



College of Education & Human Development  
Department of Counseling, Health, & Kinesiology

**EDKN 1301 Foundations of Kinesiology  
Spring 2026**

Instructor:

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Office: STEM 142/Mod C

Office Hours: **By Appointment Only**

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Class Time:

**Tuesday & Thursday 2:00 pm – 3:15 pm**

Class Location:

**Science & Technology 166**

Required Text:

Knudson, Duane V., and Timothy A. Brusseau. Introduction to Kinesiology: Studying Physical Activity. 6th ed., Human Kinetics, 2022.  
ISBN: 9781718202733

Recommended Text:

N/A

Supplies:

N/A

Catalog Description:

Philosophical, historical, sociological, psychological, mechanical, and physiological principles of kinesiology. Includes careers in kinesiology.

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Student Learner Outcomes: Upon completion of this course, each student will be able to:

1. Identify and explain the terminology and research of the sub-disciplines of kinesiology.
2. Explain the historical, sociological, and philosophical impact of kinesiology on society.
3. Identify career options in kinesiology and the qualifications associated with the professions for the sub-disciplines.
4. Develop an understanding of the issues and challenges that may affect the future of physical education, exercise science, and sport.
5. Gain knowledge concerning the general factors that affect movement and physical activity
6. Describe how personal experiences and behaviors can impact physical activity.
7. Develop a meaning and philosophy of physical education, exercise science, and sport.

TEA Standards:

**What teachers know:**

- 2.1k structures and functions of major body systems and how these systems adapt to physical activities
- 2.4k key principles and concepts (e.g., cardiovascular endurance, muscular strength, flexibility, weight control, conditioning, safety, stress management, nutrition) and their significance in relation to physical activity, health, and fitness
- 2.8k the physiological changes that accompany moderate and vigorous physical activity
- 3.4k personal and social benefits of participating in physical activities, games, dance, outdoor pursuits, and sports
- 3.5k theories of motivation and educational practices that prompt students to participate in physical activity

**What teachers can do;**

- 1.1s apply physiological and biomechanical principles to movement and sports activities

Undergraduate Class Policies:

A student has the right to expect competent, well-organized instruction for the full number of clock hours allotted for a course; to sufficient written assignments, graded fairly and with reasonable promptness to show the student's academic standing in the course at least before mid-semester; to have ample opportunity to confer with the instructor at published office hours and to review graded written work; to freedom from ridicule, discrimination, harassment or accusations in the presence of other students or faculty members; and to an avenue for appealing to higher academic authority in case of alleged unfairness by an instructor. See the [Student Handbook](#).

**Academic Dishonesty:**

Students are expected to do their own course work. Academic dishonesty is a violation of the Student Code of Conduct; therefore, the instructor may report any form of academic dishonesty to the Office of Student Rights and Responsibilities. Please review the [Student Handbook](#) for a complete description of the process.

**Forms of academic dishonesty:**

- a. Cheating - A student can be accused of academic dishonesty if he/she uses, or attempts to use, unauthorized assistance (e.g., asking someone else for an answer during a test, copying answers from another person's paper during a test, etc.), uses unauthorized study aids in examinations or other academic work (i.e., "cheat sheets" or textbooks/notes when that use has been disallowed by the faculty), or submits the work of another as his/her own.
- b. Plagiarism - A student can be accused of academic dishonesty if he/she uses the ideas, data or language of another without specific or proper acknowledgment. [Home](#)
- c. Fabrication - A student can be accused of academic dishonesty if he/she submits or attempts to submit material that is contrived or altered (e.g., making up data for an experiment, misrepresenting data, citing nonexistent articles, contriving sources, falsifying design and/or troubleshooting data, or padding estimates with intent to defraud customers, etc.).
- d. Multiple submission - A student can be accused of academic dishonesty if he/she submits, without prior permission, any work previously submitted to fulfill another academic requirement (e.g., the unauthorized submission of a pre-existing paper or project).
- e. Lying - Deliberate falsification with the intent to deceive in written or verbal form as it applies to an academic submission.
- f. Bribery - Providing, offering or taking rewards in exchange for a grade, an assignment or the aid of academic dishonesty.
- g. Threat - An attempt to intimidate a student, staff, or faculty member for the purpose of receiving an unearned grade or in an effort to prevent the reporting of an Honor Code violation.
- h. Misrepresentation of academic records - A student may be accused of academic dishonesty if he/she misrepresents, tampers with or attempts to tamper with any portion of a student's transcripts or academic record (e.g., changing one's grade, altering computer records, falsifying academic information on one's resume, etc.).
- i. Facilitating Academic Dishonesty - A student may be accused of academic dishonesty if he/she knowingly helps or attempts to help another violate the principles of academic integrity (e.g., working together on a take-home exam without instructor permission, providing another student with a pre-written paper or test, unauthorized collaboration of any kind, including online testing, giving answers to lab projects with the intent to help students take practical exams, etc.).

