

KIN 173

Foundations of Kinesiology

Table of Contents

COURSE INFORMATION	2
COURSE DESCRIPTION	2
INSTRUCTOR INFORMATION AND CONTACT HOURS	2
COURSE OBJECTIVES	2
COURSE MATERIALS	3
TEXTBOOK	3
HARDWARE AND SOFTWARE REQUIREMENTS	3
COURSE COMPONENTS	3
IN-CLASS QUIZZES.....	3
LABS.....	ERROR! BOOKMARK NOT DEFINED.
MOTION ANALYSIS PROJECT (MAP).....	ERROR! BOOKMARK NOT DEFINED.
MIDTERM AND FINAL EXAM.....	ERROR! BOOKMARK NOT DEFINED.
EVALUATION & DETERMINATION OF FINAL GRADE	4
COURSE POLICIES	5
ACADEMIC HONESTY.....	5
ACCOMMODATIONS FOR STUDENTS WITH DISABILITIES.....	6
ABSENCES, MAKEUP EXAMS & LATE POLICY.....	ERROR! BOOKMARK NOT DEFINED.
DISRUPTIVE BEHAVIOR.....	ERROR! BOOKMARK NOT DEFINED.
OFFICE HOURS/ASKING FOR HELP	ERROR! BOOKMARK NOT DEFINED.
D2L DISCUSSION BOARD	ERROR! BOOKMARK NOT DEFINED.
OFFICE HOURS.....	ERROR! BOOKMARK NOT DEFINED.
EMAIL AND EMAIL ETIQUETTE.....	ERROR! BOOKMARK NOT DEFINED.
STRATEGIES TO DO WELL IN THE COURSE	ERROR! BOOKMARK NOT DEFINED.
CHANGES TO THE SYLLABUS	9
TENTATIVE CLASS SCHEDULE	ERROR! BOOKMARK NOT DEFINED.
DEADLINES	ERROR! BOOKMARK NOT DEFINED.

KIN 173 FOUNDATIONS OF KINESIOLOGY

Course Information

Term: Summer 2020

Section: 101

Credit Hours: 3

Course meeting days and time: Online course – all materials and lectures will be on D2L

Online Resource: MSU Desire2Learn ([MSU D2L](#))

Course Description

This is one of the core courses in Kinesiology, reviewing selected concepts in each of the major sub-disciplines in order to demonstrate how they contribute to our understanding of the nature and importance of physical activity. Accordingly, this class will serve to introduce students to the basic theoretical and practical concepts, topics, and issues that relate to the field of kinesiology. Current events drawn from the world of sports and public health will be employed as examples relevant to the topic at hand. This course will examine multiple approaches to the study of kinesiology including: social, cognitive, biological, and applied frameworks. Topics will include basic anatomy and physiology, the measurement and meaning of variables important to understanding kinesiology, exercise responses, training principles and adaptations, expertise in sport, spectatorship, aggression, psychopathology, and how psychological, social, and cultural processes influence the development of basic motor skills; to name a few.

Instructor Information and Contact Hours

Amanda McGowan

Instructor (Fixed-Term)

Department of Kinesiology

Email: mcgowa78@msu.edu

Office hours: **By appointment**

Student hours will be ‘virtual’ and handled through Zoom (see instructions at the end of the document on how to use Zoom). If you would like to set up an appointment on Zoom, please email me at least 24 hours ahead of time with a list of available times.

Course Objectives

Upon completion of the course, it is expected that students should be able to:

1. To develop an appreciation of, and insights into, the importance of physical activity in daily life and the implications of this for the discipline of kinesiology.
2. To gain an understanding of the multitude of systematic methods, perspectives, and approaches to the study of kinesiology.
3. To introduce relevant theories and the application of concepts within kinesiological subdisciplines in order to provide a platform from which future courses can build.

Course Materials

Textbook

This course utilizes primary sources of information such as empirical articles as well as summary sources such as book chapters. Therefore, readings will come from .PDF articles posted on the course website in the schedule for each module. These readings are required and may be tested upon in the quizzes.

