

Syllabus

KINES 2500-090 Summer 2025

Foundations of Health and Kinesiology

Instructor

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Office Hours: By Appointment Only - Email me to schedule a Zoom meeting!

How to Reach Your Instructor

Have a question about the class or want to communicate with your instructor? The easiest way to contact me is to use the *Inbox*, located in the far left Canvas menu. You can also send an email to emily.k.taylor@utah.edu

Want to meet with your instructor? That is a great idea, and I would be happy to meet with you! I am available to meet over Zoom. Just send me an email, and we can schedule a meeting.

FERPA Notice: Due to the Federal Educational Rights and Privacy Act, all electronic correspondence must be sent through Canvas or your official University of Utah (U-Mail) account. In other words, you cannot use your Gmail, Hotmail, or Yahoo account to contact professors.

Communication Expectations: I will do my best to respond to your email within 48 hours. Please be aware that I may not respond to emails on the weekends. I will try to respond to you as quickly as I can! If more than 48 hours have passed since your first message was sent, feel free to send me a reminder.

Please be sure to check Canvas regularly! All pertinent class information will be posted here, and it is your responsibility to make sure you are up-to-date.

Course Description

Overview

Course	KINES 2500-090 - Foundations of Health and Kinesiology
Department	Health and Kinesiology
Pre-Requisites	none
Credit Hours	3
Semester	Summer 2025

Exploration of the Health and Kinesiology major, including:

1) An introduction to the multiple subdisciplines of kinesiology, such as sport sociology, biomechanics, motor learning, exercise physiology, exercise prescription, and sport and exercise psychology.

Description 2) A survey of professional and career opportunities.

3) A general introduction to research and the scientific process within the field.

4) An overview of emphasis areas within the major. Should you choose a degree in Health and Kinesiology, the courses you can take later will focus on your selected emphasis.

Overall Goal of the Course & Learning Outcomes

The overall goal of KINES 2500 is to introduce you to the Health and Kinesiology major.

This will be accomplished by focusing on the following learning outcomes:

1. Identify basic content knowledge of the sub-disciplines in Kinesiology, including exercise physiology, exercise and sport psychology, physical activity epidemiology, motor behavior and control, kinesiology, exercise prescription, physical education, and biomechanics.
2. Adopt professional practices and behaviors related to succeeding in your undergraduate education.
3. Navigate and establish connections with the resources and opportunities most pertinent to you at the University of Utah.
4. Understand the emphasis areas in the Health & Kinesiology major and identify the steps to successfully navigate your major.
5. Reflect on your vocational aspirations and create pathways to achieve those goals.

Required Materials

CANVAS: This is an online course so everything will occur on CANVAS. It is expected that you will have access to CANVAS.

NOTE: Every week, you will see a new module. New modules will open weekly on Fridays.

Required Text:

Knudson, D.V., & Brusseau, T.A. (2022, 6th Ed.). *Introduction to Kinesiology Studying Physical Activity*. Human Kinetics. ISBN: 978-1-7182-0273-3.

- We have partnered with the Inclusive Access Program for your text. Basically---- it is a program that drastically reduces textbook prices for students. You have access to a digital version of the text via the Bookshelf link to the left. You will be charged ½ of list price so we think this is a good deal. 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 the material in the text. You can go to www.campusstore.utah.edu and find the OPT-OUT option under the “BOOKS” menu.

More information on this textbook program can be found at

<https://www.campusstore.utah.edu/inclusiveaccess>

GRADING

Grading

Each component/assignment under course requirements will be graded on a point system. Please see below for latework policy. If you have an extenuating circumstance that is impacting your ability to complete coursework, please reach out to me. Accommodations for extenuating circumstances will be made on a case-by-case basis and documentation may be requested.

USE OF AI WILL RESULT IN AN AUTOMATIC ZERO

It is your responsibility to turn assignments in whether you are in town or not (keep in mind the time zone you are in-- we use Mountain Standard Time). Each assignment must be submitted via CANVAS. *Please take careful note of the day and time assignments are due (see the 'Assignments' tab to your left).*

Your grades will be calculated using the following:

93-100 = A 77-79.9 = C+ 60-62.9 = D-

90-92.9 = A- 73-76.9 = C <60 = E

87-89.9 = B+ 70-72.9 = C-

83-86.9 = B 67-69.9 = D+

80-82.9 = B- 63-66.9 = D

	Points	Percentage of your grade	Due Date
1. Quizzes			
Syllabus Quiz	10		5/19
Quiz 1: Chapters 1 & 2	20		5/19
Quiz 2: Chapters 11 & 12	20		5/26
Quiz 3: Chapter 9	20		6/2
Quiz 4: Chapters 5 & 7	20		6/9
Quiz 5: Chapters 6 & 8	20		6/16
Total Points	90 (lowest quiz will be dropped)	31%	
2. Online Discussions			
Discussion 1: Introduce Yourself	10		5/19
Discussion 2: How to Get the Most Out of College	20		5/26
Discussion 3: You at the U	10		6/16
Total Points	40	13.8%	
3. Assignments/Projects/Papers			
Responding to Assignment Feedback	5		6/2
Cardiorespiratory fitness assignment -- You will complete a field test to estimate your VO2 max. The field test involves either jogging /running 1.5 miles or walking 1 mile.	30		6/9
PEAK Assignment -- You will complete a wellness assessment and then meet with a wellness coach.	35		6/19