**Plagiarism:** The University recognizes plagiarism as a serious academic offense. Plagiarism, the act of representing the work of another as one's own, may take two forms. It may consist of copying, paraphrasing or otherwise using the written or oral work of another without acknowledging the source or it may consist of presenting oral or written course work prepared by another as one's own.

Unless an assignment is designated as a group project, assignments should be completed by the student. I encourage group learning and problem solving with assignments, but when you write up the assignment, it should be in your words. I need to know what YOU know, not what the group knows.

Normally a student who plagiarizes shall receive a grade of "F" in the course in which the act occurs. Students are expected to follow A&M-SA's policies as defined in the Academic Catalog. Anyone caught cheating (including plagiarizing) will receive an automatic failure in the course. The instructor may decide to reduce this penalty to an F for the assignment or other appropriate consequence. If you have any questions about the meaning of plagiarizing, how to properly cite material from a source, or about any of the other forms of cheating listed above, do not hesitate to see Mr. Santos

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Any student caught using the work of another student and/or giving work to another student, or caught cheating in any of the forms listed above, will be reported to student affairs for academic sanctions.

Information on plagiarism is available at the following websites: [University of Indiana](#) [Plagiarism.org](#)

All students who have enrolled for audit are expected to complete all course requirements. These requirements include: regular class attendance and participation; completion of all assignments and other class work; quizzes and exams are optional at the discretion of the instructor

Non-Academic Misconduct: (See the [Student Handbook](#)). The University respects the rights of instructors to teach and students to learn. Maintenance of these rights requires campus conditions that do not impede their exercise. Campus behavior that interferes with either (1) the instructor's ability to conduct the class, (2) the inability of other students to profit from the instructional program, or (3) campus behavior that interferes with the rights of others will not be tolerated. An individual engaging in such disruptive behavior may be subject to disciplinary action. Such incidents will be adjudicated under nonacademic procedures by the Dean of Students. This includes but is not limited to:

1. Sleeping in class: Students sleeping in class are a distraction to the professor and to the students in class who have a sincere desire to learn.
2. Side Conversation: Students engaging in side conversations during class are a distraction to the professor and to the students in class who have a sincere desire to learn. Therefore, this behavior is deemed to be a form of nonacademic misconduct and will not be tolerated.
3. Cellular phones and other electronic devices: Cellular phones are to be turned off during class. A student's cellular phone ringing is a distraction to the professor and to the students in class who have a sincere desire to learn.

Sexual Misconduct: (See the [Student Handbook](#)). Sexual harassment of students and employers at Texas A&M University-San Antonio is unacceptable and will not be tolerated. Any member of the University community violating this policy will be subject to disciplinary action.

### Class Attendance:

A vital part of every student's education is regular attendance of class meetings. Any absences tend to lower the quality of a student's work in a course, and frequent or persistent absences may preclude a passing grade or cause a student to be dropped from one or more courses upon the request of a faculty member to the Provost and Vice President for Academic Affairs.

- Quizzes, assignments, and other work related to weekly topics will be completed inside and/or outside of class. In-class quizzes, assignments, and other work missed because of absence will *not* be made up.

## Home

- Although attendance and tardies are not part of your grade, you will receive a zero (0) if you do not participate in lab. This deduction will take place on the written laboratory assignment unless you have a valid excuse (see below).