Recommended Additional Reading

For individuals who also wish to have a textbook, a supplementary textbook (NOT REQUIRED) is recommended below and a PDF version is available on the D2L course site:

Abernethy, B. Hanrahan, S. J., Kippers, V., Mackinnon, L. T., & Pandy, M. G. (2005). The biophysical foundations of human movement. (2nd Ed.). Champaign, IL: Human Kinetics. Hardware and Software Requirements

Hardware

- A computer with a reliable high-speed internet connection
- A webcam, speaker and microphone (Optional) for video participation – Although these are not essential, face-to-face interactions using Zoom can often be helpful in .

Software

- Respondus Lockdown Browser will be used for online quizzes, which locks down the testing environment and prevents use of outside resources. This is compatible with Windows 10, 8, 7 and MacOS 10.15 to 10.12, OS X 10.11, OSX 10.10, and iOS 11.0+. It is not compatible with Chromebooks. Download: [Link to Respondus Lockdown Browser](#)
- Microsoft Office (Excel, Word and Powerpoint)

Course components

Quizzes

1-3 Quizzes are provided at the end of each module and will be based on the material covered in the video lectures (and the associated readings). These quizzes will be multiple choice and focus on conceptual understanding. Each quiz can only be taken **once** – therefore it is in your best interest to go through the material prior to taking these quizzes. Each quiz has a total of 10-55 questions with a 1-minute time limit per question. Please remember that the deadline is for submitting the quiz (not starting it).

Fact Sheet Assignments

The purpose of fact sheet assignments are to provide opportunities and forum experience to discuss selected methods and topics relevant to the field of kinesiology. Throughout the course, you will be responsible for completing a series of fact sheets. The purpose of these assignments is to provide the incentive for you to review your lecture notes and read the course materials on a regular basis. These will also serve as a means of enhancing your ability to find specific types of information and increase

your exposure to potentially novel ideas and concepts. No make-up assignments will be granted. All assignments are due by the time indicated on their respective due dates. Late assignments submitted within the first 24 hours after the deadline will be assessed a 30% penalty. All assignments submitted beyond 24 hours after the deadline will be assessed a grade of 0. All assignments not typed and printed with dark blue or black text will be assessed a 30% penalty.

Extra Credit

You can earn up to 10 points extra credit in the course. This can be done by writing a two scientific papers. Each paper is worth 5 points - so you will have to submit 2 papers to earn the full 10 points.

Each paper should take 60-90 minutes of your time. Double space your paper and use APA style for citations. **Submit each paper as a separate file on D2L dropbox.**

Please make sure that the topic that you select is **relevant** to the course. The goal is to have you write a paper based on your learning in the course.

Examples of topics that would be relevant are papers that focus on youth sport behavior, exercise physiology, spectatorship in sport.

Examples of topics that would NOT be relevant are papers that focus on the French revolution and other topics not discussed in class.

The last date for submitting extra credit abstracts will be **June 24, 2020 at 11:59pm**. Please remember that there will be no further opportunities for extra credit after this point. Many students end up 1 or 2 points shy of the next higher GPA – so please make use of the extra credit in advance so that you don't have to regret this later.

Evaluation & Determination of Final Grade

The final grade for this course will be based on the total number of points accumulated during the different components of the course.

Table 1. Graded course activities points breakdown:

Item	Maximum Component Score	Contribution to Final Score
Module 1 Quizzes	Ranging from 22-44 points	100 points
Module 2 Quizzes	Ranging from 44-56 points	100 points
Module 3 Quiz	100 points	100 points
Fact Sheet Assignments	Ranging from 55-60 points	110 points
Extra credit	2 papers worth 5 points each	10 points
		410 points

Table 2. Grading scale for determining final grade in KIN330:

Final Score in Course (max. 410)	Grade
371-410	4.0
340-370	3.5

Final Score in Course (max. 410)	Grade
310-339	3.0
290-309	2.5
270-289	2.0
250-269	1.5
230-249	1.0
< 230	0.0

No changes to the final grade will be made unless it is due to numerical error. Grades **are NOT curved**

Course Policies

Academic Honesty

Article 2.3.3 of the [Academic Freedom Report](#) states that "The student shares with the faculty the responsibility for maintaining the integrity of scholarship, grades, and professional standards." In addition, the Department of Kinesiology adheres to the policies on academic honesty as specified in General Student Regulations 1.0, Protection of Scholarship and Grades; the all-University Policy on Integrity of Scholarship and Grades; and Ordinance 17.00, Examinations. (See [Spartan Life: Student Handbook and Resource Guide](#) and/or the [MSU website](#).)

