

FOUNDATIONS OF KINESIOLOGY & HEALTH

01:377:140 Sections M2, M3, M4

Semester: Spring 2021

Department of Kinesiology and Health
Rutgers University

Course information

Pre/co-requisites: None

Online learning site: Canvas <https://canvas.rutgers.edu/>

Online format: Asynchronous

Class lectures will be provided using: Kaltura via CANVAS

Technology requirements for this course: Students will be expected to be competent in the use of computers, the Web, and commonly used software programs such as the Microsoft Office Suite of applications. Students will be using Canvas.

Note: CANVAS course modules will contain lectures, videos, and assignments for you to complete. It is your responsibility to keep track of the weekly assignments and deadlines. Late assignments will not be accepted and no partial credit will be given. **Communication will be via “Course Announcements” so be sure to set your account settings to get these notifications.** This will also display on the course home page.

Instructor information

Instructor: Nancy Goldberg, M.A.

Email: ng391@kines.rutgers.edu

Virtual office hours: Available by request. Please email to set up a date and time.

Virtual office hour's format: Zoom link will be sent with invitation upon confirmation of request. Canvas email will be used for all information and communication related to this course.

Required Course Materials

There is no textbook required.

Course Description

The purpose of this course is to provide an overview of the Department of Kinesiology and Health as well as to both the Exercise Science and Sport

Management majors. Students will gain an understanding of the historical, philosophical, and scientific foundations of the discipline as well as be exposed to career preparation, contemporary challenges and issues facing the field and exposure to course topics in both science and management.

This course is required for all Exercise Science and Sport Management Majors.

Course Learning Objectives

By the conclusion of this course, student-learners will:

1. Comprehend the nature and scope of the profession of Kinesiology, Health and Sports Management.
2. Recognize and identify all the facets of the Department of Kinesiology and Health.
3. Define the sub-disciplines of the field: exercise physiology, sport management, sport psychology, sport sociology, bio mechanics, etc.
4. Knowledgeably discuss the current issues of the profession in the 21st
5. Recognize the laws and leaders that/who had great influences on the profession.
6. Identify the various career opportunities within the profession.
7. Produce a professional presentation.
8. Learn how to make contact with professionals in the field.

Online Learning

Online learning uses technology to facilitate learning but requires students to have disciplined work habits and effective time management skills. Students are expected to actively participate by logging in frequently, completing all assigned lectures, videos and readings and by responding fully to threaded discussion topics.

The CANVAS course schedule is very detailed and students must progress through the modules which are opened weekly. Lectures and course materials are uploaded and organized within the MODULES tab. Each module has an “instruction” tab to provide clarity and weekly expectations. It is the student’s responsibility to be aware of all dates and deadlines- no excuse will be accepted for missed assignments. Be aware that assignments close at 11:59 pm on the assigned dates. Submitting work at the last minute or hour is not recommended. See the grading policy outlined below.

As we progress through the semester, any updates or modifications will be communicated through CANVAS announcements. Students can adjust their CANVAS account notifications to set their own preference options:

<https://community.canvaslms.com/docs/DOC-10624-how-do-i-set-my-canvas-notification-preferences-as-a-student>.

Grading Policy

- This class uses a percentage-based system to calculate grades. The description of each assignment includes the point/percentage value. The table below outlines the % value to letter grade.
- Assignments are due by 11:59 PM on the due dates listed below unless otherwise noted.
- Assignments turned in late will receive 0 points unless the student communicates with the instructor BEFORE the due date and receives written approval of an extension.
- Concerns about a graded assignment must be brought to the instructor within seven days of receiving the grade. Assignment grades are finalized after this seven day period.
- Grades on Canvas will be updated regularly; if you notice any discrepancies or have questions, please do not wait until the end of the semester – let your instructor know right away.

