

The University of Texas at Tyler
Department of Health & Kinesiology

Fundamentals of Exercise Science
KINE 2330.060
Spring 2021

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Office Hours: By appointment only
Office Location: Online via web conference

COURSE DESCRIPTION: This course will introduce the key concepts concerning the anatomical, mechanical, physiological, neural, and psychological bases of human movement. The course provides a broad foundation for more detailed study of the sub-disciplines of human movement and for cross-disciplinary studies.

PREREQUISITE: N/A

COURSE OBJECTIVES: Upon successful completion of this course, students will be able to:

1. Describe the fundamental concepts of exercise science.
2. Identify and describe the sub-disciplines of exercise science.
3. Describe the changes in movement and movement potential that occur across the life span.
4. Describe the changes in movement and movement potential that occur as adaptations to training.

Specific learning objectives will be given in each module (in Canvas). Evidence of achieving these learning outcomes will be demonstrated through the successful completion of quizzes, exams, discussions, and assignments achieving a class average of 700 points or more.

REQUIRED TEXT: *Biophysical Foundations of Human Movement* by Abernethy, Kippers, Hanrahan, Pandey, McManus & Mackinnon (Human Kinetics, 2013, ISBN-13: 9781450431651).

This textbook is available for purchase in either hard copy or e-book formats, as well as a rental option. You may purchase the textbook or other supplies by contacting the UT Tyler Bookstore at 903-566-7070 or online at <http://uttyler.bncollege.com/>. In addition to the UT Tyler Bookstore, the text is also available from the publisher (<http://www.humankinetics.com/home>) or other websites (e.g. amazon.com and half.com). Additionally, ancillary readings will be posted in respective reading assignments throughout the course.

COURSE FORMAT: You will find that this class is very similar to a traditional on-campus class in that it will consist of textbook readings, discussions, written assignments, and exams. In contrast to a traditional on-campus class, assignments in this course can be completed asynchronously. In other words, there will be no scheduled meeting times in this class. You may access course content and complete assignments at your convenience, though you still must meet assignment and testing deadlines.

Canvas: Canvas will be used to deliver course content for this class. You can access Canvas through the *UT Tyler Logins* link at the top of the UT Tyler main website (you will need your ID and password). Important class resources, including the syllabus, course schedule, announcements, and external links, as well as the learning modules, will be accessed here. The **GETTING STARTED** module will explain the different Canvas functions that you will use in this class.

Online Content: The content of this course is organized into modules and will be accessed in the **MODULES** tab in Canvas. Each module will be broken down into weekly coursework. Within each module, you will find learning objectives and various avenues to learn the content, such as assigned readings, recorded lectures and/or videos associated with the reading assignments, a quiz over the assigned content, and an assignment to complete.

You will have a week to complete each module. As an asynchronous course, there are not “fixed” meeting days. Weekly modules will be open Monday-Sunday; module assignments, quizzes, and discussion post responses must be completed no later than Friday by 11:59pm.

The lectures are intended to emphasize the concepts that I think are most important, organized in a sequence that facilitates learning. The textbook readings and the lectures may overlap, but there is also much information presented in the textbook that I do not present in the lectures, and vice versa. Therefore, it is important that you read and study the concepts presented both in the online video lectures as well as in the textbook and PowerPoints.

There will be three exams. Although the exams mostly focus on the content presented in the respective modules, they are cumulative in the sense that understanding of content presented earlier in the semester is necessary for comprehending content later in the semester.

SOFTWARE: Written assignments are accepted only as PDFs or Word documents (doc or docx). You can create PDFs with MS Word or Apple Pages. I will not accept any other formats. Check with the UT-Tyler Bookstore or your university bookstore for student discounts on MS Word. If you have a Mac, you can download Pages for \$20 from the App store on your Mac.

