

**PHED 1301**  
**Foundations of Kinesiology**

**Western Texas College**

**I. Course Description**

A. 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.

B. Prerequisites – None

**II. Methods of Instruction**

A. Handouts

B. Individual demonstration

C. Reading

**III. Textbook**

A. Introduction to Kinesiology by Shirl J. Hoffman 5th Edition.

**IV. Student Learning Outcomes**

A. Upon successful completion of the course the student will:

B. Distinguish between and identify terminology and research within the sub-disciplines in the field of Kinesiology and their application to diverse careers.

C. Summarize the historical and philosophical approaches to physical activity, physical education, exercise science and sport.

D. Identify the characteristics of a physically educated person and the importance of assessment and advocacy in physical education, exercise science, and sport.

E. Discuss how the changing nature of education and technological advances may influence physical education, exercise science, and sport in the future.

F. Identify major professional organizations, foundations, and associations supporting physical activity at local, state, national and international levels as well as data tools and resources.

## **V. Grade Categories / Course Requirements**

A. Test over each chapter 100 points each

B. Chapter questions 20 points each

C. Papers/Assignments 100 points each

D. Foundations of Kinesiology Article 10 points each

A - 90 to 100

B - 80 to 89

C - 70 to 79

D - 60 to 60

F - 0 to 59

### **A. Test**

There will be a test over each chapter for the course.

### **B. Chapter Questions**

Each chapter will have a course question. There will be one or more questions due each week during the course. Each written summary is to be at least one to two paragraphs over what the question covers, and your thoughts on the topic covered.

### **C. Papers/Assignments**

The course will have papers and assignments that are due throughout the course. These papers will cover topics that we are discussing in this course during the semester.

### **D. Foundations of Kinesiology Article**

For this assignment you will find a current kinesiology news article. There will be articles throughout the course. You may find this article online. I have posted an example on Moodle. Each written summary of the article is to be at least one paragraph over what the article covers, and your thoughts on the article.

#### IV. Late Work Policy

All work is due on dates assigned if student wishes to receive full credit. However, I do realize that circumstances can lead to assignments being late or not turned in. If you wish to make up work talk with instructor, and it is up to the instructor for approval to turn in late work. Instructor has right to drop students for failure of attendance or missed class work. Make sure to check moodle date for last day to complete any late work for semester. If you miss an assignment, please email instructor before submitting it into moodle for instructions on how to submit any late course work.

#### VII. Other Policies: Refer to the WTC Course [Catalog](#) for the following:

- A. Campus Calendar
- B. Final Exam Schedule
- C. How to Drop a class
- D. Withdrawal information
- E. Student Conduct/Academic Integrity
- F. Students with disabilities

#### VIII. Course Organization & Tentative Schedule\*

Week 1	1 <sup>st</sup> day Introduction, syllabus and course content/ Chapter 1	Chapter question/
Week 2	Chapter 2	Chapter question/
Week 3	Chapter 3	Chapter question/
Week 4	Chapter 4	Chapter question/course paper
Week 5	Chapter 5	Chapter question/course paper
Week 6	Chapter 6	Chapter question/
Week 7	Chapter 7	Chapter question/
Week 8	Chapter 8	Chapter question/course paper
Week 9	Spring Break	

Week 10	Chapter 10	Chapter question/ course paper
Week 11	Chapter 11	Chapter question/
Week 12	Chapters 12-13	Chapter question/
Week 13	Chapters 14-15	Chapter question/
Week 14	Chapters 16-17	Chapter question/
Week 15	Study for finals	Study for finals
Week 16	Final Exam	

**\*Schedule subject to change due to weather, class needs, or instructor choice**