



PHED 1301 Foundations of Kinesiology

Course Syllabus: Fall 2025

"Northeast Texas Community College exists to provide responsible, exemplary learning opportunities."

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Office Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Online
	9:00am-11:00am	7:30am-8:00am	9:00am-11:00am	7:30am-8:00am	Via email/appointment	Via email

The information contained in this syllabus is subject to change without notice. Students are expected to be aware of any additional course policies presented by the instructor during the course.

Catalog Course Description: The purpose of this course is to provide students with an introduction to human movement that includes the historical development of physical education, exercise education, exercise science, expanding career opportunities.

Required Textbook(s): Foundations of Kinesiology: A Modern Integrated Approach, 1st Edition

Publisher: Cengage

ISBN Number: 978-1-337-39270-9

Recommended Reading(s): None

Student Learning Outcomes:

1. Develop and understanding of the importance of regular, lifelong physical activity as part of a healthy lifestyle.
2. Identify characteristics of a physically educated person and the importance of assessment and advocacy in physical education, exercise science, and sport.
3. Understand how to safely participate in an activity program.
4. Identify different career opportunities available in Kinesiology today.

Evaluation/Grading Policy:

The final grade will be determined as follows:

For your final grade:

There are Fifteen (15) chapters that you will complete, one chapter a week. Each chapter will have readings, assignments and test each week. Assignments must be completed by Sunday at 11:59pm each week. **No Final Exam. Chapter 15 will be the last test.**

Letter grades will be assigned according to the following scale:

A = 90-100 C = 70-79 F = below 60
B = 80-89 D = 60-69

Please be aware that NO EXTRA CREDIT WILL BE GIVEN at the end of the semester. The average shown in Bb will determine the final course grade, and **no additional work** is possible.

Attendance: At the end of the semester, grades will be calculated according to the percentages in the syllabus, and the only adjustment that will be made is if the final percentage is **WITHIN ONE POINT** of the next letter grade (and NO more), and the student has missed **THREE OR LESS Assignments**. (Mitigating circumstances will be taken into account at the discretion of the instructor.) The grade will then be **rounded up** to the **next letter grade**.

General:

This is a MindTap online Course by Cengage, this class is set up as an exclusive access from the NTCC Bookstore. Students should log onto **Blackboard (Bb)** ASAP and **carefully** read **all announcements**. **Bb** and **student email** should be checked **DAILY** for **new announcements or messages**.

Questions are welcomed during office hours (or by appointment), or if more convenient, they can be directed to me either by phone or e-mail. **Please do not hesitate to ask questions! There is no such thing as a stupid question. It is only stupid NOT to ASK them. It is VERY difficult to improve your course average after you fail the first exam, so PLEASE contact the instructor for help or studying tips EARLY in the semester, before it is too late to make a difference.**

Exam/Quiz Make-Up Policy: If a student is unable to take an exam/quiz as scheduled, a make-up will be arranged **ONLY** if the reason is legitimate, and the instructor is notified **IN ADVANCE** of the time the exam/quiz is scheduled (or becomes unavailable), either through the telephone or e-mail. **Students who fail to make appropriate arrangements will receive a grade of "0" for the exam missed.** There will be no exceptions. **Each chapter has assignments and an exam, while you can work forward, you cannot work back past a due date.**

Student Responsibilities/Expectations:

This class is online and class etiquette dictates that you will:

1. Read the assigned chapters each week.
2. Log in and complete assignments on time each week.
3. Complete test/quizzes weekly by the due date.
4. Check your NTCC email or Blackboard regularly for additional information.

NTCC Academic Honesty Statement:

"Students are expected to complete course work in an honest manner, using their intellects and resources designated as allowable by the course instructor. Students are responsible for addressing questions about allowable resources with the course instructor. NTCC upholds the highest standards of academic integrity. This course will follow the NTCC Academic Honesty policy stated in the Student Handbook."

Academic Ethics

The college expects all students to engage in academic pursuits in a manner that is beyond reproach. Students are expected to maintain complete honesty and integrity in their academic pursuit. Academic dishonesty such as cheating, plagiarism, and collusion is unacceptable and may result in disciplinary action. Refer to the student handbook for more information on this subject.

ADA Statement:

It is the policy of NTCC to provide reasonable accommodations for qualified individuals who are students with disabilities. This College will adhere to all applicable federal, state, and local laws, regulations, and guidelines with respect to providing reasonable accommodations as required to afford equal educational opportunity. It is

the student's responsibility to arrange an appointment with a College counselor to obtain a Request for Accommodations form. For more information, please refer to the NTCC Catalog or Student Handbook.

Family Educational Rights And Privacy Act (Ferpa):

The Family Educational Rights and Privacy Act (FERPA) is a federal law that protects the privacy of student education records. The law applies to all schools that receive funds under an applicable program of the U.S. Department of Education. FERPA gives parents certain rights with respect to their children's educational records. These rights transfer to the student when he or she attends a school beyond the high school level. Students to whom the rights have transferred are considered "eligible students." In essence, a parent has no legal right to obtain information concerning the child's college records without the written consent of the student. In compliance with FERPA, information classified as "directory information" may be released to the general public without the written consent of the student unless the student makes a request in writing. Directory information is defined as: the student's name, permanent address and/or local address, telephone listing, dates of attendance, most recent previous education institution attended, other information including major, field of study, degrees, awards received, and participation in officially recognized activities/sports.

Alternate Operations During Campus Closure and/or Alternate Course Delivery Requirements

In the event of an emergency or announced campus closure due to a natural disaster or pandemic, it may be necessary for Northeast Texas Community College to move to altered operations. During this time, Northeast Texas Community College may opt to continue delivery of instruction through methods that include, but are not limited to, online through the Blackboard Learning Management System, online conferencing, email messaging, and/or an alternate schedule. It is the responsibility of the student to monitor NTCC's website (<http://www.ntcc.edu/>) for instructions about continuing courses remotely, Blackboard for each class for course-specific communication, and NTCC email for important general information.

Additionally, there may be instances where a course may not be able to be continued in the same delivery format as it originates (face-to-face, fully online, live remote, or hybrid). Should this be the case, every effort will be made to continue instruction in an alternative delivery format. Students will be informed of any changes of this nature through email messaging and/or the Blackboard course site.

COURSE SCHEDULE

Content	Due Date
Chapter 1	Aug 31 st 11:59pm
Chapter 2	Sept 7 th 11:59pm
Chapter 3	Sept 14 th 11:59pm
Chapter 4	Sept 21 st 11:59pm
Chapter 5	Sept 28 th 11:59pm
Chapter 6	Oct 5 th 11:59pm
Chapter 7	Oct 12 th 11:59pm
Chapter 8	Oct 19 th 11:59pm
Chapter 9	Octo 26 th 11:59pm
Chapter 10	Nov 2 nd 11:59pm
Chapter 11	Nov 9 th 11:59pm
Chapter 12	Nov 16 th 11:59pm
Chapter 13	Nov 23 rd 11:59pm
Chapter 14 (THANKSGIVING WEEK)	Nov 30 th 11:59pm
Chapter 15	Dec 4 th 11:59pm