1. The general policy outlined by the University will be followed as stated in the [Student Handbook](#). There are no 'free' unexcused absences.
2. The instructor's policy for this course includes:
  - a. Your presence is expected in class daily except for emergencies. Students assume responsibility for any material missed in class. Arrange to pick up handouts as soon as possible. It is YOUR responsibility to make up missed work.
  - b. Requests to be absent from class for official University business (athletics, field trips, student government, etc.) shall be made prior to the anticipated absence. Arrangements for missed work will be made at that time.
  - c. If you miss an exam or quiz or do not show up on the day of a presentation or when an assignment is due without **Prior Arrangement** with the instructor, no make-up will be allowed unless there is a **documented** emergency, however final decision is up to the instructor.
    - i. If there is an emergency (hospital, funeral, etc.) please contact me the day of the problem or the day you missed class.
    - ii. If you cannot participate in a lab, you must have documentation (hurt ankle, sick, etc.), otherwise you will receive half credit for being there but not participating.
      1. This includes not participating in one or more assessments for that lab.
    - iii. If you completely miss a lab and have no documentation, 0 points will be given from that assignment
    - iv. For presentations, a five (5) point deduction will be taken for every presentation that is missed
      1. This deduction will be made to the individual that missed the presentation and not the group as a whole.
    - v. Absence from group presentations will constitute a zero (0) for the person that missed unless **PRIOR** arrangements have been made.
  - d. Points will be deducted from any participation grade that may be required of class as a result of unexcused absences.
    - i. Excused absences: *In the event that you need to be away for a given period of time (e.g. funerals, hospital stays, family emergencies, military duty, etc.), you should contact [Student Counseling and Wellness](#) (210-784-1331 (or 1329); [StuCounseling@tamusa.edu](mailto:StuCounseling@tamusa.edu) or [StuWellness@tamusa.edu](mailto:StuWellness@tamusa.edu)).* If you will be missing more than a week of classes (whether continuous or not), inform them of the situation and they can send a notice to all your instructors rather than you having to explain to each of them your circumstances.

- e. Do not make doctor's appointments on the days of class, tests, labs, or presentations.
- f. Any DSS arrangements need to be taken care of at the beginning of the semester and not the middle or end of the semester. Students need to be responsible with the DSS department deadlines for Inquiries. Failing to meet the required deadlines from the DSS and this Syllabus (Which is the first month of class) students will be missing out on any aid that DSS can provided for this class.
- g. Students are encouraged to ask questions regarding the class, lectures, assignments, grades that have been given, and if there is any dissatisfaction with performance. However, students need to realize that this respect is earned not given and it works both ways.

**University Email Policy and Course Communications:** All correspondence between professors and students must occur via university email accounts. You must have your Jaguar email account ready and working. If it is not working, contact the help desk at [helpdesk@tamusa.edu](mailto:helpdesk@tamusa.edu) or at 210-784-HELP (4357). If you don't hear back within 48 hours, contact them again. They have many requests during the first part of the semester, so you may need to follow up with them.

**Academic Accommodations for Individuals with Disabilities:** Texas A&M University-San Antonio is committed to providing all students with reasonable access to learning opportunities and accommodations in accordance with The Americans with Disabilities Act, as amended, and Section 504 of the Rehabilitation Act. If you experience barriers to your education due to a disability or think you may have a disability, Disability Support Services is located in the Central Academic Building, Suite 210. You can also contact us via phone at (210) 784-1335, visit us at the [website](#) or email us at [dss@tamusa.edu](mailto:dss@tamusa.edu). Disabilities may include, but are not limited to, attentional, learning, mental health, sensory, physical, or chronic health conditions. All students are encouraged to discuss their academic accommodation with Disability Support Services and their instructors as soon as possible.

**Academic Learning Center:** All currently enrolled students at Texas A&M University-San Antonio can utilize the Academic Learning Center for subject-area tutoring. The Academic Learning Center provides free course-based tutoring to all currently enrolled students at Texas A&M University-San Antonio. Students wishing to work with a tutor can make appointments through the Brainfuse online tutoring platform. Brainfuse can be accessed in the *Tools* section of Blackboard. You can contact the Academic Learning Center by emailing [tutoring@tamusa.edu](mailto:tutoring@tamusa.edu), calling (210) 784-1307, or visiting the Central Academic Building, room 202. Online tutoring is also available for after hours and weekend assistance.

