

GEORGE MASON UNIVERSITY
College of Education and Human Development
School of Recreation, Health, and Tourism

KINE 100: Introduction to Kinesiology
Fall 2012 (3)

DAY/TIME: Mondays 4:30pm-7:10pm

LOCATION: Lecture Hall 2

INSTRUCTOR: Jeanmarie Gallagher, MS, RCEP

EMAIL: jgallag8@gmu.edu

OFFICE LOCATION: Suite 201 Bull Run Hall

PHONE: 703-993-2060

OFFICE HOURS: By appointment only

FAX: 703-993-2025

PREREQUISITES

None

COURSE DESCRIPTION

Provides an overview of the field of kinesiology in the form of an introductory course. Students gain exposure to: history of the field, policies and procedures for the concentration, career options, and the model of evidence-based knowledge.

COURSE OBJECTIVES:

This course is designed to enable students to:

1. Examine the historical and cultural aspects of kinesiology.
2. Interpret the model of evidence-based knowledge.
3. Evaluate the professional activities and development expected of an entry-level professional.
4. Examine the future development of the kinesiology field.

COURSE OVERVIEW:

Students are held to the standards of the George Mason University Honor Code. They are expected to attend all class sections, actively participate in class discussions, complete in-class exercises, and fulfill all assignments. Written assignments must be turned in at the beginning of the class on the date are due. The assignments will be directly related to the recent course topics. Specific attention will be focused upon the history of the field, career options in kinesiology, and the model of evidence-based knowledge that is utilized throughout the KNES curriculum. Introduction to the KNES curriculum, academic advising, and policies and procedures for the KNES concentration will also be addressed as well as fieldwork selection and opportunities.

NATURE OF COURSE DELIVERY:

This course will include lecture, cooperative learning groups, and a field experience.

REQUIRED READINGS:

1. Readings from course related literature will be assigned.
2. Hoffman, S. (2009) Introduction to Kinesiology, 3rd Edition, Human Kinetics

EVALUATION:

KINE 100 will be graded on a point system, with a total of 100 possible points.

	Points
Requirements	
Written Assignments - 5 Total <i>Each is worth 10pts</i>	50
Field Experience Assignment	10
Mid-term Examination	20
Final Examination	<u>20</u>
TOTAL	100

Grading Scale %

A = 94 – 100	B+ = 88 – 89	C+ = 78 – 79	D = 60 – 69
A- = 90 – 93	B = 84 – 87	C = 74 – 77	F = 0 – 59
	B- = 80 – 83	C- = 70 – 73	

TENTATIVE COURSE SCHEDULE

ASSIGNMENT

Aug 27	Course Introduction, Student Panel	CH 1
Sep 10	Historical and cultural aspects of kinesiology	CH 3, 5
	<i>Written Assignment # 1 Due 9-10</i>	
Sep 17	Historical and cultural aspects of kinesiology	CH 6, 7
Sep 24	Sport and Exercise Psychology	CH 9
	<i>Written Assignment # 2 Due 9-24</i>	
Oct 1	Exercise and Clinical Exercise Physiology	CH 11
Oct 8	Physical Activity Epidemiology	CH 2, 4
	<i>Written Assignment # 3 Due 10-8</i>	
Oct 15	Health and performance related fitness	Mid-term exam

Oct 22	Professional Organizations and Certifications	CH 12
Oct 29	Professional Issues, Marketing and Management	CH 13, 14, 16
		Written Assignment # 4 Due 10-29
Nov 5	Motor development and learning	CH 8
Nov 12	Biomechanics	CH 10
		Written Assignment # 5 Due 11-12
Nov 19	Evidence based knowledge readings	Assigned
Nov 26	Evidence based knowledge readings	Assigned
Dec 3	Field experience Discussion / Exam Review	Journal Due
Dec 10	Final Exam	

Note: Faculty reserves the right to alter the schedule as necessary.

Student Expectations

- Students must adhere to the guidelines of the George Mason University Honor Code [See <http://academicintegrity.gmu.edu/honorcode/>].
- Students with disabilities who seek accommodations in a course must be registered with the George Mason University Office of Disability Services (ODS) and inform their instructor, in writing, at the beginning of the semester [See <http://ods.gmu.edu/>].
- Students must follow the university policy for Responsible Use of Computing [See <http://universitypolicy.gmu.edu/1301gen.html>].
- Students are responsible for the content of university communications sent to their George Mason University email account and are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students solely through their Mason email account.
- Students must follow the university policy stating that all sound emitting devices shall be turned off during class unless otherwise authorized by the instructor.
- Students are expected to exhibit professional behaviors and dispositions at all times.

Campus Resources

- The George Mason University Counseling and Psychological Services (CAPS) staff consists of professional counseling and clinical psychologists, social workers, and counselors who offer a wide range of services (e.g., individual and group counseling, workshops and outreach programs) to enhance students' personal experience and academic performance [See <http://caps.gmu.edu/>].
- The George Mason University Writing Center staff provides a variety of resources and services (e.g., tutoring, workshops, writing guides, handbooks) intended to support students as they work to construct and share knowledge through writing [See <http://writingcenter.gmu.edu/>].
- For additional information on the College of Education and Human Development, School of Recreation, Health, and Tourism, please visit our website [See <http://rht.gmu.edu>].

CORE VALUES COMMITMENT: The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles.

<http://cehd.gmu.edu/values/>

