

## Basic Course Information

Semester:	<b>Spring 2023</b>	Instructor Name:	<b>Hector Vildosola</b>
Course Title & #:	<b>ES 209 Introduction to Kinesiology</b>	Email:	<b>Hector.vildosola@imperial.edu</b>
CRN #:	<b>20963</b>	Webpage (optional):	
Classroom:	<b>Online</b>	Office #:	<b>758</b>
Class Dates:	<b>Feb 13 – Jun 9</b>	Office Hours:	<b>Monday- Thursday 11-1 pm Friday 12-1</b>
Class Days:	<b>Online</b>	Office Phone #:	
Class Times:	<b>Online</b>	Emergency Contact:	
Units:	<b>3.0</b>	Class Format:	<b>Asynchronous</b>

## Course Description

This is an introductory course covering the professional career options, history, basic philosophy and principles of Kinesiology. Additionally, a nutritional component covers the current and emerging issues in foods and nutrition. This course is of interest to anyone exploring opportunities in the fields of health, wellness, physical activity, nutrition and sport. (Formerly PE 209) (CSU/UC)

## Course Prerequisite(s) and/or Corequisite(s)

*No requirements*

## Student Learning Outcomes

**Upon course completion, the successful student will have acquired new skills, knowledge, and or attitudes as demonstrated by being able to:**

1. Identify cultural influences and trends influencing physical education/Kinesiology. (ISLO2, ISLO4, ISLO5)
2. Identify career related fields in Physical Education, Exercise Science and Kinesiology. (ISLO1, ISLO2, ISLO5)
3. Assess future issues in Physical Education and Kinesiology. (ISLO2, ISLO4, ISLO5)

## Course Objectives

**Upon satisfactory completion of the course, students will be able to:**

1. Analyze the historical aspects of Kinesiology.
2. Identify various career fields that are related to Kinesiology and Nutrition.
3. Analyze global trends in Kinesiology, Food and Nutrition, and related fields.
4. Identify the professional aims and objectives of modern Kinesiology/Physical education.

5. Explain the preparation and qualifications of a Kinesiology Professional.
6. Analyze and assess the future issues in Kinesiology and Physical education.
7. Identify the various professional settings in which a Kinesiology graduate can promote and advise students, clients, athletes and patients on their physical activity needs.
8. Identify and critically analyze current and emerging issues in Kinesiology and Foods and Nutrition.

### Textbooks & Other Resources or Links

- Oglesby, C., Henige, K., McLaughlin, D. and Stillwell, B. 2017. *Foundations of Kinesiology* 2021. Jones & Bartlett ISBN: 9781284198300

### Course Requirements and Instructional Methods

#### Instructional methods include the following;

- Demonstration,
- Discussion,
- Group Activity,
- Individual Assistance,
- Lab (field) Activity,
- Lecture,
- Audio Visual,
- Computer Assisted Instruction,
- Distance Learning.
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Regular and Effective Contact Policy for Distance Education Background In hybrid or fully online courses, ensuring regular effective contact guarantees that the student receives the benefit of the instructor's presence in the learning environment both as a provider of instructional information and as a facilitator of student learning. In a face-to-face course, the instructor is present at each class meeting and interacts via all class announcements, lectures, activities and discussions that take a variety of forms. For example, discussions can be held as part of a lecture format, group work scenarios, or content review sessions. The instructor also serves as a content advisor when he or she answers questions both as they come up in class and as they arise in individual situations. These types of questions are dealt with via the telephone, email, or face-to-face office visits. Title 5 regulations do not make a distinction between regular and distance education courses beyond the need to have a separate curriculum approval process and the need to ensure regular effective contact. Therefore, it is assumed that those qualities of regular effective contact described above for the face-to-face environment should also be applied to the distance education situation. The distance education guidelines require colleges to develop a policy regarding regular effective contact that addresses "the type and frequency of interaction appropriate to each distance education course/section or session." Imperial Valley College Policy All distance education courses at Imperial Valley College, whether hybrid or fully online, will include regular effective contact as described below:

