

California State University, Northridge, Department of Kinesiology  
**KIN 201/201L (2+1 unit): Movement Forms: Sport, Dance & Exercise**  
 Fall 2007, T. & R. 11:00-12:50p.m.

**Course Description:** Introduction for the major student to various movement forms (sport, dance, exercise) from the perspective of performer, practitioner and researcher. A core course which serves as a base for continued study of the knowledge and applications of kinesiology.

**Course Methodology:** A combination of kinesthetic experience, audio-visual & lecture-discussion.

Class Numbers:	17005 & 17008	17004 & 17007	17006 & 17009
Primary Instructors	Bethana Rosenthal, MS	Dr. Belinda Stillwell	Dr. Dino Vrongistinos
Teaching Rooms for Instructors	RE 230	RE 159	RE 200
Office Rooms	RE230	RE257	RE281, LAB-RE174
Office Hours	T 12:40-1:40 pm & T 3:40-5:00 pm & by appointment	Please see instructor for details. & by appointment	M,W 2:00-3:00 pm T,TH 1:00-2:00 pm & by appointment
Phone	(818) 677-3205 Kinesiology Office	(818) 677-3253	(818) 677-7567
E-mail	<a href="mailto:bethana.rosenthal.752@csun.edu">bethana.rosenthal.752@csun.edu</a>	<a href="mailto:belinda.stillwell@csun.edu">belinda.stillwell@csun.edu</a>	<a href="mailto:kv61497@csun.edu">kv61497@csun.edu</a>
URL			<a href="http://www.csun.edu/~kv61497/webteach.csun.edu">www.csun.edu/~kv61497/webteach.csun.edu</a>
Required Textbooks	Notes-Handouts	Notes-Handouts	Required Notes-Handouts

**Course Structure:** During this course, you will rotate through three sections in order to experience the three sub-disciplines of kinesiology (sport, dance, and exercise). The rotations are five weeks in length, and during each rotation, you will participate in the associated lecture and laboratory. Each faculty member will explain the requirements, evaluation and grading procedure for that section. Please note that the rotation starting dates below:

**August 23 (Thursday):**                      **First day of rotation 1**  
**September 27 (Thursday):**                **First day of rotation 2**  
**November 01 (Thursday):**                 **First day of rotation 3**

ROTATIONS on Thursdays every 5 weeks			
Class Numbers:	August 23, 2007	September 27, 2007	November 01, 2007
<b>17005 &amp; 17008</b>	<b><u>Dance (5 weeks)</u></b> Bethana Rosenthal RE 230	<b><u>Sport (5 weeks)</u></b> Dr. Belinda Stillwell RE 159	<b><u>Exercise (5 weeks)</u></b> Dr. Dino Vrongistinos RE 200
<b>17004 &amp; 17007</b>	<b><u>Sport (5 weeks)</u></b> Dr. Belinda Stillwell RE 159	<b><u>Exercise (5 weeks)</u></b> Dr. Dino Vrongistinos RE 200	<b><u>Dance (5 weeks)</u></b> Bethana Rosenthal RE 230
<b>17006 &amp; 17009</b>	<b><u>Exercise (5 weeks)</u></b> Dr. Dino Vrongistinos RE 200	<b><u>Dance (5 weeks)</u></b> Bethana Rosenthal RE 230	<b><u>Sport (5 weeks)</u></b> Dr. Belinda Stillwell RE 159

## **Required Textbooks**

**Dance:** Required Textbook: No assigned text

Your Instructor will assign readings and give you instructions about notes, handouts, and readings.

**Sport:** Required Textbook: No assigned text

Your Instructor will assign readings and give you instructions about notes, handouts, and readings.

**Exercise:** Required Textbook:

**Fit and Well: Core Concepts and Labs in Physical Fitness and Wellness. (2007, 7<sup>th</sup> Edition)  
Thomas D. Fahey, Paul M Insel, & Walton T Roth.**

McGraw Hill: ISBN-13: 978-07-302990-0 , ISBN-10: 0-07-302908-4

Your Instructor will assign readings and give you instructions about notes, handouts, and readings.

