



Introduction to Exercise Science KINS 2535 01P and 02P Spring 2017

School of Health and Kinesiology
College of Health and Human Sciences

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Sections: 01P Wednesdays 9:05 am Hollis 1118
02P Wednesdays 12:20 pm Hollis 1118

Catalog Description

A career-based introduction to the field of Exercise Science and the Exercise Science major at Georgia Southern University. Students will explore resources that can enhance their academic and career goals. Students will also meet medical, health promotion and fitness professionals, as well as representatives from graduate schools, that can help them learn more career requirements and opportunities in these fields.

Course Prerequisites

Students must be declared as Pre-Exercise Science and have earned a minimum grade of C in a 4 credit lecture/lab course (preferably KIS 2531/2511 – A& P 1 Lecture/Lab).

Student Learning Outcomes (SLOs)

Upon completion of this course, students will be able to do the following:

1. Explain the importance of physical activity in daily life and the implications of this for the discipline of kinesiology.
2. Explain the rationale for a discipline of kinesiology, how it is structured, and the types of knowledge studied by its scholars and applied in professional practice.
3. Defend the integrative nature of the field of kinesiology.
4. Identify the nature and demands of professional occupations, the career options available to students graduating from departments of kinesiology, and the qualifications associated with each.
5. Identify the structure and subdisciplines within the school of health and kinesiology at Georgia Southern University.
6. Construct an appropriate and professional resume.
7. Observe and explore subdisciplines of exercise in a professional setting

Teaching Strategies

This course will use a hybrid design. We will meet in the classroom on Tuesdays and Thursdays at the beginning of the semester, and then we will transition to the online format for Tuesdays. As such, please expect that each Thursday (unless noted on the class schedule) that we will have class. Please refer to the

syllabus and schedule for the classroom meeting and online format. The online learning environment will include presentations (lectures), videos, guest lectures, assignments, class discussions (folio), and announcements.

Required Text

All course materials have been provide with the support of the Affordable Learning Grant by the University System of Georgia and California State Partnership. Material can be found on the Folio course. All materials are copyrighted and should not be distributed or copied without the express permission of the instructor.

Additional Readings

Additional readings may be assigned. These readings will be announced in class, and further information will be made available on the course website (Folio).

<i>Evaluation</i>	<i>Point Value</i>	<i>Date</i>
1) On-Line Quizzes (13 @ 5 pts, drop lowest)	60 points	As Scheduled
2) Module Assignments (5 @ 10-15 pts)	60 points	As Scheduled
3) Module Discussions (7 @ 10pts, drop lowest)	60 points	As Scheduled
4) Observation Assignment	30 points	April 17 th
5) Final Essay	30 points	April 24 th
6) Class Participation	60 points	Daily

Total = 300 points

Grading: A: 90-100%; B:80-89%; C: 70-79%; D:60-69%; F: <59%

1) Online Quizzes

Quizzes will be posted on your Folio page for this course under their respected learning module. There will be a total of 12 quizzes, one for each online module. The **quizzes will be 5 points** and consist of both multiple choice and true/false questions. There will be 5 **questions** and you will have 10 **minutes to complete**. Quizzes will open at the beginning of course and close the Sunday prior to the classroom discussion. This will be a “Flipped Classroom” approach, meaning student will need the knowledge prior to the classroom discussion to fully participate.

Why? Taking the quizzes before the classroom activities will allow for better student involvement and higher levels of thinking to occur in the classroom.

2) Assignments

You will be asked to complete 6 assignments located in the Folio Drop Box. Each assignment was design to compliment the learning modules. Please note several of the assignments, including the

resume and fitness assessment, require you to use resources on the campus of Georgia Southern University. As such, please plan accordingly.

*Resume*****

For this assignment, it is REQUIRED that you go to Career Services and have your draft resume critiqued by one of the Career Service Staff. You will turn in copy of the critique and a clean updated copy on Folio, for more specific directions see Folio.

Why? Resumes are critical for a full time job search, part time work, internships, and potential graduate school applications. In addition, they help you recognize what you should on focus over the next couple of years at Georgia Southern University to build a competitive resume.

*Fitness Assessment*****

For this assignment, it is REQUIRED that you go to RAC to complete a Fitness Assessment. The Fitness Assessment is free of charge, yet you must follow the RAC policies on signing up and completing the preparation work for the assessment. Please visit their website for more instructions. If you would like to complete this assignment off campus, you can go to a local wellness center or gym to complete this assignment. Please note that third party sites will most likely charge for the service and Georgia Southern University is not responsible for this cost. Upon completion, you will turn in copy of assessment and a personal reflection on Folio. Please see Folio for specific directions.

Why? One of the critical skills you will develop in the exercise science program is how to complete the fitness assessment. Before learning these skills, it is important to understand what a “Client” might be feeling and experiencing in the process.

***** Plan ahead and do these early, over 120 students will be trying to meet the deadline*

3) **Discussions**

There will be 6 discussions (10 pts. each) that will be posted under the specific learning modules throughout the semester. You complete these discussions online as the semester progresses in groups of 10-12 students. Groups will be determined in class via random assignment. It is advisable to register the group on Folio and subscribe to your groups posts. This will enable you to receive notifications when a group member has posted something and can serve as a reminder to complete the discussion.