1. Initiated interaction and frequency of contact. Instructors will regularly initiate interaction with students to determine that they are accessing and comprehending course material and that they are participating regularly in the activities in the course. Distance education courses are considered the "virtual equivalent" of face-to-face courses. Therefore, the frequency of the contact will be at least the same as would be established in a regular, face-to-face course. At the very least, the number of instructor contact hours per week that would be available for face-to-face students, will also be available, in asynchronous and/or synchronous mode, with students in the distance education format. Contact shall be distributed in a manner that will ensure that regular contact is maintained, given the nature of asynchronous

instructional methodologies, over the course of a week and should occur as often as is appropriate for the course. A response time of 24-48 hours, Monday through Friday, is desirable but may vary based on course requirements and extenuating circumstances. It must be clear whether or not the instructor will be available after hours or on weekends and holidays.

2. Establishing expectations and managing unexpected instructor absence. An instructor and/or department-established policy describing the frequency and timeliness of instructor initiated contact and instructor feedback, will be posted in the syllabus and/or other course documents that are made available for students when the course officially opens each semester. If the instructor must be out of contact briefly for an unexpected reason (such as illness or a family emergency that takes the instructor offline), notification to students will be made in the announcements area of the course that includes when the students can expect regular effective contact to resume. If the offline time results in a lengthy 3 absence (a week or more), a substitute instructor should be sought Distance Education Committee – 04/09/14 2 who can assist students while the instructor is unavailable. If, for whatever reason, a faculty member is unable to comply with the regular, timely, and effective contact guidelines set forth, students must be informed via email or high priority announcement as to when they can expect regular, timely, and effective contact to resume.

3. Type of Contact Regarding the type of contact that will exist in all Imperial Valley College distance learning courses, instructors will use the following resources to maintain contact with students:

- a. Orientation material;
- b. Weekly announcements in the course management system;
- c. Threaded discussion boards within the course management system with appropriate instructor participation (“Questions for the Instructor” forums are good, but should be used in conjunction with other forums);
- d. Email contact within or outside Blackboard (response to student emails recommended within 24-48 hours); and
- e. Timely feedback for student work (recommended within 7-10 days). In addition to items a through e above, it is recommended that instructors use at least two or more of the following resources to maintain additional contact with students:
  - f. Participation in online group collaboration projects
  - g. Face-to-face informal meetings (e.g. review sessions)
  - h. Face-to-face formal meetings (e.g. regular, scheduled class sessions)
  - i. Regular podcasts
  - j. Virtual Office hours via the chat function in the course management system or other synchronous systems such as CCC Confer.

Out of Class Assignments: The Department of Education policy states that one (1) credit hour is the amount of student work that reasonably approximates not less than one hour of class time and two (2) hours of out-of-class time per week over the span of a semester. WASC has adopted a similar requirement.

#### **What if I need to borrow technology or access to WIFI?**

1. To request a loaner laptop, MYFI device, or other electronic device, please submit your request here:

<https://imperial.edu/students/student-equity-and-achievement/>

2. If you’d like access the WIFI at the IVC campus, you can park in parking lots "I & J". Students must log into the IVC student WIFI by using their IVC email and password. The parking lots will be open Monday through Friday from 8:00 a.m. to 7:00 p.m.

