



EXS 122 - FOUNDATIONS OF KINESIOLOGY

COURSE INFORMATION:

Semester: Fall 2018
Course: EXS 122
Time and Location: WKU Web Course / Content updates announced via Blackboard
Instructor: Mr. Dustin Falls, MS, ACE-CPT
Office Location: WKU Center for Research and Development
Center for Applied Science in Health & Aging
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Office hours: Available upon request. Accessible via Adobe Connect.

I. COURSE DESCRIPTION

- a. An online experience introducing the study of the philosophical and scientific foundations of kinesiology; aspects of physical education, exercise science, and sport will also be covered.
- b. This course will be at your own pace and on your own weekly schedule. However, you will be required to follow the schedule listed in the syllabus or on Blackboard. Stay connected! Submit materials and take quizzes and exams before the posted deadlines.

II. REQUIRED TEXT & PROGRAM

- a. Potteiger, J.A. (2017). *ACSM's Introduction to Exercise Science, 3rd Edition*. Lippincott, Williams & Wilkins. (ISBN: 9781496339614)

You can purchase the textbook online or at the WKU Bookstore.

- b. **Download Adobe Connect.** There might be times during the semester that we will all meet via Adobe Connect. Also, this will be the only way to meet with me (aka office hours) to discuss issues/matters regarding the course.

III. POLICIES AND PROCEDURES

- a. **Code of Student Conduct:** Following the procedures of due process, if the WKU Code of Student Conduct is violated, the responsible parties will go through the University's disciplinary process, which is intended to be a fair and educational experience. Any WKU student may be expelled, suspended, placed on probation or given a lesser sanction for one or more of the following causes:

1. ***Dishonesty*** – Plagiarism or cheating as described in the student handbook and in this course syllabus (see below).
2. ***Destruction of property*** – Any act of vandalism, malicious or unwarranted damage or destruction to any institutionally owned or controlled property.
3. ***Disrupting the academic process*** – Interference or disruptive activity which impedes, impairs or obstructs teaching, research ...which inhibits full exercise of rights by others.
4. ***Unruly conduct*** – Disorderly conduct or lewd, indecent or obscene conduct or expression.
5. ***Academic Freedom, Offenses, and Dishonesty*** – The University desires that every student experiences freedom in academic pursuits. Academic freedom, however, is not irresponsibility – it is the opportunity to pursue truth. The maintenance of academic integrity is of fundamental importance to the University. Thus it should be clearly understood that acts of plagiarism or any other form of cheating will not be tolerated and that anyone committing such acts risks punishment of a serious nature. Students who commit any act of academic dishonesty may receive from the instructor a failing grade in that portion of the coursework in which the acts were detected or a failing grade in the course without possibility of withdrawal. The faculty member may also present the case to the Office of Student Life for disciplinary sanctions. A student who believes a faculty member has dealt unfairly with him/her in a course involving academic dishonesty may seek relief through the Student Complaint Procedure.
6. ***Plagiarism*** – To represent written work taken from another source as one's own is plagiarism. Plagiarism is a serious offense. The academic work of a student must be his/her own. One must give any author credit for source material borrowed from him/her. To lift content directly from a source without giving credit is a flagrant act. To present a borrowed passage without reference to the source after having changed a few words is also plagiarism.
7. ***Cheating*** – No student shall receive or give assistance not authorized by the instructor in taking an examination or in the preparation of an essay, laboratory report, problem assignment or other project which is submitted for purposes of grade determination.
8. ***Disciplinary Actions*** – The following list describes University sanctions that may be administered as a result of violating the WKU Code of Conduct: Warning and/or reprimand, creative discipline, disciplinary probation, suspension, expulsion.