You are expected to develop original work for this course; therefore, you may not submit course work you completed for another course to satisfy the requirements for this course. Also, you are not authorized to use any external web sites to complete any course work in this course.

Examples of academic dishonesty include (but are not limited to): (From the [Academic Integrity](#) webpage)

- Claiming or submit the academic work of another as one's own
- Procure, provide, accept or use any materials containing questions or answers to any examination or assignment without proper authorization.
- Complete or attempt to complete any assignment or examination for another individual without proper authorization
- Allow any examination or assignment to be completed for oneself, in part or in total, by another without proper authorization

SPARTAN CODE OF HONOR ACADEMIC PLEDGE

"As a Spartan, I will strive to uphold values of the highest ethical standard. I will practice honesty in my work, foster honesty in my peers, and take pride in knowing that honor in ownership is worth more than grades. I will carry these values beyond my time as a student at Michigan State University, continuing the endeavor to build personal integrity in all that I do"

Use of Turnitin

Consistent with MSU's efforts to enhance student learning, foster honesty, and maintain integrity in our academic processes, instructors may use a tool called Turnitin to compare a student's work with multiple sources. The tool compares each student's work with an extensive database of prior publications and papers, providing links to possible matches and a "similarity score." The tool does not determine whether plagiarism has occurred or not. Instead, the instructor must make a complete assessment and

judge the originality of the student's work. All submissions to this course may be checked using this tool.

Students should submit papers to Turnitin Dropboxes without identifying information included in the paper (e.g., name or student number), the system will automatically show this information to faculty in your course when viewing the submission, but the information will not be retained by Turnitin.

Unless authorized by your instructor, you are expected to complete all course assignments, including homework, labs, quizzes, tests and exams, **without assistance** from any source. Please remember that **providing unauthorized assistance** is also considered cheating.

Students who violate MSU academic integrity rules may receive a **penalty grade, including a failing grade on the assignment or in the course**. Contact your instructor if you are unsure about the appropriateness of your course work. (See also the [Academic Integrity](#) webpage.)

As members of a learning community, students are expected to respect the intellectual property of the course instructor. All course materials presented to students are the copyrighted property of the course instructor and are subject to the following conditions of use:

- Students may not record lectures or any other classroom activities
- Students may not post course materials online or distribute them to anyone not enrolled in the class without the advance written permission of the course instructor.

Accommodations for Students with Disabilities

(from the Resource Center for Persons with Disabilities (RCPD))
Michigan State University is committed to providing equal opportunity for participation in all programs, services and activities. Requests for accommodations by persons with disabilities may be made by contacting the Resource Center for Persons with Disabilities at 517-884-RCPD or on the web at rcpd.msu.edu. Once your eligibility for an accommodation has been determined, you will be issued a Verified Individual Services Accommodation ("VISA") form. **Please present this form to me at the start of the term and/or two weeks prior to the accommodation date (test, project, etc.).** Requests received after this date may not be honored.

Late assignments and Make-up Policy

Late assignments.

Late quizzes and other late assignments (fact sheet assignments) will be penalized by 30% (of the maximum possible points for that assignment) for each day the assignment is late. Assignments submitted beyond 1 day of the deadline will receive a score of zero. I will provide a 5 minute grace period for the deadline.

For example: If a homework assignment is worth 10 points and is due Sunday at 10:00 pm, Assignments submitted between Sunday 10:05pm – Monday 10:05 pm will receive a 3 point penalty (if worth 10 points); Assignments submitted after Monday 10:06pm will receive a score of zero.

Make-up Policy.

Because of the online nature of the course, there will be no make-up labs, quizzes or homework assignments in general regardless of the reason for the absence.

However, if there are **exceptional circumstances** (such as a medical or a family emergency) that will cause you to miss a score, please let me know ASAP. In this case, you will have to provide **documentation** to support your absence. This will have to be done no later than 24 hours from the absence. A grief absence form has to be filled out for family-related emergencies.