PEAK sign-up	5		5/19
Professional Practice -- You will reflect on your path after college.	35		6/16
Total Points	110	37.9%	
4. Exam			
Final Exam	50		6/19
Total Points	50	17.2%	
Total Points in the Class	290	100%	

Course Policies

Submitting Assignments

1a. All assignments must be typed and spaced as requested.

1b. All assignments are to be submitted via the assignment tool on Canvas.

1c. **All written assignments must be uploaded in one of the following file extension types: .doc, .PPT., docx, or .PDF. Please do not use .pages, .key, etc..** -- If I cannot open your assignment it will be counted as late and you will receive a grade deduction accordingly.

1d. Take special note of the day and time each assignment opens and when it is due. Canvas will lock you out if you are even one minute late. We will not open it back up for you. You will never run into this issue if you submit quizzes and assignments early.

2. Canvas - It is your responsibility to ensure that you have access to: (1) A computer that functions properly; (2) Canvas; and (3) KINES 2500 on Canvas. Further, you are responsible for learning how to navigate our home page, and use the various tools that will be necessary for this course. If technical problems occur with your Canvas please contact Canvas Support at (801)-581-6112. If you try and contact me, I will refer you to Canvas Support. There is nothing I can do to help with technical difficulties.

3. All lectures, assignments, and additional readings can be found in the Modules on Canvas in the order in which they should be viewed. Students will complete each module on a weekly basis, each module will open on Friday morning. Computer problems may sometimes occur, so I suggest that you plan to turn assignments and quizzes in early. Waiting until the last minute may result in a late submission and grade deduction. Computer problems are not legitimate excuses for late submissions. Please plan accordingly.

4. **FERPA Notice:** Due to the Federal Educational Rights and Privacy Act, all electronic correspondence must be sent through Canvas or your official University of Utah (U-Mail) account.

Late Assignments

Late work will not be accepted. Because this class is fast paced, work submitted past the deadline will result in a zero. **However**, I will allow one pass given you provide at least 24 hour notice prior to the deadline. You will then have 48 hours to submit the assignment without penalty. Exceptions are made for emergencies. If you have an emergency please email me before the deadline of the assignment if possible. If not possible, please reach out as soon as possible. Each assignment must be submitted via CANVAS. It is your responsibility to turn assignments in whether you are in town or not (pay attention to time zones if you are traveling, all deadlines are in Mountain Time). Please be sure your assignment is uploaded as an appropriate file type as discussed above, if I cannot open your assignment it will be counted as late.

Missing or Forgotten Quizzes

You will have approximately one week to complete quizzes. It is expected that you complete all quizzes prior to the deadline. However, I understand that life happens and sometimes there are things outside of your control. Therefore, I will drop your lowest quiz grade. If you miss or forget to take a quiz, that will be your dropped quiz. If you miss a second quiz, you will receive a zero on that quiz. Since your lowest quiz grade will be dropped, I will not reopen missed quizzes and I do not accept late quiz submissions.

Overview of Assignments, Quizzes, and Exams

Quizzes, online discussions, and papers/project explanations:

1. Quizzes (addresses learning outcome #1)

- **Syllabus Quiz:** Read your syllabus carefully and take the quiz. You can complete this quiz as many times as you would like and the highest score will be recorded.
- **Chapter Quizzes:** You will complete a total of 5 quizzes from the required text for this class, Introduction to Kinesiology. Each quiz will be 'opened' a week before it is due. Once you open the quiz you will have 45 minutes to complete the quiz. You will be given 2 chances to complete all quizzes. Your lowest quiz grade will be dropped when your final grade is calculated.

2. Online Discussions (addresses learning outcome #2)

- [Discussion 1: Introduce Yourself](#)
- [Discussion 2: Getting the Most out of College and Professionalism](#)
- [Discussion 3: You at the U](#)

3. Assignments/Projects/Papers (addresses learning outcomes #1, #3, and #5)

- [Responding to Assignment Feedback](#)
- [Cardiorespiratory Fitness assignment](#)
- [PEAK Assignment: Health & Wellness](#)
 - [PEAK Sign-up](#): Sign up for a PEAK consultation and receive 5 points.
- [Professional Practice Paper](#)

4. Final Exam (addresses learning outcomes #1, #2, #3, and #4)

- You will have one final exam.
- The exam will cover lecture material -- the **video** lecture material in the modules. Your quizzes cover book material.
- You will only receive one attempt on the final exam and your time will be limited.