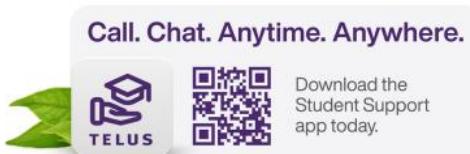
While tutoring hours may change based on tutor schedules and availability, the current tutoring hours for MATH in the ALC are as follows:

	<b>Appointments available</b>	<b>Walk in Tutoring – No appointment needed</b>
MONDAY	8 am – 6 pm	9 am – 5 pm
TUESDAY	8 am – 6 pm	9 am – 5 pm
WEDNESDAY	8 am – 6 pm	9 am – 5 pm
THURSDAY	8 am – 6 pm	9 am – 5 pm
FRIDAY	8 am – 5 pm	11 am – 4 pm

**Counseling/Mental Health Resources:** As a college student, there may be times when personal stressors interfere with your academic performance and negatively impact your daily functioning. If you are experiencing emotional difficulties or mental health concerns, support is available to you through the Student Counseling Center (SCC). To schedule an appointment, visit our website, call 210-784-1331 or visit Madla 120 between the hours of 8:00 AM and 5:00 PM.

All mental health services provided by the SCC are free and confidential (as the law allows). The Student Counseling Center provides brief individual and group therapy, crisis intervention, consultation, case management, and prevention services. *Crisis support is available 24/7/365 by calling the SCC at 210-784-1331 or through the TELUS student support App.*

The TELUS Student Support App provides a variety of mental health resources to include 24/7/365 support for in the moment distress, crisis support, an anonymous peer-to-peer support network, mental health screenings, podcasts, and articles to improve your mental wellbeing.



**Emergency Preparedness:** JagE Alert is Texas A&M University-San Antonio's mass notification system. In the event of an emergency, such as inclement weather, students, staff and faculty, who are registered, will have the option to receive a text message, email with instructions and updates. To register or update your information visit:

<https://tamusa.bbcportal.com/>. More information about Emergency Operations Plan and the Emergency Action Plan can be found [here](#). Download the SafeZone App

(<https://safezoneapp.com/>) for emergencies or call (210) 784-1911. Non-Emergency (210) 784-1900.

**Financial Aid and Verification of Attendance:** According to the following federal regulation, 34 CFR 668.21: U.S. Department of Education (DoE) Title IV regulation, a student can only receive Title IV funds based on Title IV eligibility criteria which include class attendance. If Title IV funds are disbursed to ineligible students (including students who fail to begin attendance), the institution must return these funds to the U.S. DoE within 30 days of becoming aware that the student will not or has not begun attendance. Faculty will provide the Office of Financial Aid with an electronic notification if a student has not attended by the published Census Date (the first week of class). Any student receiving federal financial aid who does not attend prior to the published Census Date (the first week of class) will have their aid terminated and returned to the DoE. Please note that any student who stops attending at any time during the semester may also need to return a portion of their federal aid.

**Jaguar Writing, Language, and Digital Composing Center (WLDCC):** The Jaguar Writing Center provides writing support to graduate and undergraduate students in all three colleges as well as faculty and staff. Writing tutors work with students to develop reading skills, prepare oral presentations, plan, draft, and revise their written assignments. Our language tutors support students enrolled in Spanish courses and students composing in Spanish for any assignment. Our digital studio tutors support students working on digital projects such as eportfolios, class presentations, or other digital multimedia projects. The Writing Center offers face-to-face, synchronous online, and asynchronous digital appointments. Students can schedule appointments with the Writing Center in JagWire under the Student Services tab. Click on “Writing, Language, and Digital Composing Center” to make your appointment. Students wanting to work in real-time with a tutor can schedule an “Online Appointment.” Students wishing to receive asynchronous, written feedback from a tutor can schedule an “eTutoring” appointment. More information about what services we offer, how to make an appointment, and how to access your appointment can be found on our [website](#) . The Writing Center can also be reached by emailing [writingcenter@tamusa.edu](mailto:writingcenter@tamusa.edu).

**Meeting Basic Needs:** Any student who has difficulty affording groceries or accessing sufficient food to eat every day or who lacks a safe and stable place to live, and believes this may affect their performance in the course, is urged to submit a [CARE report](#) for support. Furthermore, please notify the professor if you are comfortable in doing so. This will enable them to direct you to available resources. A food pantry is available on campus; click [here](#) for hours and contact information.

Military Affairs: Veterans and active-duty military personnel are welcomed and encouraged to visit the Office of Military Affairs for any question involving federal or state VA Education Benefits. Visit the Patriots' Casa building, room 202, or to contact the Office of Military Affairs with any questions at [military.va@tamusa.edu](mailto:military.va@tamusa.edu) or (210)784-1397.

