

Course Number/Name: Kines 2500-090

Instructor and email address: Andrea Stark a.stark@utah.edu

## Core Course Information

### GOALS AND OBJECTIVES:

KINES 2500 introduces you to the Kinesiology major. By the end of this course you will be able to:

1. Demonstrate basic content knowledge of the sub-disciplines in Kinesiology, including basic, applied and clinical exercise physiology, exercise and sport psychology, motor behavior, physical education, and biomechanics.
2. Demonstrate basic understanding of health, fitness and physical activity assessments and their interpretation.
3. Discuss physical activity and exercise and their potential roles in health and disease.
4. Demonstrate how to use the resources available at Marriott Library to search and retrieve information and then critically evaluate that information.
5. Reflect on your vocational aspirations and devise pathways to achieve those goals.

### EXPECTATIONS FOR STUDENTS IN COURSE:

It is expected that you will access lectures, tasks, and additional readings on Canvas in the order in which they should be viewed. Students will be expected to complete each module on a weekly basis, each module will open on Friday at 5:00 pm and close the following Friday at 5:00 pm. *Your grade in this course will be determined by the quality of your participation in the course.*

### EXAMS/MAJOR ASSIGNMENT PRELIMINARY SCHEDULE:

<i>I. Assignments</i> (130 points)	<u>Due Date(s)</u>	<u>Points</u>
Try Something New	Sept 27	15
Research Article Critique	Oct 25	20
Cardiovascular, Activity, and Fitness Profile	Nov 8	40
Try Something New	Nov 22	15
Professional Practice Paper	Dec 6	40

### II. *Quizzes* (140 points—drop 1 score if you complete all 15)

Syllabus Quiz	Aug 23	10
Introduction to Kinesiology (Ch1)	Aug 23	10
Spheres of Physical Activity (Ch2)	Aug 30	10
The Importance of Physical Activity Experience (Ch3)	Sept 6	10
Sociology of Physical Activity (Ch6)	Sept 13	10

Motor Behavior (Ch7)	Sept 20	10
Sport and Exercise Psychology (Ch8)	Sept 27	10
Biomechanics of Physical Activity (Ch9)	Oct 18	10
Physiology of Physical Activity (Ch10)	Oct 25	10
Becoming a Physical Activity Professional (Ch11)	Nov 1	10
Careers in Health and Fitness (Ch12)	Nov 8	10
Careers in Therapeutic Exercise (Ch13)	Nov 15	10
Careers in Therapeutic Exercise (Ch14)	Nov 22	10
Careers in Coaching Sport Instruction (Ch15)	Nov 29	10
Careers in Sport Management (Ch16)	Dec 6	10

### III. *Online Discussions*

Introduction to Kines 2500	Aug 23	5
Getting the Most Out of College	Aug 30	5
Spheres of Physical Activity Experience	Sept 6	5
Research—Reading and Writing	Oct 4	5
Resources on Campus	Nov 1	5
Professionalism in Kinesiology	Nov 15	5
	<b><u>Total:</u></b>	300

### **REQUIRED/RECOMMENDED COURSE MATERIALS:**

**Required Text:** Hoffman, S. and Knudson, D. (2018). *Introduction to Kinesiology*. Champaign, IL: Human Kinetics.

We have decided to use the Inclusive Access Program for your text. It is a program that drastically reduces textbook prices for students. You will have access to the text via CANVAS (in modules). You will be charged \$70.10. The list price for the text is \$149.00 so we think this is a good deal. The link below provides some information on inclusive access. The charge goes onto your tuition bill. If you chose to OPT-OUT of this program (allowed up through the first 2 weeks of classes) you will be solely responsible for obtaining all your own content and appropriate access to homework/online study material yourself. You are still required to pay for this portion of your tuition by the appropriate due date (or you may incur a penalty fee), but you will be refunded the cost of Inclusive Access after the add/drop date for that term. You can go to [www.campusstore.utah.edu](http://www.campusstore.utah.edu) and find the OPT-OUT option under the “BOOKS” menu.

More information on this program can be found at <https://www.campusstore.utah.edu/inclusiveaccess/>.

**Required Text:** (*required by other KINES courses – available at the bookstore and online*)  
 Riebe, D., Ehrman, J. K., Liguori, G. L., & Magal, M. (Eds.). (2018). *ACSM’s guidelines for exercise testing and prescription (10<sup>th</sup> ed.)*. Philadelphia, PA: Wolters Kluwer.  
 \*\*\*\*\*be certain to purchase the 2018 edition.

If you choose not to purchase these books, they are available from the Reserve Desk at the Marriott Library, please contact the library for more information.