

# INTRODUCTION TO KINESIOLOGY – KIN MAJ 100, SEC 11937- FALL 2021



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**WEBSITE:**  
[www.professortrujillo.com](http://www.professortrujillo.com)  
-Kinesiology/PE Tab  
-KIN 100  
-General Info, Fitness, Nutrition



**OFFICE:** PE 149  
**OFFICE HOURS:** Email me for a Zoom appointment.  
**INSTAGRAM:** [lesliet\\_coachc](https://www.instagram.com/lesliet_coachc)  
**MENTORING:** My office hours are for YOU! Please utilize them for any assistance you need in the class, in your education, or in your life. I'm here to help you succeed.

## SYLLABUS PAGES

- PG 1 My Info  
Mentoring  
Our Class  
Our Text
- PG 2 Philosophy  
SLO's/ Goals  
Responsibilities
- PG 3 Succeeding  
Grading  
Holidays  
Extra Credit
- PG 4 Relevant Info  
Resources
- PG 5 Course Outline



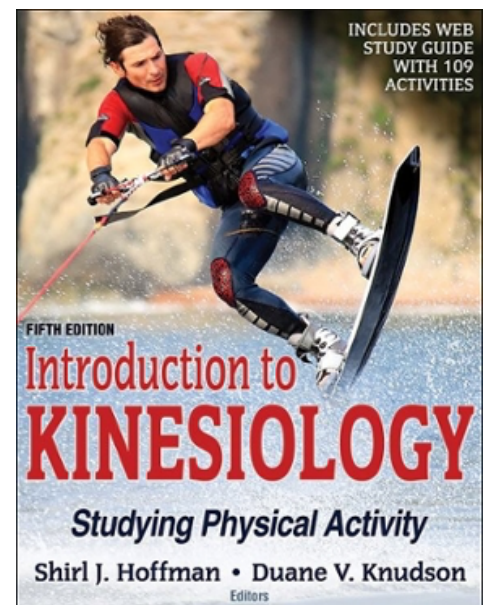
## Our Kinesiology Class:

August 30 – December 12: Asynchronous- meaning on your own disciplined time

### Course Description:

This course is an introduction to the interdisciplinary approach to the study of human movement. An overview of the importance of the subdisciplines in kinesiology will be discussed along with career opportunities in the areas of teaching, coaching, allied health, and fitness professions. (Can be applied toward "AA in PE/Kinesiology Degree")

**Textbook (Optional):** Do Not Buy....  
Introduction to Kinesiology  
Studying Physical Activity  
Hoffman, Knudson



(SLO's):

1. Identify the basics of Kinesiology.
2. Describe the Historical, ethical, and philosophical foundations of kinesiology.
3. Identify the fundamental concepts of basic movements.
4. Identify the pathways and requirements for career opportunities.

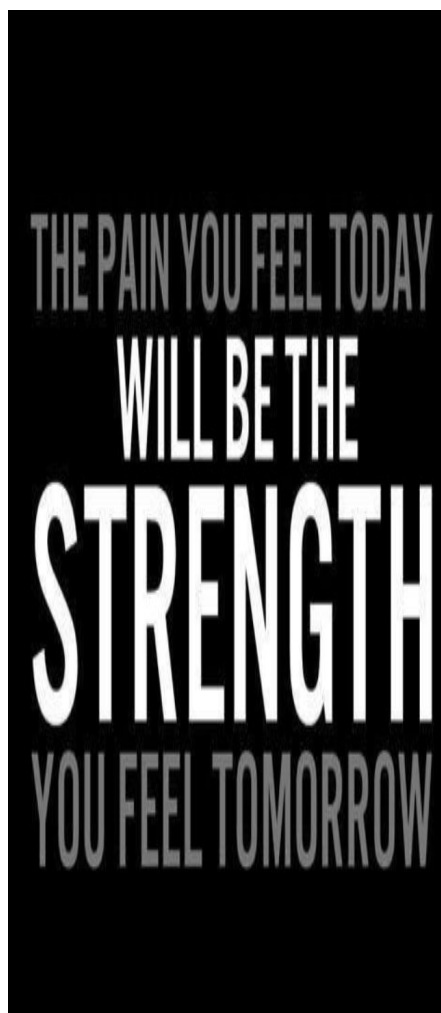
**Responsibilities:**

1. **Attendance:** This class is asynchronous, meaning we do not meet on a specific day and time. You will complete the assignments and exams when it best fits your schedule. Stay accountable!
2. **Activities:** Points will be given for the activities completed at home and reported on canvas. You are responsible to give your best effort on every activity. P.R.I.D.E.
3. **Course Material:** The info for the class comes from our optional text, canvas, and my website. Handouts are posted in Canvas and on our class tab. You can study online or print it out. The study guides are also on the website, as well as other information to help you succeed.
4. **Missing Assignments:** Sometimes life happens and you might not be able to turn in your assignment by the deadline. Please inform me ASAP of your reason.
5. **Be Prepared:** Be disciplined, check the dates of assignments, and get your mind right! You must watch the videos, review the PowerPoints, or listen to the podcasts to fill out the discussions and growth mindset notebook.



**My Teaching Philosophy:** My main goal of teaching is to help my students become aware of the infinite potential within them and how to fully thrive in life. They will learn about persistence, fortitude, confidence, motivation, and accountability. They learn they are much stronger than they ever knew possible and they can create whatever they want in their life if they are willing to work for it and never give up. Students experience tools and methods to incorporate in their life to feel great and aid them along their educational and career journey. The classes are designed to not only teach the students about kinesiology and health but also about themselves.

