# Course Syllabus

<table>
<thead>
<tr>
<th>Semester &amp; Year:</th>
<th>Fall, 2018</th>
</tr>
</thead>
<tbody>
<tr>
<td>Units:</td>
<td>3</td>
</tr>
<tr>
<td>First Day of Class:</td>
<td>Aug. 27, 2018</td>
</tr>
<tr>
<td>Final Grades Posted by:</td>
<td>Dec. 18, 2018</td>
</tr>
<tr>
<td>Class Days &amp; Times:</td>
<td>M &amp; W 10:35am – 12:00pm</td>
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<tr>
<td>Final Exam:</td>
<td>Dec. 12th, 2018 10:00am-12:00pm</td>
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<tr>
<td>Holidays:</td>
<td>9/3, 11/12, 11/22-11/23</td>
</tr>
</tbody>
</table>

**Instructor:** Tresha San-Martin  
**Office Phone:** (818) 364-7600 x4567  
**Fax:** (818) 833-3300  
**Email:** sanmarta@lamission.edu  
**Website:** [www.lamission.edu/~sanmarta](http://www.lamission.edu/~sanmarta)  
**Office:** HFAC 116  
**Office Hours:** M & W 12pm-1pm

**Required Textbook**  
Introduction to Kinesiology 5th Edition, Author Shirl J. Hoffman  

**Course Description**  
An introduction to the interdisciplinary approach to the study of human movement. Using a holistic and integrated approach, students will examine the multi-faceted field of Kinesiology. Students will explore strategies aimed at creating success as they pursue their university and professional goals.

**Student Learning Outcome**  
1. Demonstrate the ability to make intelligent career choices and match career aspirations with overall strengths.  
2. Distinguish the relationship of physical activity to the discipline of kinesiology.

**Assessment**  
1. All coursework will be assessed by use of a rubric, exams and projects.  
2. A personal portfolio that describes the pathways and requirements for their selected careers.  
3. Interviews of 1 to 2 people in the profession of Kinesiology (or related field) and a paper on the experience.  
4. Kinesiology Reflection Project (Resume)  
5. Journal, Unit plans, lesson plans.

**Course Objective**  
At the conclusion of the course, the student will be able to:

1. **OVERVIEW**  
   - Discovering the field of Kinesiology  
   - Experiencing Physical Activity-experiential knowledge  
   - Studying -theoretical and conceptual bases of physical activity  
   - Professional practice centered in physical activity professional practice knowledge

2. **EXPERIENCING PHYSICAL ACTIVITY**  
   - Sphere of Physical Activity Experience  
     - self sufficiency  
     - self expression  
     - work  
     - education  
     - leisure  
     - health  
     - competition
3. THE IMPORTANCE OF PHYSICAL ACTIVITY EXPERIENCES
   - Physical activity as a signature of humanity.
   - Factors influencing the kinds and amounts of our performance experiences
   - How experience changes our capacity to perform physical activity
   - Tailoring experience to activity characteristics
   - Principle of quality and principle of quantity
   - Heredity and experience
   - The Importance of subjective experiences in physical activity.
   - sport & exercise truths
   - importance and nature of subjective experiences
   - components of subjective experience
   - Communicating subjective experiences
   - Intrinsic & extrinsic approaches to physical activity
   - Factors affecting our enjoyment of physical activity
   - Spectatorship as a subjective experience

4. SCHOLARLY STUDY OF PHYSICAL ACTIVITY
   - Sociocultural Sphere Sub-disciplines
     - philosophy of Physical Activity
     - mind and body connection
     - history of Physical Activity
     - sociology of Physical Activity local and global

5. PRACTICING THE PROFESSION OF PHYSICAL ACTIVITY.
   - becoming a physical activity professional
   - health and fitness professions
   - therapeutic exercise professions
   - teaching and coaching professions
   - sport management professions

Behavioral Sphere
   - motor behavior
     - goals of motor behavior
     - principles of motor learning
   - psychology of sport and exercise
   - pedagogy of physical activity 4 principles-presage, context, process, product

Biophysical Sphere
   - biomechanics of physical activity
   - physiology of physical activity

Class Evaluation
Below are the required assignments for this class and the basis for your final grade. We will go over these together in class.

1. Class Participation
   Regular and punctual attendance is extremely important. Roll will be taken either by sign in or by the collection of your quiz scores. We will meet 30 times for this class and you will receive points each day for your participation. Active participation in group and class discussions are required.

2. Assignments and Homework (5 pts. ea. x 11)
   In-class and take home assignments will be given throughout the semester along with homework.
3. **KIN Sports Group Project**  
40 points

The purpose of this project is to apply what we have learned about Kinesiology to a sport. This is an evidence-based project where research of the literature will be conducted to identify and study Kinesiology concept application.

