

Kines 119: Introduction to Kinesiology
Dept. of Kinesiology / UW-Madison
Fall 2016 (2 Credits)
Cindy Kuhrasch

Instructor Information:

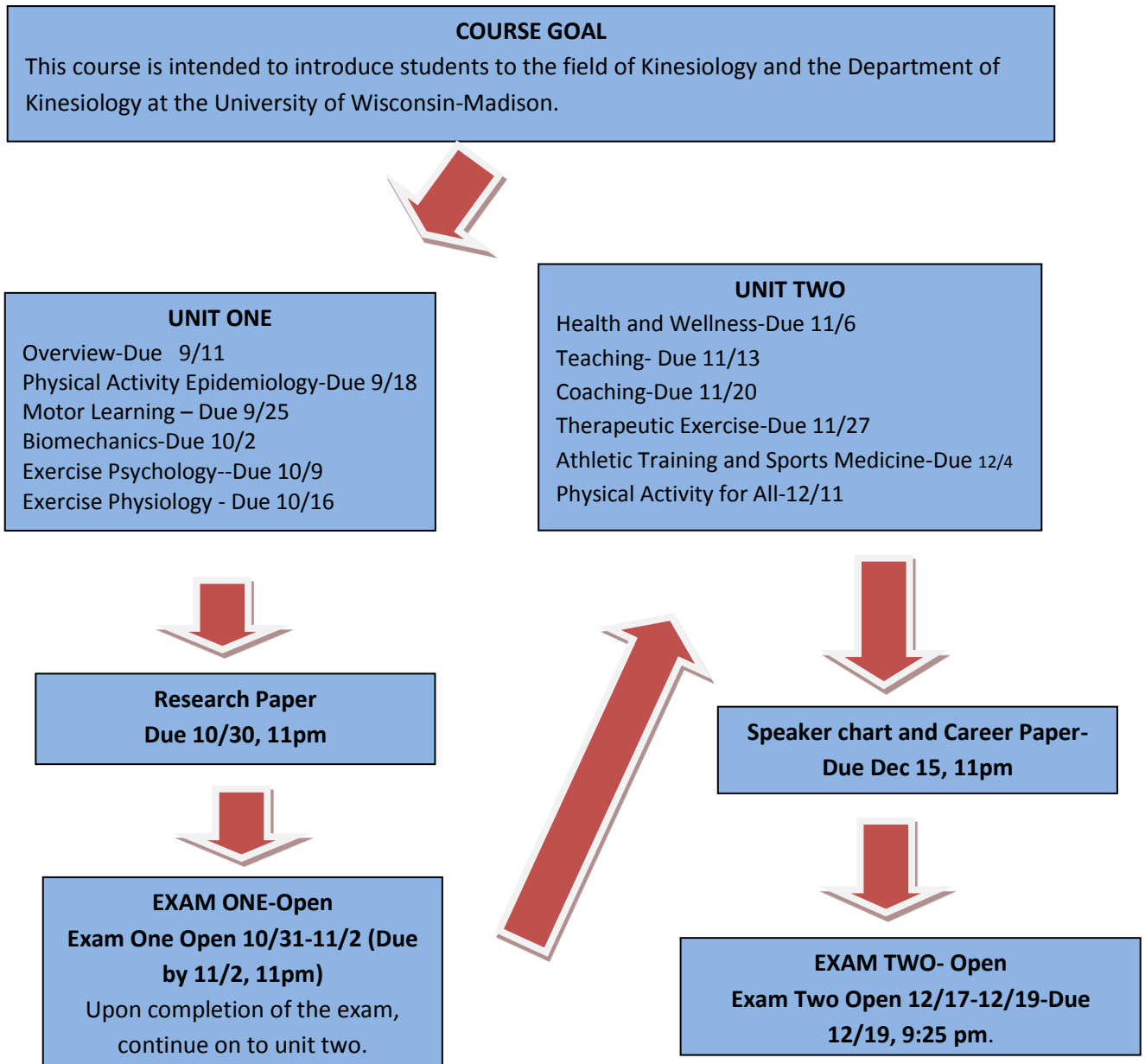
Cindy Kuhrasch
Office: 2027 Gymnasium-Natatorium

Phone: (608) 262-4348

e-mail: ckuhrasch@education.wisc.edu

Office Hours: before or after class

Course Flow-This course consists of 2 units, each containing topical modules. Each module requires reading, web activities, online modules (presentations and lectures) followed by homework assignments. After completing the assignments for a group of modules, students will complete a written assignment, and then take the online exam for that material during the open exam dates.



