

Foundations of Human Performance (aka. Intro to Kinesiology)
KIN 300-001- 3 CREDIT HOURS
2014 Fall Semester

Primary Instructor: Colleen Geary, MA
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Office Location: 1006 Moore Hall
Office Hours: Tuesdays & Thursdays 1:00-2:30 & by appointment

Assistant Instructor: LaTashia Greer
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only after you have emailed
Ms. Greer, should you contact Ms. Geary if you
still need assistance

Office Location: 1013 Moore Hall
Office Hours:

Catalog Course Description:

A critical analysis of sociocultural issues of the body, physical education, and performance programs. Special emphases are placed upon gender, race, and social class issues and their implications for education and sport.

Instructor's description: A topical coverage of the evolution of Kinesiology and the Kinesiology subdisciplines, with particular emphasis placed on promoting physical activity and a healthy lifestyle and on professions in Kinesiology.

Prerequisite: Exercise and Sport Science or PETE major

Recommended Textbooks:

Siedentop, D. & van der Mars, H.. Introduction to Physical Education, Fitness & Sport, 8th ed. New York: McGraw-Hill. ISBN: 978-0-07-809577-1

Conceptual Framework:

The vision of the College of Education (COE) at The University of Alabama is to develop effective, ethical, and reflective professionals who advance the theme of the COE: **Unites**, **Acts**, and **Leads** (**UA Leads**). By engaging in theoretically informed and intellectually advanced effective practice our graduates will:



UNITE with the larger community to collaboratively nurture cultural competence, empathy, and a vision of equity and justice for all learners;

ACT to develop the full potential of all learners to be excellent professionals in their field; and

LEAD through continuous research-based critical inquiry of policy and reflective practice to enable transformative change in our diverse local and global communities.

Course Objectives & Student Outcomes:

- Develop a general understanding of the history/origins of Kinesiology in the U.S.
- Understand the importance and urgency of the physical activity crisis in America.
- Think critically about the future direction of Kinesiology
- Learn the basics associated with topics commonly discussed in Kinesiology
- Learn the Kinesiology subdisciplines, differences between them, and what unifies them.
- Recognize the challenges facing the various Kinesiology subdisciplines.
- Recognize various professions in Kinesiology.
- Begin to develop a career plan related to a Kinesiology subdiscipline.

Summary of Course Topics:

History of sport

Heritage/history of Kinesiology in U.S.

Dilemma of our times

Philosophical changes in Kinesiology

Sport & Fitness Programs & Professions

Basic Introduction to Exercise & Sport Science

Kinesiology subdisciplines, including but not limited to

 Sport Pedagogy

 Exercise Science

 Athletic Training

 Sports Medicine

 Physical/Occupational Therapy

 Sport Sociology

 Sport Management

 Sport Psychology

 Motor Behavior

 Coaching

Grading:

The grade for this class will be determined from two equally weighted exams (midterm & final) and from the total number of in-class assignments/quizzes completed out of the required 15.

Exam 1	25%	
Exam 2	25%	
Exam 3	25%	Firmly: December 13th
In-Class Assignments/Quizzes provided	25%	No notification

[*% subject to change at the discretion of the instructor*]

Grades will be determined by the % of points earned from the total points possible. The following grading scale will be utilized:

98-100% = A+	87-89% = B+	77-79% = C+
67-69% = D+		
94- 97% = A	84-86% = B	74-76% = C
64-66% = D		
93- 90% = A-	80-83% = B-	70-73% = C-
60-63% = D-		
	≤ 59% = F	

Attendance:

Regular attendance is required. Very important material will be covered each day of class. If you miss material covered in class, it is your responsibility to obtain that information from another student. Should you have questions about the material, contact Ms. Greer.

Additionally, during class time, 15 in class assignments will be administered; you must be present in class to complete the assignment. In-class assignments/quizzes cannot be made up, regardless of the reason for missing class.

Evaluations:

In-class Assignments/Quizzes:

During class time, 15 in-class assignments/quizzes will be administered; you must be present in class to complete the assignment/quiz. **In-class assignments/quizzes cannot be made up, regardless of the reason for missing class.**

Of 15 in-class assignments/quizzes, the highest 10 scores will be used to determine this portion of the grade.

Exams:

Exams are not optional.

Unexcused absences from a scheduled exam will result in a score of