

KIN 250 – Fall 2009 -- Course Syllabus

TR 8:00-9:40 a.m., SH-C162 (Lecture)

INSTRUCTOR: Daniel Frankl, Ph.D., Professor

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Office Hours: TR 10:00-11:30; M 3:30-4:30

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I. COURSE DESCRIPTION:

Introduction to the discipline of kinesiology and an examination of the study of physical activity from the perspectives of experience, research, and professional practice (4.0).

II. PREREQUISITE(S): KIN Major

III. STUDENT OUTCOMES:

A. Content Standards: Upon completion of this course students will be able to 1) analyze and identify the function and purpose of the options offered in the curriculum of the School of Kinesiology and Nutritional Science and 2) plan and pursue study in one or more of the options offered in the curriculum in order to graduate in a timely manner.

B. Performance Standards: Students will be required to (1) define, through discussion and written communication, the professional areas that constitute the disciplines of Kinesiology and Physical Education, (2) identify and describe the responsibilities and personal characteristics of professionals in the fields of Kinesiology or Physical Education, and (3) describe the relationships of Kinesiology and Physical Education to allied disciplines.

IV. TEXTS:

REQUIRED TEXT: N/A

REQUIRED ON-LINE READINGS (visit regularly for updates):

http://instructional1.calstatela.edu/dfrankl/CURR/kin250/kin250_infc.html

Additional Selected References

Freeman, W.H. (2001). *Physical education and sport in a changing society* (6th ed.). Boston, MA: Allyn and Bacon.

Hoffman, S.J. (Ed.) (2005). *Introduction to kinesiology: Studying physical activity* (2nd ed.). Champaign, IL: Human Kinetics.

Housh, T.J., Housh, D.J., & Johnson, G.O. (Eds.) (2003). *Introduction to exercise science* (2nd ed.). San Francisco, CA: Benjamin Cummings.

V. COURSE FORMAT AND REQUIRED COURSE MATERIALS:

Lecture, large and small group discussion, class debates, videos, multimedia and interactive Web based presentations, and guest speakers.

VI. POLICIES AND PROCEDURES:

Attendance, punctuality, and active participation in class are expected. Students are responsible for class or additional reading materials whether present or not during actual lecture or discussion sessions. There will be no make-ups for unannounced quizzes. All required work is expected to be turned in prior to or at the due date and time.

Statement of Reasonable Accommodation

The School of Kinesiology and Nutritional Science faculty members fully support the 1990 American with Disabilities Act (ADA). The members of the faculty will provide reasonable accommodation to any student with a disability who is registered with the Office of Students with Disabilities (OSD) who needs and requests accommodation. The faculty may wish to contact OSD to verify the presence of a disability and confirm that accommodation is necessary. The OSD will arrange and provide for the accommodation. Reasonable accommodation may involve allowing a student to use an interpreter, note taker, or reader, accommodation may be needed during class sessions and for administration for examinations. The intent of the ADA is requiring consideration of reasonable accommodation is not to give a particular student an unfair advantage over other students, but simply to allow a student with disability to have an equal opportunity to be successful.

Cellular phones: Cell phones should be turned off during class. A vibrating cell phone is still an activated cell phone. If you must answer a coming call or a text message, please collect your belongings leave the classroom and do not come back. I find the recent phenomenon of students wandering in-and out-of-class very disruptive to the learning environment. Students that must leave at any time before to the conclusion of a session (and did not discuss with the instructor their special circumstance before the beginning of class) will be marked as missing for that day. Thus, they will earn zero points for the daily active participation grade component. Please note that all of the above can simply be avoided by turning off your cell phone and/or by informing your instructor in the case of special circumstances.

Fall 2009 Furlough Statement

In July of 2009, members of the California Faculty Association voted to allow the California State University Chancellor to impose unpaid furlough days for all professors and lecturers at all 23 Cal State Campuses. The purpose of furloughs is to minimize the need for faculty layoffs given the current budget crisis. At Cal State LA, this means that most professors and lecturers are required to take 6 days of unpaid leave each quarter, during which time they are prohibited from

performing any university work. For this fall 2009 quarter, I have designated the following dates as furlough days;

Friday, September 25 & Monday, September 28, 2009
Friday, October 16, 2009
Friday, November 20 & Wednesday*, November 24, 2009
Friday, December 4, 2009

* Regular KIN 250 class meeting cancelled on Wednesday, November 24, 2009

VII. ASSIGNMENTS:

Visit the class website for a comprehensive list of assigned readings, lecture notes, and schedule of guest speakers:

http://instructional1.calstatela.edu/dfrankl/CURR/kin250/kin250_assignments.html

VIII. EVALUATION:

Evaluation Item		Relative Weight	Letter Grade
Quizzes	20 points	94 - 100	A
Reaction Papers	20 points	90 - 93	A-
Online Test	10	87 - 89	B+
Roadmap to Graduation	20 points	84 - 86	B
		80 - 83	B-
		77 - 79	C+
Active Class		74 - 76	C
Discussion	10 points	70 - 73	C-
Interview with		65 - 69	D+
a Professional	20 points	60 - 64	D
		56 - 59	D-
Total	100 points (100%)	0 - 55	F

The report about your interview with a professional is due on Thursday, Nov. 19th, 2009 at 8:00 a.m. Talk to your instructor in case you are unable to identify a potential interviewee (NO later than Thursday, November 5th, 2009.)

