

Winter 2022
EXS 122 Foundations of
Kinesiology

Instructor: Rachel Tinius , PhD
Office: 1056 Smith Stadium East

Phone: 270-745-5026
E-Mail: rachel.tinius@wku.edu

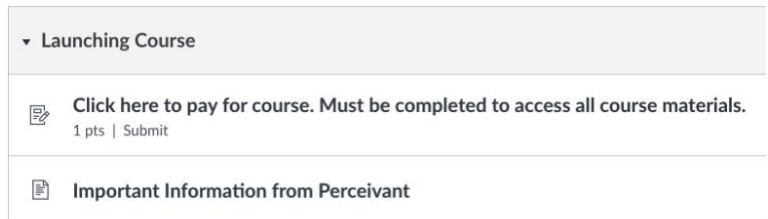
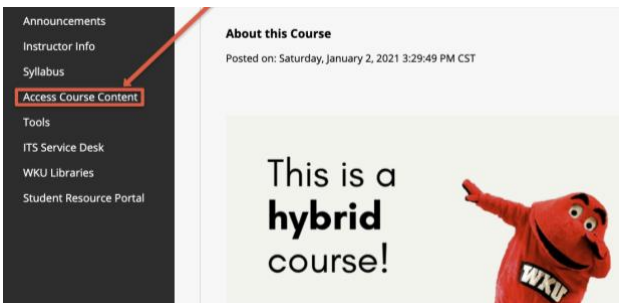
Office Hours: Email to make an appointment. Unless absolutely needed, office hours will be hosted via Zoom. This is for everyone’s protection.

Course Goals/Description

An introductory study of the historical, philosophical, and scientific foundations of kinesiology; aspects of physical education, exercise science, and sport will be covered. Equivalent to PE 122.

This course is designed to orient students to the academic discipline of Exercise Science and the professions related to the discipline. It is the instructor’s intention to provide students with opportunities to explore the breadth of disciplines and subdisciplines that comprise kinesiology. Students will survey topics and occupational areas that they could envision as a specialization or future career field.

Text: Garver & Stone. *Practical Content for Beginning Kinesiologists*. This is an online only text. You will visit our Blackboard site ONLY to access the link to Canvas. See below:



- You will likely need to create an account on Canvas. Please use your @topper.wku.edu email when registering.
- If you need to purchase the text through the university bookstore, you can visit the link below. Please note that purchasing through the bookstore will come with a slightly higher processing fee. Purchasing from the company provides a small discount. However, both bring you to the same text.

<https://wku.bncollege.com/shop/western-kentucky-university/page/find-textbooks>



Our Meetings: This is a digital course. You are responsible for securing the needed technology to participate in all activities, including but not limited to: webcam, microphone, stable WIFI.

Student Learning Objectives

- Recognize the historical events that lead to the birth of kinesiology and the innovations that continue progressing the field into the future.
- Apply concepts of research methods in the appraisal of current research topics. Locate peer-reviewed research on important topics in exercise science and evaluate the articles.
- Design a wellness agenda that integrates principles of physical activity and positive behavior change.
- Examine and evaluate numerous career opportunities afforded from a degree in exercise science.
- Design a plan that will assist the navigation of WKU's Exercise Science program.

Grade Constituents:

- **70% - Assignments and Quizzes:** throughout the semester, we will complete assignments and and quizzes over content in the course. These assignments will be completed individually.
 - Non-Reading Assignments: ~20%
 - Reading Assignments: ~25%
 - Chapter Quizzes: ~25%
- **20%- Exams-** Each exam will be worth ~10% of your final grade.
- **10%- Presentations-** you will have two presentations, each weighted equally

Grading Scheme:

$\geq 90.00 = A$ $80.00-89.99\% = B$ $70.00- 79.99\% = C$ $60.00-69.99\% = D$ $\leq 59.99\% = F$

Policies

No make-up exams/quizzes are possible, unless arrangements are made **prior** to exam/quiz dates and/or a **verifiable** medical emergency or university travel excuse is provided.

Academic Misconduct: All acts of dishonesty in any work constitute academic misconduct. In the event of academic misconduct, the student(s) will receive a failing grade ("F") for the course, and may be reported to the University Disciplinary Committee.

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:

Dishonesty. Plagiarism or cheating as described in the student handbook and in this course syllabus.

Destruction of property. Any act of vandalism, malicious or unwarranted damage or destruction to any institutionally owned or controlled property.

Disrupting the academic process. Interference or disruptive activity which impedes, impairs or obstructs teaching, research ...which inhibits full exercise of rights by others.

Unruly conduct. Disorderly conduct or lewd, indecent or obscene conduct or expression.

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 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.

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.

Cheating – No student shall receive or give assistance not authorized by the instructor in taking an examination or quiz or in the preparation of any assignment or other project which is submitted for purposes of grade determination.

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.

University Attendance Policy:

Registration in a course obligates the student to be regular and punctual in class attendance. Students who, without previous arrangement with the instructor or department, fail to attend the first two class meetings of a course meeting multiple times per week or the first meeting of a class that meets one time per week MAY be dropped from the course. Nonattendance for a web-based course shall be defined as failure to perform meaningful academically-related activity (including, but not limited to, the following: submitting an academic assignment, taking an exam, participating in an online discussion about academic matters) within one week of the course start date without previous arrangements with the instructor or department. Nonattendance does NOT release students from the responsibility to officially drop any course for which they have enrolled and choose not to complete.

