

Academic Policies and Curriculum Changes Form—East Georgia State College  
Signature Page

NAME OF PROPOSAL: New Course: Foundations of Kinesiology

In order to track the location of curriculum changes, this form will be signed at every point in the approval process. Copies of appropriate documentation should be attached to the form at each step and should be kept at each level in order to determine where changes are made in the proposal. EFFECTIVE TERM OF CHANGE: Fall, 2019

Check if Change of Curriculum requires approval by USG General Education Council.

Initiated and Submitted By:

Dr. Walt Mason

Signature

March 15, 2019

Date

School/Dean Approval:

Signature

3/15/2019  
Date

Academic Policies & Curriculum Committee Action:  Approved  Denied  Returned  Tabled

Signature

4-8-19  
Date

Comments: \_\_\_\_\_

Faculty Senate Action:

Signature

Approved  Denied  Returned  Tabled

5/2/19  
Date

President's (or designee's) Action:

Signature

Approved  Denied  Returned  Tabled

05/06/2019  
Date

Comments: \_\_\_\_\_

Distribution By:

Signature

Date

Distribution To:

Faculty Senate--President

Date \_\_\_\_\_

Academic Policies & Curriculum Committee--Chair

Date \_\_\_\_\_

Chief of Staff

Date \_\_\_\_\_

Deans

Date \_\_\_\_\_

Dir. Admissions & Registrar

Date \_\_\_\_\_

APPLICATION FOR PROPOSED NEW COURSE

Submitted by: Dr. Walt Mason Date: 3/15/2019

Full Title of Proposed Course: Foundations of Kinesiology

Abbreviated Course title if applicable (cannot exceed 30 characters including spaces Do not use the '&' or '/' symbols when creating titles, hyphens are OK): \_\_\_\_\_

Course will be added to the EGC Course Schedule effective (Term/Year): Fall 2019

Suggested Course Number: PHED 1542 Course Level: Fr/Soph Area(s) For Course Use: Area F

Hours Per Week Lecture: 3 Hours Per Week Laboratory: 0 Total Credit Hours: 3

Prerequisites: none Estimated Enrollment (Headcount) Per Term Offered: 20

Available Texts:

Foundations of Kinesiology - Murry, Eldridge & Koht  
Scientific Foundations of Kinesiology - Klavora

Approximate Cost of Text: \$80.00

Divisions Chairman's Signature: \_\_\_\_\_

JUSTIFICATION FOR THE NEED FOR THE COURSE: (narrative)

Foundations of Kinesiology is needed to replace Physics I in Area F which is not required in most USG colleges/universities. Most USG colleges/universities have a Foundations to Physics course available to their students which does not contain a Calculus background. EGSC's Physics I course requires Calculus I making it difficult for our students to not only take Physics I, but to pass (because of the students math background) Calculus I.

COURSE DESCRIPTION:

This course is a foundation course to the historical, philosophical, and organizational aspects of Kinesiology. The study of Kinesiology will include: educational settings, fitness industry, research, and related fields (Physical Therapy, Occupational Therapy, etc.). Other areas discussed will include: professional ethics, leadership, and continuing education. Finally, a discussion on delivery systems to potential clients.

**ESTIMATED BUDGET TO SUPPORT THIS COURSE:**

- A) OPERATING COSTS: none
- B) CAPTIAL OUTLAY: none
- C) ADDITIONAL LIBRARY RESOURCES:

Galileo

**INSTITUTIONS IN THE UNIVERSITY SYSTEM OFFERING SIMILAR COURSES (include course titles and numbers)**

Georgia Southern University  
University of Georgia  
Georgia State University  
Kennesaw State University  
University of West Georgia  
Dalton State

**COURSE SYLLABUS ATTACHED: (a reasonably complete outline of the main points of the course)**

See attached

## MAJOR TOPICS TO BE COVERED (BY WEEKS)

week 1 - Physical Activity & Society  
week 2 - Current Trends & Kinesiology Careers  
week 3 - Evidence-based Practice in Kinesiology  
week 4 - The Physical Activity Continuum: Applications to Kinesiology  
week 5 - The Physical Activity Continuum: Integration of Principles of Aerobic Physical Activity  
week 6 - The Physical Activity Continuum: Integration of Strength and Conditioning Principles  
week 7 - The Physical Activity Continuum: Integration of Energy Balance and Body Composition  
week 8 - Integration of Mental Health, Psychology, and the Physical Activity Continuum  
week 9 - Integration of Kinesiology and Physical Activity into the Workplace  
week 10 - Integration of Kinesiology with Leisure Time, Recreation, and Career Personal Training  
week 11 - Integration of Kinesiology and Physical Activity into School Settings  
week 12 - Integration of Kinesiology with Careers in Sports  
week 13 - Integration of Kinesiology in Transportation and Home Environments  
week 14 - Ethics and Evidence-Based Decisions: Using Best Practices to Lead the Profession into the Future  
week 15 - Best Practices for Leadership in the Kinesiology Profession

## OBJECTIVE OF THE COURSE:

The objective is to develop a knowledge of the history, philosophical, and organizational aspect of Kinesiology. It will include: examining the goals and roles of professionals in education settings, business, research, and related fields (Physical Therapy, Occupational Therapy, etc.). It will prepare the student for future trends in kinesiology by reading and understanding professional journals and other literature related to kinesiology. Students will finally experience firsthand methods of kinesiology in public and private settings.

