Introduction to Kinesiology and Public Health
SPH K150 section

Semester: Fall 2014
Class Time and Room: Thursday 2:30-3:45pm FA 015

Students must attend their assigned section.
Instructor: Rachel Ryder, PhD
Teaching Assistants: Miriam Boyken and Micah Enyart
Office: SPH 296D
Office Hours: Friday 3pm-4:30pm
PLEASE CONTACT TEACHING ASSISTANTS AND INSTRUCTOR VIA CANVAS

Required Texts and Other Readings:

Required Text: Introduction to Kinesiology and Public Health
Publisher: Jones and Bartlett Learning
Custom Text Book

Additional Materials:
Other reading will also be required for this course and will be posted on Canvas throughout the semester.

Course Description: This is an introductory course designed to provide students an overview of both the foundations of public health and kinesiology. Specifically this course will introduce students to the five core knowledge areas of public health including epidemiology, biostatistics, environmental health science, health administration, and social and behavioral sciences as well as the core areas of kinesiology including history of physical activity, exercise physiology, biomechanics and motor control. The connection between the scholarship of kinesiology and goals of public health will be emphasized. This is a hybrid course with online component and in class lecture and discussion.
Course Learning Objectives and Competencies

1. Describe the historical and legal foundations of public health in the United States.
2. Demonstrate an understanding of the five core knowledge areas of public health, including epidemiology, biostatistics, environmental health sciences, health administration, and the social and behavioral sciences.
3. Explain the manner in which the student’s discipline-specific traditions are related to a multidisciplinary approach to achieving public health goals.
4. Demonstrate an understanding of the historical foundations of exercise and physical activity as well as subdisciplines of kinesiology including exercise physiology, motor control, and biomechanics.
5. Identify the function and purpose of Kinesiology disciplines, professions and organizations.
6. Be able to locate and use a variety of resources and reference them with style appropriate to their discipline.
7. Integrate and communicate the connection between the scholarship of kinesiology and the goals of public health.
8. Articulate the role of kinesiology in addressing public health issues such as the obesity epidemic, sedentary lifestyle, violence in sport, and the increasing aging population.
9. Identify, assess, and produce examples of an operational understanding of the role of kinesiology in contributing to quality of life and health.

Course Schedule

<table>
<thead>
<tr>
<th>Week</th>
<th>Topic</th>
<th>Details</th>
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<tbody>
<tr>
<td>8/28</td>
<td>Introduction to Course and Public Health</td>
<td>PH Competency Pretest 5 points</td>
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<td>Readings: Textbook Chapter 1 and 2</td>
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<td>DUE: PH Competency Pretest 5 points; Online Quiz 1 and Syllabus Quiz</td>
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<tr>
<td>9/4</td>
<td>Epidemiology: The Basic Science of Public Health</td>
<td>Chapter 3 and 4</td>
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<td>DUE: Epidemiology Online Quiz; Discussion topic Epimonitor</td>
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<td>9/11</td>
<td>Powers and Responsibilities of the Government</td>
<td>Chapter 5 and 6</td>
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<td>DUE: Government module Online Quiz; Discussion topic Healthcare in America</td>
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<tr>
<td>9/18</td>
<td>How Psychosocial Factors Affect Health Behavior</td>
<td>Chapter 7, 8 and 9</td>
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<td>DUE: Discussion topic Unnatural Causes</td>
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<td>9/25</td>
<td>A Clean Environment: The Basis of Public Health</td>
<td>Chapter 4 and 5</td>
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<td>DUE: Environmental Health Online Quiz; Discussion topic Workers as Guinea pigs</td>
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<td>10/2</td>
<td>Exam 1</td>
<td>IN CLASS EXAM</td>
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<td>Date</td>
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<td>Readings</td>
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<td>10/9</td>
<td>Careers in Kinesiology and Public Health</td>
<td>Readings: <em>Career Services Orientation</em></td>
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<td>10/16</td>
<td>The Basis of Study in Exercise Physiology</td>
<td><em>Readings: PDF Online and possible text</em></td>
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<td><strong>Paper Due on Monday October 20th</strong></td>
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<td>10/23</td>
<td>Continuation of Exercise Physiology and Neuromuscular Control of Movement</td>
<td><em>Readings: Brain Facts Book Chapters 1 and 5</em></td>
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<td>10/30</td>
<td>Continuation of Neuromuscular Control of Movement</td>
<td><em>Readings: Brain Facts Books</em></td>
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<td>11/6</td>
<td>The Physical Activity and Health Connection</td>
<td><em>Readings: Chapters 17, 18 and PDF posted online</em></td>
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<td>11/13</td>
<td>The Physical Activity and Health Connection</td>
<td><em>Readings: Chapters 17, 18 and PDF posted online</em></td>
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<td>11/20</td>
<td><strong>Exam 2 IN CLASS EXAM</strong></td>
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<td>11/27</td>
<td>Thanksgiving Break</td>
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<td>12/4</td>
<td>Introduction to Research in Kinesiology</td>
<td><em>Readings: Plagiarism 101 Website and School of Education online</em></td>
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<td>12/11</td>
<td>Final Project Discussion</td>
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<td><strong>PH Competency Posttest  5 points</strong></td>
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<td>12/15</td>
<td><strong>Final Exams Week</strong></td>
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<td>Thursday December 18&lt;sup&gt;th&lt;/sup&gt; 5:00-7:00pm</td>
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<td><strong>Final Projects Due During Final Exam Time</strong></td>
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**Class Attendance & Participation:** Students have a professional obligation to attend all classes unless prevented from doing so because of an illness or extenuating personal or work-related circumstance. Failure to attend all regularly scheduled classes will compromise students’ mastery of the material and adversely affect their performance in the course. Should students’ miss class, the instructor should be notified promptly and it should not be assumed that the instructor would cover material presented in class on an individual basis. **Students are responsible for all material and announcements made in class and on Canvas. Announcements may include changes in dates and/or content, changes in reading assignments, or other important material. Lack of awareness of an announcement made in class or on Canvas will not be an acceptable excuse for any failure to meet course requirements.**

