

KIN 111
Foundations of Kinesiology (FYS)
Block 1 Fall 2018

Instructor: Justus Hallam PhD
Email: jhallam@cornellcollege.edu
Office: 312 Law Hall
Office Hours: Mon-Fri afternoons or by appointment (I prefer if you just let me know when you want to come in and I will be there)
Class Time: 9:00-11:00am and some afternoons 1-3pm
Class Location: Athens Room, Thomas Commons

Course Description: This course presents a broad examination of kinesiology as an academic discipline and profession. Students will explore kinesiology's related sub-disciplines, study the historical development of kinesiology across major time periods from the ancient world to today, and consider related scientific, philosophical, and educational issues. Learning activities will include reading from a variety of texts, in-class discussions, and individual projects.

Prerequisite: NONE

Course Objectives:

As a First-Year Seminar, this course serves the dual purpose of (i) introducing you to academic disciplines (Kinesiology) within the context of the liberal arts and (ii) introducing you to the academic life of Cornell College. You will be expected to master the academic vocabulary as well as the concepts and processes that are valuable to Kinesiology; however the goals of the course are broader than this content alone.

Students will

1. Understand the nature of disciplines within the liberal arts (*Knowledge, Vocation*)
2. Understand the nature and scope of the Kinesiology discipline and identify the objectives of Kinesiology's sub-disciplines. (*Knowledge*)
3. Appreciate the role of movement (and the study of movement: Kinesiology) in different cultures throughout history. (*Intercultural Literacy*)
4. Understand and appreciate the historical development of Kinesiology (*Knowledge*)
5. Demonstrate the ability to work with others during group assignments, to communicate effectively with other students in large and small group work, and to establish and maintain positive professional relationships with colleagues. (*Communication*)
6. Demonstrate the ability to find and read a variety of texts for meaning, relevance to course materials, and connections to society. (*Inquiry*)
7. Demonstrate the ability to effectively provide a group oral presentation that addresses specific criteria. (*Communication*)
8. To develop skills for the critique and interpretation of current research in Kinesiology. (*Reasoning*)

This course supports the Educational Priorities and Outcomes of Cornell College with emphases on knowledge, well-being, reasoning, vocation, ethical behavior, inquiry, communication, intercultural literacy, and vocation.

Instructional Methods/Course Structure: Classes will include a combination of lectures, discussion & laboratory sessions. Reading assignments and presentations will be required. All topics covered may be on the exams and students are highly encouraged to take notes.

Required Reading/Textbooks:

Endure: Mind, Body, and the Curiously Elastic Limits of Human Performance
Alex Hutchinson
ISBN-13: 978-0062499868

The Edge: The War against Cheating and Corruption in the Cutthroat World of Elite Sports
Roger Pilke
ISBN-13: 978-1938901577

Grading Breakdown: (*This is tentative and is subject to change*)

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|------------------------------------|--|
| Exams (2) | 100 pts (50 pts each) |
| Book discussions | 30 pts |
| Journal Club/Article review | 30 pts |
| Profession Presentation | 30 pts (discussion leading and participation) |
| Reflection Assignments | 20pts |
| Class Participation | 20 pts |
| Other Assignments | ~30pts |

Grade Scale:

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|----|-------------|----|--------------------|
| A | = 93-100% | C+ | = 77-79.99% |
| A- | = 90-92.99% | C | = 74-76.99% |
| B+ | = 87-89.99% | C- | = 70-73.99% |
| B | = 84-86.99% | D+ | = 67-69.99% |
| B- | = 80-83.99% | D | = 60-66.99% |
| | | F | = 59.99% and below |

Exams: There will be 2 exams during the course of the block. Exams will include information from course lectures, activities, and assignments. I will make most PowerPoint lectures available online, however these slides are only an outline and students should add their own notes to supplement that material. Exams will take place during normal class time. Arriving late to an exam is the equivalent of not showing up for the exam. Students are expected to be on time to take their exams, coming late distracts others trying to take the exam. Students who miss an exam without a valid excuse can take the exam for half credit, as long as they take it within one week. Make up exams will be given to students who have valid excuses for missing the exam and talk to me beforehand. Make up exams will cover similar material but will be different than exams given during class time. All make up exams must be taken within one week of the original exam date. If you have questions about the exam it is in your best interest to contact Dr. Hallam well in advance instead of waiting to ask questions right before an exam.

In order to receive a passing grade in this class, you must receive an average of at least 55% on your 2 exams. Failure to do so will result in a failing grade for the class.