Letter Grade	% Percent
A	90-100
B+	85-89.9
B	80-84.9
C+	75-79.9
C	70-74.9
D	60-69.9
F	0-59.9

Weight of Assignments

Written Assignments	50%
Quizzes	25%
Current Issues Project	25%
Total	100%

Assignments: Written Assignments (50%)

Assignment #1 Motor Skills Fitness Exercise Plan 10 points

Understanding human movement is critical to both the fields of exercise science and sport management. Read the article:

<https://www.livestrong.com/article/534286-six-components-of-fitness-related-to-motor-skills/>

Assignment: Utilizing all 6 components of motor skills described in the article, design a basic (and fun) 15-minute exercise plan for a 10-year-old male or female. Do not use any of the examples from the article but rather; create your own.

Assignment #2 Video Observations 10 points

Part 1: Watch the video- "You Can Be Me"

Answer the following questions (one paragraph for each question)

1. What did you learn about various Physical Therapist settings?
2. What were some of the ranges of injuries, illnesses and disabilities that were portrayed as benefiting from this modality?

Part 2: Watch the video- "UV Medicine for All"

Answer the following questions (one paragraph for each question)

1. What are some of the unique characteristics of Frenchie's recovery in the depicted setting?
2. In the case of the dancer- describe the doctor/patient relationship and its importance to the recovery process?
3. What did the Sport Medicine Physician and other professionals mean when they refer to a patient's attitude?

Submit these as a word document or text upload.

Assignment #3 Threaded Discussion on Esports 10 points

Watch the 2 videos on Esports. Threaded posts are due via the published deadlines. Each post completed by the deadline is worth 10 points

Part 1 Post response to one of the following questions:

1. Are Gamers “real” athletes?”
2. What is Esports?
3. Do you follow/participate in Esports? If so what is the appeal?
4. Should Esports be considered for possible inclusion as an Olympic Sport?

Part 2 Respond to the post of a group member:

How do you feel about their post? Do you agree? Disagree? Why?

Assignment #4 Sport Sociology/Psychology Journal 10 points

Review the lecture on Sport Sociology, Sport Psychology and Health Psychology. After you review the lecture:

Consider a sport venue where you have been in attendance as an athlete or spectator. Think about the group's behavior around you. Think like a sport sociologist...what was the crowd's behavior like? How did this affect the athletes, other spectators? How did you feel? What kind of influence can a "group" have over someone's behavior? What was the outcome? What happened, how did they react? How did it make you feel? What were the relationships about? Remember to focus on the sport sociology aspect of the situation per power point slides.

Approx. 2 to 3 paragraphs. Start with – Dear Journal:

Take the Quiz to answer the following questions related to your major: 2 to 3 paragraphs are required.

Assignment #5 Professional Challenges 5 points

Take the Quiz to answer the following questions related to your major: 2 to 3 paragraphs are required.

Exercise Science Students:

As we face the COVID19 pandemic, there are extreme challenges facing healthcare professionals. How do you think you would face this crisis, both personally and professionally?

Sport Management Students:

In light of the cancellation of sporting events, competitions, concerts etc... What are some alternatives, you as a future professional, can think of, within the field of sports? to offer the general public?

Assignment #6 Sport & The Law 10 points

Find a court case that deals with any one of the 4 laws discussed in the online lecture, a court case **that** involves sports, physical education, recreation, dance, exercise etc.

Case must be from 2015 to present: Example: Biediger v Quinnipiac University - Law referenced: Title 9

You will write a brief summary about the case and the outcome. Include: date, state, lawsuit (ex. Smith vs. State of NJ). Explain the background and cite the law being discussed. Then write a summary of your opinion of what happened. Did the outcome surprise you? How might this case and the ruling have an effect on your future career in Kinesiology and Health?

This paper should be 1.5 to 2 pages, double spaced.

Assignment #7 Sport in Your Life 5 points

In this assignment, you will take some time to think about your own personal foundation in exercise, fitness and sports and what brings you to this profession. The idea is for you to explore your lifestyle in terms of exercise and fitness and reflect on how your past affects your present! Assignment should be approximately 1.5 to 2 pages in length, double spaced, 12 font. Answer the following questions **in paragraph form:**

1. What was the first sport you participated in and why do you think you made this choice or was it was chosen for you?
2. What was physical education like in your elementary school and high school? Did you participate in high school sports? What did that mean to you? If you did not do high school sports, did you participate in a club team

or do some other kind of physical activity? If you did none of the above, why?

