



RANGER COLLEGE
RANGER, TEXAS

COURSE SYLLABUS

FOUNDATIONS OF KINESIOLOGY

PHED 1301

3 credit hours

Spring 2022
online

INSTRUCTOR:

William Mayfield

INSTRUCTOR: William Mayfield
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OFFICE: Online
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HOURS: The best way to reach me is via email. You can call or text if needed.

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.
- Textbook: Introduction to Kinesiology 5th Edition With Web Study Guide: Hoffman, Shirl J

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. Participation is earned through discussion board posts. (PR, COM).
- Research projects and presentation of information in paper, Power Point or (CT, COM, EQS, TW)
- 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

This is an online class. No late work will be accepted, without due and reasonable excuses for health and safety. No extra credit will be offered. No makeup tests will be allowed, except for emergency situations. Participation which can be 5% of grade, is earned through discussion board posts. It is a Ranger College policy that the final is proctored either at the campus or through Proctor U.

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.

The class schedule will be posted as we move forward.

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.