Exceptional circumstances generally include cases when you are out for at least 3 or more consecutive days in the week (e.g. surgery). Travel of any kind (whether for personal or professional reasons) does not count as exceptional circumstances – in these cases, make sure you plan ahead.

According to the [University Final Exam Policy](#), students unable to take a final examination because of illness or other reason over which they have no control should notify the associate deans of their colleges immediately.

Asking for Help

Being an online course, it is especially easy for students to sometimes feel overwhelmed with the material. So I encourage all students to ask for help during the course. However, my ability to help you is directly related to how much time there is left before the deadline. **So ask for help early!**

Below are ways in which to ask for help:

Virtual classroom (D2L discussion board)

There is a discussion board on D2L where students can post question “threads”. Other students and I can reply to those threads.

I recommend this as the first option to ask for clarification because:

- (a) your question may help others,
- (b) other students can chime in with their answers which fosters an environment for participation,
- (c) students can look up these questions at a later point during the semester, and
- (d) I can get a sense for how many students have responded to a question, which helps me restructure things if necessary.

I will reply to Discussion threads usually within 24 hours (weekends not included) – so please post your questions a minimum of 3 days before the deadline (the earlier the better in case you want further clarification).

Email

I will be available to answer questions over email. When writing emails, please follow the suggestions below:

1. Please check the syllabus to see if the answer to your question is already in there
2. If it is a question whose answer will also benefit other students, consider posting the question on the Discussion forum on D2L.
3. Have a subject starting with “KIN 173 (section number)” followed by a descriptive subject line. This will minimize the chance that your email lands in the Spam folder.
4. Please use a proper salutation (usually Dr. McGowan, Professor etc.). If you want to be informal you can use my first name, but do not be too casual.
5. Sign your full name at the end – especially if you are using your mobile device.

6. Please use **descriptive filenames** for sending attachments or uploading assignments on D2L so that I can easily identify your submission. A filename such as “JaneSmith_KIN173_FactSheet1.docx” is much more helpful than “paper.docx”

I will reply to email usually within 24 hours (weekends not included). So please plan ahead - asking a question on Friday/Saturday for Sunday’s deadline will not be particularly helpful.

Virtual Student hours

Student hours will be available every week for students to ask questions or clarifications online. Whenever possible, we will be using the video chat inside Zoom so that there is some face-to-face contact. If for some reason there are issues with video or audio, we will rely on a “text-based” chat interface inside Zoom.

If you would like to schedule a one-on-one appointment, please email me at least 24 hours in advance with a list of available times.

Technical Support

In case of any technical issues with D2L (for example during a quiz or exam), please contact:

MSU DLS help desk
(517) 432-6200
[D2L Helpdesk Website](#)

The helpdesk is available **24 x 7**. Make sure you log any issue with the Helpdesk **before** contacting me.

Strategies to do well in the course

This is considered a hard class due to the conceptual and computational nature of the course material. Here are a few strategies to help you:

- ✓ **Read this syllabus and mark upcoming deadlines on your calendar.** Missing deadlines (either not noticing the deadlines or underestimating the time it takes to do assignments) is the biggest reason students do not do well in the course.
 - Estimate about 4 hours for each fact sheet assignment.
 - Estimate about 2-3 hours for each module
 - Estimate adequate studying time before each quiz
- ✓ **Check for announcements and Discussion Boards on D2L at least once a day.** Given that there are not scheduled class hours, please check D2L/email regularly (at least once a day) for any announcements/updates regarding the course. Also check the virtual classroom to (a) post a question, or (b) see if you can reply to someone else’s question.
- ✓ **Adopt a “distributed” plan for study.** This is a course which tests your ability to “apply concepts” rather than whether you simply can memorize material. So distribute the 10-12 hours of work over at least 2-3 days during the week – this gives the opportunity to let the concepts “sink in” and gives

you the time to ask me questions if things are not clear. Attempting to study for 8 hours on Sunday evening to turn in the assignments before 11:59pm is not a good strategy.

