

UC 11910 12F

CBM003 ADD/CHANGE FORM

APPROVED APR 24 2013

Undergraduate Council
 New Course Course Change
Core Category: _____ Effective Fall 2013

or
Graduate/Professional Studies Council
 New Course Course Change
Effective Fall 2012

1. Department: Health and Human Performance College: CLASS
2. Faculty Contact Person: Dr. Brian McFarlin Telephone: 3-9929 Email: bmcfarlin@uh.edu

3. Course Information on New/Revised course:
• Instructional Area / Course Number / Long Course Title:
KIN / 1352 / Foundations of Kinesiology, Health, and Fitness
• Instructional Area / Course Number / Short Course Title (30 characters max.)
KIN / 1352 / FOUNDATIONS OF KIN, HLH, FIT
• SCH: 3.00 Level: FR CIP Code: 31.0505.00 14 Lect Hrs: 3 Lab Hrs: 0

RECEIVED OCT 12 2012

4. Justification for adding/changing course: To more accurately reflect course content/level (Sch Δ)
5. Was the proposed/revised course previously offered as a special topics course? Yes No

- If Yes, please complete:
• Instructional Area / Course Number / Long Course Title:
____ / ____ / ____
• Course ID: _____ Effective Date (currently active row): _____

6. Authorized Degree Program(s): BS Kin: Exercise Science, Fitness and Sports, Sport Administration
• Does this course affect major/minor requirements in the College/Department? Yes No
• Does this course affect major/minor requirements in other Colleges/Departments? Yes No
• Can the course be repeated for credit? Yes No (if yes, include in course description)

7. Grade Option: Letter (A, B, C ...) Instruction Type: lecture ONLY (Note: Lect/Lab info. must match item 3, above.)

8. If this form involves a change to an existing course, please obtain the following information from the course inventory: Instructional Area / Course Number / Long Course Title
KIN / 1252 / Foundations of Kinesiological Studies
• Course ID: 28980 Effective Date (currently active row): 1/18/2011

9. Proposed Catalog Description: (If there are no prerequisites, type in "none".)
Cr: 3. (3-0). Prerequisites: None Description (30 words max.): To provide introductory information and historical backgrounds to the fields of kinesiology, health, and fitness. Assessing their own health and fitness levels.
↳ Students will assess

10. Dean's Signature: _____ Date: 10/8/12
Print/Type Name: _____

KIN 1352: Foundations of Kinesiology, Health, and Fitness

Blackboard - Hybrid

INSTRUCTORS / DESIGNERS:

Brian K. McFarlin, PhD, FACSM
Associate Professor
Office Hours by Appointment
Use Blackboard e-mail

Prerequisites (recommended):

None

Text:

None

Course Description:

This purpose of this course is to provide introductory information and historical backgrounds to the fields of kinesiology and health. Also, students will gain practical experiences associated with assessing their health and fitness level.

Course Objectives:

This course is offered in a hybrid format, which is very different than a traditional class. You will be expected to complete assignments on Blackboard, while also attending weekly class meetings to participate in practical learning experiences. Upon successful completion of this course, students will:

1. Gain an understanding of the historical foundations of the modern day field of Kinesiology, Health, and Exercise Science.
2. Gain an understanding of potential careers in the field of Kinesiology, Health, and Exercise Science.
3. Demonstrate a basic understanding of the importance of scientific research to the field of Kinesiology and Exercise Science.
4. Demonstrate a practical understanding of how to assess one's health and fitness.

Course Expectations:

1. This course offers you the flexibility to complete some of the assignments when you choose; however, such a structure requires you to take a lot of self-discipline to make sure that you do not miss deadlines.
2. Absences from the weekly class meetings will not be tolerated, if you miss more than 2 class sessions you may be dropped from the course.
3. If you have special learning needs, please inform me immediately.
4. If at any point during the semester you are unhappy with your performance in this class, please contact me **immediately**.
5. **Academic dishonesty** will not be tolerated (i.e., copying, plagiarism, cheating) and will result in a failing grade for the semester.

ADA Statement:

When possible, and in accordance with 504/ADA guidelines, we will attempt to provide reasonable academic accommodations to students who request and require them. Please call the Center for Students with DisABILITIES at ext. 3-5400 for more assistance.

Academic Dishonesty Policy (copying, plagiarism, cheating):

Students are expected to abide by the university's academic honesty policy in all matters concerning this course. (<http://www.uh.edu/dos/hdbk/acad/achonpol.html>). In particular, plagiarism, "Representing as one's own work the work of another without acknowledging the source," whether intentional or unintentional, will not be tolerated. (List the sanctions for plagiarism in your course here.)

Evaluation:

Final grades will be determined based on the total number of points that you accumulate during the semester. Final letter grades will be determined using the grading scale provided below.

Component	Points
Blackboard Learning Unit Quizzes (8 quizzes, 20 pts each)	180
Practical Lab Reports (8 reports, 20 pts each)	75
Class Discussions (3, 25 pts each)	180
Final Exam	180
Total	615

Letter Grade	Point Range
A	554-615
B	492-553
C	431-491
D	369-430
F	<369

Note: Students will not be allowed to take an Incomplete in this course due to poor planning on their part. If you find you do have a legitimate reason for an Incomplete, please talk with me as soon as possible to discuss the situation and to identify the documentation that will be required to support your request. Please consult the University of Houston catalog to review conditions under which an incomplete may be granted.