Book reading and discussion groups: We will be reading 2 books in this class. We will break the books up into sections to be discussed in class at different points. You will be required to write discussion questions for each section of the book. More in depth information is available in a separate handout on Moodle. (5, 6)

Kinesiology Professions Presentation: There will be one 20 min presentation due the final week of the block relating to a profession in Kinesiology. You will be placed into groups of 3-4 people based on interests. More in depth information in separate handout on Moodle. (5,6,7)

Journal Club: Students will look for scientific research in the field of kinesiology, create a written article review, and present this review in a journal club format. More in depth information in separate handout on Moodle. (5, 6, 8)

Movie Reflections: We will watch 2 different movies during the block. You will be required to write a 500 word reflection about each of these movies. These reflections are more or less up to you as far as content goes, but they should contain your thoughts on the movie, how it relates to our course, how it relates to your professional goals etc. I do not want a play by play of the film, but rather YOUR thoughts on the film and the thoughts it incited. Make sure you are following the instructions for written assignments, as seen below.

Other Assignments: There will be several other smaller assignments due throughout the block related to discussions and topics we cover in class. All of these will be available on Moodle. Due dates are located on the schedule.

Daily Attendance & Participation: ~20pts of the final grade is dependent upon a student's daily participation in course activities, the quality of submitted coursework, and general attendance. Active participation in class discussions will count favorably towards this component of the final grade. You may be assigned small, written activities throughout the course that will count toward your Attendance and Participation grade.

Learning Expectations:

Students are also encouraged to ask questions when a more detailed explanation is needed—ideally “lecture” would include two-way communication between students and the professor to

promote discussion and the sharing ideas rather than a formal lecture with little opportunity for student-professor interaction. This is best facilitated by students coming to class prepared to discuss ideas and ask questions about unclear concepts (and also contributes favorably towards receiving the full amount of credit for “Daily Attendance & Participation”).

Assignments: All written assignments are due to Dr. Hallam through google docs unless I specify otherwise. *All written assignments need to be typed in 12pt font, 1.5” spacing, with 1” margins, unless otherwise noted. The assignment should include your name and the date on the top left. No other information is necessary.* Anything that is NOT in this format or late will receive an automatic zero. All work should be properly cited; this includes text or images that are taken from outside sources. Plagiarism will not be tolerated in any circumstance. Your assignments should be proofread prior to being turned in. This means taking the time to read through your assignment and correct any spelling or typing errors (ex. Misspelled words, typos, slang, repeat words etc). Assignments that contain numerous proofreading type errors, will immediately receive 50% taken off the total points.

Late Assignments: Assignments turned in after the due date and time, will not be accepted without prior approval. In the event a student has approval to submit late coursework, a 50% per day grade reduction will be imposed. The late penalty is waived for excused absences.

Make-up Policy: Students are allowed to make up coursework missed due to an excused absence. There are two main criteria for determining whether or not a student may make up missed coursework: *first*, the student misses class due to a College-approved excuse (considered an “excused absence”, mandatory attendance at a college-sponsored event, documented medical excuse); *second*, the student makes arrangements to make up the missed coursework prior to the absence. It is the student’s responsibility to contact me about making up coursework and to provide documentation for the absence.

Moodle: Moodle will be used as a course management tool. You are responsible for checking this site on a regular basis. Course notes will be available on Moodle. I would recommend checking Moodle prior to class to make sure you have the most up to date course notes and announcements.

Withdrawal from the Course: According to Cornell College guidelines, students may withdrawal from this course on the 15th day of the block assuming that they meet specific criteria as listed in the Course Catalogue. This option is available for the student who has made a *good faith effort* to perform well in class, as demonstrated by consistent attendance and participation in course activities and completion of all assignments.

Collaboration (working in groups): Many of our projects are collaborative. Each student on a team is expected to complete a similar amount of work and to contribute equally to the project. Each student will complete a self-evaluation and a group evaluation, describing this equality or the lack of it during the group’s work. Students who misrepresent themselves as equal partners in this collaborative project but who are actually letting others do the bulk of the work will be reported to the College for academic dishonesty. If you have questions, it is your responsibility to ask them

Accommodations for students with documented disabilities:

Cornell College is committed to providing equal educational opportunities to all students. Students who need accommodations for learning disabilities must provide documentation from a professional qualified to diagnose learning disabilities. For more information see cornellcollege.edu/disabilities/documentation/index.shtml. Students requesting services may schedule a meeting with the disabilities services coordinator as early as possible to discuss their needs and develop an individualized accommodation plan. Ideally, this meeting would take place well before the start of classes. At the beginning of each course, the student must notify the instructor within the first three days of the term of any accommodations needed for the duration of the course.

Contact: Brooke Paulson (319) 895-4382 bpaulsen@cornellcollege.edu

Academic Honesty Statement:

Cornell College expects all members of the Cornell community to act with academic integrity. An important aspect of academic integrity is respecting the work of others. A student is expected to explicitly acknowledge ideas, claims, observations, or data of others, unless generally known. When a piece of work is submitted for credit, a student is asserting that the submission is her or his work unless there is a citation of a specific source. If there is no appropriate acknowledgment of sources, whether intended or not, this may constitute a violation of the College's requirement for honesty in academic work and may be treated as a case of academic dishonesty. The procedures regarding how the College deals with cases of academic dishonesty appear in The Compass, our student handbook, under the heading "Academic Policies – Honesty in Academic Work."