Will the course replace another, or is this an additional course?

This course will replace Physical I in Area F. Physics I is not required throughout the USG.

What effect will this course have on the enrollment in other courses?

none

INSTITUTIONAL RESOURCES WHICH MAKE THE OFFERING DESIRABLE (including qualification of available instructors):

Both faculty members are qualified to teach this course. This course is an introduction course which includes courses in mathematics, anatomy and physiology, social science, and nutrition. A wide variety of faculty and different experiences will be available to our students.

East Georgia College  
Office of Health, Physical Education, and Recreation  
PHED 1542– Foundations of Kinesiology

Fall 2019

Instructor – Dr. Walter C. Mason  
Office – Physical Education Bldg., Room D146A  
Office Hours – Check my front door for best times.  
Telephone – (912) 289-2091  
E-mail – [wmason@ega.edu](mailto:wmason@ega.edu)  
Prerequisites: None

**Course Description.** This course is an introduction to the historical, philosophical, and organizational aspects of Kinesiology. The study of the Kinesiologist as a teacher in educational settings, fitness industry, research, and related fields (Physical Therapy, Occupational Therapy, etc.) will be discussed.

**Course Objectives:**

1. to develop a knowledge of the history, philosophical, and organizational aspects of Kinesiology.
2. to examine the goals and the role of the Kinesiologist in the schools, businesses (fitness industry), research, and related fields (Physical Therapy, Occupational Therapy, etc.).
3. to read and understand professional journals in order to become acquainted with the literature in the profession.
4. to experience firsthand methods of kinesiology in the public or private school or business environments.

*The college assesses student learning based on the achievement of 7 general education outcomes. The outcomes for Exercise and Health Science courses are listed on all syllabi. For all activity courses (PHED), the outcome is number 7. For all professional and health (HLTH) courses the outcomes are 1, 2, and 7. The appropriate learning outcomes for this course are indicated below.*

1. *Students will demonstrate the ability to (a) read, (b) write, (c) speak, and (d) listen with the competence necessary to succeed in higher education.*
2. *Students will demonstrate the ability to (a) gather, (b) analyze, and (c) evaluate information to make effective decisions.*
7. *Students will take responsibility for their health and physical activity.*

**Textbook.** *Introduction to the Foundations of Kinesiology. Murry, Eldridge, & Koht*

**Evaluation and Grading.** You will be graded in four (4) areas: your participation in class projects, four (4) written exams, and three (3) article summaries and presentation. Your grade will be determined by these percentages:

Participation in class	95 points
Written exams (4 tests @100 points each)	400 points
Articles/presentation (3@ 33.3 points each)	<u>100 points</u>
	595 points

**Grading Scale.** The grading scale for this course is more rigorous than most classes. This is a pre-professional educational course and you are expected to perform at the highest level. You must make a “C” or better in this course.

<u>Grade</u>	<u>Total Points</u>
A	536 – 595
B	482 – 535
C	433 – 481
D	432 – 389
F	< 389

**Articles/Presentation.** You are to read current articles related to kinesiology from professional kinesiology journals. They will be due three (3) times during the semester. On the day they are due, you will present to the class an oral summary of the article and note any significant findings in the article. You will turn in a written summary of your article after the presentation.

**Attendance Policy.** You are expected to attend every session. If you attend every session, you will be awarded with 5 extra points on your participation grade at the end of the term. If you miss classes, the following policy will be used to determine your grade:

- You miss 2 classes – there will be no penalties (95 pts)
- You miss 3 classes – your participation grade drops 5 pts
- You miss 4 classes – your participation grade drops an additional 10 pts
- You miss 5 or more classes – you “FAIL” this course (no excuses allowed)

You are responsible for letting me know if you are late for class. Actually, you are responsible for being in class on time. Out of respect for those students who are in class on time and to prevent disruption of class by students who are late for class, the door will be closed (locked) after roll/announcements and students will not be allowed to enter class. You are responsible for keeping up with your attendance which is located on Grades First. If you believe your attendance on Grades First is incorrect, you have two days after class to resolve this issue. I will e-mail you via D2L when you have missed 6 or more classes. Once I notify you of your fifth missed class, you can no longer make-up these days with extra assignments, etc. and you will be given an “F” in the course. Your grades will be removed from D2L. In fact, I may NOT call your name during attendance. If you walk out/leave class, you are absent. There are NO EXCUSED ABSENCES. If you are not in class, you are absent.