Learning Assessment: Students should refer to the course gradings policy for details on assessment procedures. The final grade for the course is broken down as follows:

Exams-40% of the grade

Weekly Homework-30% of the grade

Written assignments-30% of the grade.

Course Description:

This course is intended to introduce students to the field of Kinesiology and the Department of Kinesiology at the University of Wisconsin-Madison. Introductory material about physical activity and health will be provided, and departmental faculty and invited speakers will discuss their areas of expertise. In addition, career opportunities in Kinesiology will be discussed.

IMPORTANT!! This class has a blended format that includes some face to face class time and some online class time. Each week we will cover a different topic. The first two weeks of class we will meet face to face on both Tuesday and Thursday. We will meet again face to face on October 25th, 27th, and November 1st and 3rd. For each of the rest of the weeks we will only meet face to face on Thursdays. You should complete the rest of material for the topic on your own.

Course Objectives:

Each assignment is associated with one or more of the course objectives:

Course Objectives	Assignment
<i>Knowledge (absorb):</i>	
Defend the broad integrative nature of the field of Kinesiology and the disciplines that contribute to it	Exam
Examine their own characteristics, values, skills and goals	Self-Assessment
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	Career Paper and Speaker Chart
Explain the importance of physical activity in daily life and the implications of this for the discipline of kinesiology	Exam
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	Weekly Homework
Explain how various professionals approach research, applied and clinical problems in kinesiology	Research Assignment
<i>Do:</i>	
Demonstrate an ability to honestly self -assess personal strengths, interests, values and goals as they relate to career selection	Self-Assessment
Demonstrate an appreciation for the influence this field can have on personal and societal wellness	Exam
Demonstrate an appreciation for the power of subjective experiences on behavior	Exam
Demonstrate a recognition and appreciation for the many careers within the field	Career Paper and Speaker Chart
Demonstrate an ability to listen critically and identify the characteristics, skills, values and goals of speakers	Speaker Chart
Examine the questions and problems currently being explored in the field of kinesiology	Research Assignment
Demonstrate an ability to identify the influence and context of assumptions	Weekly Homework
Frequently and effectively transfer skills/knowledge to new situations/contexts in a meaningful approach	Weekly Homework
Can propose solutions/hypotheses that indicates a deep comprehension of problems	Weekly Homework
<i>Connect:</i>	
Carry out appropriate searches of peer-reviewed literature on topics related to the field of kinesiology	Research Assignment
Evaluate research for patterns and implications	Research Assignment
Employ an honest assessment of the best match between a career and personal characteristics, values, skills and goals	Self-Assessment and Career Paper

Course Philosophy:

This course seeks to create a learning atmosphere that is comfortable, open, and conducive to student participation. The instructors hope to promote active learning through online dialogue, discussion, and peer interactions. A significant portion of the course is dedicated to **Presentations**. These examples will take on many forms: power points, lectures, videos, and panel discussions with visiting professionals and will explore applied, clinical and research professions that are associated with the topic areas presented in the course. Student access to all of these experiences is an essential ingredient to success in the course.

Required Text: Required Text: Hoffman, S.J. (Ed.). (2013). Introduction to Kinesiology: Studying Physical Activity, Fourth Edition. Champaign, IL: Human Kinetics.

You can purchase this electronic text/study guide package online at the link below:

<http://www.humankinetics.com/products/all-products/Introduction-to-Kinesiology-4th-Edition-eBook-With-Web-Study-Guide-PDF-Version>

This is an electronic text and online study guide, both of which are required for the course. You may purchase a hard copy of the book if you would prefer, but then you will have to purchase the online study guide separately.