- b. **Disability Support Services:** The Office of Disability Support Services assists students who have disabilities to gain access to its programs and activities on campus. Students with disabilities receive accommodations specific to their individual disability and/or impairment. These accommodations may include note takers, extended time on tests, priority in academic advising/registering and particular attention given to accessible classes. In compliance with university policy, students with disabilities who require accommodations (academic adjustments and/or auxiliary aids or services) for this course must contact the

Office for Student Disability Services in DUC A-200 of the Student Success Center in the Downing Student Union. The phone number is 745-5004. Please DO NOT request accommodations directly from the professor or instructor without a letter of accommodation from the Office for Student Disability Services.

- c. **University Attendance Policy:** Registration in a course obligates the student to be regular and punctual in class attendance. Students should make certain that their names are on the class roll. If an error has been made in registration, it is the student's responsibility to see that the error is corrected in the Office of the Registrar. It is the individual instructor's responsibility to inform students, in writing, on the first day the class meets of the guidelines for implementing the instructor's attendance policy. Students who cease attending class are expected to report to the Office of the Registrar to initiate withdrawal procedures.

Withdrawal deadlines are published each semester in the schedule bulletin. Excessive and frequent absenteeism often contributes to poor academic achievement. An instructor who determines that a student's absenteeism is inconsistent with the instructor's stated policy should either counsel with the student or request that the Academic Advising and Retention Center arrange a counseling session with the student. Excessive absenteeism may result in the instructor's dismissing the student from the class and recording a failing grade, unless the student officially withdraws from the class before the withdrawal deadline. If the student withdraws from the University after the end of the official withdrawal period, excessive absenteeism may be one of the considerations in the instructor's deciding whether circumstances justify a "W" or an "F" in the course. The normal appeal process is available to the student who wants to appeal the decision of the instructor.

When a student is absent from class because of illness, death in the family, or other justifiable reasons, it is the student's responsibility to consult the instructor at the earliest possible time. If personal emergencies arise, written notification of absences must be supplied through the Academic Advising and Retention Center. The instructor is *NOT* responsible for ensuring the student get the information that was missed due to absence, nor will the instructor re-teach the information. The student will ask the instructor for any handouts that were missed due to the absence/tardy. Students cannot turn in any in-class assignment they were not in class to complete without expressed written consent.

- d. **Tardiness/Leaving Before Class Ends:** (Does not apply to online course, but I left it in for good measure in case we ever need to meet in person). It is the student's responsibility to arrive on time and stay for the duration of the class. A student entering the classroom after the discussion/lecture has begun or before the discussion/lecture ends causes a distraction to the other students. Students arriving after class discussion/lecture has begun will be considered late. Seats in the row closest to the back door should be reserved for any student arriving after class has started; please enter using the door closest to those desks for minimal distraction and DO NOT let the door slam. NO late arrivals will be allowed on days when there is a guest speaker or a group activity. Frequent tardiness/leaving may negatively impact your final grade.

- e. **Submitting Assignments:** All assignments are to be printed out by the student and turned in to the instructor *in person*. Electronic copies will not be accepted without a documented excuse such as a doctor's note, etc. The exception to this rule would be if the instructor explicitly requests that the assignment be turned in or completed online (such as through Blackboard which will have a specific cut-off time). Assignments are due at the beginning of class on the due date. Late assignments may be accepted on a case-by-case basis, but an automatic late penalty will be applied as follows:
- -10% if turned in on the due date, but after the start of class (For online courses this means day of, but after the time due).
 - -20% if turned in the day after the due date.
 - -30% if turned in 2 days after the due date.
 - A zero will be given if the assignment is not turned in within 2 days of the due date.
- f. **Chain of Command:** If you would like to discuss an issue related to the course, please schedule a time to communicate and/or meet with the instructor. It is your responsibility to go to the instructor first. The student will be referred to the Department Chair if the issue cannot be resolved.
- g. **Reference Format:** All written assignments must follow *Publication manual of the American Psychological Association*, 6th edition.
- h. **Other Responsibilities/Expectations:**
1. Students should read assigned chapter material before class.
 2. If you are a student-athlete and will be away at a game/competition on the day that an assignment is due, the assignment must be turned in to the instructor *before* departure.
 3. Turn off or silence your cell phone before the start of class. If you have an emergent situation requiring you to keep your cell phone handy, you must inform the instructor at the beginning of class. Students who continuously violate this policy will be asked to leave class and receive a zero for any activities that occur that day.
 4. You will need a hand calculator (apart from the one on your cell phone).
 5. Taking notes on your laptop/tablet is acceptable. Under no circumstances should you be checking your social media accounts during class. If you decide to participate in such behavior and are caught by the instructor or another faculty member passing by the classroom, you will be asked to leave class, be counted absent, and will lose any points that would be given for that day plus a loss of 10 points from your total points earned.
 6. DO NOT work on assignments for other classes during scheduled class time. This is very rude and if you choose to do so then you will be asked to leave, be counted absent, and lose any points possible for that day.
 7. No children or pets are permitted in class at any time. The only people who should be in the classroom are the instructor, students, and any faculty/staff pre-arranged with the instructor.

