Kinesiology 100: Introduction to Kinesiology

Lecture: Mon, Wed, Fri from 10:10 – 11:00  
Location: Emerson 140
Discussion: Mon from 2:30-3:20  
Location: Dwight 132

**Instructor: Erica Hartman**
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Office: Totman 22
Phone number: 413-545-5305
Office hours: Mondays from 3:20-4 pm and by appointment

Contact me with questions you have but before you send me an email, please check the syllabus, Moodle, and other course materials for your answer. I will do my best to respond to emails by 10 pm.

**Required Materials**

**Course Description**
This course is an interdisciplinary approach to kinesiology, the science of human movement. Topics will include motor control, exercise physiology, biomechanics, sports medicine, exercise neuroscience, and exercise psychology. The objective of this course include: providing you with a rounded introduction to the subfields of kinesiology; highlighting the importance of kinesiology and how it is being used in our everyday settings; and introducing you to scientific articles and to encourage critical thinking about how science is portrayed to the public.

This course is comparable to the Kin 100 taught (in large lecture format) on main campus. Unlike other RAP courses, we will meet an additional time a week for discussion section, which is also done by the main campus section of Kin 100.

This course is a Biological Science Gen Ed course. As part of the University’s General Education program, this course includes skills that are designed to prepare students for a lifetime of learning by introducing them to subjects and perspectives that they might not otherwise encounter, in a way that links classroom experiences to the broader world. To do this, we will apply concepts that are covered in other courses (such as biology, physics, chemistry) and relate them to movement at the part and whole body level.
RAP Component
This is a RAP course. RAP courses are designed to:

1. Support students in achieving a smooth transition to college life. *I will check in with the class about this periodically.*

2. Ensure first-year students are aware of the multitude of resources and opportunities that are available at UMass Amherst. *I will introduce you to the Learning Resource Center, the Writing Center, and other resources referenced in the Student Resource Booklet.*

3. Develop an awareness and appreciation for the specific skills (inquiry and analysis, problem solving, critical and creative thinking, etc.) that are found in all Gen Ed courses. *I will elaborate on when and how our curriculum incorporates Gen Ed skills and will invite you to reflect on them as well.*

4. Promote the practice of thinking about, talking about, and making connections between classes and life experience in order to deepen engagement, understanding and ultimately increase the value of a college education. *I will ask you to reflect on this in discussion and in writing.*

5. Provide first-year students with structured guidance in the development/advancement of various skills necessary to be successful in their college experience and be prepared to be engaged members of a global community upon graduation. *I will utilize material from the Student Resource Booklet to incorporate these topics as they come up in our course.*

In addition to teaching Kinesiology, I hope to foster a smooth transition to college for each of you.

The RAP booklet offers many valuable resources and important questions for you to answer each semester. Please refer to it for suggestions throughout the semester so you can get as much out of each class as possible.

Course expectations

- Students are expected to arrive on time and participate in class discussion. Participation comes in multiple forms, including: participating in in-class discussions, working on an assignment in a group, contributing questions from the text, or answering questions during the lecture. If you have trouble speaking in group settings, please come talk to me and we can arrange for other ways for you to get your participation points.

- Attendance will not be taken during lecture but it will be taken during discussion. If something comes up, like a family emergency, please let me know promptly. It can also be helpful to talk to the Dean of students about it.

- I expect you to be engaged and willing to learn. If a topic is giving you trouble, come talk to me and I will assist you as needed.

- Cell phone use is not allowed unless specifically noted. That text message can wait.

- You must be respectful to me and your peers. You may not agree with everything said, but wait your turn to speak up. Light snacking is allowed but full course meals are not.

- You will be required to submit both a paper copy and an electronic copy on Moodle to Turnitin for some assignments. Both copies must be submitted by the due date. A late penalty will be applied if one or both is not received on time.

- Please check the Moodle page frequently. I will post assignments there (along with announcing them in class). Lecture slides will also be posted on Moodle.
Grade break down

Exam 1: 100
Exam 2: 100
Final exam: 150
Quizzes (3, on Moodle): 15 pts each
Article presentation: 50 points
Article write up: 25 pts
Class participation: 45 pts
Library Project: 25 pts
Lab proposal: 5 pts
Lab presentation: 15 pts
Lab report: 20 pts
Other small assignments: 40 pts
Total: 620 pts

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If there are any snow days or class needs to be cancelled, I will send you an email. If the whole campus is shut down for the day, we will not have class.

Accommodations Policy Statement
The University of Massachusetts Amherst is committed to providing an equal educational opportunity for all students. If you have a documented physical, psychological, or learning disability on file with Disability Services or the Center for Counseling and Psychological Health, you may be eligible for reasonable academic accommodations to help you succeed in this course. If you have a documented disability that requires an accommodation, please notify me within the first two weeks of the semester so that we may make appropriate arrangements.

Academic Honesty and Writing
The university’s policies on plagiarism apply to all work in this course, including response papers, exams and projects. Copy/pasting from the internet, using a friend’s paper, or using a paper you’ve written for a previous course all count as plagiarism and with NOT be accepted. You will receive a “0” for the assignment in question, and any further incidences can affect your grade in the course or may go on your University record. For further information, please visit the University’s webpage on academic honesty: http://www.umass.edu/dean_students/codeofconduct/acadhonesty/

Note: Copy/pasting from the internet is, in most cases, OBVIOUS, so cite your sources! (But please don’t use Wikipedia in academic papers). Additional information is in your Academic Planner for Student Success.

We will go over how to cite and use academic references properly during the library project.