

KINE 204: Introduction to Kinesiology & Health Sciences

Class Information

Class Meets:

Days and times: TR, 2-3:20

Location: Small Hall 110

Instructor Information:

Instructor: Wendy R LeBolt, PhD

Email: wrlebolt@wm.edu

Office Hours: While I do not have an office on campus, I am available by appointment, in person (pre-arranged before or after class is best) or via Zoom.

Course Description

This course will provide an introduction to the study of human movement with particular emphasis upon historical, philosophical, socio-cultural, physiological, biomechanical and psychological aspects of physical activity. We will focus on the integrative nature of the discipline and explore current trends and topics. Students will be prepared for further study in kinesiology and health sciences.

Materials Required: (eBook is fine. Text may be shared as approved by instructor)

- Knudson, D.V., and T.A. Brusseau (Eds.). (2022). *Introduction to Kinesiology: Studying Physical Activity* (6th ed.). Champaign, IL: Human Kinetics.
- Web study guide (HKPropel access provided with the textbook purchase)
- Notebook or journal pages to record in-class responses and reflections

***Additional Readings**

Additional readings as assigned. Readings will be announced in class and linked on Blackboard.

Course Objectives:

By the end of the course, the student will be able to

1. Discuss the rationale for a discipline of kinesiology, how it is structured, and the breadth of knowledge studied by its scholars and applied in professional practice.
2. Defend the integrative nature and rationale of the field of kinesiology.
3. Explain the importance of physical activity in daily life and the implications for the discipline of kinesiology.
4. Identify the nature of professional occupations and career options available to a kinesiology student.
5. Discuss the history, research methods and knowledge base for fields which are integral to the study of physical activity.

Teaching Strategies

This course will include lectures, class discussions, guest lecture presentations, in-class reflective exercises and out-of-class assignments.

Class announcements and important information will be posted on Blackboard and students will be notified by email when changes or additions are made to the syllabus or course on Blackboard.

Please READ your email and consult course Blackboard regularly.

Grading:

Activities and Assignments -- designed to be practical and help you understand concepts

- a) HKPropel activities
- b) In-class activities/discussion/participation
- c) Out-of-class observations
- d) Informational interview
- e) Self-reflection activities and discussion board forums

You are expected to submit all work on time. Late assignments will only be accepted when a valid excuse has been preapproved by the instructor.

Discussion

Kinesiology is a helping profession that requires good communication skills. You are expected to participate actively in class or in small-group discussions. Everyone's voice counts! Please be respectful of others; inappropriate or disrespectful comments will not be tolerated.

Exams

Exams will be based on lectures, reading materials, class presentations and class discussions. Unannounced reading quizzes may be given, and in-class reflective exercises may be collected, so always stay current with the course content and be in class.

Grading

Exam #1 10%

Exam #2 20%

Exam #3 20%

Assignments and Class participation 30%

Final Exam 20% (Students with a cumulative average on exams of 90.0 %+ exempt from Final Exam)

Final grades are calculated by adding points from all categories: (overlaps intentional)

A = 92-100%	B+ = 88-90	C+ = 78-80	D = 60-69
A- = 90-92	B = 82-88	C = 72-78	F BELOW 60%
	B- = 80-82	C- = 70-72	

Attendance Policy

There is not an attendance policy for this class. However, poor class attendance is likely to negatively impact your grade. Information from class discussions, lecture and guest speakers will be included on exams and apply to assignments. Students are responsible for information covered in class during any absences. Prior notification for absences should be provided when possible (i.e.,

university travel, job interviews). Students are expected to follow College policies for extended absences. Students with scheduled absences on exam days are expected to provide timely notice and take their exams prior to the absence.

Resources for Success

William & Mary accommodates students with disabilities in accordance with federal laws and university policy. Any student who feels they may need an accommodation based on the impact of a learning, psychiatric, physical, or chronic health diagnosis should contact **Student Accessibility Services** staff at 757-221-2512 or at sas@wm.edu to determine if accommodations are warranted and to obtain an official letter of accommodation.

William & Mary recognizes that students juggle different responsibilities and can face challenges that make learning difficult. There are many resources available at W&M to help students navigate emotional/psychological, physical/medical, material/accessibility concerns, including:

- The W&M Counseling Center at (757) 221-3620. Services are free and confidential.
- The W&M Health Center at (757) 221-4386.
- For additional support or resources & questions, contact the Dean of Students at 757-221-2510.



- For a list of other [resources](#) available to students, see:

The **Writing Resources Center** <https://www.wm.edu/as/wrc/> is available to help you strengthen your writing and communication skills by providing **resources, workshops, and individual support** for all kinds of assignments and projects that require writing: academic essays, presentations, storyboards, posters, personal statements, creative writing, applications, and more. One on one consultation is available.

Academic Integrity

William & Mary has had an honor code since at least 1736. Academic integrity is at the heart of the university, and we all are responsible for upholding the ideals of honor and integrity. *Students administer the Code through [six honor councils](#) and the [Honor System Advisory Committee](#).* At its ideal, the Code provides for a level academic playing field in which all students are evaluated on the basis of their hard work and ability. The Student Handbook (www.wm.edu/studenthandbook) includes your responsibilities as a student and the full Code. Your full participation and observance of the Honor Code is expected. To read the Honor Code, see www.wm.edu/honor.

All academic work in this course, including assignments, discussion board posts, and exams, is to be your own work. Therefore, group work and use of previous assignments, discussion board posts, and exams are not permitted. When in doubt, it is your responsibility to confirm whether collaboration is permitted.

The Pledge

"As a member of the William & Mary community, I pledge on my honor not to lie, cheat, or steal, either in my academic or personal life. I understand that such acts violate the Honor Code and undermine the community of trust, of which we are all stewards."