! (https://redwoods.instructure.com/courses/22953/assignments/560687)	due by 10:59pm
Fri Oct 16, 2026	 Final Exam (https://redwoods.instructure.com/courses/22953/assignments/560678)	due by 10pm