- ✓ **Adopt a “1-day ahead” internal deadline.** Murphy’s law states that “anything that can go wrong will go wrong”. Given that this is an online course, you will almost certainly face issues such as computer freeze ups, internet connection problems, power outages etc. So plan to submit materials at least 1 day earlier than the actual deadline. That way, if there are any glitches, you will still have time to fix it. Aiming to submit at the last minute is a very high-risk strategy which will give you a lot of stress.
- ✓ **Actively participate in the “Virtual” Classroom.** One of the downsides of an online course is the lack of real-time interaction that is possible in a face-to-face lecture. Therefore, use the online discussion forum actively to post questions and comments (that you would make if you were in class). This intent of this “virtual classroom” is not only to clarify your questions, but also help you feel connected to the other students in the course.

While collaboration is encouraged (i.e. exchange of ideas/suggestions etc.) in the class, please make sure **you submit your own work**. For example, giving the idea of “you can find the forces if you draw the free body diagram first” on a discussion board is acceptable as collaboration, but sharing a copy of the worked out solution would be considered academic misconduct. If you are in doubt, ASK!

- ✓ **Complete all assignments and quizzes on time.** Many students don’t get the grade they desire because they miss deadlines or fail to complete assignments or study for quizzes.
- ✓ **Practice, Practice, Practice.** In the same way you don’t learn to drive a car by watching someone else drive, this is not a course you can master by “watching” or “reading”. The ability to understand concepts comes with practice, so draw, write, watch other videos on Youtube and Khan academy to help you engage with the content.
- ✓ **BACKUP YOUR WORK! :** I highly recommend using a cloud backup solution to save your work (such as Google Drive, Dropbox, OneDrive) for rare (but potentially devastating) issues such as hard drive crashes. Having an online backup of your work not only saves your work but allows you to get to your work from another computer if needed.

Google Drive is available for MSU students here - [Link to MSU Google Drive](#)

- ✓ **Ask for help early.** This is a course requiring conceptual understanding (not memorization or finding things from the textbook). So if the first time you look at an assignment is 1 or 2 days before the deadline, you will almost certainly feel overwhelmed. So the best strategy is to get an early start and that way, you have time to ask for help or clarifications.

Changes to the Syllabus

As the instructor, I reserve the right to make changes to this syllabus if deemed necessary. Any changes to the syllabus will be announced on D2L.

Tentative Class Schedule

Week 1 (May 11- May 17): Module 1

Readings

1. Syllabus (**Please Read Carefully!**)
2. Sykes (1987)
3. S. C. De Cort et al. (1991)

Lessons to be Completed

- Course Welcome and Orientation
 - Course Welcome
 - D2L orientation
 - Navigating the Syllabus
1. Cardiovascular System

Due (5/24) by 4pm

1. Quiz 1

Week 2 (May 18- May 24): Module 1

Readings

1. None.

Lessons to be Completed

1. Ventilation/Respiration
2. Skeletal System

Due (5/24) by 4pm

1. Quiz 2
2. Quiz 3

Week 3 (May 25-May 31): Module 2

Readings

1. American College of Sports Medicine (2011)

Lessons to be Completed

1. Skeletal Muscle Structure & Function
2. Skeletal Muscle Adaptation to Exercise

Due (5/29) by 4pm

1. Fact Sheet Assignment 1

Week 4 (Jun 1 – Jun 7): Module 2

Readings

1. Speakman et al. (2008)
2. Prentice et al. (2008)
3. Physical Activity Guidelines for Americans (2nd ed.)

Lessons to be Completed

1. Body Composition
2. Energy Balance/Physical Activity Recommendations

Due (6/7) by 4pm

1. Quiz 1
2. Quiz 2

Week 5 (Jun 8- Jun 14): Module 3

Readings

1. Shields et al. (2005)

Lessons to be Completed

1. Social-Psychological Kinesiology
2. Development of Sport Behavior

Due (6/12) by 4pm

1. Fact Sheet Assignment 2

Week 6 (Jun 15- Jun 21): Module 3

Readings

1. McMillen et al. (2011)
2. Goldman et al. (2011)

Lessons to be Completed

1. Interscholastic Sports
2. Intercollegiate Athletics

Week 7 (Jun 22- Jun 28): Module 3

Readings

1. Savulescu et al. (2005)

Lessons to be Completed

1. Aggression and Violence in Sports

Due (6/25) by 4pm

1. Module 3 Quiz

Deadlines

All materials listed under the “Due” have the corresponding due dates and times as indicated on D2L.

Late assignments will be subject to penalties (see course policy section)