Blackboard Orientation:

Prior to being allowed to complete any learning units or other assignments in this class, you must watch the online orientation and netiquette lectures. Once you have watched these and downloaded a copy of the syllabus, you will need to take the syllabus quiz. You cannot begin completing assignments in this course until you have earned a 100% on the syllabus quiz.

Blackboard Learning Units:

Similar to a traditional classroom setting, you will need to watch lectures. The lectures are in voice narrated PowerPoint format, which has been converted to run on a standard web browser (i.e. Internet Explorer, Firefox, Safari, etc.). You may watch the lecture as many times as you like. A printable storyboard version of the lecture is also available for download in Adobe PDF format in the same folder where you will find the online lecture. Learning units will be released to you every two weeks according to the tentative schedule located on page 3.

Blackboard Learning Units Quizzes:

After you have watched the Blackboard Lecture for a given topic, you are required to take a Blackboard quiz (10 questions, 2 points per question) to test your level of knowledge. You will be allowed an unlimited number of attempts to take each quiz. Your grade will be reported as the "highest" of your attempts. Please note that each time you attempt the quiz you will be given a random set of question from the quiz question bank and you will not be provided the answer to the questions that you miss. All Blackboard quizzes must be taken by 11:59 am on **the last day of the semester**. No extension will be granted if errors arise in Blackboard, so it is recommended that you do not wait until the last minute to take quizzes. During the semester, you will take a total of 9 quizzes. When calculating your final grade, we will use your 8 highest quiz grades (dropping the lowest grade) for a total of 180 quiz points.

Note: In order to "unlock" new learning modules, you have to get at least 60% of the questions correct on the previous learning module (at least 12 out of 20 points). For example

in order to unlock learning module 2, you have to get 60% correct on learning modules 1. In order to unlock learning module 1, you will have to get 100% correct on the syllabus quiz.

Practical Lab Experiences:

Once a week you will report to the designated meeting area to participate in a practical laboratory experience. These experiences are designed to provide you practical experiences in the assessment of kinesiology, health, and fitness level. After the completion of each laboratory experience, you will need to download and complete a short 1-page laboratory report on Blackboard.

Blackboard Discussions:

For the purposes of the topics in this class, it is useful to have regular class discussions on Blackboard. On the date assigned on the syllabus, the TA will post a topic to start the discussion. Students in the course are expected to post responses to the original TA's post or posts of other students in the class. During the discussion process, you should treat you peers, the TA, and the instructor in a respectful manner. **Students who do not observe this rule will be banned from the discussion forum without notice.** Discussions will be available beginning at 6:00 am and expire at 11:59 pm on the dates shown below. In order to receive full credit for a discussion, you need to make at least three sustentative posts. At the conclusion of each discussion, the top 10 students in the class who made the most posts will receive 5 points extra credit. **If you miss a discussion, NO make-up will be offered.**

Discussion Dates

Discussion One: 2nd month of semester
Discussion Two: 3rd month of semester
Discussion Three: 4th month of semester

Blackboard Final Exam:

The final exam for this course is cumulative and will be composed entirely of questions from previous quizzes. The exam will be completed on Blackboard. The format will be similar in style to the quiz questions. The final exam will consist of 60 questions. You will be allowed an unlimited number of attempts to take the final exam. Please note that each time you attempt the quiz you will be given a random set of question from the quiz question bank and you will not be provided the answer to the questions that you miss. Your grade will be reported as the "highest" of your attempts. You must take the final exam by **Final Exam Date**. **If you fail to complete the final exam by the due date, NO make-up will be offered.**

How do I get answers to my Questions?

Dr. McFarlin and his graduate teaching assistants are here to help you achieve success in this class. Unfortunately it is very difficult from a time perspective for me to apply to individual e-mail questions about course content. Also, there is a good chance that several of your classmates may have a similar question as you. Thus, if you have a question concerning lecture material, please post these in the discussion forum on Blackboard. This will allow all students in the course to view my responses. If you have grade related questions, you are welcome to e-mail Dr. McFarlin directly via Blackboard e-mail.

Tentative Order of Topics:

Topic	Lecture Available	Quiz Due
Online Orientation & Syllabus		
Sport in the Ancient World and Our European Heritage		
Early American Sport and Physical Education		
20 th Century Sport, Physical		

Education, and Exercise Science	
Active Living in the 20 th Century and Beyond	
Modern Day Kinesiology	
Exercise and Sports Sciences	
Kinesiology as a Profession	
Selecting a Career	
The Research Process	
Final Exam	TBD*

* You will have until 11:59 AM on 5/3/10 to complete all quizzes for this course.

Note: The following information is designed to help the class run smoothly. The instructor reserves the right to make additions and adjustments as necessary. Some of the writings, lectures, films, or presentations in this course may include material that conflicts with the core beliefs of some students. Please review the syllabus carefully to see if the course is one that you are committed to taking. If you have a concern, please discuss it with me at your earliest convenience.