Course Schedule

KINES 2500 Course Schedule

The purpose of this schedule is to give you an overview of the course. It covers what topics will be covered when and due dates for all of your assignments. It is a solid idea to put all of the due dates in your calendar with reminders so that you don't miss anything.

Week 1 Assignments due 5/19

Topics: Introduction to Kinesiology & Physical Activity Guidelines

Syllabus Quiz

PEAK Sign-up

Discussion 1

Quiz #1

Week 2 Assignments due 5/26

Topics: Career Development & H&K Advisors

Discussion 2

Quiz #2

Week 3 Assignments due 6/2

Topics: Exercise Physiology & Exercise Prescription

Responding to Feedback

Quiz #3

Week 4 Assignments due 6/9

Topics: Sociology of Sport and Sport & Exercise Psychology

Cardiorespiratory Fitness Assignment

Quiz #4

Week 5 Assignments due 6/16

Topics: Biomechanics & Motor Behavior

Professional Practice Assignment

Discussion 3

Quiz #5

Week 6 Assignments due 6/19

Topic: Intro to Research

PEAK Assignment Due

Final Exam Due

****Course Closes June 19 at 11:59pm

Accommodations

Disclaimer

Accommodations will be considered on an individual basis and may require documentation.

Please contact me as soon as possible (preferably shortly before the semester begins) to request accommodations of any kind.

Extreme personal circumstances

Please **contact me as soon as possible** if an extreme personal circumstance (hospitalization, death of a close relative, natural disaster, etc.) is interfering with your ability to complete your coursework.

Religious Practice

To request an accommodation for religious practices, **contact me at the beginning of the semester.**

Active Duty Military

If you are student on active duty with the military and experience issues that prevent you from participating in the course **because of deployment or service responsibilities, contact me as soon as possible** to discuss appropriate accommodations.

Disability Access

All written information in this course can be made available in an alternative format with prior notification to the Center for Disability Services (CDS). CDS will work with you and the instructor to make arrangements for accommodations. Prior notice is appreciated. To read the full accommodations policy for the University of Utah, please see Section Q of the [Instruction & Evaluation regulations](#).

If you will need accommodations in this class, contact:

Center for Disability Services

801-581-5020

disability.utah.edu

162 Union Building

200 S. Central Campus Dr.

Salt Lake City, UT 84112

Changes to the Syllabus

This syllabus is not a contract. It is meant to serve as an outline and guide for your course. Please note that I may modify it to accommodate the needs of this class.

You will be notified of any changes to the Syllabus.

UOnline Student Expectations

Though the online format allows students greater flexibility to complete their work, this course does have a structure and timeline! As such, the following is expected of all students in this class:

- Students must be **self-motivated, organized, and willing to stay on top of their schedule.** Students should take control of their learning while in this course.
- Students are expected to **follow the [Core Rules of Netiquette](#)** at all times while participating in the class and communicating with others.
- Students will **log in** to the course a minimum of **3 times per week.**
- Students are **not expected to interact with their classmates in person.** Students **may be expected to work with classmates via online communication** options like Canvas Discussions, video conferencing, or another communication technologies of choice (Zoom, Groupme, FaceTime, Google Hangouts, etc).
- Students will **regularly check for course updates** and will **update their Canvas notification settings** to ensure they receive timely notifications from the course.
- Students will **contact the instructor** in a timely manner if they have any **questions**, are **struggling** with course materials, or **need further assistance.**
 - If you do not hear back within 3 days after sending a message, please contact me again.
- Students will **follow all official University of Utah policies** regarding interpersonal conduct, academic dishonesty, and other rights and responsibilities of students outlined in the [University of Utah Student Handbook](#) and [Code of Student Rights and Responsibilities.](#)
 - If you have any questions about this, please contact the [Dean of Students.](#)

UOnline Instructor Expectations

Your course instructor is an expert in the topics you will learn about this semester. Your instructor is your mentor and facilitator of the classroom experience, aided by teaching assistants. Instructors are committed to:

- The instructor will design the course to **include lectures, learning materials, and assignments that are accessible** and provide students with **opportunities to learn** and practice course content.
- The instructor and teaching assistants will ensure that the **course remains a safe space** where students can engage with difficult content thoughtfully and respectfully.
- The instructor and teaching assistants will **interact with the class regularly** via announcements, virtual office hours (one-on-one video conferencing), emails/the Canvas Inbox, feedback on assignments, and comments on Discussions, among other methods.
- The instructor and teaching assistants will **respond to students in a timely manner**: within 48 hours, not including weekends and holidays.
- The instructor and teaching assistants will be **available for individual consultation** via virtual office hours (one-on-one video conferencing), email, or phone and **will not require students to meet in person**.
- The instructor and teaching assistants will **provide relevant feedback in a timely manner**.
- The instructor and teaching assistants will **follow all official University of Utah policies** regarding interpersonal conduct, accommodations, and other important duties.