



## School of Kinesiology Recreation & Sport

### EXS 122 (-702) – Foundations of Kinesiology Exercise Science Program

#### **Course Information:**

**Semester:** Winter 2024  
**Location:** WEB COURSE  
**Instructor:** Sarah (Herrick) Scali, PhD, CSCS  
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**Office:** Smith Stadium 1058

**Office Hours:** By appointment, please email me.

**Pre-requisites:** None

**Required Text:** *Practical Content for Beginning Kinesiologists*, 2<sup>nd</sup> Edition, Garver & Stone (2021) **(online textbook)**  
ISBN: 978-1-952877-07-0

Online access through Blackboard...will need to either purchase directly (credit card/debit/PayPal) or purchase an Access Code at the bookstore.

#### ***How to access and purchase the textbook:***

The screenshot shows a Blackboard LMS interface for the course "EXS122-702 (Wi24): FOUNDATIONS OF KINESIOLOGY". On the left is a dark sidebar with navigation links: "START HERE!", "Online Course Material" (highlighted with a red box), "Announcements", "My Grades", "Tools", and "ITS Service Desk". A blue arrow points from the "Online Course Material" link in the sidebar to a link in the main content area. The main content area has a header "Online Course Material" and a sub-header "Build Content ▾ Assessments ▾ Tools ▾ Partner Content ▾". Below this, there is a link "Click HERE to access course material" with a document icon, followed by the text: "Use this link to purchase and access the online textbook and course materials. ALL CHAPTER READINGS, QUIZZES, AND ASSIGNMENTS WILL BE THROUGH THIS PROGRAM."

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EXS 122 - FOUNDATIONS OF KINESIOLOGY - Scali WINTER 23: \$65

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Get Help Here

- 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.**

<https://wku.bncollege.com/course-material/course-finder>

**Course Description:**

Introductory study of the historical, philosophical, and scientific foundations of kinesiology; aspects of physical education, exercise science, and sport will be covered.

This course is designed to orient students to the academic disciplines of Exercise Science and the professions related to the disciplines. 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.

**Course Learning Objectives:** At the conclusion of this course, students are expected to be able to do the following:

1. Explain the importance of exercise science as it relates to enhancing our understanding of health, physical activity, exercise, sport, and athletic performance.
2. Identify the different disciplines, sub disciplines, and specialty areas of exercise science, and describe how they relate to exercise science.
3. Name the general and advanced undergraduate coursework necessary for a career in exercise science or a related healthcare profession.
4. Explain the importance of research as it relates to enhancing our understanding of health, physical activity, exercise, sport, and athletic performance.
5. Explain the role that governmental and international agencies and organizations play in advancing the professional growth of exercise science.

**GRADING:** Grades will be assigned according to a points-earned system. Course points will be *tentatively distributed* as follows:

	Points
Participation	60
Online Chapter Readings (9)	90
Online Chapter Quizzes (9)	90
Online Assignments (9)	120
Exams (2)	180
Final Total	540

Grading Scale	
Percentage	Grade
90.00-100	A
80.00-89.99	B
70.00-79.99	C
60.00-69.99	D
0-59.99	F

**Participation:** This is an asynchronous online course. All course materials (readings, quizzes, assignments, and exams) have the same due date: **Friday 12/29 by midnight (CST)**. TO PREVENT STUDENTS FROM DOING ALL THE WORK THE NIGHT BEFORE, you will be given “*Participation*” points when you submit a part of your work *before the due date*. There are 30 items to complete for this course (see Course Assignments Overview), so you will receive 2 points for each item submitted before Friday 12/29. For example, if you complete 25 of the 30 items before Friday 12/29, your *Participation* points would be 50.

**Online Chapter Readings:** All readings will be through Bearface-Perceivant. Chapter readings will be assigned at the beginning of each new module/topic. Each chapter reading contains

several “content-check” questions that must be answered (or guessed) and will be used to calculate a final “reading grade” for the chapter.

**Online Chapter Quizzes:** All quizzes will be through Bearface-Perceivant. Chapter quizzes are meant to be completed after the online chapter readings and any assignments within that module to assess comprehension of the subject matter.

**Assignments:** All assignments will be through Bearface-Perceivant. Each assignment is designed to enhance student learning by applying the ideas and concepts of the chapter into practice.

**Exams:** There will be two online exams administered during the course. These exams will consist of questions generated by the online textbook pulled from a pool of questions from each chapter it will cover. In other words, students will be given individually different exams to help limit cheating and sharing of answers. Each exam will be out of 90 points.

### **GENERAL EXPECTATIONS:**

1. This is an accelerated winter course, so please keep track of the readings, assignments, quizzes, and exams that you need to complete. **ALL WORK IS DUE FRIDAY 12/29 BY MIDNIGHT**
  - a. If you have a legitimate reason for not completing the work (such reasons may include personal or family emergencies, and serious illness), then an extension *MAY* be granted.
    - i. Documentation would be required (such as a note from a health care provider, attorney, college dean, etc.), for such a request.
  - b. The course instructor assumes final authority in determining whether an absence is excused.
2. It is expected that the students in this class will have basic computer skills. Students are expected to be able to use e-mail, Blackboard, PowerPoint, Zoom, and internet, etc. If you need help, please contact the IT department for training.
3. You are responsible for maintaining your e-mail account. If you do not receive a class announcement via e-mail because your mailbox is full, you will not be excused for any missed assignments and you will not be excused if you arrive to class unprepared.
4. If you contact me via e-mail, please use the appropriate professional decorum. It is never appropriate to text me an e-mail message. I will not respond to text language.
  - a. You can expect me to respond to emails within 24 hrs of receiving them Monday through Friday. On weekends, this will extend to within 36 hrs. If you have not heard back from me within 48 hrs, please reach out to me again.

***The procedures and schedule in this course are subject to change in the event of extenuating circumstances. Changes may be made during class and/or posted on Blackboard. It is the student's responsibility to note changes should they occur.***

## **COVID-19: WKU Syllabus Statement**

All students are strongly encouraged to [get the COVID-19 vaccine](#). In accordance with WKU policy, all students must call the WKU COVID-19 Assistance Line at 270-745-2019 within 4 hours of testing positive for COVID-19 or being identified as a close contact to someone who has tested positive. The COVID 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 federal, state, and local public health entities. Please refer to the Healthy on the Hill website for the most current information. [www.wku.edu/healthyonthehill](http://www.wku.edu/healthyonthehill)

## **The Learning Center (TLC)**

The mission of TLC is to promote student success, enhance student performance, and increase student retention at WKU. TLC helps students enhance their academic performance and sharpen their skills to be successful WKU graduates.

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](http://www.wku.edu/tlc).

## **Code of Student Conduct: (WKU Student Handbook)**

Please take a moment to read through the Western Kentucky University code of student conduct. It is expected that you will conduct yourself in a manner that is consistent with classroom and university policies and procedures. Failure to do so will result in the 3 necessary disciplinary actions through the department, college, and/or university. I encourage you to get a copy of the WKU Student Handbook and review all of the student guidelines. The following passages are excerpts taken directly from the 2008 Western Kentucky University Catalog. 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 (see below).

**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 following passages are taken directly from the Western Kentucky University Student Handbook:

- 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. For further information regarding this procedure please reference the WKU Student Handbook (<http://www.wku.edu/handbook/>).
- *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 in the preparation of an essay, laboratory report, problem assignment or other project which is submitted for purposes of grade determination.

### **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](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 misconduct, you are encouraged to report it to the Title IX Coordinator, Andrea Anderson, 270-745-5398 or 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](mailto: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.

## **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 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.