

**Spring, 2026**  
**College of the Redwoods**  
**Course Syllabus for Kinesiology 65**



**Course Information**

**Kinesiology 65 (V0144) - 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](mailto: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

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 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](#) or [Google 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. 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. The modules 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 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 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 at least one post by replying to my initial post **and one** reply to peer postings 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 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 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 one short quiz per week. These are done online and are 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 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 3.0 on the grade point average.

A - 90-100%

B - 80-89%

C - 70-79%

D - 60-69%

F - 59% 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 accommodation 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](#), 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 \(SASS\)](#).

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

<b>Date</b>	<b>To Remember</b>
January 16	Last day to register for classes (day before the first-class meeting)
January 17	Classes begin
January 19	Martin Luther King's Birthday Holiday
January 23	Last Day to Add a Class
January 30	Last Day to Drop & Receive a Refund

## CR Academic Calendar

<b>Date</b>	<b>To Remember</b>
February 1	Last Day to Drop w/out a “W”

February 2	Census Date (20% of class)
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February 13	Lincoln's Birthday Holiday
February 16	President's Day Holiday
March 1- 20	Spring Break (No Classes)

March 5	Last Day to Petition to Graduate & Petition for Certificate
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March 31	Cesar Chavez Day Holiday
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April 3	Last Day for Student/Faculty Withdrawal
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May 9 - 15	Final Examinations
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## CR Academic Calendar

<b>Date</b>	<b>To Remember</b>
May 15	Last Day to File P/NP Option
May 15	Semester Ends
May 22	Grades Due
May 25	Memorial Day Holiday
May 29	Grades Available for Transcript Release