KINESIOLOGY- PHYSICAL FITNESS- KIN MAJ 100, SEC 13472, REVISED FOR ONLINE SPRING 2020

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Book: Introduction to Kinesiology, Hoffman, 5th Ed.
Can rent for free at: https://studentresponse.redshelf.com/

The original syllabus is still posted on our class website:
http://www.professortrujillo.com/course-info.html

The midterm project, final project, and PowerPoints with the info needed for projects and Quiz's can also be found at the above website.

Below is the revised grading:

You can keep track of your grades by recording them on the chart below:

SUBJECT:	POINTS:	MY POINTS:
Participation prior to 3/12	80 points (10 points per day)	
Participation (3/30- 5/25)	150 points (10 points per day)	
Growth Mindsets	200 points (10 each)	
End of Chapter Review Questions	175 points	
Quizzes	100 points	
Interview	60 points	
Podcast Reviews	125 points	
Extra Credit (Optional)	up to 50 points	
Total Points	**890 points**	

Below is the revised course schedule:

TUESDAY & THURSDAY, KIN 100, COURSE SCHEDULE:

	DATE:	CLASS TOPIC:	REFERENCE:
Wk1	2/11-13	Intro & Overview of Course	Syllabus & Website
		Introduction to Kinesiology, Ch. 1	I2K Textbook, PPT, YT
Wk2	2/18-20	Spheres of P.A. Experience, Ch. 2	I2K Textbook, PPT, YT
QUIZ #1		The Importance of P.A. Experience, Ch. 3	
Wk3	2/25-27	Philosophy of Physical Activity, Ch. 4	I2K Textbook, PPT, YT
		Intro to the Nervous System	Website: Other PPT, YT
Wk4	3/3-5	Muscles & Anatomical Direction	Website: PE 712 PPT, YT
		Nutrition	
Wk5	3/10-12	History & Sociology of P.A., Ch. 5 & 6	I2K Textbook, PPT, YT
QUIZ#2		NO CLASS- Podcast #1 & #2 Assignment	
Wk6	3/17-19	NO CLASSES IN SCHEDULE	
	3/24-26	SPRING BREAK	
Wk7	3/31-4/2	NO CLASS- Cesar Chavez Day	
		Check in on Zoom and Review new syllabus	
		Podcast #3 Assignment	
Wk8	4/6-13	Motor Behavior & Biomechanics, Ch.7 & 9	
		Sport & Exercise Psychology, Ch. 8	I2K Textbook, PPT, YT
Wk9	4/14-16	Physiology of Physical Activity, Ch. 10	I2K Textbook, PPT, YT
		Upload Growth Mindsets & End of Chapter Questions 1-10	
Wk10	4/21-23	Becoming a P.A. Professional, Ch.11	I2K Textbook, PPT,YT
QUIZ#3		Careers in Health & Fitness, Ch.12	I2K Textbook, PPT, YT
Wk11	4/28-30	Careers in Therapeutic Exercise, Ch.13	I2K Textbook, PPT, YT
		Careers in Teaching PE, Ch. 14	Podcast #4 Assignment
Wk12	5/5-7	Careers in Coaching, Ch.15	I2K Textbook, PPT, YT
		Careers in Management, Ch. 16	
Wk13	5/12-14	Podcast #3 Assignment	Our Website
		Podcast #4 Assignment	
Wk14	5/19-21	INTERVIEWS	Our Website
		Quiz #4- Myers Briggs	
Wk15	5/26-28	Upload Growth Mindsets & End of Chapter Questions 11-16	
		FINAL REVIEW- Podcast #5 Assignment	Website
Wk16	6/4	**Final Grades**	

**Syllabus subject to change. I will inform you of any changes.