Religious Observances: Texas A&M University-San Antonio recognizes the wide variety of faiths represented among the campus community and protects the rights of students, faculty, and staff to observe religious holidays according to their tradition. Under the policy, students are provided an opportunity to make up any examination, study, or course work requirements that may be missed due to a religious observance provided they notify their instructors before the end of the second week of classes for regular session classes.

The Six-Drop Rule: Students are subject to the requirements of Senate Bill (SB) 1231 passed by the Texas Legislature in 2007. SB 1231 limits students to a maximum of six (6) non-punitive course drops (i.e., courses a student chooses to drop) during their undergraduate careers. A non-punitive drop does not affect the student's GPA. However, course drops that exceed the maximum allowed by SB 1231 will be treated as "F" grades and will impact the student's GPA.

Statement of Harassment and Discrimination: Texas A&M University-San Antonio is committed to the fundamental principles of academic freedom, equal opportunity, and human dignity. To fulfill its multiple missions as an institution of higher learning, A&M-San Antonio encourages a climate that values and nurtures collegiality and the uniqueness of the individual on our campus and within our state, nation, and world. All decisions and actions involving students and employees are to be based on applicable law and individual merit. Texas A&M University-San Antonio, in accordance with applicable federal and state law, prohibits discrimination, including harassment, on the basis of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation, or pregnancy/parenting status. Individuals who believe they have experienced harassment or discrimination prohibited by this statement are encouraged to contact the University's Civil Rights Officer at 210-784-2061 or [titleix@tamusa.edu](mailto:titleix@tamusa.edu).

Texas A&M University-San Antonio faculty are committed to providing a safe learning environment for all students and for the university as a whole. If you have experienced any form of sex discrimination or harassment, including sexual assault, sexual harassment, domestic or dating violence, or stalking based on sex, know that help and support are available. A&M-San Antonio's Title IX Coordinator can support those impacted by such conduct in navigating campus life, accessing health and counseling services, providing academic and housing accommodations, and more. The university strongly encourages all students to report any such incidents to the Title IX Coordinator. Please be aware that all A&M-San Antonio employees

(other than those designated as confidential resources such as counselors and trained victim advocates) are required to report information about such discrimination and harassment to the university. This means that if you tell a faculty member about a situation of sexual harassment, sexual violence, or other related sex-based misconduct, the faculty member must share that information with the university's Title IX Coordinator ([titleix@tamusa.edu](mailto:titleix@tamusa.edu), 210-784-2061, CAB 439K). If you wish to speak to a confidential employee who does not have this reporting requirement, you can contact the Student Counseling Center at (210) 784-1331 or visit them in Madla 120.

Pregnant/Parenting Students: Texas A&M-San Antonio does not require a pregnant or parenting student, solely because of that status or issues related to that status, to (1) take a leave of absence or withdraw from their degree or certificate program; (2) limit the student's studies; (3) participate in an alternative program; (4) change the student's major, degree, or certificate program; or (5) refrain from joining or cease participating in any course, activity, or program at the University. The university will provide such reasonable accommodations to pregnant students as would be provided to a student with a temporary medical condition that are related to the health and safety of the student and the student's unborn child. These could include maintaining a safe distance from substances, areas, and activities known to be hazardous to pregnant individuals and their unborn child; excused absences because of illness or medical appointments; modified due dates for assignments; rescheduled tests/exams; taking a leave of absence; and being provided access to instructional materials and video recordings of lectures for excused absences, if these would be provided to any other student with an excused absence. Pregnant/parenting students are encouraged to contact the Title IX Coordinator with any questions or concerns related to their status ([titleix@tamusa.edu](mailto:titleix@tamusa.edu); 210-784-2061; CAB 439K).

Texas A&M-San Antonio has also designated the Title IX Coordinator as the liaison officer for current or incoming students who are the parent or guardian of a child younger than 18 years of age. The Title IX Coordinator can provide students with information regarding support services and other resources. Young Jaguars can support parenting students with daycare if students meet this criteria: (1) must be enrolled in classes at Texas A&M-San Antonio in the current semester, (2) must be Pell eligible or a single parent, (3) child(ren) must be aged 3 to 12-years-old, and (4) child(ren) must be enrolled in Pre-K-3 through 6th grade. For more information, please contact Young Jaguars at [youngjaguars@tamusa.edu](mailto:youngjaguars@tamusa.edu) or call (210) 784-2636.