Students will work in small groups to develop a handout and PowerPoint presentation which focuses on one sport and present this sport from the perspective of sport psychology, motor behavior, exercise physiology, biomechanics, pedagogy, sports history/philosophy, and sports sociology to their peers in the class. More details of this project will be discussed in class.

4. **(4) Exams – (25 pts. ea.)**  
100 points

You will need a scantron and a #2 pencil

5. **Resume and Cover Letter**  
30 points

After finding the ‘ideal job posting’ in a kinesiology-related field, you will write a resume and cover letter to apply for the position.

6. **Final Project – Informational Interview**  
100 points

Details of this project will be discussed in class. This paper must be no more than 3 pages, written in the most current APA style (12pt font with 1” margins). The article must be attached to the paper. Review the scoring rubric below.

**Grading Procedures**

<table>
<thead>
<tr>
<th>Grade</th>
<th>Percentage</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>90-100%</td>
<td>428-475</td>
</tr>
<tr>
<td>B</td>
<td>80-89%</td>
<td>384-427</td>
</tr>
<tr>
<td>C</td>
<td>70-79%</td>
<td>345-383</td>
</tr>
<tr>
<td>D</td>
<td>60-69%</td>
<td>310-344</td>
</tr>
<tr>
<td>F</td>
<td>0-59%</td>
<td>000-309</td>
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</tbody>
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**Participation:**

5 points = Full participation  
4 points = Partial participation  
3 points = Some participation  
2 points = Few participation  
0 points = No participation

