

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

KINE 100-001: Introduction to Kinesiology (3)  
Fall 2013

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

LOCATION: Nguyen Engineering Building 1103

INSTRUCTOR: Dianna Purvis, PhD, PMP

EMAIL: dpurvis@gmu.edu

OFFICE LOCATION: 220A Bull Run (PW)

PHONE: 703-993-2060

OFFICE HOURS: By appointment only

FAX: 703-993-2025

PREREQUISITES: None

COURSE CATALOG 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 interview 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.

<b>Requirements</b>	<b>Points</b>
Participation /Attendance	10
Practical Assignments	30
Written Assignments	20
Mid-term Exam*	15
Final Exam*	15
Field Activity	10
Total Points = 100	

\*(exams based on online study guide material for each chapter assigned and other material presented in class)

## 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	26	Course Introduction/Group Assignments/Expectations What is human performance optimization? <b>Assignment: Written Assignment #1</b>	CH 1
SEP	2	Labor Day	
	9	Research and library fundamentals <b>Assignment: Practical Assignment #1</b>	
	16	Physical Activity/Motor Behavior <b>Due: Written Assignment #1</b>	CH 2-4, 8 <b>9/16/13</b>
	23	Evaluation of Evidence/Research Basics	Assigned Readings
	30	<b>Guest Lecturer:</b> Sport and Exercise Psychology <b>Due: Practical Assignment #1</b>	CH 9 <b>9/30/13</b>
OCT	7	Historical and cultural aspects of kinesiology	CH 6, 7
	14	<b>Out of Class Assignment: Mid-term</b>	

	21	Biomechanics/ Physiology of Physical Activity <i>Due: Mid-term</i>	CH 10,11 <b>10/21/13</b>
	28	Careers, Professional Issues, Marketing, and Management <i>Due: Written Assignment # 2</i>	CH 14, 16 <b>10/28/13</b>
NOV	4	<b>Guest Speaker:</b> Heat/functional movement screening/athletic training	
	11	<b>Out of class field activity</b> Assigned Reading: Careers/Organizations/Certifications	CH 12 - 13
	18	<b>Guest Speaker:</b> Applied biomechanics	Assigned Readings
	25	<i>Out of Class Assignment: Practical Assignment #2</i>	
DEC	2	Group Discussions and Review <i>Due: Practical Assignment #2</i>	<b>12/2/13</b>
	16	<b>Final Exam</b>	

**Note: Faculty reserves the right to alter the schedule as necessary to enhance student learning.**

### *Student Expectations*

- Students must adhere to the guidelines of the George Mason University Honor Code [See <http://oai.gmu.edu/honcode/>].
- 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/policies/responsible-use-of-computing/>].
- Students are responsible for the content of university communications sent to their George Mason University ema 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.

### *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/>].

**PROFESSIONAL BEHAVIOR:** Students are expected to exhibit professional behaviors and dispositions at all times.

**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.

