KINS 2643: INTRODUCTION TO KINESIOLOGY STUDIES  
Department of Kinesiology and Health Studies  
University of Central Oklahoma

Professor: Dr. Darla Fent  
Office Hours: M/W/F: 10:00 – 11:00 a.m.  
T/R: 9:00 – 10:00 a.m.  
E-Mail: dfent@uco.edu  
Office: #12 Wantland Hall, Box 189  
Phone: 974-3599  
Class: 9:00 – 9:50 a.m. M/W/F in HPE 012  
Credit Hours: 3

The College of Education and Professional Studies and the Department of Kinesiology and Health Studies are committed to helping students learn by providing a range of transformative learning experiences in discipline knowledge and in the five core areas: leadership; research, creative and scholarly activities; service learning and civic engagement; global and cultural competencies; and health and wellness.

Course Description: This course will investigate the nature, scope, and impact that leisure services have on society including the historical and philosophical background, delivery systems, and professional preparation.

Course Prerequisites: None


General Course Objective: To introduce the student to the broad knowledge base of Kinesiology studies and recreation/exercise science through a study of the concepts, theories, history, current status, and future directions of the disciplines.

Specific Course Objectives:  
(Knowledge, Skills, and Abilities (KSA’s) are indicated for programs seeking accreditation in the Exercise Sciences (as per ACSM’s Guidelines for Exercise Testing and Prescription, 8th edition) via CAAHEP).

Upon completion of this course, the student should be able to demonstrate:
1. Knowledge of the historical and philosophical development of recreation/exercise science.
2. Knowledge of the terminology of the discipline of recreation and exercise fitness.
3. Insight into the concepts and theories of recreation, leisure, and fitness.
4. Knowledge of the various delivery systems of the leisure/recreation/exercise science profession: public, non-profit, private, and commercial.
5. Knowledge of the social forces that influence recreation and fitness professions.
6. Knowledge of the impact recreation and fitness professions has on society.

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<thead>
<tr>
<th>KSA</th>
<th>Description</th>
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<tr>
<td>1.7.20</td>
<td>Knowledge of and ability to describe &quot;Activities of Daily Living&quot; (ADLs) and its importance in the overall health of the individual.</td>
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<tr>
<td>1.7.3</td>
<td>Knowledge of the benefits and precautions associated with exercise training in across the lifespan (from youth to the elderly).</td>
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7. The ability to examine and appraise current trends and issues in the recreation and fitness industry.
8. Knowledge of the wide range of available career options in the recreation and fitness industry.
9. Appropriate interaction with professionals in the field.
10. The ability to design an appropriate sequence for professional preparation needed to pursue a successful career in the recreation and fitness industry.
11. The ability to construct a sequential academic program leading to the Bachelor of Science Degree in either Recreation Management or Exercise/Fitness Management.

Course Design: This course will combine lecture, discussion, partner/group activities, library instruction, student research, off-campus observations, and writing assignments.

Method of Evaluation:

A= 90% and above; D—60% and above;
B= 80% and above; and F=Below 60%
C= 70% and above;

* A final grade of “C” or better is required of all majors in KHS.

Course Requirements: The final grade will be based upon total points possible including all the areas listed below.

1. Written examinations

Expect 3 exams in this class; two (2) Unit Exams worth 100 points each and one (1) Comprehensive Final worth 150 points. Materials on these tests will not necessarily be covered in class, but may be taken from the assigned readings; it is your responsibility to read the text and ask questions on the material that is not understood. Tests will consist of objective (e.g., true/false, multiple choice, matching, etc...) and/or subjective (e.g., short answer/essay) questions. Green scantrons will be used for the objective parts of the tests. The student will need to furnish scantrons for each test.

It is expected that the student will take the test on the test day unless prior arrangements have been made. If a test is missed, it is up to the discretion of the teacher as to whether the test will be made up. Twenty percent will be deducted for unscheduled late examinations and these exams must be made up within two class sessions from the scheduled test date. Tests will consist of objective (e.g., true/false, multiple choice, matching, etc...) and/or subjective (e.g., short answer/essay) questions. There may be pop quizzes in this class. Pop quizzes cannot be made up.