EVALUATION:

There are 1,000 points possible in this course. Your final course grade will be based on the total number of points earned as follows:

- A** = 900 – 1000 points
- B** = 800 – 899 points
- C** = 700 – 799 point
- D** = 600 – 699 points
- F** = <600 points

Students will be evaluated by completing the quizzes, assignments, exams, discussion boards, and semester project. Points will be allocated as follows:

Grading Policy

Course Work	Point Value
Ice-breaker Discussion Post	40
Main Discussion Post	40
Discussion Post Responses	12 x 10 points = 120
Assignments	12 x 10 points = 120
Quizzes	12 x 10 points = 120
Exams	3 x 120 points = 360
Blog Project	150
Professionalism	20
Sign-ups	30
TOTAL	1000

Feedback on exams/assignments: Due to the number of students in this class and the nature of the assignments, please allow approximately one week for evaluation and feedback on all exams and assignments.

Extra Credit: Extra credit should not be expected. Please do not ask if there are any extra credit opportunities, in order to raise your grade.

Getting help: If you find yourself struggling in the class (especially if you fail an exam or any quizzes), you should meet with me as soon as possible so that we can determine what steps you need to take to succeed in the class. I'm available to videoconference, or discuss via Canvas or email.

Netiquette: Students are expected to behave in a respectful manner (both with other students as well as with the instructor). Questions are highly encouraged, but please re-read any e-mails or discussion posts prior to sending. "Professionalism" points can be affected due to poor e-mail composition.

EXAMS:

There will be three exams. Possible exam question format includes: multiple choice, true-false, fill-in the blank, and short answer questions. Exams will cover material from reading assignments, lectures, written assignments, quizzes, and discussions. Exams will require the use of ProctorU. Exams will be available over a two-day period. Once started, students will have 75 minutes to complete the exam.

QUIZZES

Online quizzes: Each weekly lesson will contain a short online quiz to assess your understanding of the material. You may use your textbook and reading assignments to complete the quizzes; however, you must take the quizzes by yourself. Students will have 15 minutes to complete each quiz.

LEARNING ACTIVITIES

There will be 12 assignments. Assignments are to be typed and will only be accepted via Canvas as a Word document or PDF. Please save the file as "Last Name_First Name_HW#", etc. No late assignments will be accepted. All coursework will be graded within 10-14 days.

General rules for assignments

- Unless stated otherwise, any work handed in must be typed in 12-point font with 1" margins all around.

- All work must be submitted by the stated due date. No late work will be accepted unless prior arrangements have been made with the instructor and there is a university excused absence. There will be ample time to complete assignments, and you may turn in your work early.
- All written work, including exams and assignments, must be typed according to the assignment instructions.
- All work turned in will be graded with rigor appropriate for junior-level standing.
- Any assignment that you hand in for a grade is expected to be original and your own work. Any act of cheating or plagiarism will not be tolerated. Ignorance of what constitutes cheating or plagiarism is not a valid defense. If you are not sure what these are, please consult the student handbook or ask the instructor. More about cheating and plagiarism can be found in the Policies section below.
- If you have trouble with writing assignments, please contact the Writing Center on campus at 903-565-5995. They have tutors and other resources available to assist you with your written assignments.

DISCUSSION BOARD:

Due to the online nature of the course, interaction with students and the instructor will occur through the Discussion Board. The Discussion Board will be used to allow you to demonstrate your comprehension of the course material and your ability to communicate that comprehension through writing.

- *Discussion Post* - Students will sign-up for one main discussion post, for the semester. Main discussion posts are due on Wednesday of the assigned week. Students will be responsible for researching (using at least two scholarly sources and citing in APA format) and providing thorough information (at least 450 words), which will be beneficial and applicable to the rest of the class. Thorough information means relevant, current, and in greater detail than that which is provided in the textbook or class notes. At least two non-textbook references needed.
- *Discussion Post Responses* - Additionally, each week, including the week when writing the main post, students will need to kindly respond to another student's post (at least 150 words). Responses need to add to the discussion (i.e. ask a question, present additional research (include references), share something you learned, etc.). They need to be at least four sentences and are due by Friday. Main authors will respond to all classmate comments by Saturday.

When posting to the Discussion Board please follow these additional guidelines:

- You are expected to complete the reading assignments prior to participation in discussions, unless the assignment states otherwise.
- Use the Module forums for discussion of question or issues related to that Module. Use the General Questions forum for other questions related to the course (navigation, location of particular items, etc.) or other wellness questions, in general.