Withdrawal deadlines are published each semester in the schedule bulletin. Excessive absenteeism frequently 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 Learning Center

Website: www.wku.edu/tlc

Phone: (270) 745-5065

Email: tlc@wku.edu

Should you require academic assistance with your WKU courses, The Learning Center (located in the Downing Student Union, 2141) provides free supplemental education programs for all currently enrolled WKU students. TLC @ Downing Student Union offers certified, one-on-one tutoring in over 200 subjects and eight academic skill areas by appointment or walk in. Online tutoring is offered to distance learners. TLC is also a quiet study area (with side rooms designated for peer-to-peer tutoring) and offers a computer lab to complete academic coursework).

The Learning Center (TLC) provides free tutoring services that empower students to achieve academic success. Trained peer tutors are available to review course content, answer questions, and demonstrate effective study strategies. TLC offers individual appointments and group sessions (PASS) for hundreds of undergraduate courses. For more information or to make an appointment, visit www.wku.edu/tlc.

WKU Center for Literacy Assistance

The WKU Center for Literacy is located in Gary A. Ransdell Hall 2066. At the Center for Literacy, students can receive assistance in developing strategies to help **reading/studying to learn** and writing for evidence and argument. The Center for Literacy offers both individual and small group sessions throughout the semester. More information about the WKU Center for Literacy can be found on the website: <http://www.wku.edu/literacycenter/>

Student Accessibility Resource Center (SARC):

In compliance with University policy, students with disabilities who require academic and/or auxiliary accommodations for this course must contact the Student Accessibility Resource Center located in Downing Student Union, 1074. SARC can be reached by phone number at 270-745-5004 [270-745-3030 TTY] or via email at sarc.connect@wku.edu. Please do not request accommodations directly from the professor or instructor without a faculty notification letter (FNL) from The Student Accessibility Resource Center."

Faculty/Staff that would like additional information about the SARC can visit our FAQ and Faculty/Staff Resources pages. Faculty may also contact the SARC directly for testing information at sarc.testing@wku.edu. For students that request note-taking accommodations atsarc.notetaking@wku.edu or our general email account listed above. If you have any questions or concerns, please should contact our office by email or phone.

COVID-19

All students are strongly encouraged to [get the COVID-19 vaccine](#). Out of respect for the health and safety of the WKU community and in adherence with CDC guidelines and practices of all public universities and colleges in [Kentucky](#), the University requires that a cloth face covering (reusable or disposable) that covers both the nose and mouth must be worn at all times when in public areas within all buildings. Students must properly wear face coverings while in class regardless of the room size or the nature of the classroom activities. Students who fail to wear a face covering as required will be in violation of the WKU Student Code of Conduct and will be asked to comply or will face disciplinary action, including possible dismissal from the University. Accommodations can be requested in special cases through the Student Accessibility and Resource Center (SARC): 270-745-5004 (voice), 270-745-3030 (TTY), or 270-288-0597 (video).

All students must immediately report a positive Covid-19 test result or close contact with a person who has tested positive to the Covid-19 Assistance Line at 270-745-2019. The assistance line is available to answer questions regarding any Covid-19 related issue. This guidance is subject to change based on requirements set forth by public health agencies or the office of the governor. Please refer to the Healthy on the Hill website for the most current information. www.wku.edu/healthyonthehill

Title IX Misconduct/Assault Statement

Western Kentucky University (WKU) is committed to supporting faculty, staff and students by upholding WKU's Title IX Sexual Misconduct/Assault Policy (#0.2070) at <https://wku.edu/eoo/documents/titleix/wkutitleixpolicyandgrievanceprocedure.pdf> and

Discrimination and Harassment Policy (#0.2040) at https://wku.edu/policies/hr_policies/2040_discrimination_harassment_policy.pdf.

Under these policies, discrimination, harassment and/or sexual misconduct based on sex/gender are prohibited. If you experience an incident of sex/gender-based discrimination, harassment and/or sexual

Title IX Investigators, Michael Crowe, 270-745-5429 or Joshua Hayes, 270-745-5121.

Please note that while you may report an incident of sex/gender based discrimination, harassment and/or sexual misconduct to a faculty member, WKU faculty are “Responsible Employees” of the University and **MUST** report what you share to WKU’s Title IX Coordinator or Title IX Investigator. If you would like to speak with someone who may be able to afford you confidentiality, you may contact WKU’s Counseling and Testing Center at 270-745-3159.

ADA Accommodation Statement

In compliance with University policy, students with disabilities who require academic and/or auxiliary accommodations for this course must contact the Student Accessibility Resource Center located in Downing Student Union, 1074. SARC can be reached by phone number at 270-745-5004 [270-745-3030 TTY] or via email at sarc.connect@wku.edu. Please do not request accommodations directly from the professor or instructor without a faculty notification letter (FNL) from The Student Accessibility Resource Center.