Note: There is no provision for "extra credit" in this course.

IV. STUDENT EVALUATION AND ASSESSMENTS

Grading Scale:

Participation (10 @ 20 pts each)	200 pts		
Assignments (2 @ 10 pts each)	20 pts		
Labs (3 @ 10 pts each)	30 pts	A	90 - 100% of total pts
Quizzes (5 @ 10 pts each)	50 pts	B	80 - 89% of total pts
Exam 1	50 pts	C	70 - 79% of total pts
Exam 2	50 pts	D	65 - 69% of total pts
Exam 3 – Final	100 pts	F	< 65% of total pts
Total		500 pts	

V. PARTICIPATION, ASSIGNMENTS, QUIZZES, EXAMS, CURRICULUM

a. Participation

The online course should be considered to be an immersive experience into the School of Kinesiology, Recreation & Sport. Since the course content is online, you will be required to participate in various ways during the semester. For example, you will have the opportunity to attend exercise science club meetings, lab experiments, health fairs, presentations, volunteering, research, etc. Participation will be graded on a 200 point scale. You will be required to submit a short reflection of 10 (20 pts each) different experiences throughout the semester. Answer the questions from the rubric, and describe the experience. I will use the Participation Reflection Rubric to grade your reflections. I will post on Blackboard different opportunities throughout the semester. If you discover something you would like to experience that is not included on one of the posts, please email me for approval.

I will use the following rubric for grading each reflection.

Participation Reflection Rubric – Do Not Exceed 1 Page	
Description	Total Pts
Provide answers to the following questions: 1 - Where was it? 2 - When was it? 3 - What was it for? 4 - What did you like or dislike? 5 - What did you learn?	5
Provide a written reflection / brief 1-2 paragraph(s).	5
Include a Selfie - <i>Must include yourself, hence a selfie...</i> - <i>Must include the activity in the background.</i> - <i>This is your only way to prove you were actually present. Ensure I have no doubt.</i> - <i>If needed, insert more than one photo of the event.</i>	10

b. Assignments

You will need to create a resume and submit to me by the posted deadline. I will provide feedback on your first resume. Using my feedback, you will recreate an updated resume near the end of the semester. The resumes will be worth 20 total points (10 pts each) of your grade.

c. Labs

Labs are designed to follow along with your reading assignments. These will also help you prepare for your exams. There will be three labs (10 pts each) equal to 30 points of your total grade.

d. Quizzes

You will be required to take five quizzes (10 pts each) online throughout the semester equal to 50 points of your total grade. **Pay attention to the due dates!**
You will not be allowed to retake the quiz after the due date has past.

e. Exams

You will be required to take three exams. The location of where the exam is to be taken will be at the discretion of the instructor. Exam may be provided online or proctored within a classroom. The instructor will announce the exam location in advance.