Exercise Science Blog Project:

Students will be required to research a topic of their choosing, in the area of kinesiology, and provide an informational blog post on the topic. At least five peer-reviewed journals will need to be cited in APA format. Further instruction will be available in Canvas. Projects will be submitted under the "Assignment" tab as well as under the "Discussion Board". Save project as LastName_FirstName_BlogProject.

COURSE COMMUNICATION:

Announcements: I will post Announcements at least once a week. You will be able to see these

announcements on your course portal page. Please check these frequently so you do not miss any important information.

E-mail communication: Instructors are required to use your Patriots account e-mail address for e-mail correspondence. Therefore, any e-mail message originating from me will be sent to your Patriots account. If you use an e-mail account other than your Patriots account you may want to set up your account so that it pushes your Patriots account e-mail to your personal inbox. Most announcements on the class Canvas page will also be sent to your Patriots e-mail address.

Note: a. the instructor will not send any e-mails to private accounts such as yahoo, Gmail, Hotmail, etc; b. when e-mailing the instructor (or any other faculty or staff members), please be sure to *use proper etiquette in on-line communication*, including the proper use of spelling, grammar, and punctuation. There are numerous resources on e-mail etiquette on the web and you are expected to review some if you are not familiar with these accepted procedures; c. all e-mail communication from you to me should reference “KINE 2330” in the subject line (e.g. KINE 2330 question or KINE 2330 assignment). If it does not, the likelihood of it being read by me decreases. I will make every effort to respond to e-mail on the same day, however, allow up to 48 hours for a response. E-mails received Friday afternoon or on weekends will receive a response on the following Monday.

STUDENT EXPECTATIONS:

Professionalism: Students are expected to maintain a professional disposition at all times.

Preparation: Students are expected to prepare for class by completing the weekly lessons prior to class. Furthermore, students are strongly encouraged to use the online resources provided by the publisher and Primal Pictures as supplemental material. Although we will not cover everything from the assigned reading in the online lectures, it still should be considered a source for exam questions.

Participation: Students are strongly encouraged to ask, and respond to questions. This student/instructor interaction makes for more interesting sessions and facilitates better learning.

Lecture notes: Students are expected to take notes from the video lectures. Summary PowerPoint slides will be provided.

Review of material: Students are expected to review material daily; as a general rule you should spend 2-3 hours per week per credit hour outside of class reviewing material. This means you should be spending 6-9 hours per week for this class.

Exams: Students will be expected to use ProctorU for all exams. Students may not discuss the content of the exams with other students. It would be in violation of the honor code.

Canvas: Canvas will be used in this class as a means to help you prepare for class. Important class resources, including the syllabus, lecture slides, grades, announcements, external links, assigned readings, study guides, and other assignments or materials will be distributed through this site. Students are expected to consult Canvas frequently. Announcements will be sent to your Patriots e-mail account. Please be sure to check it at least once a day.

Make-up: Unless you contact the instructor ahead of time, late assignments will not be accepted. Contact the instructor before the due date if you will be unable to complete the assignment on time and have a university excused absence. Coursework must be submitted within Canvas.

Please do not email the instructor assignments and/or projects unless otherwise asked to. A missed exam without a prior excuse receives an automatic zero. An excused, missed exam must be taken before the next class (arrange with instructor).

Technical skills: Students are expected to possess certain technical requirements and skills in order to successfully participate in this course. Please see the *Student Resources for Hybrid and Online Courses* in the GETTING STARTED module in Canvas for more information. A webcam and built-in microphone will be needed. If you do not have access to any of these please contact me within the first week of classes.

Quality of work: All written work, including exams and assignments, must be typed according to the assignment instructions.

Learning disabilities: Students with special learning needs are expected to inform me on the first day of class so that we can make any necessary arrangements.

Communication with the Instructor:

Note: a. The instructor will not send any e-mails to private accounts such as yahoo, Gmail, Hotmail, etc. b. When e-mailing the instructor (or any other faculty or staff members), please be sure to *use proper etiquette in on-line communication*, including the proper use of spelling, grammar, and punctuation. There are numerous resources on e-mail etiquette on the web and you are expected to review some if you are not familiar with these accepted procedures. c. All e-mail communication from you to me should reference "KINE 2330" in the subject line. If it does not, the likelihood of it being read by me decreases. I will make every effort to respond to e-mail on the same day, however, it may take a day or two to respond. E-mails received Friday afternoon or on weekends will receive a response on the following Monday.