Guidelines for using parking WIFI:

- Park in every other space (empty space BETWEEN vehicles)
- Must have facemask available
- For best reception park near buildings
- Only park at marked student spaces
- Only owners of a valid disabled placard may use disabled parking spaces

-Only members of the same household in each vehicle 4

- Occupants **MUST** remain in vehicles
- Restrooms and other on-campus services not available
- College campus safety will monitor the parking lot
- Student code of conduct and all other parking guidelines are in effect
- Please do not leave any trash behind
- No parking permit required**

If you have any questions about using parking WIFI, please call Student Affairs at 760- 355-6455

### Course Grading Based on Course Objectives

*[Provide detailed information related to grading practices and grading scale, including values and totals. Consider adding final grade calculation, rubrics, late assignment policy, and other grading practices.]*

Letter grade based on course participation which include the following Class Activity Exam(s)

- Discussions
- Oral Assignments
- Quizzes
- Written Assignments
- Essay
- Problem Solving Exercise
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#### Grading Criteria

The course consists of 16 Modules worth 25 points each module for a total of 400 points possible. Each module will contain lectures, discussions, quizzes, group and individual activities. Every module must be completed sequentially. This means that you need to complete Module 0 before you can start Module 1 and Module 1 before Module 2 and so on.

#### Grading Scale

- A = 370-400 Points
- B= 340-369 Points
- C= 310-339 Points
- D = 280-309 Points
- F = Below 280 Points

#### Late Submissions

This course is designed to take about 8 hours per week (on average). **Please plan to:**

- Set aside time each week to view all module materials and submit required work
- Log in regularly each week to check for announcements, grades, messages, and comments
- Participate in online discussions, and respond thoughtfully to your peers
- Late Work:

Every week you will have course activities that you must complete in a timely manner in order to acquire the knowledge and skills needed to meet the course objectives. Life happens and roadblocks can appear without notice when you are trying to complete assignments and I understand that. My policy is that you can turn in assignments late but points will be deducted in 24 hour increments of 10%. When the assignment is submitted after 120 hours have passed from the dues date and time it will be no longer count for points but it will be considered complete for the module.

#### Late work

24 hours late= 10% less points

48 hours late= 20% less points

72 hours late= 30% less points

96 hours late= 50% less points

120 hours late= 100% less points

### Course Policies

A student who fails to attend the first meeting of a class or does not complete the first mandatory activity of an online class will be dropped by the instructor as of the first official meeting of that class. Should readmission be desired, the student's status will be the same as that of any other student who desires to add a class. It is the student's responsibility to drop or officially withdraw from the class. See [General Catalog](#) for details.

☑ Regular attendance in all classes is expected of all students. A student whose continuous, unexcused absences exceed the number of hours the class is scheduled to meet per week may be dropped. For online courses, students who fail to complete required activities for two consecutive weeks may be considered to have excessive absences and may be dropped.

☑ Absences attributed to the representation of the college at officially approved events (conferences, contests, and field trips) will be counted as 'excused' absences.

**What does it mean to "attend" an online class? 5**

Attendance is critical to student success and for IVC to use federal aid funds. Acceptable indications of attendance are:

- ☑ Student submission of an academic assignment
- ☑ Student submission of an exam
- ☑ Student participation in an instructor-led Zoom conference
- ☑ Documented student interaction with class postings, such as an interactive tutorial or computer-assisted instruction via modules
- ☑ A posting by the student showing the student's participation in an assignment created by the instructor
- ☑ A posting by the student in a discussion forum showing the student's participation in an online discussion about academic matters
- ☑ An email from the student or other documentation showing that the student has initiated contact with a faculty member to ask a question about an academic subject studied in the course.

Logging onto Canvas alone is NOT adequate to demonstrate academic attendance by the student.

### Academic honesty

Academic Honesty the advancement of knowledge requires that all students and instructors respect the integrity of one another's work and recognize the important of acknowledging and safeguarding intellectual property.

There are many different forms of academic dishonesty. The following kinds of honesty violations and their definitions are not meant to be exhaustive. Rather, they are intended to serve as examples of unacceptable academic conduct.

☑ Plagiarism is taking and presenting as one's own the writings or ideas of others, without citing the source. You should understand the concept of plagiarism and keep it in mind when taking exams and preparing written materials. If you do not understand how to "cite a source" correctly, you must ask for help.