f. Curriculum / Tentative Course Schedule

****The instructor reserves the right to revise or adjust activities and point distribution with prior announcement****

EXS 122 - Foundations of Kinesiology			
Week	Date	Content	Material Student is Responsible For This Week
1	27-Aug – 2-Sept	Read Chapter 1 – Introduction to Exercise Science	CH 1 1. Begin working on Lab #1 2. Introduce yourself to faculty within Exercise Science program 3. Find ways to get involved for your participation assignments.
2	3- Sept – 9-Sept <i>LABOR DAY</i> <i>3-Sept</i>	Begin reading Chapter 3- Exercise Science: A Systems Approach - Nervous System - Muscular System - Skeletal System	CH 3 1. Continue working on Lab #1 2. Begin working on assignment #1 3. Get involved! Your 1st participation assignment is due next week!
3	10-Sept – 16-Sept	Continue reading Chapter 3 - Cardiovascular System - Pulmonary System - Digestive System	CH 3 1. Quiz #1 (CH 1 & 3) 2. Submit Participation Reflection #1 3. Have you asked about the Exercise Science Club?
4	17-Sept – 23-Sept	Continue reading Chapter 3 - Endocrine System - Energy System	CH 3 1. Submit Assignment #1 (Resume)
5	24-Sept – 30-Sept	Read Chapter 4 - Exercise Physiology	CH 4 1. Quiz #2 (CH 1,3 & 4) 2. Submit Lab #1 (CH 1, 3 & 4) 3. Begin working on Lab #2

			4. Submit Participation Reflection #2
6	1-Oct – 7-Oct	Study for your exam! Spend some time participating! You will have multiple participation reflections due in the weeks ahead! Get involved!	1. Exam #1 (CH 1, 3, & 4)
7	8-Oct – 14-Oct <i>FALL BREAK</i> 11-Oct – 12-Oct No classes on Thurs.- Fri	Read Chapter 11 – Equipment and Assessment in Exercise Science	CH 11 1. Being working on Lab #2
8	15-Oct – 21-Oct <i>SECOND</i> <i>BI-TERM BEGINS</i> <i>THURS. 18-OCT</i>	Chapter 5 – Clinical Exercise Physiology	CH 5 1. Submit Participation Reflection #3 2. Quiz #3 (CH 11 & 5)
9	22-Oct – 28-Oct	Read Chapter 6 – Athletic Training and Sports Medicine	CH 6 1. Submit Participation Reflection #4 2. Submit Lab #2 (Chapter 11, 5 & 6) 3. Begin working on Lab #3
10	29-Oct – 4-Nov	Read Chapter 7 – Exercise and Sport Nutrition	CH 7 Submit Participation Reflection #5 Quiz #4 (CH 6 & 7)
11	5-Nov – 11-Nov	Study for exam #2! Get involved!	1. Exam #2 (CH 5,6, 7 & 11)
12	12-Nov – 18-Nov	Read Chapter 8 – Exercise and Sport Psychology	CH 8 1. Submit Participation Reflection #6
13	19-Nov – 25-Nov <i>W-F - THANKSGIVING</i>	Read Chapter 9 – Motor Behavior	CH 9 1. Submit Participation Reflection #7
14	26-Nov – 2-Dec	Read Chapter 12 – Careers in Professional Issues in Exercise Science	CH 12 1. Submit Participation Reflection #8 2. Submit Participation Reflection #9 2. Submit Assignment #2 (updated resume) 3. Quiz #5 (CH 8, 9 & 12)
15	3-Dec – 9-Dec	Study for your final exam!	1. Submit Lab #3 2. Submit Participation Reflection #10
16	10-Dec – 14-Dec <i>FINALS WEEK</i>	Take your final!	1. Comprehensive Final Exam (All chapters/materials are fair game!)
*Although I will do my best to adhere to this course schedule, it is very tentative and is subject to change. This is a rough outline and is meant to serve as a preparatory guide. If changed are needed, they will be posted on Blackboard.			