**Canvas:** Canvas will be used in this course as a communication tool among the students and teaching assistants/instructor. Canvas will also be used to submit assignments and projects.
Essential information about the course will be posted on Canvas, including assignments, course updates and grades. Using Canvas is a requirement for this course.

**Revision of Syllabus:** Based on an emphasis on student learning there may be times that the syllabus, course requirements, and course schedule could be altered or revised to improve performance of students within the course and foster an atmosphere of competency of course material. These alterations or revisions will be announced both in class and on Canvas, if they arise.

**Correspondence and Communication:** Please feel free to contact teaching assistants via Canvas at any time; however, consideration should be given on response time. Please use Canvas and not email for correspondence. Please be clear in subject line as to what the message is concerning. In general, instructor office hours are highly encouraged and should be used for content questions, grade concerns, or other inquiries. **Any form of correspondence and communication can be used in class (anonymously) to illustrate appropriate and professional forms of correspondence and communication.**

**Expectation of Students**
1. Attend all class sessions
2. Not falling asleep during class
3. Complete all assigned readings prior to class
4. Complete course assignments as directed and submit them by the due dates
5. Show respect for divergent points of view and addressing all member of the class with respect
6. Arrive to class on time
7. Not packing up until class is dismissed or all speakers are finished
8. Not texting or surfing the internet during class time

**Electronic Devices:** Any electronic devices that disturb the learning experience for students or the teaching experience for the instructor are not allowed in class and can result in a deduction in participation points. Electronic devices such as laptop computers and tablets are encouraged for in-class activities but this opportunity can be ended at any point if there is a profound abuse.

**Evaluation and Grading Policies (grades are not rounded) 350 total points**

- 2 exams each worth 50 points (total 100 points)
- 1 final project worth 50 points (total 50 points)
- 1 written assignments (total 30 points)
- 2 PH competency Pre/Post Test 5 points (total 10 points)
  [https://www.indiana.edu/~hperweb/mphtest.php](https://www.indiana.edu/~hperweb/mphtest.php)
- Online reading quizzes, discussions and short assignments worth 100 points
  - 8 Canvas Quizzes at 5pts each (40 pts)
  - 7 Canvas Discussion assignments (40pts)
  - 1 Career Assignment (10pts)
  - 1 Plagiarism Assignment (10pts)
Classroom Group Participation worth 60 total points
  ➢ 12 participation assignments worth 5 points each

Exams: Two exams will be given in this course, each worth 50 points. The first exam will occur on 10/2 and will cover all the material leading up to the exam. The second exam will occur on 11/20 and will cover the material between 10/2 and 11/20. All exams are objective in type, e.g., multiple choice, true/false; matching; and fill-in. The content for each exam draws from the readings, lectures, and in-class discussion. Make-up exams are given only to persons with an I.U. excused absence and must be taken within one week of the exam date. Other students missing an exam will receive a grade of zero for the missed exam.