<http://www.cornellcollege.edu/student-affairs/compass/academic-policies/honesty-in-academic-work.shtml>

Cheating refers to the use of unauthorized sources of information on examinations or any attempt by students to deceive the evaluator of an examination, paper, or project. Plagiarism is the act of taking the work of another and presenting it as one's own, without acknowledgement of the original source.

Any student caught plagiarizing will automatically fail that assignment and further action may be taken.

Any student caught cheating will automatically fail the class.

Tentative Class Schedule

This schedule is tentative and may change during the block

| Date | Morning Session 9-11 am | Afternoon Session 1-3 pm | Required Readings and Assignments Due |
|------------------|--|--|---|
| Mon Aug 27 | Presentation Organization “Born Strong” | | |
| Tues Aug 28 | Introduction to Kinesiology | Book Discussion 1 | |
| Wed Aug 29 | Physical Activity guidelines | | Reflection on “Born Strong” film Due |
| Thurs Aug 30 | History of Physical Activity | Book Discussion 2 | |
| Fri Aug 31 | History of Physical Activity “Ancient Olympics” Movie | | Physical Activity Guidelines Assignments Due |
| Mon Sept 3 | Media and Promotion of health, wellness and sport | Book Discussion 3 | Ancient Olympics Movie Reflection Due |
| Tues Sept 4 | Physiology of Exercise | Amy Gullen Library Consultant <i>1pm Room 212 Library</i> | |
| Wed Sept 5 | NO Morning class | Book Discussion 4 12-1pm Classroom <i>Time Management Seminar Hedges Conference Room 1-2pm</i> | |
| Thurs Sept 6 | EXAM 1 (Covering up to media and promotion) | Jennifer and Jessica Analyzing Research and Writing summaries | |
| Fri Sept 7 | NO Morning class | Book Discussion 5 12-1pm | Media and Promotion Assignment due |
| Mon Sept 10 | <i>Well Being and Self Care 9am</i> Careers and Professional Organizations | Book Discussion 6 | |
| Tues Sept 11 | Sociology of Physical Activity | Psychology of Physical Activity | |
| Wed Sept 12 | Biomechanics | | |
| Thurs Sept 13 | Book Discussion 7 | | |
| Fri Sept 14 | Journal Club Group Discussion | | Journal Club Assignment Due |
| Mon Sept 17 | Final Exam 9-11am | Book Discussion 8 | |
| Tues Sept 18 | Presentation Dress Rehearsal | Presentation Dress Rehearsal | |
| Wed Sept 19 | Profession Presentations 9-11am | | |

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Student Success Component Portion

The student success component of your FYS extends beyond the first block, to encompass activities and reflection assignments throughout Blocks 1, 2, and 3. Block 1 focuses on time management with an emphasis on helping you manage your academic responsibilities, campus involvement, and personal wellbeing. Block 2 emphasizes civil discourse and intercultural literacy. Block 3 focuses on academic planning and future opportunities.

Student success assignments will comprise 20% of your final FYS grade. These assignments will be evaluated by your FYS success instructor. You and your academic advisor will be informed of your preliminary in-progress grade at the end of Block 1 (which will not include student success assignments) and you will receive your final comprehensive grade at the end of Block 3.

Evaluation of Student Success Assignments

ALL of the following criteria must be met for each assignment in order to earn full credit (4 points):

- Attendance at associated meetings and activities
- Thorough and in-depth reflection on all but one question. All questions must be addressed at more than a minimal level.
- The quality of writing does not limit understanding of the reflection.
- Answers are complete sentences and make sense without reading the question.

If any **ONE** of the following criteria is met, then the assignment earns minimal credit (1 point).

- Inattentive or disruptive attendance (being late, not paying attention or not listening to others, talking to neighbors, sleeping, texting, rude comments, etc)
- One or more of the responses does not or only minimally addresses the question
- The quality of writing limits the reader's ability to understand the reflection
- Answers are not complete sentences or do not make sense without reading the question first.

Assignments falling in between these criteria will earn partial credit (2 points)

Failing to attend or failing to submit a reflection results in no credit (0 points).

See Assignment Rubrics for more details.

Without either prior approval or evidence of a serious emergency: late student success assignments will not be accepted. If an extension is needed, please consult with your FYS success instructor prior to the assignment deadline.

Options for Revising Student Success Assignments

Student may revise up to 3 assignments for which they did not receive full credit. Assignments from Block 3 are not eligible for revision.

For each revised assignment, the following must be completed:

- Students must have attended the relevant activities, participated appropriately, and submitted an initial assignment on time (or if given an extension, by the agreed upon deadline).
- Students must either work with a writing consultant or attend a writing studio workshop on revising their reflection.
- Students must review the rubric and comments provided by the FYS success instructor, make the relevant changes, and submit both a revised reflection and an overview of the revision indicating in bullet points how they addressed each of the concerns raised in the rubric and comments.
- Revisions must be submitted via Moodle within one week of the return of the assignment.