Examinations: Be prepared for unannounced quizzes starting from week three of the quarter. There will be no provisions for make ups of missed quizzes. A mid-term and a final examination will be administered online through WebCt and will cover required class readings.

To be able to take tests available on-line all students are required to familiarize themselves with the "WebCT Student Procedure for Creating a WebCT ID and Adding a Course" (<http://www.calstatela.edu/academic/aa/ess/webct/pdf/selfreg.pdf>).

TENTATIVE COURSE CONTENT AND SCHEDULE OF GUEST SPEAKERS

Week I (R): Sep. 24 – Introduction to Kinesiology: Overview of the Discipline
Assignment: Send email message to <dfrankl@calstatela.edu> and introduce yourself.

Week II (T): Sep. 29 – Roadmaps to Graduation: Overview -- Dr. Daniel Frankl
http://www.calstatela.edu/academic/hhs/roadmaps/KIN/index_KIN.html

Week II (R): Oct. 1 – Information Technology in Kinesiology: Computer Applications in Kinesiology.

Assignment: Website evaluation (due by 10/6/09, 8:00 am)

Week III (T): Oct. 6 – Written Communications for Kinesiology

http://instructional1.calstatela.edu/dfrankl/CURR/kin250/PDF/APA_Examples.pdf

<http://www.calstatela.edu/library/guides/3apa.pdf>

Assignment: Turn in report on the winners of the Nobel Prize in Physiology or Medicine and the Nobel Prize for Physics, 2009 (Hard copy—Thursday Oct 8, 2009, 8:00 am).

Week III (R): Oct. 8 – Quantitative/Qualitative Research in Kinesiology

Assignment: Online article evaluation (due by 10/15/09, 8:00 am)

Week IV (T): Oct. 13 – Physiology of Physical Activity

Guest speakers: Dr. Nazareth Khodiguiian – (nkhodig@calstatela.edu) “Exercise and Human Performance” & Jackie Kiwata – (jkiwata2@calstatela.edu) “Personal Training”

Week IV (R): Oct. 15 – History and Philosophy of Physical Activity

http://instructional1.calstatela.edu/dfrankl/CURR/kin375/kin375_lecturenotes.html

Week V (T): Oct. 20 – Kinesiology: Motor Learning and Motor Development – Dr. Daniel Frankl (dfrankl@calstatela.edu)

Week V (R): Oct. 22 -- Opportunities in the Field of Physical Education

Guest speaker: Steve Gonzalez (sgonza16@calstatela.edu)

Week VI (R): Oct. 27 – Psychology of Sport and Exercise

http://instructional1.calstatela.edu/dfrankl/CURR/kin380/kin380_infc.html

Sociology of Physical Activity

http://instructional1.calstatela.edu/dfrankl/CURR/kin385/kin385_infc.html

Week VI (T): Oct. 29 – Rehabilitation and Therapeutic Exercise

Guest speaker: Dr. Ray de Leon (rdeleon@calstatela.edu)

Week VII: (T) Nov. 3 – Health and Fitness Professions
Guest speaker: Connie Wong, PT -- Opportunities in Rehabilitation and Therapeutic Exercise (cwong16@calstatela.edu)

Week VII (R): Nov. 5 -- Therapeutic Exercise Professions
Guest speakers: Aubre Foster-Hill – (aubre@aubredance.com) Pilates & Private Studio Management; Ahmed Badr – (ahmedbadr-@hotmail.com) “Cardiac Rehabilitation.”

Week VIII: (T) Nov. 10 – Careers in Teaching Physical Education: Adapted Physical Education. Guest speaker: Dr. Dwan Bridges (dbridge@calstatela.edu)

Week VIII (R): Nov. 12 -- Teaching and Coaching Professions
Guest speakers: Christopher Asher, Head Coach, Track & Field/Cross Country (casher@exchange.calstatela.edu); Kendra Reimer, Assistant Track & Field Coach (kreimer@calstatela.edu)

Week IX (T): Nov. 17 – Kinesiology: Biomechanics
Guest speaker: Dr. Andy Cornwell (acornwe@calstatela.edu)

Week IX (R): Nov. 19 – Community Leadership
Guest speakers: Dr. Anne Larson, Associate Professor, Physical Education Pedagogy, Community Leadership and Physical Activity; Service Learning; Urban Youth Program; School-Based Projects (alarson2@calstatela.edu).

Week X (T): Nov. 24 -- Regular KIN 250 class meeting cancelled on Wednesday, November 24, 2009 (Furlough day #5)

Week X: (R): Nov. 26 – Thanks Giving Day (University Closed)

Week XI (T): Dec. 1 – Occupational Therapy (OT) and Certified Occupational Therapy Assistant (COTA)
Guest speakers: Joe Ponce, OT & Laurie Parniani, COTA

December 7 - 12, 2009 -- Finals Week

FINAL EXAM LOCATION: SH-C 162

DATE: Tuesday, December 8, 2009 – 8:00 a.m. -- 10:30 a.m.

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