



RANGER COLLEGE
RANGER, TEXAS

COURSE SYLLABUS

FOUNDATIONS OF KINESIOLOGY

PHED 1301

3 credit hours

INSTRUCTOR:

Kathy Graham

INSTRUCTOR: Kathy Graham
EMAIL: kgraham@rangercollege.edu
OFFICE: athletics building
PHONE: 254.647.3572
HOURS: by appointment via email

I. Texas Core Curriculum Statement of Purpose

Through the Texas Core Curriculum, students will gain a foundation of knowledge of human cultures and the physical and natural world, develop principles of personal and social responsibility for living in a diverse world, and advance intellectual and practical skills that are essential for all learning.

II. Course Description

A course designed to orient the student in the field of physical fitness and sport. Includes the study and practice of activities and principles that promote physical fitness.

III. Required Background or Prerequisite

Desire and ability to research, learn and apply principles related to kinesiology. Time management skills to study.

IV. Required Textbook and Course Materials

Computer and internet access. Current Blackboard and email account at Ranger College. No textbook required.

V. Course Purpose

The purpose of this course is to provide students with an introduction to human movement that includes the historical development of physical education, exercise science and sport. This course offers the student both an introduction to the knowledge base, as well as information on expanding career opportunities.

VI. Learning Outcomes

- Distinguish between and identify terminology and research within the sub-disciplines in the field of kinesiology and their application to diverse careers.
- Summarize the historical and philosophical approaches to physical activity, physical education, exercise science and sport.
- Identify the characteristics of a physically educated person and the importance of assessment and advocacy in physical education, exercise science and sport.
- Discuss how the changing nature of education and technological advances may influence physical education, exercise science and sport in the future.

- Identify major professional organizations, foundations and associations supporting physical activity at local, state, national and international levels as well as data tools and resources.

VII. Core Objectives

This course meets the following of the six Core Objectives established by Texas:

- ☒ **Critical Thinking Skills (CT)** – Creative thinking, innovation, inquiry, and analysis; evaluation and synthesis of information
- ☒ **Communication Skills (COM)** – effective development, interpretation and expression of ideas through written, oral, and visual communication
- ☒ **Empirical and Quantitative Skills (EQS)** – The manipulation and analysis of numerical data or observable facts resulting in informed conclusions
- ☒ **Teamwork (TW)** – The ability to consider different points of view and to work effectively with others to support a shared purpose or goal
- ☒ **Social Responsibility (SR)** – Intercultural competence, knowledge of civic responsibility, and the ability to engage effectively in regional, national, and global communities
- ☒ **Personal Responsibility (PR)** – The ability to connect choices, actions, and consequences to ethical decision-making

VIII. Methods of Instruction

Lecture, discussion, group project, individual research, student demonstrations, field trip.

IX. Methods of Assessment

- All assignments, quizzes and tests are weighted equally, participation is figured at the end of the semester and accounts for 5% of the grade. 3 or more absences will lower participation grade (PR, COM).
- Research projects and presentation of information in paper, Power Point or presentation format (individual and group)(CT, COM, EQS, TW)
- Group presentations (CT, COM, EQS, TW, SR)
- Program design and student teach (CT, COM, EQS, TW, SR, PR)
- Observation and other assignments based on observations (CT, COM, EQS, SR, PR)
- Tests and quizzes (CT, EQS)

Grading scale: A = 90-100% B = 80-89 C = 70-79 D = 60-69 F = Below 60

X. Course/Classroom Policies

Participation is an essential component of the class, and grading scale. Class participation will be worth 5% of the entire grade. 3 or more unexcused absences will lower participation grade. No late work will be accepted. No extra credit will be offered. No makeup tests will be allowed, except for emergency situations. Attendance will be taken daily. Tardies will be assessed at ½ of absence. No cell phone use or earphone use will be permitted in class. Cell phones users may be asked to leave class, and/or will lose their participation points for the day. No test, including the final, will be administered 5 minutes after the test was scheduled to start.

XI. Course Outline/Schedule

Schedule is tentative and may change. **It is the student's responsibility to check Blackboard for all class announcements and assignments.** Grades, except for participation, will also be posted on Blackboard. Final grades will be submitted via Campus Connect.

WEEK	DATE	DESCRIPTION	ASSIGNMENTS	APROX. POINTS
1	1/16	Syllabus Definitions of kinesiology	Go over syllabus and activity	10
2	1/22	Careers in Fitness and Sport Ancient history of sport	Interview due 1/29 Activity Quiz	30 10 10
3	1/29	History of Sport in America International Sports	Research on one sport present 2/5 Quiz	30 10
4	2/5	Ethics in Sport Review	Ethics in sport- research and philosophy statement due 2/12	30
5	2/12	Fitness components Par Q and pre-fitness testing	Test 1- Monday demonstrations	100 10
6	2/19	Fitness program design	Fitness program due 2/26	30
	2/26	Nutrition program design Labels.	Nutrition program due 3/5	30
7	3/5	Technology Care and prevention of injuries	Advantage of Technology due 3/7	20
	3/12	SPRING BREAK		

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	3/19	Review	Test 2- Wed	100
	3/26	Professional organizations Sports and exercise psychology	Benefits of your organization due 4/2	
	4/2	Professional organizations presentations Sports and exercise psychology part 2	How do you get in the zone? Due 4/9	20 10
	4/9	Teaching progressions in physical education Childhood-teenage Classroom mgmt. techniques	Practice teaches begin 4/18	
	4/16	Classroom observation, practice teaches and observations		10 5 each
	4/23	Practice teaches, Practice teaches, review for test 3		30-50
	4/30		Test 3 Monday Review for final	20 100
	5/7	Regular classes on Mon. Finals week	Final	100-150

XII. Non-Discrimination Statement

Admissions, employment, and program policies of Ranger College are nondiscriminatory in regard to race, creed, color, sex, age, disability, and national origin.

XIII. ADA Statement

Ranger College provides a variety of services for students with learning and/or physical disabilities. Students are responsible for making initial contact with the Ranger College Counselor, Gabe Lewis (glewis@rangercollege.edu). It is advisable to make this contact before or immediately after the semester begins.