☑ Cheating is defined as fraud, deceit, or dishonesty in an academic assignment, or using or attempting to use materials, or assisting others in using materials that are prohibited or inappropriate in the context of the academic assignment in question.

Anyone caught cheating or plagiarizing will receive a zero (0) on the exam or assignment, and the instructor may report the incident to the Campus Disciplinary Officer, who may place related documentation in a file. Repeated acts of cheating may result in an F in the course and/or disciplinary action. Please refer to the [General Catalog](#) for more information on academic dishonesty or other misconduct. Acts of cheating include, but are not limited to, the following: (a) plagiarism; (b) copying or attempting to copy from others during an examination or on an assignment; (c) communicating test information with another person during an examination; (d) allowing others to do an assignment or portion of an assignment; (e) using a commercial term paper service.

### Additional Student

#### Other Course Information

*This course may require you to perform some physical activity work during the semester; such activities are:*

- *Running*
- *Lifting weights*
- *Swimming*
- *Plyometrics*



*If you can't perform any of these activities, make sure you communicate with the instructor. This way, accommodations can be met, and you can finish your activities and assignments*

### IVC Student Resources

IVC wants you to be successful in all aspects of your education. For help, resources, services, and an explanation of policies, visit <http://www.imperial.edu/studentresources> or click the heart icon in Canvas.

### Anticipated Class Schedule/Calendar

*[Provide a tentative overview of the readings, assignments, tests, and/or other activities for the duration of the course. A table format as in the example below may be used for this purpose.]*

Date or Week	Activity, Assignment, and/or Topic	Pages/ Due Dates/Tests
Week 1	<ul style="list-style-type: none"> <li>Module 0: Orientation</li> </ul>	
Week 2	<ul style="list-style-type: none"> <li>Module 1: Foundations and pathways to the pillars</li> </ul>	
Week 3	<ul style="list-style-type: none"> <li>Module 2: History of Kinesiology</li> </ul>	
Week 4	<ul style="list-style-type: none"> <li>Module 3: Adaptive Physical Activity</li> </ul>	
Week 5	<ul style="list-style-type: none"> <li>Module 4: Biomechanics, Dance &amp; Kinesiology</li> <li>Module 4: Biomechanics, Dance &amp; Kinesiology</li> </ul>	
Week 6	<ul style="list-style-type: none"> <li>Module 5: Exercise, Sport Physiology, &amp; Sport Psychology</li> </ul>	
Week 7	<ul style="list-style-type: none"> <li>Module 6: History of sports &amp; Motor Behavior, Philosophy of Kinesiology</li> </ul>	
Week 8	<ul style="list-style-type: none"> <li>Module 7: Sociology of Sport, Exercise and Physical Activity</li> </ul>	





Date or Week	Activity, Assignment, and/or Topic	Pages/ Due Dates/Tests
Week 9	<ul style="list-style-type: none"> <li>Module 8: Sport Pedagogy and Physical Activity, Sport Management</li> </ul>	
Week 10	<ul style="list-style-type: none"> <li>Module 9: Applying The learned-centered approach to research, diversity: sport as a welcoming space</li> </ul>	
Week 11	<ul style="list-style-type: none"> <li>Module 10: Healthy Living</li> </ul>	
Week 12	<ul style="list-style-type: none"> <li>Module 11: Inclusive physical education for children, Promoting excellence</li> </ul>	
Week 13	<ul style="list-style-type: none"> <li>Module 12: Kinesiology and the public's health</li> </ul>	
Week 14	<ul style="list-style-type: none"> <li>Module 13: Have a degree and passport: Kinesiology goes global</li> </ul>	
Week 15	<ul style="list-style-type: none"> <li>Module 14: Academic Goals Project</li> </ul>	
Week 16	<ul style="list-style-type: none"> <li>Module 15: Professional Goals Project</li> <li>Module 16: Presentations of Professional &amp; Academic Goals Project</li> </ul>	

**\*\*\*Subject to change without prior notice\*\*\***