## **General Course Objectives** (Integrated Departmental):

1. Demonstrate an understanding of the multi-disciplinary and integrated nature of kinesiology.
2. Apply, integrate and communicate kinesiological principles and movement-related knowledge across diverse settings and populations to enhance quality of life and encourage adoption of healthy lifestyles.
3. Apply innovative technology to understand and enhance human movement.
4. Demonstrate reasoning, problem solving, critical thinking, and reflective strategies in the pursuit and application of movement related knowledge.
5. Articulate and apply basic theoretical concepts of the sub-disciplines of kinesiology to the acquisitions of appropriate and skillful performance behaviors in the movement forms of sport, dance and exercise.
6. Demonstrate an awareness of and ability to access the research basis for theory in the sub-disciplines of kinesiology.
7. Recognize barriers to initiation & continuation of participation in various forms of movement.

## **Specific Section Objectives** (related to each sub-disciplines of kinesiology):

### **Dance:**

1. Recognize dance as an art form with its own body of knowledge and its relationship to other art forms and sport.
2. Develop an understanding of time (beat, rhythm, accent), space (level, direction, pathway), and energy (flow, weight) as basic elements of all movement forms.
3. Explain and demonstrate through dance basic biomechanical concepts/principles.

### **Sport:**

1. Identify and describe conceptual nature of games and sport
2. Demonstrate basic movement patterns that are fundamental to performance in sport activities
3. Demonstrate an understanding of the relevance of the sub-disciplines of kinesiology to skillful performance and the avoidance of injury in sport activities.

### **Exercise:**

1. Demonstrate an understanding of the principles of fitness and wellness (as they relate of disease prevention)
2. Develop understanding of his/her own needs, strength, and weaknesses in movement fundamentals and wellness.
3. Practice and administer various fitness/wellness tests.

**Course Organization:** Following are the general topics, each of the five weeks, for all three sub-disciplines of the course:

**Five weeks rotation**

**Topic: lecture and laboratory**

Dance: Week 1	Introduction to dance: Meaning, purposes, history, and its relationship to movement.
Dance: Week 2	Moving Body: Fundamental movement elements (locomotor and nonlocomotor skills used in dance, sport, and exercise).
Dance: Week 3	Dancing Body: Dance elements (space, time, energy), as it relates to sport and exercise.
Dance: Week 4	Making a statement: Dance steps, techniques, combination, choreography, and criticism/
Dance: Week 5	Relationship of movement, music and dance to sport and exercise. Written examination.
Sport: Week 1	Development, meaning and significance of a variety of sport forms Individual/team sports (convergence, competitive, cooperative forms);
Sport: Week 2	Sport forms continue: Recreational/nontraditional forms
Sport: Week 3	Biomechanical principles of motion, force and leverage
Sport: Week 4	Motor behavior principles-learning and development
Sport: Week 5	Written examination
Exercise: Week 1	Health benefits of activity and fitness
Exercise: Week 2	Understanding aerobic fitness, training and Implementing an aerobic fitness program
Exercise: Week 3	Age, activity and vitality
Exercise: Week 4	Understanding and improving muscular fitness
Exercise: Week 5	Written examination.

**Course Policies:** Each of the three instructors will discuss the specific requirements and attendance policy for that section during the first day of rotation. Following requirements apply to all sections:

**Time Elements** Class begins promptly on the scheduled hour. If you are absent you will lose one scaled point or one percent of your total grade for each absence.

**Exams:** There will be exams associated with each section of the core. Each instructor will determine the content and type of examination for that section. In case of a medical or a family emergency, a make-up exam can be scheduled only if the professor is notified prior to the class meeting. This requires that we meet and discuss the issue, it is agreed that your reason for missing the assignment is valid, and we excuse you from the exam. You will receive a 0 (zero) for the exam if this procedure is not followed.

1. Students will **not** be allowed to leave the room during exams. Please attend to any personal needs before the exam. Personal communication devices may not be used as calculators during an exam.
2. Make-up exams will be considered only under exceptional circumstances. (Note: "I overslept", "I'm tired", "I'm not prepared", etc. are **not** exceptional circumstances!)
3. Any student who fails to contact the instructor prior to any missed exam may **not** be allowed to make up the exam.
4. Absence for medical reasons requires written verification by a physician.
5. Exams will **not** be rescheduled based on a student's personal work/school schedule. Please plan ahead.