**Non-Participation & Tardies:**

- The first non-participation will not result in a penalty. However, each non-participation thereafter will result in a ZERO for the day.
- Three (3) consecutive non-participations will result in your exclusion from the class.
- Six (6) accumulated non-participations will result in your exclusion from the class.
- Every third (3) tardy will result in a ZERO for that day.
- Class will begin on time. MAKE-UPS for missed class time will be discussed in class. *Notes or written emails excusing you from not participating have no value. If you do not participate in class on any day, for whatever reason, points cannot be earned or added to your total.*
- Inappropriate behavior or conduct unbecoming will be grounds for removal from the class and a ZERO for the day!
<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Topic</th>
<th>Readings and Assignments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 1</td>
<td>Day 1 8/27</td>
<td>Introduction to Kinesiology 100</td>
<td>Review syllabus and calendar; visit your institution’s departmental website</td>
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<tr>
<td></td>
<td>Day 2 8/29</td>
<td>Meet and Greet: Introduction: the discipline of kinesiology; defining movement and physical activity (PA)</td>
<td>Read text chapter 1; web study guide (WSG) Key Points Review activity</td>
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<tr>
<td>Week 2</td>
<td>Day 1 9/3</td>
<td>LABOR DAY HOLIDAY NO CLASS MEETING</td>
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<td></td>
<td>Day 2 9/5</td>
<td>The focus of kinesiology; the spheres of kinesiology; Healthy People 2020 and CDC site and slides; physical fitness and obesity trends; current issues in kinesiology</td>
<td>Read text chapter 2; Web Study Guide (WSG) Key Points Review activity; Chapter 1 &amp; Chapter 2 Review questions due; Optional: Visit CDC website (<a href="http://www.cdc.gov">www.cdc.gov</a>) and Healthy People 2020 website (<a href="http://www.cdc.gov/nchs/healthy_people.htm">www.cdc.gov/nchs/healthy_people.htm</a>)</td>
</tr>
<tr>
<td>Week 3</td>
<td>Day 1 9/10</td>
<td>Experiencing physical activity (EPA): the spheres of physical activity</td>
<td>Read text chapter 3; Bring a kinesiology-related article for in-class discussion Web Study Guide (WSG) Key Points Review activity</td>
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<tr>
<td></td>
<td>Day 2 9/12</td>
<td>EPA: importance of experiencing PA; self-sufficiency (ADLs and IADLs)</td>
<td>Read text chapter 4; WSG Key Points Review activity; Chapter 3 Review questions due</td>
</tr>
<tr>
<td>Week 4</td>
<td>Day 1 9/17</td>
<td>Class participation: experiencing physical activity (ultimate Frisbee or other group or small-group games or physical activity)—outdoors or in the gymnasium</td>
<td>Chapter 4 Review questions due; Start KIN Sports Project</td>
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<td></td>
<td>Day 2 9/19</td>
<td>Exam 1</td>
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<tr>
<td>Week 5</td>
<td>Day 1 9/24</td>
<td>Discussion of spectatorship and physical activity interviews</td>
<td>Read text chapter 5; WSG Key Points Review activity</td>
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<td></td>
<td>Day 2 9/26</td>
<td>Scholarly studies of physical activity (SSPA): philosophy, ethics, and values</td>
<td>Chapter 5 Review questions due</td>
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<tr>
<td>Week 6</td>
<td>Day 1 10/1</td>
<td>SSPA: history; explore history of the field of kinesiology and the history of your own department</td>
<td>Read text chapter 6; Key Points Review activity</td>
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<tr>
<td></td>
<td>Day 2 10/3</td>
<td>SSPA: sociology</td>
<td>Chapter 6 Review questions due</td>
</tr>
<tr>
<td>Week 7</td>
<td>Day 1 10/8</td>
<td>Exam 2</td>
<td>Read text chapter 7; WSG Key Points Review activity</td>
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<td></td>
<td>Day 2 10/10</td>
<td>SSPA: motor behavior</td>
<td>Chapter 7 Review questions due</td>
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<tr>
<td>Week 8</td>
<td>Day 1 10/15</td>
<td>KIN Sports Project presentations</td>
<td>Read text chapter 8; WSG Key Points Review activity</td>
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<tr>
<td></td>
<td>Day 2 10/17</td>
<td>SSPA: sport and exercise psychology; Ch. 8</td>
<td>Read text chapter 9; WSG Key Points Review activity; Chapter 8 Review questions due</td>
</tr>
<tr>
<td>Week 9</td>
<td>Day 1</td>
<td>SSPA: biomechanics; Ch. 9</td>
<td>Read text chapter 10; WSG Key Points Review activity</td>
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<tr>
<td>Date</td>
<td>Day(s)</td>
<td>Activity Description</td>
<td>Key Points/Assignments</td>
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<tr>
<td>10/22</td>
<td>Day 2</td>
<td>SSPA: exercise physiology; Ch. 10</td>
<td>Read text chapter 11; WSG Key Points Review activity; Chapter 9 Review questions due</td>
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<td></td>
<td>10/24</td>
<td></td>
<td>WSG part II portfolio activity</td>
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<tr>
<td>Week 10</td>
<td>Day 1</td>
<td>How are these disciplines all related? Integration of the subdisciplines; Exam Review</td>
<td>Review the key points questions in the WSG for the chapters completed in this section</td>
</tr>
<tr>
<td>10/29</td>
<td>Day 2</td>
<td>Exam 3</td>
<td>Read text chapter 12; WSG Key Points Review activity; Start the informational interviews and observation assignment—set up your visits</td>
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<td>10/31</td>
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<tr>
<td>Week 11</td>
<td>Day 1</td>
<td>Practicing a profession in physical activity (PPPA): becoming a professional; Ch. 11</td>
<td>Chapter 10 Review questions due</td>
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<tr>
<td>11/5</td>
<td>Day 2</td>
<td>PPPA: career opportunities in kinesiology (revisited from part I) presented by career services representative</td>
<td>Read text chapter 13; WSG Key Points Review activity; Explore codes of ethics for various careers and complete ethics assignment; Chapter 11 Review questions due</td>
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<td>11/7</td>
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<tr>
<td>Week 12</td>
<td>Day 1</td>
<td>VETERAN'S DAY HOLIDAY NO CLASS MEETING</td>
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<tr>
<td>11/12</td>
<td>Day 2</td>
<td>PPPA: Sports Strength Training professionals; J.G.</td>
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<tr>
<td>Week 13</td>
<td>Day 1</td>
<td>Exam 4</td>
<td>Read text chapter 14; WSG Key Points Review activity</td>
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<tr>
<td>11/19</td>
<td>Day 2</td>
<td>PPPA: therapeutic exercise professionals; R.P.</td>
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<tr>
<td></td>
<td>11/21</td>
<td>PPPA: sports medicine, health and fitness professionals; ATC</td>
<td>Read text chapter 15; WSG Key Points Review activity</td>
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<td>Complete your finishing touches on resume and cover letter assignment</td>
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<tr>
<td>Week 14</td>
<td>Day 1</td>
<td>PPPA: physical education teaching professionals; S.P.</td>
<td>Read text chapter 16; WSG Key Points Review activity; Resume and cover letter assignment due</td>
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<tr>
<td>11/26</td>
<td>Day 2</td>
<td>PPPA: coaching and sport instruction professionals; M.F.</td>
<td>Read text chapter 17; WSG Key Points Review activity</td>
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<td>11/28</td>
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<tr>
<td>Week 15</td>
<td>Day 1</td>
<td>PPPA: sport management professionals; S.R.</td>
<td>Informational Interviews and Observations due</td>
</tr>
<tr>
<td>12/3</td>
<td>Day 2</td>
<td>Discussion: informational interviews of practicing professionals. What did you learn?</td>
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<td>12/5</td>
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<td>Are you prepared for your “dream” job or next step?</td>
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<td>Experiencing physical activity (revisited): What has changed?</td>
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<td>Part III portfolio discussion</td>
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<tr>
<td>FINAL EXAM</td>
<td>Dec. 12</td>
<td>FINAL PRESENTATIONS</td>
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<td>10am – 12pm</td>
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**Code of Honor and Integrity**  
Los Angeles Mission College
Students at Los Angeles Mission College, because they are members of an academic community dedicated to the achievement of excellence and the pursuit of honor, are expected to meet high standards of personal, ethical, and moral conduct. These standards require personal integrity and a commitment to honesty without compromise. Without the ability to trust in these principles, an academic community and a civil society cannot exist. Los Angeles Mission College students and faculty are as committed to the development of students with honesty and integrity as they are to the academic and professional success of its students.

