

Kinesiology 119 Introduction to Kinesiology
2 Credits Summer 2016 Department of Kinesiology UW-Madison
Instructors: Andrew Winterstein and Cindy Kuhrasch

Course Flow-This course consists of 2 units, each containing 6 modules. Each module requires homework assignments. After completing the assignments for a group of modules, students can take the exam for that material. In addition, there are four larger written assignments as well. Please refer to instructor comments in the welcome letter regarding class time and interaction with online learning materials.

COURSE OBJECTIVE

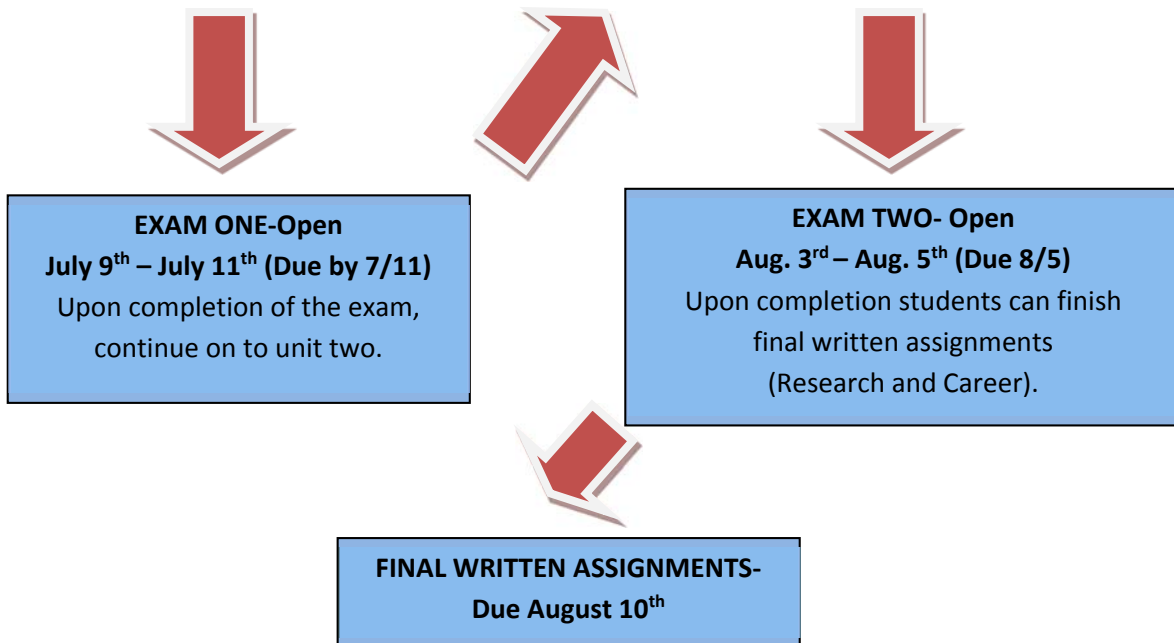
The goal of this course is to introduce students to subject matter and career possibilities the field of Kinesiology and the Department of Kinesiology at the University of Wisconsin-Madison. Please refer to page two for detailed list of learning objectives for this course.

UNIT ONE – Modules 1 - 7

1. Overview-Due June 20th
2. Exercise Physiology-Due June 22nd
3. AT and Sports Medicine- Due June 24th
4. Motor Learning-Due July 1st
5. Teaching--Due July 3rd
6. Physical Activity for All - Due July 7th
7. Research - **Ongoing**, but Due August 10th

UNIT TWO – Modules 8 - 14

8. Exercise Psychology-Due July 14th
9. Physical Activity Epidemiology-Due July 17th
10. Coaching Sport and Fitness-Due July 21st
11. Therapeutic Exercise-Due July 24th
12. Biomechanics-Due July 28th
13. Wellness, Nursing and Medicine-Due July 31st
14. Career- **Ongoing**, but Due August 10th



Learning Assessment: Students should refer to the course grading 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.

Instructor Information:

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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.

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 |
| <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 discussion forum 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%)
 - Discussion Forum(s)
 - Homework for each module
- Written Assignments (30%)
 - Self-Assessment (15%)
 - Research Assignment (40%)
 - Speaker Chart (15%)
 - Career Paper (30%)

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 your knowledge of the topic.
- Discussion Forum(s). Students will be asked to respond to a question related to the module.

- 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 is an online course students have an obligation to monitor emails and access the course on a daily basis. Our only means of communicating with you is via email and the muddy points discussion forum so it is imperative that you check them daily!

Accommodation Statement:

This course is designed to meet the needs of all of our students. The instructors will try to ensure that all students are fully included in the course activities. Please let us 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.

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.

Communicating with us:

Our email addresses are listed above. In addition to emailing questions to the teaching staff, we encourage you to post your questions on the muddy points discussion forum. You can find the muddy points discussion forum from the course homepage under communication.