6. Questions/concerns regarding grading for any exam must be resolved with the instructor within **one week** of the date graded-exams are returned to the student.
7. All exams are non-circulating.

Assignments: Those turned in one day late will receive 50% credit. After one day, no credit will be given.

Academic Dishonesty: Cheating and plagiarism will not be tolerated. Any student engaging in academic dishonesty (e.g., cheating, fabrication, facilitating academic dishonesty, plagiarism) is subject to discipline. Severe penalties will be imposed including an F on the exam, and potentially an F in the course, and may also be subject to more severe discipline by the University. Cheating or plagiarism in connection with an academic program at a campus is listed in Section 41301, Title V, California Code of Regulations, as an offense for which a student may be expelled, suspended, or given a less severe disciplinary sanction. Any student caught being dishonest will automatically fail the examination, assignment, the course or may be subject to more severe University discipline. See university catalog for details on academic dishonesty, cheating, fabrication, facilitating academic dishonesty, plagiarism and faculty policy on academic dishonesty. Please review the Student Conduct on Academic Dishonesty in the current Schedule of Classes and in the University Catalog. Each student is expected to be familiar with, and abide by, the conditions of student conduct, as presented in the CSUN Catalog (Appendix C), with emphasis on sections: Student Conduct Code, Academic Dishonesty, Faculty Policy on Academic Dishonesty, and Penalties.

Personal Communication Devices: All personal communication devices (i. e., pagers, cell phones, etc.) must be turned off and put away while in class. This policy may be modified on an individual basis, if the need is warranted. Personal communication devices may not be used as calculators during an exam.

Behavior: Treat other students and the instructor with respect and civility. Free discussion, inquiry, and expression is encouraged in this class. Classroom behavior that interferes with either (a) the instructor's ability to conduct the class or (b) the ability of students to benefit from the instruction is not acceptable. Examples may include routinely entering class late or departing early; use of beepers, cellular phones, or other electronic devices; repeatedly talking in class without being recognized; talking while others are speaking; or arguing in a way that is perceived as "crossing the civility line." Eating food or chewing ice during lecture or discussion time is unacceptable. Turn-off cellular phones and other communications electronics.

Students with exceptional needs: This instructor, in conjunction with California State University Northridge, is committed to upholding and maintaining all aspects of the federal Americans with Disabilities Act of 1990 (ADA) and Section 504 of the Rehabilitation Act of 1973. If you are a student with a disability and wish to request accommodations, please contact the office of Students With Disabilities Resources located in 110 Student Services Building, or call (818) 677-2684 for an appointment. Any information regarding your disability will remain confidential. Because many accommodations require early planning, requests for accommodations should be made as early as possible. Any requests for accommodations will be reviewed in a timely manner to determine their appropriateness to this setting.

**Attention:**

Usually, **Last-day-to-drop** is Friday of the 2nd week of classes, but check Schedule of Classes for specific day

**Course Grading:** Your grade in this integrated course will be based on the input points from three instructors: Dance 33 points, Sport 33 points, Exercise 34 points. The following scale will be used to determine your final letter grade:

A	94-100	B	80-83	C	70-73	D	60-63
A-	89-93	B-	77-79	C-	67-69	D-	57-59
B+	84-88	C+	74-76	D+	64-66	F	<57

See individual subject and instructor for specifics.

The same grade is assigned for both the lecture (201) and the lab (201L) portions for each of the subjects/sections taught, unless specified otherwise by each instructor.