**Students' Rights and Responsibilities:** The following statement of students' rights and responsibilities is intended to reflect the philosophical base upon which University Student Rules are built. This philosophy acknowledges the existence of both rights and responsibilities, which is inherent to an individual not only as a student at Texas A&M University-San Antonio but also as a citizen of this country.

### **Students' Rights**

1. A student shall have the right to participate in a free exchange of ideas, and there shall be no University rule or administrative rule that in any way abridges the rights of freedom of speech, expression, petition and peaceful assembly as set forth in the U.S. Constitution.
2. Each student shall have the right to participate in all areas and activities of the University, free from any form of discrimination, including harassment, on the basis of race, color, national or ethnic origin, religion, sex, disability, age, and pregnancy/parenting or veteran status in accordance with applicable federal and state laws.
3. A student has the right to personal privacy except as otherwise provided by law, and this will be observed by students and University authorities alike.
4. Each student subject to disciplinary action arising from violations of university student rules shall be assured a fundamentally fair process.

### **Students' Responsibilities**

1. A student has the responsibility to respect the rights and property of others, including other students, the faculty, and administration.
2. A student has the responsibility to be fully acquainted with the published University Student Rules found in the Student Handbook, [Student Code of Conduct](#), on our website, and University Catalog, and to comply with them, as well as with federal, state, and local laws.
3. A student has the responsibility to recognize that student actions reflect upon the individuals involved and upon the entire University community.
4. A student has the responsibility to recognize the University's obligation to provide a safe environment for learning.

5. A student has the responsibility to check their university email for any updates or official university notifications.

We expect that students will behave in a manner that is dignified, respectful, and courteous to all people, regardless of sex, ethnic/racial origin, religious background, or disability. Conduct that infringes on the rights of another individual will not be tolerated.

Students are expected to exhibit a high level of honesty and integrity in their pursuit of higher education. Students engaging in an act that violates the standards of academic integrity will find themselves facing academic and/or disciplinary sanctions. Academic misconduct is any act, or attempt, which gives an unfair advantage to the student. Additionally, any behavior specifically prohibited by a faculty member in the course syllabus or class discussion may be considered as academic misconduct. For more information on academic misconduct policies and procedures please review the [Student Code of Conduct](#) or visit the resources available in the [OSRR website](#)

Grading Policy & Course Requirements: To achieve the course objectives, the class will involve:

Lecture  
Individual assignments  
Discussion Boards  
Group Assignments

<u>Course Evaluation:</u>	
Exams	25%
Major Projects	50%
HW/Quizzes	25%
Total	100%

<u>Criteria:</u>	
90-100	A
80-89.99	B
70-79.99	C
60-69.99	D
0 - 59.99	F

In-class tests will use a green rectangular scantron (882E) and a #2 pencil, available at the bookstore (N/A for this semester).

On-line tests will be taken on Blackboard and these are also intended for you to work INDIVIDUALLY. If you are caught collaborating with others during on-line testing, you will be [reprimanded](#). Use of electronic equipment during exams will result in a score of 0% for the test and may result in further discipline.

A grade of “C” or better must be earned in this course to satisfy Kinesiology requirements. Majors who do not

earn a grade of “C” or better will be required to repeat the course. I do not round up or round down your grade. If you earn an 89.9, then you earn a B. If you earn an 80.0, then you earn a B, not a C.

No changes to your final grade will occur once class has ended unless I have made a mistake. You are given the opportunity to follow your grade throughout the semester thus you should not be surprised with the grade you earn. There are no exceptions (eligibility, financial aid, etc.)

**Late Penalties: All assigned work is due on the date and time assigned; work received later than the due date will NOT be graded.**

- *I do not offer extra credit.*
- *I do not offer Independent Studies if an acceptable grade is not earned*

Blackboard: All assignments will be turned in and all notes, announcements, etc., will be posted on Blackboard (except for those that require signatures). Please check that your account is working, otherwise you will fall behind. If you have problems accessing Blackboard, contact the Help Desk. **Assignment Dropbox** (course content folder) in Blackboard will be used to turn in electronic assignments. Click on the Assignment Dropbox and attach your document.

To access Blackboard, go to the [A&M-SA homepage](#).