Assignments: Several online discussions, quizzes, participation, career services orientation and one written paper will be given for this course that focus on the role of kinesiology in addressing current public health issues. These assignments will incorporate material covered in the course as well as introductory research skills, information literacy, critical thinking, and media literacy. The paper will be worth 30 points. The paper will cover competencies 8 and 9. Assignments must be turned in by the due date and time. All written work is expected to be submitted on time with correct formatting and correct citing of references. Not following assignment instructions will result in point deduction.

Class Participation Assignments: Students are expected to participate fully in lecture and small-group activities and discussion during class. Twelve participation assignments will be completed and discussed/presented during class time in small groups. These are collected and class participation points awarded. Class participation written assignments occur randomly and cannot be made up. Students must turn in written work and be present in class for the entire lecture period to get the participation points. Leaving lecture early or arriving late will result in a loss of participation points for that day.

For free help at any phase of the writing process—from brainstorming to polishing the final draft—call Writing Tutorial Services (WTS, pronounced “wits”) at 855-6738 for an appointment. When you visit WTS, you’ll find a tutor who is a sympathetic and helpful reader of your prose. To be assured of an appointment with the tutor who will know most about your class, please call in advance.

Tutorials are available at the following times and locations.

Call 855-6738 for an appointment (limited walk-ins available):

WTS in the Information Commons on the first floor of the Wells Library
Monday—Thursday 10:00 a.m. to 8:00 p.m.
Friday 10:00 a.m. to 5:00 p.m.

http://www.indiana.edu/~wts/
**Final Project:** The final project for the course will be a group based poster presentation which explores the relationship between public health and kinesiology. A successful poster requires you to illustrate the connections between the topics covered throughout the semester. This project will require competency of course material, the ability to organize ideas in a logical but not rigid structure and the ability to connect new ideas and to previous knowledge.

**Extra Credit Policy:** No extra credit will be given in this course.

**Grade Scale 350 Point Total**

- A  = 329-350
- A- = 315-328
- B+ = 308-314
- B  = 294-307
- B- = 280-293
- C+ = 273-279
- C  = 259-272
- D  = 210-244
- F  = 209 and below

ACADEMIC INTEGRITY: The University may discipline a student for academic misconduct, which is defined as any activity, which tends to undermine the academic integrity of the institution. Academic misconduct includes, but is not limited to the following: cheating, fabrication, plagiarism, interference, violation of course rules and facilitation of academic dishonesty. This policy will follow the student misconduct policy on Page 17 of the Code of Student Ethics Handbook.


ENVIRONMENT OF FAIRNESS: Despite differing opinions based on background, religion, etc. this course is taught in such a way to promote fairness and openness to sexual orientation, economic class differences, religious diversity, and racial or ethnic background. Specifically in regards to sexual orientation students are encouraged to access further information on resources at IU:

[http://www.indiana.edu/~glbt/friends-resources/](http://www.indiana.edu/~glbt/friends-resources/)

COURSE EVALUATIONS
It is the policy of the School of Public Health to evaluate all courses taught through the School. Final student course evaluations will be conducted in a manner that maintains the integrity of the process and anonymity of evaluators.

RELIGIOUS OBSERVANCES
Indiana University respects the right of all students to observe their religious holidays and will make reasonable accommodation, upon request, for such observances. Students requesting accommodations for observances must do so by the second week of the semester. This request
is to be in writing utilizing the Religious Observances Form. Students can access the website at http://www.indiana.edu/~deanfac/holidays.html

For additional information about student-athletes: http://iuhoosiers.cstv.com/compliance/ind-compliance-pubsandreports.html

DISABILITY SERVICES FOR STUDENTS. Securing accommodations for a student with disabilities is a responsibility shared by the student, the instructor and the DSS Office. For information about support services or accommodations available to students with disabilities, and for the procedures to be followed by students and instructors: http://studentaffairs.iub.edu/dss/

COUNSELING AND PSYCHOLOGICAL SERVICES. For information about services offered to students by CAPS: http://healthcenter.indiana.edu/counseling/index.shtml