



PHED 1301 – Foundations of Kinesiology-Online

Course Syllabus: Fall 2026

“Northeast Texas Community College exists to provide personal, dynamic learning experiences empowering students to succeed.”

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

This syllabus serves as the documentation for all course policies and requirements, assignments, and instructor/student responsibilities.

This course will be 100% online.

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.

Prerequisite(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.**

Semester grades will be earned as follows

Points	Letter Grade
90-100	A
80-89	B
70-79	C
60-69	D
Below 60	F

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.

Required Instructional Materials:

Foundations of Kinesiology: A Modern Integrated Approach, 1st Edition

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

Optional Instructional Materials:

None

Minimum Technology Requirements:

Computer or tablet with daily high speed internet access.

Required Computer Literacy Skills:

Basic Computer usage skills and email skills.

Course Structure and Overview:

Regular attendance will be monitored the amount of time you spend in the class by you logging into Blackboard and Cengage Mindtap, spirited and appropriate discussion and thoughtful questions will help to raise the student's grade. This course will be sixteen weeks with chapters completed each week of the course. There will be small readings, assignments and quizzes with each chapter. You may work ahead of due dates at your own pace, but assignments must be completed by the due date and you cannot work backwards after a due date.

Communications:

All communications should be through NTCC Email or Microsoft Teams. My preferred method is through official school email.

Institutional/Course Policy:

All courses require the timely completion of assignments, many of which are due on a weekly basis. Adherence to the course schedule is essential for academic success. Students are expected to manage their personal schedules effectively to meet all reading and assignment deadlines. Late work will not be accepted under any circumstances; therefore, careful planning is required. All assignments must be submitted electronically through Cengage Mindtap.

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.

Statement Regarding the Use of Artificial Intelligence (AI) Technology:

Employees and students shall be permitted to explore artificial intelligence (AI) and implement its use in and out of the classroom in accordance with policy and administrative regulations. The use of AI shall only be as a support tool to enhance student outcomes or as necessary to engage in research and shall never take the place of faculty, staff, and student decision-making. Any use of AI must comply with law, policy, and administrative regulations relating to student and employee privacy and data security. A student shall only use AI tools with faculty permission and shall be expected to produce original work and properly credit sources, including AI tools used in creating the work.

Example:

APA (7th edition)

OpenAI. (2026). ChatGPT (March 25 version) [Large language model]. <https://chat.openai.com/>

MLA (9th edition)

OpenAI. ChatGPT. 25 Mar. 2026, <https://chat.openai.com/>.

Employees or students who use AI tools to deceptively harm, bully, or harass others shall be disciplined in accordance with policy. [See DH, DIA series, FFD series, FFE, FLB, and the FM series] AI Use by Employees and Students. Northeast Texas Community College 225500 TECHNOLOGY RESOURCES CRB ARTIFICIAL INTELLIGENCE (LOCAL) DATE ISSUED: 12/8/2025 1 of 1 UPDATE 50 CRB(LOCAL)-AJC Adopted: 12/16/2025

NTCC Academic Honesty/Ethics Statement:

NTCC upholds the highest standards of academic integrity. The college expects all students to engage in their academic pursuits in an honest manner that is beyond reproach using their intellect and resources designated as allowable by the course instructor. Students are responsible for addressing questions about allowable resources with the course instructor. Academic dishonesty such as cheating, plagiarism, and collusion is unacceptable and may result in disciplinary action. This course will follow the NTCC Academic Honesty and Academic Ethics policies stated in the Student Handbook. Refer to the student handbook for more information on these subjects.

ADA Statement:

It is the policy of NTCC to provide reasonable accommodation 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 accommodation as required to afford equal educational opportunity. It is the student's responsibility to request accommodation. An appointment can be made with the Academic Advisor/Coordinator of Special Populations located in Student Services and can be reached at 903-434-8264. For more information and to obtain a copy of the Request for Accommodations, please refer to the special populations page on the NTCC website.

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.

Tentative Course Schedule:

Date	Content/Chapters
August 30 th	Chapter 1
September 6 th	Chapter 2
September 13 th	Chapter 3
September 20 th	Chapter 4
September 27 th	Chapter 5
October 4 th	Chapter 6
October 11 th	Chapter 7
October 18 th	Chapter 8
October 25 th	Chapter 9
November 1 st	Chapter 10
November 8 th	Chapter 11
November 15 th	Chapter 12
November 22 nd	Chapter 13
November 29 th (Thanksgiving Week)	Chapter 14
December 6 th	Chapter 15