**South Plains College**

**Department of Kinesiology**

**KINE 1301 Introduction to Kinesiology**

**Online Syllabus – Fall 2025**

**Instructor**: Ryan Heth **Office Phone**: 806-716-2234

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**Office Hours**: Available on Blackboard **Email**: rheth@southplainscollege.edu

**Optional Course Textbook:**

* ***Introduction to Kinesiology-Studying Physical Activity (06th Edition)*** *By Knudson*

*Although this textbook is highly recommended for deepening your understanding of the subject matter, it is not required for success in this course. You are not obligated to purchase or rent the book, as none of the assignments will demand its direct use. Of course, if you choose to consult it, it can serve as a valuable supplement for your studies and assignments.*

**Course Description**

The purpose of this course is to provide students with an overview of the disciplinary knowledge that includes the historical development of physical education, kinesiology, exercise science, and sport. This course offers the student both an introduction to the knowledge base as well as information on expanding career opportunities

**Student Learning Outcomes:**

1. Distinguish between and identify terminology and research within the sub-disciplines in the field of Kinesiology and their application to diverse careers.
2. Summarize the historical and philosophical approaches to physical activity, physical education, exercise science, and sport.
3. Identify the characteristics of a physically educated person and the importance of assessment and advocacy in physical education, exercise science, and sport.
4. Discuss how the changing nature of education and technological advances may influence physical education, exercise science, and sport in the future.
5. Identify major professional organizations, foundations, and associations supporting physical activity at local, state, national, and international levels as well as data tools and resources.

**Course Evaluation:**

1. There will be **Four Exams,** each worth 50 points (200 points total, 40% of your overall grade). Each exam will consist of multiple-choice, true/false, and essay questions.
2. **Chapter Quizzes** will be given over the first 10 sections for a total of 10 quizzes. Each quiz is worth 15 points (150 points total, 30% of your overall grade), and they will be posted on Blackboard. Each quiz will consist of multiple-choice, true-false, or essay-type questions. These quizzes will help prepare you for the exams.
3. **Two Homework Assignments** will be completed over the semester. Each homework will be worth 40 points (80 points in total, 16% of your overall grade).
4. **Discussion Boards, Ed puzzles, Film Reviews, Article Analyses, and Other Assignments**
Throughout the semester, you will complete a variety of assignments, including discussion boards, Ed puzzles, film reviews, article analyses, and other short tasks. Each assignment will be worth between 5 and 15 points, for a combined total of 70 points. Together, these assignments make up 14% of your overall course grade.

\*Plan, and do not wait until the last minute to submit your assignments. Excuses for late work, such as "The network was down" or "I could not figure out how to post or send the assignment," are unacceptable.

\* All written assignments should be presented using the conventions of Standard Written English.

South Plains College requires all students to become proficient in "academic English," a form of English typically used in academic, professional, and business contexts. While slang and informal self-expression are appropriate in some settings, they are out of place in academic writing.

Final grades will be determined as follows:

* Four examinations @ 50 points each: 200 points-
* 15 quizzes @ 10 points each 150 points-
* 2 Homework assignments @ 40 points each 80 points
* Discussions/Lab Assignments 70 points

**Total: 500 points**

**Final Grade Point Percentage Point Total**

 A 90-100% 448-500

 B 80-89% 398-447

 C 70-79% 348-397

 D 60-69% 298-347

 F Below 60% Below 298

# Academic Information

Please note that I evaluate each situation individually and do not automatically drop students due to attendance issues or missed assignments. If you decide not to complete the course, it is your responsibility to initiate the formal drop process. Students who stop attending classes and fail to complete coursework will receive an F at the end of the semester.

**Plagiarism and Cheating:**Students are expected to do their work on all projects, quizzes, assignments, examinations, and papers. Failure to comply with this policy will result in an F for the assignment and can result in an F for the course if circumstances warrant.

Plagiarism violations include, but are not limited to, the following:

1. Turning in a paper that has been purchased, borrowed, or downloaded from another student, an online term paper site, or a mail-order term paper mill.
2. Cutting and pasting together information from books, articles, other papers, or online sites without providing proper documentation;
3. Using direct quotations (three or more words) from a source without showing them to be direct quotations and citing them.

Cheating violations include, but are not limited to, the following:

1. Obtaining an examination by stealing or collusion;
2. Discovering the content of an examination before it is given;
3. Using an unauthorized source of information (notes, textbook, text messaging, internet, apps) during an examination, quiz, or homework assignment;
4. Entering an office or building to obtain an unfair advantage;
5. Taking an examination for another;
6. Altering grade records;
7. Copying another's work during an examination or on a homework assignment;
8. Rewriting another student's work in Peer Editing so that the writing is no longer the original student's;
9. Taking pictures of a test, test answers, or someone else's paper.

**Please see the following links for the South Plains College General Syllabus Statements and the Covid-19 Policy.**

<https://www.southplainscollege.edu/syllabusstatements/>

<https://www.southplainscollege.edu/emergency/covid19-faq.php>