2. Attendance

Regular, attentive and participatory attendance is essential to this course and you are expected to attend all class meetings. You will be counted absent if you are not in class. Reasons for being absent include: illness, being tired, blowing off class, mental health day, oversleeping, and any other reasons not listed here. Absences will impact your “total points” which determine your final grade. If you do not miss any class sessions, you will receive 5 points added to you total points; 1 absence will add 3 points to your total points; 2 absences will result in 1 point being added to your total points; and with 3 absences, no points will be added or taken from your total points. However, there will be a 5 point deduction from the overall total points accumulated for the class for each and every absence after three (3).

Absences will be counted from the first day of class, not the first day of attendance by the student. It is up to the student to inform the professor if he/she comes in late to class after roll is taken. A roll sheet will be passed out each day; no signature = absent. And, it is the student’s responsibility to find out about any missed work and submit it on time. Students are strongly encouraged to discuss absences with the professor.

Professional students are expected to be on time and remain for the entire class period. Two tardies and/or early departures will equal one absence. Please be respectful of class time, your instructor, and you fellow classmates.

3. Assignments:

Collegiate level grammar and spelling are expected. Students interested in strengthening personal writing skills may contact the Writing Center at “Tutoring Central” in West Hall, 974-2487. All assignments will be neat and orderly, submitted typed with 1 inch margins with 12 pt., New Times Roman font. If there are multiple pages, papers need to be stapled before coming to class.
Assignments are due at the beginning of the class period. Any assignment not turned in after this time will be considered “late”. Late assignments will be accepted within one class day of their due date. An assignment turned in late will receive a maximum 75% credit. No assignments will be accepted after this time unless prior arrangements are made.

Plagiarism on any assignment will result in a “0” in accordance with UCO policy. You must site and reference your work.

4. Class Discussion:
Read the assignment and take notes prior to coming to class. Class time will be used to clarify, highlight, and discuss key points. It will not be spent helping you cover material for the first time. Most days (excluding test days) you will be awarded “discussion” points: 3 pts. for an active & informed contribution; 2 pts. for an active & uniformed contribution; 1 pt. for minimal participation; and 0 pts. for no participation. These points are subjective and awarded after class.

- Bring your texts to class daily. You will need your notes in class (to make additions to them); however, you will not refer to your text during discussion.
- Obviously, “not being prepared” or “not actively participating” will have a negative impact on your final grade.

5. Texting and other unauthorized/inappropriate use of electronic technology during class will result in a 5 pt. deduction for each infraction from total points possible for the class.

FATAL ERROR POLICY: All written assignments must meet minimal presentation standards to be acceptable. These standards address spelling, punctuation, format and basic grammar. The term Fatal Errors refers to technical American English errors of form. Specifically, they include the following:

- a) each different word misspelled;
- b) each sentence fragment;
- c) each run-on sentence or comma splice;
- d) each mistake in capitalization;
- e) each serious error in punctuation that obscures meaning;
- f) each error in verb tense or subject/verb agreement;
- g) lack of conformity with assignment format; and,
- h) each improper citation, or lack of citation, where one is needed.

Papers with more than three (3) fatal errors marked by an instructor on any one page, or more than 12 non-repeated errors for the entire document will be returned to the student and subject to 20% off the grade immediately and may be subject to 10% off for each class day until the paper is returned corrected. The paper may be resubmitted one time.

Instructors will determine the number of resubmissions allowed for each assignment. Final course papers (where there is no time for a resubmission) will be docked one percent of the grade for each error including one percent off for each repeated error.

Students interested in strengthening personal writing skills may contact the Writing Center at “Tutoring Central” in West Hall, 974-2487.

General Notes:
1. Students with university sanctioned obligations (e.g., athletics, choir, etc....) must contact the instructor by the second week of the semester to verify any assignments or exam conflict. In this instance, arrangements may be made to take exams/submit assignments early.
2. Each student should have access to Internet and e-mail capabilities. You may do this through a student Broncho account.
3. It is expected that students will turn off cell phones and unauthorized electronic technology before class begins.
4. Use of tobacco is prohibited.
5. No hats, visors, or ball caps will be worn during tests.

**UCO Ethical Conduct Statement:** Ethical conduct is expected in this course; academic dishonesty will not be tolerated. According to the Code of Student Conduct, academic dishonesty includes, but is not limited to: plagiarizing; cheating on exams or in the preparation of academic work; copying from tests, reports, etc.; collaborating with others without prior authorization; reuse of work in more than one class without informing the instructor; possessing contents of an un-administered examination; and using materials during a test not authorized by the instructor. While collaboration with cohorts in study groups is encouraged, each student is responsible for his or her own work. Students may not, under any circumstances, turn in work that has been prepared by someone else.