**Goals:** Assignments are designed to endorse critical thinking skills, personal reflection, dialogue and active participation from all students. My primary goal is to train students to become highly qualified individuals that are able to design appropriate movement and fitness programs that promote health and wellness.



### How to Succeed:

1. Perform work enthusiastically, willing to give 100% effort.
2. Encourage & respect one another.
3. Submit ALL assignments to the best of your ability.
4. Take the Mid-term and Final on time.
5. Ask for help if you don't understand how to do something.
6. Be willing to learn and grow.

### Grading:

1. You will be evaluated on your participation in the class. You are graded on discussions and growth mindsets.
2. There will be a Mid-Term and Final Exam based on the theories and testing in the book, on our handouts, and the activities we perform in class.
3. There is also quizzes based on the different info we learned in class.
4. You will do an interview with someone in the kinesiology field.

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

<u>SUBJECT:</u>	<u>POINTS:</u>	<u>MY POINTS:</u>
Participation	150 points (10 points per week)	
Growth Mindsets	200 points	
Quizzes	100 points	
Interview	50 points	
Podcast Reviews	50 points	
<u>Total Points</u>	<u>336 points</u>	

A = 90 – 100%; B = 80 – 89%; C = 70 – 79%; D = 55 – 69%



### Extra Credit:

There is a MAX of 50 points for extra credit if you need it. Refer to the website, "Education", for the list of activities.



## RESOURCES & SPECIAL SERVICES:

On my HOME page, [www.professortrujillo.com](http://www.professortrujillo.com), there are links to the following resources and services to help you succeed:

Life Skills Center, Youth Source Center, Mental Health, Student Health, and the Library

### LAHC

**MISSION:** Los Angeles Harbor College fosters learning through comprehensive programs that meet the educational needs of the community as measured by student success, personal and institutional accountability, and integrity.



### Disability Accommodation- ACCESS:

The Los Angeles Community College District (LACCD) adheres to the Disabled Student Programs and Services (DSPS) Implementing Guidelines as specified in Title 5 of the California Code of Regulations, the mandates of Section 504 of the Rehabilitation Act of 1973, and the Americans with Disabilities Act of 1990 (ADA), all of which prohibit discrimination on the basis of disability. The Los Angeles Community College District is committed to providing equal access to college educational programs and related activities for students with disabilities.

### Los Angeles College District Academic Dishonesty Policy:

9803.28 Academic Dishonesty. Violations of Academic Integrity include, but are not limited to, the following actions: cheating on exam, plagiarism, working together on an assignment, paper or project when the instructor has specifically stated students should not do so, submitting the same term paper to more than one instructor, or allowing another individual to assume one's identity for the purpose of enhancing one's grade.



## CLASS CONTACTS:

Name:  
Phone:  
Email:

Name:  
Phone:  
Email:

Name:  
Phone:  
Email:

Name:  
Phone:  
Email:



## KIN 100, COURSE SCHEDULE:

	<u>DATE:</u>	<u>CLASS TOPIC:</u>	<u>REFERENCE:</u>
Wk1	8/30 – 9/5	Intro & Overview of Course Introduction to Kinesiology, Ch 1.	Syllabus & Website Canvas, Text Ch. 1
Wk2	9/7 – 9/12	Spheres of PA Experience, Ch. 2 The Importance of PA Experience, Ch. 3	Canvas, Text Ch. 2 Canvas, Text Ch. 3
Wk3	9/13 – 9/19	<b>Quiz #1- Your Physical Activity Experience</b> Philosophy of Physical Activity, Ch. 4 Intro to the Nervous System	Canvas, Text Ch. 4 Canvas or website
Wk4	9/20 – 9/26	Muscles & Anatomical Direction Nutrition	Canvas or website Canvas or website
Wk5	9/27 – 10/3	History of Physical Activity, Ch. 5 Sociology of Physical Activity, Ch. 6	Canvas, Text Ch. 5 Canvas, Text Ch. 6
Wk6	10/4 – 10/10	Motor Behavior, Ch. 7 Sport & Exercise Psychology, Ch. 8	Canvas, Text Ch. 7 Canvas, Text Ch. 8
Wk7	10/11 – 10/17	Biomechanics, Ch. 9 Physiology of Physical Activity, Ch. 10	Canvas, Text Ch. 9 Canvas, Text Ch. 10
Wk8	10/18 – 10/24	<b>Quiz #2- Muscles &amp; Anatomical Direction</b>	Website
Wk9	10/25-10/31	Becoming a PA Professional, Ch. 11 Careers in Health & Fitness, Ch. 12	Canvas, Text Ch. 11 Canvas, Text Ch. 12
Wk10	11/1 – 11/7	<b>Quiz #3- Careers</b> Careers in Therapeutic Exercise, Ch. 13 Careers in Teaching PE, Ch. 14	Canvas, Text Ch. 13 Canvas Text, Ch. 14
Wk11	11/8 – 11/14	Careers in Coaching, Ch. 15 Careers in Sports Management, Ch. 16	Canvas Text, Ch. 15 Canvas Text, Ch. 16
Wk12	11/15 – 11/21	Interviews Due <b>Quiz#4- Personality</b>	Canvas
Wk13	11/22 – 11/24	Podcasts 1-3 Reviews & Replies	Website
Wk14	11/29 – 12/5	Podcasts 4-5 Reviews & Replies	
Wk15	12/6 – 12/12	Extra Credit Due	
Wk16	12/13 – 12/19	Check grade	

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