The Code of Honor and Integrity is an undertaking of the students, first and foremost, both individually and collectively, that they will:

1. not give or receive dishonorable aid during exams, quizzes or assignments

2. do their share and take an active part in seeing to it that fellow students, as well as themselves, uphold the spirit and letter of the Code of Honor and Integrity. Some examples of conduct that are regarded as being in violation of the Honor Code include:

   - Copying from another’s examination or quiz, or allowing another to copy from one’s own papers
   - Using any unpermitted source of information, human or other, during an exam, quiz or assignment that influences the grade; this includes the use of technological devices
   - Any student-to-student collaboration that is unpermitted
   - Plagiarism (plagiarism is defined as the use, without giving reasonable and appropriate credit to, or acknowledging the author or source, of another person's original work)
   - Representing as one’s own work as the work of another
   - Giving or receiving aid on an academic assignment under circumstances in which a reasonable person should have known that such aid is not permitted

As a part of the effort to promote an environment of honesty and integrity during quizzes and examinations, the following guidelines will apply for any courses in the Health/KIN department:

1. Students will leave all books and all other non-essential items (e.g. paper, electronic devices) on the floor so that they are not useable nor block the sight line between professor and student. No electronic devices will be in reach.

2. Students will not communicate in any way that will dishonorably assist themselves or another student.

3. Students will leave the room during an exam only if permitted by the professor’s policy. If permitted, only one student may leave the room at any time and be gone for only the average length of time needed for the stated purpose. Students will leave all purses, bags, books, phones, jackets, etc., in the classroom during the absence.

4. Students will promote the spirit and letter of the Code of Honesty and Integrity by dissuading fellow students from dishonest activity and, when such casual persuasion does not work, informing the professor of the possible dishonest activity, either anonymously, or otherwise.

5. Students will make every effort to avoid even the appearance of dishonesty or lack of integrity

Violation of this policy will not be tolerated and violators will be subject to severe penalties. The success of the Code of Honor and Integrity is based upon the collective desire of students, faculty and the community to live in an environment that embraces respect for that which is right – both in the college and in society as a whole.

**SPECIAL ACCOMMODATIONS**

If you require special accommodations for a disability, religious holiday, or any other reason please inform me within the first week of the course and I will accommodate you if at all possible. For accommodations due to disability,
you must consult with the Disabled Students Programs and Services Office (818) 364-7732, after which we will abide by their recommendations.

**Cell Phones**

Do not use your cellphone during class time. Turn them off before you come into the classroom. You will lose participation point if you are on your phone.

**Be Punctual**

I advise you to arrive on time for class. On the days when we have exams/quizzes, you will not be given that exam/quiz if you arrive after it has been given out.

**Class Attendance**

As this is an activity course, it is extremely important that you attend class regularly to be able to accumulate participation points.

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**Here are some additional resources on campus that you may find useful.**

- **LAMC Bookstore**: For hours of operation, book availability, buybacks, and other information call 818-364-7798 or 364-7768 or visit: [http://www.lamissionbookstore.com/](http://www.lamissionbookstore.com/)

- **Counseling Department**: For appointments and information call 818-364-7655 or visit [http://www.lamission.edu/counseling/](http://www.lamission.edu/counseling/)

- **Disabled Students Programs and Services**: For appointments and information call 818-364-7732 or visit [http://www.lamission.edu/dsps/](http://www.lamission.edu/dsps/)

- **Extended Opportunity Programs and Services**: For appointments and information call 818-364-7645 or visit [http://www.lamission.edu/eops/](http://www.lamission.edu/eops/)

- **Financial Aid**: For information and applications call 818-364-7648 or visit [http://www.lamission.edu/financialaid/](http://www.lamission.edu/financialaid/)

- **Library**: For information on library hours, resources, workshops, and other services contact 818-364-7105 or 364-7106 or [http://www.lamission.edu/library/](http://www.lamission.edu/library/)

- **Tutoring Services in Learning Center**: Laboratories for Learning, Writing, Math & Science. Walk-in and appointment services offered. Call 818-364-7754 or visit [www.lamission.edu/learningcenter](http://www.lamission.edu/learningcenter)