

CALIFORNIA STATE UNIVERSITY, NORTHRIDGE
Department of Kinesiology

KIN 200 - Foundations of Kinesiology



Course Information:

Units: 3

Semester/Year: Spring 2008

Location: RE 159

Meeting Time:

Wednesday 4pm

Instructor Information:

Instructor: Dr. Tami Abourezk

Office: RE 258

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Required Textbook and Materials:

- Hoffman, S. J. (2005). Introduction to Kinesiology (2nd ed.). Champaign, IL: Human Kinetics.
- 2006-2008 CSUN Undergraduate Catalog

Course Description: Using a holistic and integrated approach, students will actively explore the multi-faceted field of Kinesiology. The breadth of human movement will be revealed through field- and reflection-based experiences. Course/student outcomes will include exposure to and development of liberal learning skills, professional development, a working definition and appreciation for the field, and the initiation of a portfolio.

Course Objectives:

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

1. Define the broad-based field of kinesiology.
2. Describe and explore the meaning, focus of study, and methods of inquiry of human movement.
3. Explore the three ways of "knowing" physical activity (i.e. experience, scholarly study, and professional practice)
4. Understand and articulate the role of Kinesiology in higher education and its further application to local and global issues related to human movement.
5. Explain the relationships among and distinctions between the subdisciplines in Kinesiology.

6. Identify and experience components of major career paths supported by Kinesiology's body of knowledge.
7. Understand the standards, ethics, and expectations of professional communities and explain the value of being actively involved in the profession (i.e., by becoming a member of a professional organization).
8. Understand the nature of subjective experiences in physical activity, and explain how these experiences play a role in determining physical activity preferences of individuals.
9. Explain critical components of the structure and design of the Kinesiology department at CSUN.
10. Through written and experiential avenues, begin your personal professional and academic journey.

Reflection Paper: The reflection assignment is designed to allow students to investigate their own motives and philosophy concerning their interest in pursuing a career in kinesiology. A more detailed explanation of what is expected from this assignment will be provided in class.

Mini Portfolio: This is a formal collection of in class and outside assignments. The portfolio allows for students to creatively showcase what they have learned, as well as the meaningfulness and application of that knowledge. A more detailed explanation of what is expected from this assignment will be provided in class.

In Depth Professional Interview: This is a formal interview with an individual practicing in your desired professional area. Details of this critical assignment will be provided in class.

Exams: Exams may include an equal proportion of objective items (multiple-choice, true-false, and matching type questions) and short-answer essay questions. There will be no make-up exams given for unexcused absences. Make-ups for excused absences can be arranged only if made prior to the date of the scheduled exam. In the event of an emergency on the day of an exam, the student must call or e-mail the professor or department secretary as soon as possible.

Course Attendance Policy: Attendance is **mandatory** for this class. Since many of our class meetings will involve activities and assignments that will directly require student interaction and participation, it is vital that you make every effort to attend all classes. Because many of the in-class assignments are linked to the lecture and class dialogue, the majority of these assignments can **NOT** be done outside of class (i.e. NO make ups). In the event of a missed class, students are completely responsible for getting notes/lectures/what was covered from a member of their group.

Students With Disabilities: This instructor, in conjunction with California State University Northridge, is committed to upholding and maintaining all aspects of the federal Americans with Disabilities Act of 1990 (ADA) and Section 504 of the Rehabilitation Act of 1973. If you are a student with a disability and wish to request accommodations, please contact the office of Students With Disabilities Resources located in 110 Student Services Building, or call (818) 677-2684 for an appointment. Any information regarding your disability will remain confidential. Because many accommodations require early planning, requests for accommodations should be made as early as possible. Any requests for accommodations will be reviewed in a timely manner to determine their appropriateness to this setting.

Statement on Cheating and Plagiarism: Any student caught cheating or plagiarizing on an exam or written assignment will automatically fail the course, and may be subject to more severe University discipline. Please refer to the Student Conduct Code, California Code of Regulations, Section 41301-41304, Title 5 as found in the CSUN Undergraduate Catalog (2006, pp. 534-539).

Statement on Personal Communication Devices:

All students are reminded to turn off all personal communication devices (cell and mobile phones, pagers, etc.) at the start of each class period, and to leave these devices turned off for the duration of the class period. If you need to leave your personal communication device on for emergency purposes only, you must notify the instructor before the class period begins.

Grading Scale:

A	91-100	C	71-76
A-	89-90	C-	69-70
B+	87-88	D+	67-69
B	81-86	D	61-66
B-	79-80	D-	59-60
C+	77-78	F	<59