3. Can you recall a good coach? poor coach? What characteristics/traits/style did they have or not have that made you assess them in a certain way?
4. What do you do now for exercise? How would you change that if you could? Has that changed from a few years ago?
5. What are your future professional plans at this time? What brings you to this profession?

Assignment #8 Resume Preparation 10 points

For this assignment, you will compose a resume suitable for the Department's Internship Program as outlined in the resume lecture.

Post Lecture Quizzes (25%)

There will be 4 quizzes based on the lectures of selected weeks. The format of quizzes will be a combination of true or false, multiple choice, matching and/or short answer questions. Online quizzes must be completed using Canvas Quizzes by 11:59 PM on the assigned dates. Each quiz's due date is outlined in the course schedule. Quizzes have 5 questions; each question is worth one point.

Current Issues in Kinesiology and Health/PowerPoint Project (25%)

Our field is constantly changing with new ideas and innovations. As students entering the fields of Exercise Science and Sport Management, you should be aware of these issues and seek the most up to date information.

For this assignment, you will identify an issue/new trend/hot topic within your field of choice*

Note: while this is critical, please select a topic other than COVID19

Examples: Concussion protocols, at home fitness trends, telemedicine

* If you are unsure about your topic choice-please email for approval

Create a professional PowerPoint presentation on the topic. Discuss the importance of this trend or topic and its implications for the field in the future.

Details: 7 to 10 slides- include a title slide, works cited slide, with minimum of 3 sources.

Summary of Assignments with Due Dates- all due 11:59 pm as indicated

Assignment	Due Date	Points	Percent of Grade
Motor Skills Fitness Exercise Plan	1/24/21	10	All Assignments equal to 60% of course grade
Video Observations	1/31/21	10	
Threaded Discussion Esports	2/7 Part 1 2/14 Part 2	10	
Journal	2/14/21	10	
Professional Challenges	2/21/21	10	
Sport & the Law	2/28/21	10	
Sport in Your Life	3/1/21	5	
Resume	3/7/21	10	
Current Issues Project	3/14/21	25	25% Issues Project
Post Lecture Quizzes- 4 5 points each quiz	See CANVAS modules for quiz due dates	25	25% All Quizzes
Total			100.00%

Course Policies and Procedures

Academic Integrity

Students are responsible for becoming familiar with the definitions, procedures and sanctions outlined in Rutgers University Academic Integrity Policy before submitting any assignment or exam. The policy can be found at: <http://academicintegrity.rutgers.edu/academic-integrity-policy/>.

All students should conduct themselves with the highest standards of academic honesty. Examples of academic dishonesty include: copying others' written work, not citing sources, and submitting the same assignments/papers multiple times in different courses. All incidences of questionable academic integrity are a serious matter and may result in a no grade (0.0) for the assignment or course. Academic dishonesty will not be tolerated and will be treated in accordance with Rutgers University Academic Integrity Policy.

Expectations

- Engage with all online class material
- Complete all assigned readings and assignments on time
- Actively participate in all class activities, including online discussions.
- Follow the honor code when completing all quizzes, and exams
- Ask questions to enhance understanding of the material
- Communicate with the instructor if you have questions pertaining to the

- material or the course
- Check your email and Canvas announcements regularly to stay informed about class updates

Email Etiquette

When emailing your instructor, please use your Rutgers e-mail address and identify yourself by full name and course number. Students are expected to place the course number, followed by the subject, in the subject line, use appropriate e-mail etiquette, and maintain reasonable expectations for instructor responses. The instructor will respond to student emails within 1-2 business days.

Plagiarism

By enrolling in this course, you are indicating implicitly that you have read, understood, and accepted Rutgers University's policies and procedures regarding academic integrity and dishonesty. Plagiarism and cheating will not be tolerated and all University policies apply. Specifically, if plagiarism or cheating is suspected, the student(s) will be asked to meet with the instructor. If the instructor concludes that an instance of plagiarism or cheating has occurred, the student(s) will be subject to an appropriate sanction or penalty outlined in Rutgers University Academic Integrity Policy.