If you need to pull up an assignment, notes, etc., my suggestion is to save it to your computer or disk, THEN open it.

If you have a question, comment, etc. about an assignment or any other matter, please contact me through **email first** ([msantos@tamusa.edu](mailto:msantos@tamusa.edu)), but **NOT Blackboard Messaging**.

[EDKN 1301] assumes that all work submitted by students will be generated by the students themselves, working individually or in groups. Students should not have another person/entity do the writing of any portion of an assignment for them, which includes hiring a person or a company to write assignments and/or using artificial intelligence (AI) tools like ChatGPT. Use of any AI-generated content in this course qualifies as academic dishonesty and violates Texas A&M-San Antonio’s standards of academic integrity

## Core Class Projects:

**Personal Experience (PR):** Students will measure their physical activity levels with a variety of self-recall surveys, interpret these results, and compare them with established guidelines. Students will then postulate on personal experiences they believe formed their current physical activity habits and how potential experiences may further alter these habits. Finally, students will propose how they can avoid or combat negative and future experiences in order to improve or maintain a healthy physical activity level. This assignment will be in poster format. The rubric is as follows: Proper interpretation of surveys: 25%; Personal experiences (positive and negative): 30%; Means of improvement: 25%; Poster format (uncluttered, contrasting colors, grammar, punctuation, etc.): 20%. Meets Component Area Option Core Objective 3 (Personal Experience) and course SLO 6.

**Research Presentation (CS):** Students will explore a variable thought to impact or be associated with physical activity, such as stress, body composition, fatigue, blood pressure, cognitive function, and others. Students will form an introduction on how physical activity can positively and negatively impact this variable, gather at least five peer-reviewed research articles related to their topic and using these findings, objectively evaluate the effect or association among these variables. Students will then synthesize a conclusion and make recommendations, then orally present to the class with PowerPoint or other media. The rubric is as follows: Introduction: 15%; Interpretation and evaluation of articles: 20%; Conclusion: 15%; Recommendations: 10%; Slide format (uncluttered, contrasting colors, grammar, punctuation, etc.): 15%; Presenters (appropriate dress, voice clarity, eye contact, interaction, grammar, pronunciation, etc.): 15%; Proper sources (cited APA): 10%. Meets Component Area Option Core Objective 2 (Communication Skills) and course SLO 5.

**Sub-discipline Inquiry Assignment (CT):** Students will be assigned a sub-discipline of kinesiology (motor development, exercise physiology, athletic training, physical education, cardiac rehabilitation, etc.) to explore. Students will be required to gather at least two primary sources and two secondary sources documenting the sub-discipline's societal impact through a historical, sociological, and philosophical framework from its origin to present day. The rubric is as follows: Proper sources (cited APA): 15%; Historical component: 20%; Sociological component: 20%; Philosophical component: 20%; Structure and flow: 10%; Grammar and punctuation: 15%. Meets Component Area Option Core Objective 1 (Critical Thinking) and course SLO 1.

**Group Contract:** Research & Sub-discipline Inquiry Assignment will require students to form groups (5) to complete each class project. At the beginning of the semester, each group will write and sign a group contract that they will follow throughout each project. If a student violates the created contract, there will be a formal process for complaints. This process will include students having to write out terms that are broken and sign off from other group members. The second stage is emailing the professor to set up a meeting with the entire group to discuss potential outcomes. These "outcomes" could lead to the removal of group members. If a group member is removed as punishment for breaking the contract, they will still be able to turn in all group-related work but will have to complete the project solo. This means the presentation will be solo on the scheduled date. Before each presentation, students will fill out a group evaluation to review their members work for each

project.

## Spring 2026 Regular 16-Week Session

October 27	Monday	Registration opens
December 24-January 2	Wednesday-Friday	Winter Break
January 13	Tuesday	Tuition & fee payment deadline
January 16	Friday	Last day for students withdrawing to receive 100% refund (0% responsibility) for tuition
January 19	Monday	Martin Luther King, Jr. Day - No classes
January 20	Tuesday	First class day
January 27	Tuesday	Last day to register
February 4	Wednesday	Census Date
February 5	Thursday	Drop for non-payment
February 23-March 6	Monday-Friday	Midterm grading period
March 9-March 14	Monday-Saturday	Spring Break
April 3	Friday	Study day - No classes
April 17	Friday	Last day to drop with an automatic grade of "W"
May 1	Friday	Last day to withdraw from the university
May 4	Monday	Last day of scheduled classes for weekday classes
May 5	Tuesday	Study day - No classes
May 6-May 12	Wednesday-Tuesday	Final examinations
May 12	Tuesday	End of term
May 15	Friday	All grades due by noon
May 18	Monday	Grades available in JagWire
May 19	Tuesday	Commencement