**Plagiarism & Academic Dishonesty Policy.** East Georgia State College has a Plagiarism and Academic Dishonesty Policy. You are responsible for understanding this policy. If you do not understand the policy, check the EGSC Student Handbook or [http://www.ega.edu/counseling\\_center/handbook2008.pdf](http://www.ega.edu/counseling_center/handbook2008.pdf).

**Miscellaneous Information.**

- \* Makeup tests will be given only if you make arrangements with me. You will not get the same test as the class.
- \* Any questions not related to class or questions concerning other issues should be discussed in my Office.
- \* All tests will be taken on a scantron; therefore, you must have (bring) a No. 2 pencil.
- \* Class time is test time. If you are late to take a test, then you have only the remaining time left in the class to take the test. If you are 20 minutes late for a 50 minute class, you have 30 minutes to take the test.
- \* Test scores, article scores, and number of days missed will be posted on D2L. Questions about your grades will be discussed in my office.
- \* If you want to talk to me about your test, see me or make an appointment.
- \* Extra credit or make-up work, including tests, must be completed by the last day of this class.

**Tentative Schedule.**

A tentative schedule is attached or on-line on my WEB page or D2L under the heading

**"Foundation of Kinesiology 2019 Class Assignments".**

**Dates to Remember.\* (M/W)**

Aug. 13 – Class starts  
Aug. 29 – Test 1  
Sept. 3 – Labor Day (No Classes)  
Sept. 24-28 – Early warning grades  
Sept. 26 – Test 2  
Oct. 15 – Test 3  
Oct. 15 – Start early registration for Spring Semester 2019  
Nov. 19-23 – Thanksgiving Holidays  
Nov. 28 – Test 4  
Final Exam - TBA  
Dec. 8 – Graduation @ 10:00 a.m.

**No tests will be given after November 29 at noon**

**\*Dates are Tentative.**

**Classroom Civility.**

- 1. Inappropriate classroom behavior will not be tolerated. This includes, but is not limited to, talking during class or making inappropriate comments.**
- 2. If you are reading an ipod, iphone, etc., you may be asked to leave and/or counted absent.**
- 3. Any use of the cell phone is prohibited – texting, talking on the phone, etc. There is a phone box to put your phone in to keep you from being tempted.**
- 4. You cannot use cell phone, etc. to take pictures of notes or overheads and post them on-line since that may be a copyright violation. For institutional purposes, this class may be videotaped.**
- 5. If you are using your computer or the classroom computer, you will be asked to turn it off. Failure to turn off the computer and you will be asked to leave the class and counted absent.**
- 6. If you MUST go to the bathroom (this is a 50 min. class) do so quietly. If you do not return, you will be counted absent.**
- 7. If you decide to leave class and not come back, you will be counted absent. You will be reported to the Student Conduct Officer and charged with disrupting the class. If you don't want to come to class, don't come! Some students need this class for their major. YOU need to pass this class to graduate.**
- 8. The instructor has the right to dismiss class if unruly behavior prevents a learning environment that is not conducive to a positive education outcome.**
- 9. The instructor has the right to leave class and not return until the next class if inappropriate behavior does not stop after 2 requests. Students will be responsible for the material covered or not covered.**
- 10. If the instructor asks you to leave class because you are disrupting class, the instructor may take your ID and give it to the Student Conduct Officer. You can retrieve your ID from that office. You will be written up for disrupting class.**
- 11. If campus police is called for assistance, you will no longer be allowed in this class.**
- 12. Assigned seats may be used if necessary.**
- 13. No electronic devices are to be used on tests. They are to be placed in the phone box prior to taking the test. If you are caught, via observation, video, or both, the test will be taken and you will receive a "0" on the test and reported to student conduct. If you are caught a second time using an electronic device, you will "FAIL" the course.**
- 14. If you fall asleep during class you will be counted absent.**