The only way to access the study guide is with the proper code or to purchase the electronic book (\$54.00) which includes the study guide. The study guide can also be purchased individually for (\$30.00).

<http://www.humankinetics.com/products/all-products/Introduction-to-Kinesiology-Web-Study-Guide-4th-Edition>

Expectations and Learning Assessments:

Students are expected to access all course materials. Course access will be monitored. Students can experience the most success in this course by reading the assigned chapters in the text, reviewing all materials under the foundations tab and participating in the activities under the exploration tab. Please be an active learner, questions and participation in the class will enhance your experience.

Grades are earned on a traditional scale based on the following:

- Exams (called Content Quizzes on Learn@UW) (40%)
 - Two quizzes designed to check your understanding of critical course content
- Homework (30%)
 - Homework for each module
- Written Assignments (30%)
 - Self-Assessment (15%)
 - Research Assignment (40%)
 - Speaker Chart (15%)
 - Career Paper (30%)
- Extra credit (5%)
 - Extra credit can be earned by participating in professional Involvement activity (See form):
 - Involvement can be any of the following:
 - Active, regular attendance in an on-campus student organization /pre-professional club meeting (Kines, HOSA etc.)
 - Volunteer (3x) for any Kinesiology or health-related program (Adapted Fitness, Homeschool PE, etc.)
 - Complete form – Final assignment does not have to be typed (write legibly) but must be signed and dated by the supervisor or officer

Scale: A = 93% and above, AB = 89% to 92%, B = 83% to 88%, BC = 79% to 82%, C = 70% to 78%

Learning Assignments

- Content Exams. Quizzes will be based on information from the text and the presentations. Exams will be administered online. Students are given one, one hour attempt for each exam. The exams are closed book, as they are designed as a way for you to test your understanding of the course content. Exam deadlines will be posted on the discussion forum and sent to you via email as well.
- Self-Assessment. Students will participate in exercises designed to help them create a comprehensive self-assessment.
- Homework. Each module will have a homework assignment that is designed to demonstrate your ability to apply your knowledge of the topic.
- Research Assignment. Students will complete one (1) assignment that focuses on searching and evaluating the available literature on a specific topic. The ability to access and retrieve scholarly literature is a foundational skill required for future success. This assignment will allow students to explore the scientific literature, discern scholarly from popular literature, and develop an understanding of the library resources most suited to finding useful information.
- Speaker Chart. Students will gather information related to the speakers throughout the course.
- Career Paper. Students will compare themselves to a professional in the field of Kinesiology.

Because this course has a strong online component, students have an obligation to monitor emails and access the course on a daily basis.

Accommodation Statement:

This course is designed to meet the needs of all students. The instructor will try to ensure that all students are fully included in the course activities. Please let me know if you are in need of any special accommodations in the curriculum, instruction, or assessments of this course to enable you to participate fully.

Expectations:

- NO LATE WORK WILL BE ACCEPTED
- All work must be typed (unless otherwise noted)
- Silence and put away phones
- Use professional demeanor
- Additionally, on guest speaker days :
 - Hats will be removed before class begins
 - Pack up books and backpacks **after** acknowledging our speaker and class is dismissed

Statement on Academic Honesty:

The Board of Regents, administrators, faculty, academic staff, and students of the University of Wisconsin System believe that academic honesty and integrity are fundamental to the mission of higher education and the UW. Thus, the University has a responsibility to promote academic honesty and integrity and to develop procedures to deal effectively with instances of academic dishonesty. All students have an obligation to conduct their academic work according to University standards. Students are responsible for the honest completion and representation of their work, for the appropriate citation of sources, and for respect of others' academic endeavors. Students who violate these standards must be confronted and must accept the consequences of their actions.

Got a question?

If you have a question about any of the course content you can post in on the Learn@UW discussion board under "Muddy Points". Remember if you have a question there is a chance one of your classmates had the same question; don't be afraid to post a question for the group!