### EDKN 1301 Foundations of Kinesiology

Spring 2024

Monday & Wednesday SciTech 269

Tentative Schedule: This is a tentative schedule. The course schedule will change as the demands of the students dictate. There may be a quiz at the beginning of each class over the previously covered material, except on test days. All work will be due by 11:59 pm on due days.

**HOMEWORK, QUIZZES, PROJECTS, EXAMS**

Department of Counseling, Health & Kinesiology

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Month	Day	Topic
January	20	<b>Class Introduction/expectations (group contract creation)</b>
	22	<b>Module 1 (Ch 01 Introduction to Kinesiology)</b> <b>Ch 1 homework due (online) January 25 by midnight.</b> <b>Ch 1 quiz due (online) January 25 by midnight.</b>
	27	<b>Self-surveys, completion, and interpretation (reflection poster talk)</b>
	29	<b>Module 1 (Ch 2 Importance of Physical Activity, part I)</b>
February	03	<b>Module 1 (Ch 2 Importance of Physical Activity, part II) / Poster talk</b> <b>Ch 2 homework due (online) due February 05 by midnight</b>
	05	<b>PA Experiences/Improving pa (reflection poster talk)</b>
	10	<b>Module 1 Exam Review</b>
	12	<b>Module 1 Exam (online) due by midnight</b>
	17	<b>Module 2 (Ch 3 Philosophy of Physical Activity)</b>
	19	<b>Professional presentation Introduction/Sociological component</b> <b>Ch 3 homework due Feb 19 (online) by midnight</b> <b>Ch 3 quiz due (online) February 20 by midnight</b>
	22	<b>Reflection posters due (via blackboard)</b>
March	24	<b>Module 2 (Ch 4 History of Physical Activity)</b>
	26	<b>Professional presentation Introduction/Sociological component</b> <b>Ch 4 homework due February 26 (online) by midnight</b> <b>Ch 4 quiz due (online) February 27 by midnight</b>
	03	<b>Module 2 (Ch 5 Sociology of Physical Activity)</b>
	05	<b>Historical component (professional presentation talk)</b> <b>Ch 5 homework due March 5 (online) by midnight</b> <b>Ch 5 quiz due (online) March 06 by midnight</b>
	17	<b>Module 2 Exam Review</b>
	19	<b>Module 2 Exam (online) due by midnight.</b>
	24	<b>Professional Presentation Workday</b>
April	26	<b>Professional Presentation Workday</b>
	29	<b>Professional Presentation PowerPoint slides due (via blackboard)</b>
	31	<b>Professional Presentations</b>
	02	<b>Professional Presentations</b>
	07	<b>Module 3 (Ch 6 Motor Behavior)</b>
	09	<b>Where and how we find research (research presentation talk)</b> <b>Ch 6 homework due April 09 by midnight</b> <b>Ch 6 quiz due (online) April 10 by midnight</b>
	14	<b>Module 3 (Ch 7 Sport and Exercise Psychology)</b>
	16	<b>How to read and summarize research (research presentation talk)</b> <b>Ch 7 homework due April 16 (online) by midnight.</b> <b>Ch 7 quiz due (online) April 17 by midnight</b>
	21	<b>Module 3 (Ch 10 Becoming a Physical Activity Professional)</b>
	23	<b>Putting the research together (research presentation talk)</b> <b>Ch 10 homework due April 23 (online) by midnight.</b> <b>Ch 10 quiz due (online) April 24 by midnight.</b>
	26	<b>Research Presentation Submission Day</b>
	28	<b>Research Presentation Day</b>
	30	<b>Research Presentation Day</b>

<b>May</b>	03	<b>Module 3 Exam Due</b>
	05	<b>Study Day</b>
	06-12	<b>Final Exam Opens Up (Closes at Midnight on December 12)</b>

All students will be required to participate in physical activity labs. You must have official documentation to be excused from any lab. As noted above, not participating in a lab will result in point deductions. See Blackboard for schedule.