15. No food or drinks are allowed in class (University Policy).

16. Finally, act like a responsible college student.

***Rules for Students required to attend an off-campus event for East Georgia State College (Athletes, Clubs, etc.)***

1. You **MUST** inform me one day prior to missing class by e-mail, written note or in person. The person requiring you to attend the event should send the memo with the time the bus leaves.
2. Missed classes will be counted as absences like any other missed class until I am officially notified by the person in charge of the event.
3. Once I have been notified that you are required to attend the event, the following rules go into effect:
  - a. If you miss a test, **YOU** are to make arrangements with me to take the test. The test must be completed prior to the missed class or you will receive a "0".
  - b. If you miss an oral report, **YOU** are to make arrangements with me to present the oral report. The oral report must be completed prior to the missed class or you will receive a "0".
  - c. If you miss a lecture and you want credit for attending class, **YOU** are to check your syllabus to see which class lecture you missed. To get counted present for the class **YOU** missed, **YOU** must write a 3-5 page summary of the material or chapter discussed in class. This summary must be completed by the last day of the class.
4. Finally, **YOU** are not required to do any of the above, but you will be counted absent. Check the class Attendance Policy for number of days **YOU** can miss without failing this course.

\*Appointments with your advisor is not an off-campus event.

**Athletes needing course averages during the term MUST provide me with a copy of the Athletic Academic Progress form provided by your coach. Do not come to my office and ask for a grade. I will not provide you with a grade.**

**ADA Statement**

**"If there is any student in any Exercise and Health Science class who has special needs because of learning disabilities or other kinds of disabilities, he or she should discuss this problem with the instructor." ([http://www.ega.edu/counseling\\_center/disabilityaccommodiations.htm](http://www.ega.edu/counseling_center/disabilityaccommodiations.htm)). I will not accept those accommodation forms after the first four weeks of the semester.**

**Learning Support Policy Statement.**

**Students are responsible for their own academic progress and must make themselves familiar with EGSC Learning Support policies. Decisions regarding fulfillment of College Preparatory Curriculum (CPC) deficiencies should be made only after consultation with an academic advisor. EGSC Learning Support policies can be found at <http://www.ega.edu/AdademicPP/LearningSupportPolicies.pdf>**

**Course Withdrawal Policy Statement.**

**Students are responsible for their own academic progress. Decisions regarding with withdrawal from courses should only be made after consultation with an academic advisor. Before withdrawing from a course, the student should meet with a Financial Aid representative to discuss their personal financial aid situation. More information regarding withdrawal from courses can be found in the EGSC catalog at <http://www.ega.edu/registrar/catalog/Catlog080p.pdf>**



### **Campus Emergencies Policy.**

- (a) In the event the alarm is sounded, everyone must evacuate the building at once and in a calm and orderly fashion – DO NOT RUN – using the nearest exit. In the event of a severe weather warning, everyone must proceed immediately to the nearest designated shelter area which are marked by a small tornado symbol. All severe weather shelter locations are posted on the EGSC website. Each student should, on the first day of class, determine the location of the nearest exit and the nearest designated shelter area for each of his classrooms. If you have difficulty locating either, ask your instructor to assist you.
- (b) The Connect-ED system is a communication service that enables EGSC administrators and security personnel to voice and text messages that contain emergency-related campus information (e.g., campus closing, campus threat, health scare, etc.) With Connect-ED, EGSC students can be reached and provided with vital instructions anywhere, anytime, through their cell phones, home phones, e-mail, TTY/TDD receiving devices, or text-receiving devices. (<http://www.ega.edu/connected.pdf>)

### **Campus Carry.**

Since July 1, 2017, the new Campus Carry legislation has been in effect at East Georgia State College. You are required to read the entire EGSC policy; go to [www.ega.edu/campuscarry](http://www.ega.edu/campuscarry). Below is a summary of what will be specifically followed in this course.

The policy applies to faculty, staff, students, vendors and visitors. It is designed as a school safety zone by Georgia's Safe Carry Protection Act (Campus Carry).

It is unlawful for any person to carry or possess or to have under such person's control any weapon or explosive compound while within a school safety zone. Electroshock weapons and handguns are allowed on campus subject to certain limitations as provided by law.

Specifics regarding handguns.

1. The carrying of concealed handguns by concealed carry license holders is not allowed in the following areas:
  - a. Buildings or property used by athletic sporting events where intercollegiate games are held;
  - b. Classes or spaces used for classes in which high school students are enrolled through a dual enrollment program, including, but not limited to "MOVE ON WHEN READY" classes.
2. Concealed Carry License Holder's Responsibilities:
  - a. You may possess a handgun in most areas on campus except those listed above and those specifically listed in the entire EGSC policy as noted in the opening paragraph.
  - b. License holders enrolled at EGSC that want to carry handguns to class are responsible for determining if high school students are also enrolled in their EGSC classes.

### **Violation of EGSC's Policy.**

Violation of this policy is also a violation of Georgia law and will result in appropriate disciplinary action, including but not limited to, expulsion, termination, dismissal and/or referral for criminal prosecution.

**Please direct questions or report suspected violations to:**

**EGSC Police Department: Main Campus: 478-289-2090 or Statesboro: 912-623-2462**