Please note that plagiarism is using the ideas or writings of another as one's own. It varies in degree and severity. The most severe is the use of another's entire paper word-for-word. Less severe is the use of another's sentence, paragraph, or ideas without giving credit to that individual (i.e., without providing a reference).

Make-up Policy

No make-ups or extensions will be offered for missed assignments except in one of the following situations, provided that the instructor is notified in advance:

- Athletic or other Rutgers sponsored trips: Travel dates and times accompanied by a signed memo from the group's advisor/coach must be presented to the instructor prior to travel dates.
- Religious observances.
- Extenuating circumstances: This includes (but is not limited to) family emergencies, severe illnesses, accidents, etc. It will be up to the prerogative of the instructor whether or not the student will be allowed

to take the make-up or receive an extension.

Diversity & Inclusion

The Department of Kinesiology and Health supports an inclusive learning environment wherein diversity and authenticity are valued. We are committed to creating a culture of equality that respects the diverse voices of our students, faculty and staff. We will continuously strive to create a curriculum and academic environment to reflect the community we serve, and drive innovation, social responsibility and excellence. Our diversity in thought, skill, and academic discipline is a resource and strength, which stands to benefit the whole and positively contribute to University and global reach.

UNIVERSITY SERVICES

Although many of these offices remain closed to in-person visits, all remain accessible virtually. We encourage students to continue to use these resources during this semester of remote learning.

Service	Description	Contact Information
Student Accommodations	If you are a student in need of accommodations, please register with the Office of Disability Services in order to initiate the accommodations process. Please present your letter of accommodation to your instructor during the first week of the semester. Please note that accommodations are not retroactive.	(848) 445-6800 Lucy Stone Hall, Suite A 145, Livingston Campus, 54 Joyce Kilmer Avenue, Piscataway, NJ 08854 https://ods.rutgers.edu/
Just In Case Web App	Access helpful mental health information and resources for yourself or a friend in a mental health crisis on your smartphone or tablet and easily contact CAPS or RUPD.	http://codu.co/cee05e

Counseling, ADAP & Psychiatric Services (CAPS)	CAPS is a University mental health support service that includes counseling, alcohol and other drug assistance, and psychiatric services staffed by a team of professional within Rutgers Health services to support students' efforts to succeed at Rutgers University. CAPS offers a variety of services that include individual therapy, group therapy and workshops, crisis intervention, referral to specialists in the community and consultation and collaboration with campus partners.	(848) 932-7884 17 Senior Street, New Brunswick, NJ 08901 www.rhscaps.rutgers.edu/ Medical Services: http://health.rutgers.edu/medical-counseling-services/medical/ Counseling Services: http://health.rutgers.edu/medical-counseling-services/counseling/
Violence Prevention & Victim Assistance (VPVA)	The Office for Violence Prevention and Victim Assistance provides confidential crisis intervention, counseling and advocacy for victims of sexual and relationship violence and stalking to students, staff and faculty. To reach staff during office hours when the university is open or to reach an advocate after hours, call 848-932-1181.	(848) 932-1181 3 Bartlett Street New Brunswick, NJ 08901 www.vpva.rutgers.edu/
Scarlet Listeners	Free and confidential peer counseling and referral hotline, providing a comforting and supportive safe space.	(732) 247-5555 https://rutgers.campuslabs.com/engage/organization/scarletlisteners
Academic Support	School of Arts and Sciences Academic Advising for personal, career, and educational goals. Department of Kinesiology & Health Academic Advising for questions about Exercise Science or Sport Management	SAS: https://sasundergrad.rutgers.edu/ Dept. of Kinesiology & Health: Daria Gonzalez Loree Gym, Room 110

	major/minor requirements.	Email: Daria.Gonzalez@rutgers.edu https://kines.rutgers.edu/academics/academic-advising
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