

GEORGE MASON UNIVERSITY  
School of Recreation, Health, and Tourism

KINE 100-001: Introduction to Kinesiology (3)  
Spring 2016

DAY/TIME:	M 4:30-7:10pm	LOCATION:	Alan & Sally Merten Hall 1200
PROFESSOR:	Ashley M. Rickman, MS	EMAIL ADDRESS:	arickman@gmu.edu
OFFICE LOCATION:	TBD	PHONE NUMBER:	N/A
OFFICE HOURS:	By appointment only	FAX NUMBER:	N/A

PREREQUISITES/COREQUISITES

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 and exams.** Written assignments must be turned in (or submitted on Blackboard) by 4:30pm on the due date. Make-up tests, quizzes, assignments, or other grades will be granted for excused absences only. PRIOR approval must be obtained. 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 KINE curriculum. Introduction to the KINE curriculum, academic advising, and policies and procedures for the KINE concentration will also be addressed as well as fieldwork selection and opportunities.
- **LATE ASSIGNMENTS:** assignments turned in late will incur a 10% point decrease per day. After midnight on the 9<sup>th</sup> day, the assignment will no longer be accepted for any credit.
- Any student who does not attend the lecture during the initial drop/add phase and has not communicated with me is subject to being administratively dropped from the roster. Roll will be taken up until the last day to add a class only and will not be used in grade calculation.
- You must be able to access Blackboard to download articles and to check Blackboard e-mail. Please check your Blackboard account prior to coming to class. If I am ill or there is a change in the class location, materials required, or meeting time, I will send an e-mail out via blackboard to all of your Mason student accounts.
- Students are always encouraged to email me to ask additional questions on the material. If necessary, we can communicate by phone or meet before class. However, please attempt to get information/clarification from a fellow student before emailing me with your questions. Do tell me in advance if you are not able to make it to class. If you do email me, I should respond within 2 working days. If you don't hear from me, then I did not get your email - **please follow up!**

- Student employment does not take priority over academic obligations. I recognize that many students need to work in order to meet living expenses, however, there are distinct guidelines for students in terms of the number of credit hours which should be attempted based on how many hours per week a student has outside employment. For additional information on this subject, please see the GMU student handbook.
- No technology (e.g., cell phones, smart phones, iPads, Tablets, pagers, etc.) is allowed at any time during the lecture or lab sections UNLESS it is used for note-taking. Students using technology for something other than note-taking (e.g., text message, phone calls, instant messaging services, social media or others) will be given one warning and upon a second violation will be asked to leave the classroom.

## ACCREDITATION

The George Mason University Kinesiology program meets the Commission on Accreditation of Allied Health Education Programs (CAAHEP) requirements.

## 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.

Requirements	Points
Career Presentations	5
Annotated Bibliography	10
Professional Plans (5 pts each)	10
Participation & In-Class Assignments	15
Field Observations & Interview	20
Mid-Term Exam	20
Final Exam	20
Total Points = 100	<u>100</u>

## 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	

## Participation & In-Class Assignments

Points will be based on involvement in class discussions, group work and in-class activities.

## Annotated Bibliography

Students will choose a research topic pertaining to a specific focus of kinesiology and create an annotated bibliography containing 5 peer-reviewed journal articles.

## Professional Plan #1 & #2

Students will reflect on why they chose their particular field of study and explain their current career goals. They will explore different opportunities on their chosen educational path and research how to attain their goals. A reevaluation will take place near the end of the semester.

## Career Presentations

In groups, students will create & present a Powerpoint highlighting an assigned kinesiology career (training, certifications, credentials, employment opportunities, salary, etc.)

### Field Observation & Informational Interview

Students will observe a kinesiology professional at work, conduct an informational interview and submit a paper reflecting on their experience and observations.

### Mid-term and Final Exams

Exams will be based on lectures and study guide material.

#### TENTATIVE COURSE SCHEDULE

JAN 25 Course Overview  
What is "kinesiology"?

FEB 1 History of Kinesiology  
**Due: Professional Plan #1**

8 Guest Speaker: Janna Mattson, social sciences librarian  
Research and Library Fundamentals  
Article Review

15 Historical & Cultural Aspects of Kinesiology  
Sports Film

22 Guest Speakers: Margaret T. Jones, PhD & Leah Blue  
Guest Speaker: Donna P. Hetrick, personal trainer & nutritionist

29 Guest Speaker: Anthony DeGregorio, physical education  
Motor Behavior  
**Due: Annotated Bibliography**

MARCH 7-13 **SPRING BREAK**

14 Sport & Exercise Psychology

21 **MIDTERM EXAM**

28 Biomechanics

APRIL 4 Physiology of Physical Activity

11 Professionalism, marketing & management  
Careers Summaries

18 SMART Lab Field Trip (Fairfax campus field house)

25 Careers Summaries  
Guest Speaker: Charlotte Strauss, career services  
**Due: Professional Plan #2**

MAY 2 Career Summaries

**Due: Field Observation & Interview**

9 **FINAL EXAM (4:30pm-7:15pm)**

#### READINGS

Hoffman CH 1

Hoffman CH 6

**Article:** "Exercise is Medicine:  
A Historical Perspective"

Hoffman CH 5, 6, 7

Hoffman CH 8

Hoffman CH 9

Hoffman CH 10

Hoffman CH 11

Hoffman CH 12, 13

Hoffman CH 14

Hoffman CH 16

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

## PROFESSIONALISM

Kinesiology students are expected to behave in a professional manner. Depending upon the setting professionalism may appear different, but typically consists of similar components. For undergraduate Kinesiology students in a classroom setting professionalism generally comprises the following components: **Attendance** – Show up on time to class and pay attention. If you cannot attend a class for a legitimate reason, please notify the instructor ahead of time. If you have to unexpectedly miss a class due to something out of your control, contact the instructor within 24 hours to notify them what happened and to see if there is anything you need to do to make up your absence.

**Communication** – When communicating with the instructor and classmates, either face-to-face or via the assigned George Mason University email address, students should address the other person appropriately, use appropriate language and maintain a pleasant demeanor.

**Participation** – Participate in class discussions and activities. Demonstrate that you have an interest in the subject matter.

**Responsibility/Accountability** – Professionals take responsibility for their actions and are accountable. This can occur at multiple levels but generally consists of completing assignments on time, submitting work that is of the appropriate quality, honoring commitments and owning up to mistakes.

**Honesty/Integrity** – Students are expected to be honest with the instructor, classmates and themselves. Professionals keep their word when committing to something and act in an ethical manner.

**Self-Improvement/Self-awareness** – One should be aware of their strengths/weaknesses and constantly seek to improve. Professionals regularly seek out opportunities to increase their knowledge and improve their current skill set.

### *Student Expectations*

- Students must adhere to the guidelines of the George Mason University Honor Code [See <http://oai.gmu.edu/honor-code/>].
- 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 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.

### *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.