In order to receive full-credit you will have to complete the discussions by the posted dates online. Each response should incorporate the learning module content to help justify your answers/ideas/solutions/plans and **site 1-3 appropriate sources**. For full-credit: you must post one original response to the question(s) (Day 4), and at least three follow up responses to your classmates (Day 7). Lastly, you **MUST** read your entire groups’ original responses.

Why? Discussions are a great platform for community learning, unfortunately in class not everyone feels comfortable sharing. The discussion boards are to provoke thought and for you to help each learn the concepts and apply them to your life. In addition, we want you to do some research on each of the topics to expand yours and your group members learning and understanding of that particular topic.

4) *Observational/Interview Project*

During the semester, you need to accumulate at least **12 hours of observation** time in the field. For specific directions on the Observation and Interview Assignment please see Folio. This course is designed to allow you time to complete this assignment in a timely manner. Please do not wait until the end of the semester to complete this assignment as you will find it difficult to find a site and interview the site director.

Why? There is only so much you can learn from the classroom. If you desire a career in Kinesiology, it is imperative to understand the day to day activities of your field of interest. This assignment will also give you an opportunity to meet practicing practitioners and network. As such, please be kind, respectful, and practice professionalism at each of these sites. This could turn into future job opportunities and potential internship sites (a requirement to graduate with a degree in Kinesiology at Georgia Southern University).

5) *Final Essay*

The student will be asked to demonstrate their understanding of the field of Kinesiology by researching and writing about two career paths they might embark on. Students will articulate their strengths, skills, and passions to their selected career paths. Essays will be graded for content, articulation, format, flow and clarity.

Why? An essay test is to check both the student's understanding of the content and their ability to synthesis the course materials to inform the personal career choices. In additionally, students need to be able to articulate the sub-disciplines of kinesiology in a written format.

6) *In Class Activities / Attendance Policy*

Each class the student should be prepared to fully participate in the class activities. Class activities will be random and may consist of short essays, quizzes, worksheets, and more. If you are not present for class, you will NOT be giving the chance to make up activities/points.

Due to the nature and structure of this course, class attendance is of utmost importance. Students are expected to attend and be actively involved in all class meetings. Attendance is required in this course (both online and in class). There are no EXCUSED absences, yet special circumstances will be considered on a case by case basis. If a student misses three class periods, it will result in an automatic F in the course.

Participation? As in the real world, you will be expected to come to work prepared each day. This class is no different. You are expected to spend an average if at least 15-18 hours of preparation/homework outside of class each week.

The class is intended to introduce you to the field of Kinesiology, however you must be an active participant in the journey. Sleeping with eyes open or closed, texting, earphones in, chatting, checking social media, and emailing are not considered "participating". You will be ask to leave the class if

you engage in this behaviors and will be given an absence for the day (this includes losing all completed class work).

PLEASE NOTE: “Students are expected to attend all classes. Each professor has the responsibility for setting specific policies concerning class attendance beyond the first class meeting, including whether they will accept excused absences and whether they will allow work missed to be made up.” Students participating in authorized activities as an official representative of the University (i.e., athletic events, delegate to regional or national meetings or conferences, participation in university-sponsored performances) will not receive academic penalties and, in consultation with the instructor of record, will be given reasonable opportunities to complete assignments and exams or given compensatory assignment(s) if needed. **The student must provide written confirmation from a faculty or staff advisor to the course instructor(s) no fewer than 10 days prior to the date for which the student will be absent from the class.** The student is responsible for all material presented in class and for all announcements and assignments. When possible, students are expected to complete these assignments before their absences.” (2016-2017 Georgia Southern University Course Catalog).

LATE Policy

You **MUST be on time to class**. Class will start and end on time according to the Georgia Southern University start time and at the professor’s discretion. The **door will be shut and locked** and no late entries will be allowed.

Why? The course is also to reinforce professionalism that is expected in our field. Georgia Southern University takes great pride in developing students’ work ethic.

Study Requirements

The KINS 2538 course is a 3 credit hour course. The university standard for homework is 2 hours per credit hour per week, during the semester. As such, you should anticipate 6 hours of studying for this class per week in addition to your online time. This time will consist of reviewing your learning modules, completing your discussions, quizzes, assignments/activities, observation hours, and contacting your instructor to ask questions about the materials. Your course knowledge and grades are directly related to the hours you put into preparing for the class.

Academic Integrity Policy

Students are expected to abide by the Academic Integrity Policy at Georgia Southern University for this class, whether in the traditional classroom or online. Cheating and academic dishonesty will not be tolerated in the traditional classroom or online. The Academic Integrity Policy is to be observed in completing ALL assignments and activities. In addition, the following statement regarding adherence to the institution’s academic integrity policy must be written or typed on all class assignments and exams and initialed by the student. *I have abided by the Academic Integrity Policy at Georgia Southern University.* Any breach in the policy will result in failure or expulsion from the class.

FYI: Falsifying attendance, classroom activities or online work will result in an automatic F grade in the course for all students involved.

Academic Support Service and Resources

At Georgia Southern University, the Academic Success Center can help all of our students excel in their

course work by helping you to develop study skills or work with tutor. They are located in Cone Hall and their website is listed below. <http://studentsupport.georgiasouthern.edu/asc/>

Student with Disability Center

For those students need special assistant please visit our Student Disability Center. It will be expected that you meet with your professor within the first two weeks of classes to review your needs and assistances the university will provide. <http://studentsupport.georgiasouthern.edu/sdrc/>