



COURSE EXPECTATION LETTER

Subject:

Introduction to Kinesiology

Email Contact Information:

jsenk@riohondo.edu

Catalog Course Description:

This class is a survey of the discipline of Kinesiology, including knowledge derived from performing physical activity, studying about physical activity, and professional practice centered in physical activity. In addition, the course introduces students to several general characteristics of the professions, introduces them to specific types of physical activity professions typically pursued by those graduating from a program of exercise and sport science, and assists them in making some early career decisions. Students will be introduced to the skills and knowledge required to become a successful practitioner, researcher, or teacher in the psychomotor domain.

Student Learning Outcomes:

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The student will:

1. Upon completion of the course, be able to apply exercise science terminology as evidenced by a grade of 70% or higher on a written exam.
2. Verbally articulate the relationship of physical activity to health.
3. Discuss the differences between, and relationships among, biomechanics, exercise physiology, motor behavior, sport and exercise psychology, sociology, and nutrition.
4. Examine the information from scholarly research and determine implications for practical application.
5. Demonstrate his/her knowledge of kinesiology and career requirements and options as demonstrated in a written capstone project.

By logging into Canvas you affirm that you are the student who enrolled in the course(s) and are the person who will complete the assigned work. Furthermore, you agree to follow the regulations regarding academic integrity, personal identification and the use of student information as described in BP 5500 (Standards of Conduct) and AP 5520 (Student Conduct Procedures) which are the Rio Hondo College student conduct codes that govern student rights and responsibilities. You acknowledge that failure to abide by the regulations set forth in BP 5500 and AP 5520 may result in disciplinary action, including expulsion from the college.

This is **NOT** a self-paced course. There are firm deadlines in this class. There are assignments due on a regular basis. Please plan your time carefully!

Textbook: Please consult the Bookstore for information at (562) 463-7345 or go to [Rio Hondo College Online Bookstore](#)

Over the course of the semester there will be regular instructor student contact.

Methods of student contact include:

Announcements
Emails
Weekly Discussion board
Timely Project feedback
Synchronous contact such as phone or online conference
Clear statement of expectations via syllabus
Course modules

The instructor may drop you for non-participation.

There will be a one to three business day delay after an add code is used before a student may be able to log on to Canvas.

For students new to online classes, it is highly recommended that you take the Online Orientation through our Online Education website. This will help explain what online classes are like and familiarize you with how the class is laid out. The orientation can be found at: <http://www.riohondo.edu/canvas-orientation/>

Email Responses: Instructors will make every attempt to respond to students in a timely fashion. Responses can take up to 48 hours before a response is received, excluding weekends and holidays.

Disability: A Student with a verified disability may be entitled to appropriate academic accommodations. Please contact your instructor and/or the [Disabled Students & Programs](#) office at 562-908-3420 for more information.

Modifications and Disclaimer: The instructor reserves the right to modify the content of the course or any course procedure. It is the responsibility of the student to keep apprised of all changes. If the student wishes to drop the class he/she is responsible for initiating the drop. Do not take it for granted that you will be dropped. If you stop working and do not drop the course, you may get an undesirable grade.

Additional Information:

STUDENT SUCCESS:

To be successful in this class (or even pass) you must (1) log on each week and (2) receive email notifications to an account you visit frequently.

I have found that those students that have updated their email address do the best in the course because they receive timely updates and helpful hints to the account(s) that they interact with the most. Also be sure to check your clutter as emails have gone to that box if not being read.

How to ADD or CHANGE email addresses.

1. Go to Account (left vertical bar).
2. Go to Settings
3. On right WAYS TO CONTACT
4. Add a personal email account (or delete an account)

How to UPDATE PREFERENCES.

1. Go to Account (left vertical bar).
2. Go to Notifications
3. Personalize NOTIFICATION PREFERENCES by clicking on "Update Me Right Away", "Notify me Daily", and/or "Send Weekly Summary". (I recommend "Update Me Right Away" so that you have all the resources at your fingertips in a timely fashion.