COPYRIGHT:

All handouts used in this course, including those delivered via Canvas, are copyrighted. The term "handouts" refers to all materials generated for this class, which include but are not limited to syllabi, quizzes, exams, PowerPoint slides, in-class materials, review sheets, etc. Because these materials are copyrighted, you do not have the right to copy the handouts.

University Policies

(From the *Handbook of Operating Procedures* and the UT Tyler Website)

STUDENTS RIGHTS AND RESPONSIBILITIES

To know and understand the policies that affect your rights and responsibilities as a student at UT Tyler, please follow this link: <http://www.uttyler.edu/wellness/rightsresponsibilities.php>

ACADEMIC DISHONESTY POLICY

At The University of Texas at Tyler students and faculty are responsible for maintaining an environment that encourages academic integrity. Students and faculty members are required to report an observed or a suspected case of academic dishonesty immediately to the faculty member in charge of an examination, classroom or laboratory research project, or other academic exercise.

Since the value of an academic degree depends on the absolute integrity of the work done by the student for the degree, it is imperative that a student maintain a high standard of individual honor in scholastic work. Scholastic dishonesty includes, but is not limited to, cheating, plagiarism, and collusion:

"Cheating" includes:

1. Copying from the paper of another student, engaging in written, oral or any other means of communication with another student, or giving aid to or seeking aid from another student when not permitted by the instructor;
2. Using material during an examination or when completing an assignment that is not authorized by the person giving the examination or making the work assignment;
3. Taking or attempting to take an examination for another student, or allowing another student to take an examination for oneself;
4. Using, obtaining, or attempting to obtain by any means, the whole or any part of an unadministered examination or work assignment. "Plagiarism" includes the unacknowledged incorporation of the work of another person in work that a student offers for credit. "Collusion" includes the unauthorized collaboration with another person in preparing written work that a student offers for credit.

GRADE APPEAL PROCEDURE

A student who wishes to contest a grade given by an instructor must initiate the procedure by contacting the instructor who assigned the grade. The instructor and the student should informally review the criteria for assignment of grades and the student's performance. The instructor may affirm the grade or revise the grade.

If the student is not satisfied after the informal discussion with the instructor, then the student may initiate a formal grade appeal by completing a Grade Appeal Form that may be obtained from the Office of Student Records. Normal grade appeals should be filed at the earliest date possible, but no later than six months from the final date of assignment. The instructor and the student should complete the appropriate parts of the form clearly indicating the instructor's rationale for the grade given and the student's basis for the grade appeal.

At each administrative level of the appeal process, an attempt will be made to resolve the issue. If the instructor holds one of the administrative positions used in the appeal process, then that level is omitted. If no resolution is reached at a particular level, then the appeal is forwarded with the recommendation of the administrator at that level with all documentation.

If the appeal is to be considered by the vice president for academic affairs, then a copy of the Grade Appeal Form shall be forwarded by the academic dean of the students. The Office of the President is the final step in the appeal process at The University of Texas at Tyler.

INDOOR SMOKE-FREE CAMPUS

The University of Texas at Tyler is an indoor smoke-free campus. No smoking will be permitted in any building, office, hallway, classroom, laboratory, restroom, lounge, or any other indoor location.

CLASS ATTENDANCE

Responsibility for class attendance rests with the student. When a student has a university-excused absence, make-up work is able to be scheduled.

The university reserves the right to consider individual cases of nonattendance. In general, students are graded on the basis of intellectual effort and performance. In many cases, class participation is a significant measure of performance, and nonattendance can adversely affect a student's grade. When, in the judgment of the instructor, a student has been absent to such a degree as to jeopardize success in the course, the instructor informs the Office of Student Records that the student is to be dropped from the course.

APPROVED STUDENT ABSENCES

Student Absence due to Religious Observance

Students who anticipate being absent from class due to a religious observance are requested to

inform the instructor of such absences by the second class meeting of the semester.