	Dance, RE 230	Sport, RE 159	Exercise, RE 200
<b>Instructors</b>	Bethana Rosendal, MS	Dr. Belinda Stillwell	Dr. Dino Vrongistinos
<b>Grading Total 100 scaled points</b>	33	33	34
<b>Course Evaluation</b>	a) <u>Write-up</u> pertaining to lab experiences 4 @ 5 scaled points each = 20 points total  b) <u>Written exam</u> = 1 @ 13 points = 13 points total  <i>subject to changes</i> <b>Please see instructor for details.</b>	a) <u>Write-up</u> pertaining to lab experiences 4 @ 5 scaled points each = 20 points total  b) <u>Written exam</u> = 1 @ 13 points = 13 points total  <i>subject to changes</i> <b>Please see instructor for details.</b>	a) <u>Write-up</u> pertaining to lab experiences 4 @ 4 scaled points each = 16 points total  b) Quizzes 4 @ 2 scaled points each = 8 points total  c) <u>Written exam</u> = 1 @ 10 scaled points = 10 points total  <i>subject to changes</i> <b>Please see instructor for details.</b>
	Assignments turned in one day late will receive 50% credit. After one day, no credit will be given.	Assignments turned in one day late will receive 50% credit. After one day, no credit will be given.	Assignments turned in one day late will receive 50% credit. After one day, no credit will be given.
	Extra Credit. You may earn up to two (2) points of extra credit on this section.  Please see instructor for details.  *However after adding the extra credit to your total points the Total possible points = 33 points	Extra Credit. You may earn up to five (5) points of extra credit on this section.  Please see instructor for details.  *However after adding the extra credit to your total points the Total possible points = 33 points	Extra Credit. You may earn up to two (2) points of extra credit on this section.  Please see instructor for details.  *However after adding the extra credit to your total points the Total possible points = 34 points

M	T	W	Th	F	S	S		
20	21	22	<b>23</b>	24	25	26		Aug
27	28	29	30	<b>31</b>	<u>1</u>	2		Aug-Sep
<sup>3</sup> Labor	4	5	6	7	8	9		Sep
10	11	12	13	14	15	16		Sep
17	18	19	20	21	22	23		Sep
24	25	26	<b>27</b>	28	29	<b>30</b>		Sep
<u>1</u>	2	3	4	5	6	7		Oct
8	9	10	11	12	13	14		Oct
15	16	17	18	19	20	21		Oct
22	23	24	25	26	27	28		Oct
29	30	<b>31</b>	<u>1</u>	2	3	4		Oct-Nov
5	6	7	8	9	10	11		Nov
<sup>12</sup> Vet	13	14	15	16	17	18		Nov
19	20	21	<del>22 Th</del> <b>G</b>	23	24	25		Nov
26	27	28	29	<b>30</b>	<u>1</u>	2		Nov-Dec
3	4	5	6	7	8	9		Dec
10	11 Finals	12	13	14	15	16		Dec
17 F	18	19	20	21	22	23		Dec

Rotation Days

August 23 (Thursday): First day of rotation 1  
September 27 (Thursday): First day of rotation 2  
November 01 (Thursday): First day of rotation 3

**Tentative Exam days** – Check with your instructor for exact days

**September 25 (Tuesday)**

**October 30 (Tuesday)**

**December 6 (Thursday)**

Note: Tuesday December 11, 2007 (10:15 am - 12:15 pm) is your official final exam day, it may be used by your instructors for exams or returning assignments.

	Objectives	Readings	Labs
Dance Week1			
Dance Week2			
Dance Week3			
Dance Week4			
Dance Week5			

	Objectives	Readings	Labs
Sport Week1			
Sport Week2			
Sport Week3			
Sport Week4			
Sport Week5			

	Objectives	Readings	Labs
Exercise: Week 1	Health benefits of activity and fitness	Chap 1 Introduction To Wellness & Fitness Chap 2 Principles of Physical Fitness Chap 6 Body Composition	-- Par-Q -- Health Risk Analysis -- BMI
Exercise: Week 2	Understanding aerobic fitness, training and Implementing an aerobic fitness program	Chap 2 Chap 3, 11 Cardiorespiratory Endurance, Health	--1.5 mile run/walk (VO2max) --Discuss exercise intolerance
Exercise: Week 3	Understanding and improving muscular fitness	Chapter 4,5,7  Muscular Strength & Endurance. Flexibility Putting Together a Program	-- Curl-up/ Push-up to failure (Muscular Endurance) -- Fitness Gram Muscular Endurance Testing
Exercise: Week 4	Age, activity and vitality	Readings Notes	Gait Posture Balance
Exercise: Week 5	Written examination.	Chapter 8, 9 Nutrition Weight, Management	Lab Assignments Due. Written Exam