Disciplinary action (as outlined by the Code of Student Conduct) will result in one of the following at the instructor’s discretion:

- A substitute assignment or exam
- A reduced grade for the assignment, examination, or course
- A grade of zero or F for the assignment, examination, or course
- A grade of F for the course

**NOTE:** UCO subscribes to the Turnitin.com plagiarism prevention service. Students agree that by taking this course, all required assignments may be subject to submission for textual similarity review to Turnitin.com for the detection of plagiarism. All submitted assignments will be included as source documents in the Turnitin.com restricted access reference database for the purpose of detecting plagiarism of such assignments. Use of the Turnitin.com service is subject to the Terms and Conditions of Use posted on the Turnitin.com website. Turnitin.com is just one of various plagiarism prevention tools and methods which may be utilized by your faculty instructor during the term of the semester. In the UCO Student Handbook, there is a process for contesting any plagiarism allegations against you.

**Special Accommodations:** The University of Central Oklahoma complies with Section 504 of the Rehabilitation Act of 1973 and the American with Disabilities Act of 1990. Students with disabilities who need special accommodations must make their requests by contacting Disability Support Services, at (405) 974-2516. The DSS Office is located in the Nigh University Center, Room 309. Students should also notify the instructor of special accommodation needs by the end of the first week of class.

**Emergencies during Finals:** If an emergency occurs that prevents the administration of a final examination, the student’s final course grade will be calculated based on the work in the course completed to that point in time and the faculty member’s considered judgment. Final exams will not be rescheduled and a grade of “I” will not be given as a result of the missed exam.

**Inclement Weather:** 405-974-2002

Please see the Academic Affairs’ “Student Information Sheet and Syllabus Attachment” @ http://wwwuco.edu/academic-affairs/files/aa-forms/faculty/StudentInfoSheet.pdf for additional important information and phone numbers.
Introduction to Kinesiology Studies -- *Tentative Schedule

Week 1:  Syllabus & Introduction
         Chapter 1
         Chapter 1; Syllabus Take Home Assignment Due

Week 2:  Chapter 2
         Chapter 2; KHS Fact Sheet Due
         Chapter 2; Chapter 2 Questions Due (p. 64)

Week 3:  Chapter 3; 1st Site Visit Summary Due
         Chapter 3; Group presentation about 1st site visit; Degree Plan of Study Due
         3 student presentations; Chapter 4

Week 4:  Chapter 4; Chapter 4 Questions Due (p. 123)
         Guest Speaker, Dr. Donna Cobb – Bring graded Degree Plan of Study
         3 student presentations; Chapter 4

Week 5:  Chapter 12
         Chapter 12

Week 6:  2 student presentations; Chapter 12; Chapter 12 Questions due (p. 350)
         Exam I (Chapters 1-4, 12)
         Library Instruction: Start reading Chapters 5 - 11
         Library Instruction: handout library assignment

Week 7:  Library Assignment Due; 2nd Site Visit Summary Due
         Chapter 5
         3 student presentations; Chapters 5

Week 8:  Chapter 6; Group presentation about 2nd site visit
         2 student presentations; Chapter 6 & Chapter 7, Chapter 6 Questions Due (p. 180)
         Chapter 7

Week 9:  3 student presentations; Chapter 8
         Chapter 8 & Chapter 9; 3rd Site Visit Summary Due
         Chapter 9; Group presentation about 3rd site visit

Week 10: 3 student presentations; Chapter 10
          Chapter 10 & Chapter 11;
          Chapter 11

Week 11: 2 student presentations; Finish Chpts for Exam II; Chapter 11 Questions Due (p. 317)
          Exam II (Chapters 5 – 11)
          Chapter 13/Guest Speaker

Week 12: 2 student presentations; Chapter 13; Chapter 13 Questions Due (p. 379)
          Chapter 14/Guest Speaker
          Chapter 14; 4th site visit due & Group presentations

Week 13: 3 student presentations; Chapter 14
          2 student presentations; Chapter 14
          Chapter 16

Week 14: Chapter 16
          2 student presentations; Guest speaker
          Guest speaker

Week 15: Course Wrap-Up; Review for Final; Professional Interview Due

COMPREHENSIVE FINAL  D. Fent – 2012

*All dates and topics subject to change.