Student Absence for University-Sponsored Events and Activities

If you intend to be absent for a university-sponsored event or activity, you (or the event sponsor) must notify the instructor at least two weeks prior to the date of the planned absence. At that time the instructor will set a date and time when make-up assignments will be completed.

On those occasions when it may be necessary for students to miss a regularly scheduled class in order to participate in an official university event or activity, faculty sponsors and program directors are requested to observe the following procedures:

1. Faculty sponsors or program directors should draft a memorandum to the vice president for academic affairs. This memorandum should include information concerning the nature of the event, the date(s) on which students would be absent from class, and the names of the students involved.
2. Copies of the memorandum addressed to the vice president should be given to each of the students listed on the memorandum.
3. Students should be directed to communicate with their instructor(s) prior to the date of the planned absence.

It is expected that students will not abuse the privilege of being absent from class for authorized university activities, and that make-up assignments will be made at the discretion and convenience of the instructor.

GRADE REPLACEMENT/FORGIVENESS AND CENSUS DATE POLICIES

Students repeating a course for grade forgiveness (grade replacement) must file a Grade Replacement Contract with the Enrollment Services Center (ADM 230) on or before the Census Date of the semester in which the course will be repeated. Grade Replacement Contracts are available in the Enrollment Services Center or at <http://www.uttyler.edu/registrar>. Each semester's Census Date can be found on the Contract itself, on the Academic Calendar, or in the information pamphlets published each semester by the Office of the Registrar. Failure to file a Grade Replacement Contract will result in both the original and repeated grade being used to calculate your overall grade point average. Undergraduates are eligible to exercise grade replacement for only three course repeats during their career at UT Tyler; graduates are eligible for two grade replacements. Full policy details are printed on each Grade Replacement Contract. The Census Date is the deadline for many forms and enrollment actions that students need to be aware of. These include:

- Submitting Grade Replacement Contracts, Transient Forms, requests to withhold directory information, approvals for taking courses as Audit, Pass/Fail or Credit/No Credit.
- Receiving 100% refunds for partial withdrawals. (There is no refund for these after the Census Date)
- Schedule adjustments (section changes, adding a new class, dropping without a "W" grade)
- Being reinstated or re-enrolled in classes after being dropped for non-payment
- Completing the process for tuition exemptions or waivers through Financial Aid

If you are repeating this course for a grade replacement, you must file an intent to receive grade forgiveness with the registrar by the 12th day of class. Failure to file an intent to use grade forgiveness will result in both the original and repeated grade being used to calculate your overall grade point average. A student will receive grade forgiveness (grade replacement) for only three (undergraduate student) or two (graduate student) course repeats during his/her career at UT Tyler (2006-2008 Catalog, P. 35).

DISABILITY STATEMENT

In accordance with Section 504 of the Rehabilitation Act, Americans with Disabilities Act (ADA) and the ADA Amendments Act (ADAAA) the University of Tyler at Texas offers

accommodations to students with learning, physical and/or psychological disabilities. If you have a disability, including non-visible a diagnosis such as a learning disorder, chronic illness, TBI, PTSD, ADHD, or you have a history of modifications or accommodations in a previous educational environment, you are encouraged to visit <https://hood.accessiblelearning.com/UTTyler> and fill out the New Student application. The **Student Accessibility and Resources (SAR)** office will contact you when your application has been submitted and an appointment with an Accessibility Case Manager. For more information, including filling out an application for services, please visit the SAR webpage at <http://www.utt Tyler.edu/disabilityservices>, the SAR office located in the University Center, # 3150 or call 903.566.7079.

STATE-MANDATED COURSE DROP POLICY

Texas law prohibits a student who began college for the first time in Fall 2007 or thereafter from dropping more than six courses during their entire undergraduate career. This includes courses dropped at another 2-year or 4-year Texas public college or university. For purposes of this rule, a dropped course is any course that is dropped after the census date (See Academic Calendar for the specific date). Exceptions to the 6-drop rule may be found in the catalog. Petitions for exemptions must be submitted to the Enrollment Services Center and must be accompanied by documentation of the extenuating circumstance. Please contact the Enrollment Services Center if you have any questions.

SOCIAL SECURITY AND FERPA STATEMENT:

It is the policy of The University of Texas at Tyler to protect the confidential nature of social security numbers. The University has changed its computer programming so that all students have an identification number. The electronic transmission of grades (e.g., via e-mail) risks violation of the Family Educational Rights and Privacy Act; grades will not be transmitted electronically.

TECHNICAL INFORMATION:

If you experience technical problems or have a technical question about this course, you can obtain assistance by emailing itsupport@patriots.utt Tyler.edu or call 903.565.5555.

When you email IT Support, be sure to include a complete description of your question or problem including:

- The title and number of the course
- The page in question
- If you get an error message, a description and message number
- What you were doing at the time you got the error message

Netiquette Guide

"Netiquette" is network etiquette, the do's and don'ts of online communication. Netiquette covers both common courtesy online and informal "rules of the road" of cyberspace. Review and familiarize yourself with the guidelines provided.

(URL: <http://www.learnthenet.com/learn-about/netiquette/index.php>)

Class Schedule: All assigned coursework is due by 11:59pm on the date stated in the syllabus.

Week		Ch(s)	Topic(s)	Assignment(s)
Date	Module			
Week 1 1/11-1/17	1	1	Introductory Lecture, Human Movement Studies	Ice-breaker Discussion: 1/14 HW 1: 1/15 Quiz 1: 1/15 Discussion Topic Sign-Up: 1/17 Syllabus Contract Quiz: 1/17
Week 2 1/18-1/24	2	3	1/18 MLK Jr Holiday No Class Basic Concepts of the Musculoskeletal System	HW 2: 1/22 Quiz 2: 1/22 Discussion 2 Responses: 1/22 Blog Topic Sign-Up: 1/24
Week 3 1/25-1/31	3	5-6	1/25 Census Day Musculoskeletal Changes and Musculoskeletal Adaptations	HW 3: 1/29 Quiz 3: 1/29 Discussion 3 Responses: 1/29
Week 4 2/1-2/7	4	9-10	Biomechanics and Biomechanical Adaptations	HW 4: 2/5 Quiz 4: 2/5 Discussion 4 Responses: 2/5
Week 5 2/8-2/14		1, 3, 5-6, 9-10	Exam 1: 2/12-2/13	
Week 6 2/15-2/21	5	11	Basic Concepts of Exercise Metabolism	HW 5: 2/19 Quiz 5: 2/19 Discussion 5 Responses: 2/19
Week 7 2/22-2/28	6	12	Basic Concepts of Nutrition and Exercise	HW 6: 2/26 Quiz 6: 2/26 Discussion 6 Responses: 2/26
Week 8 3/1-3/7	7	13-14	Physiological Capacity and Physiological Adaptations	HW 7: 3/5 Quiz 7: 3/5 Discussion 7 Responses: 3/5
Week 9 3/8-3/14			Spring Break No Classes	
Week 10 3/15-3/21	8	15-16	10/19 Midterm Grades Due Basic Concepts of Motor Control: Neuroscience and Cognitive Science	HW 8: 3/19 Quiz 8: 3/19 Discussion 8 Responses: 3/19
Week 11 3/22-3/28		11-16	Exam 2: 3/26-3/27	
Week 12 3/29-4/4	9	17	Motor Control Changes Throughout the Life Span	HW 9: 4/2 Quiz 9: 4/2 Discussion 9 Responses: 4/2
Week 13 4/5-4/11	10	18	Motor Control Adaptations to Training	HW 10: 4/9 Quiz 10: 4/9 Discussion 10 Responses: 4/9
Week 14 4/12-4/18	11	19-20	Basic Concepts in Sport and Exercise Psychology	HW 11: 4/16 Quiz 11: 4/16 Discussion 11 Responses: 4/16 Exercise Science Project: 4/17
Week 15 4/19-4/25	12	21-22	Physical Activity and Psychosocial Factors and Psychosocial Adaptations	HW 12: 4/23 Quiz 12: 4/23 Discussion 12 Responses: 4/23
Week 16 4/26-5/2		17-22	Exam 3: 4/27-4/29	