

# Syllabus – Spring, 2016

University of Nevada, Las Vegas - School of Allied Health Sciences  
Department of Kinesiology and Nutrition Sciences

**KIN 250 – Milestone Experience**  
**Social Psychology of Physical Activity**  
Sharon Jalene, MS – sharon.jalene@unlv.edu  
BHS 341 – Monday 10-11AM, Tuesday, 2:30-3:30,  
or by appointment (always recommended)

## Course Description:

Introduction to current theories, research methodology, and practical concerns relating to the sociological/psychological perspectives of sport and physical activity. Prerequisite: KIN 175, SOC 101 or PSY 101. 3 credits.

**Purposes:** KIN250 examines and applies evidence from Social Psychology to the activity-related behaviors of individuals and group populations. Students will be introduced to critical thinking, research, and writing/communication skills in both scholarly and popular domains.

**The Milestone Experience** orients students to the expected learning outcomes of their major field(s) of study and reinforces the University Undergraduate Learning Outcomes (UULOs). The UULOs are the five learning outcomes that are used to define expectations for all UNLV graduates. They are 1) intellectual breadth and lifelong learning; 2) **inquiry and critical thinking**; 3) **communication**; 4) global/multicultural; and 5) citizenship and ethics. Every curricular and co-curricular activity at UNLV incorporates one or more of these UULOs to engage students and help them be successful during and after college.

## **KIN250 focuses on Inquiry and Critical Thinking and Communication.**

**This course provides instruction and involvement opportunities to satisfy the following components:**

### **Inquiry and Critical Thinking**

Graduates are able to identify problems, articulate questions, and use various forms of research and reasoning to guide the collection, analysis, and use of information related to those problems. Specific outcomes for all students include:

1. Identify problems, articulate questions or hypotheses, and determine the need for information.
2. Access and collect the needed information from appropriate primary and secondary sources.
3. Use quantitative and qualitative methods, including the ability to recognize assumptions, draw inferences, make deductions, and interpret information to analyze problems in context, and then draw conclusions.
4. Recognize the complexity of problems, and identify different perspectives from which problems and questions can be viewed.
5. Evaluate and report on conclusions, including discussing the basis for and strength of findings, and identify areas where further inquiry is needed.
6. Identify, analyze, and evaluate reasoning, and construct and defend reasonable arguments and explanations.

### **Communication**

Graduates are able to write and speak effectively to both general and specialized audiences, create effective visuals that support written or spoken communication, and use electronic media common to one's field or profession. Specific outcomes for all students include:

7. Demonstrate general academic literacy, including how to respond to the needs of audiences and to different kinds of rhetorical situations, analyze and evaluate reasons and evidence, and construct research-based arguments using Standard Written English.
8. Effectively use the common genres and conventions for writing within a particular discipline or profession.
9. Prepare and deliver effective oral presentations.
10. Collaborate effectively with others to share information, solve problems, or complete tasks.
11. Produce effective visuals using different media.
12. Apply the up-to-date technologies commonly used to research and communicate within one's field.

### **KIN250 Specific Course Objectives**

1. Define and discuss overall tenants found in scientific literature concerning group dynamics and Social Psychology and its relationship to physical activity (PA).
2. Discuss the individual health risks and individual and societal economic costs of chronic sedentary behavior and the effects of increasing PA on these markers.
3. Define and discuss evidence based principles of group dynamics in PA.
4. Define and discuss individual behavior traits of competition and cooperation.
5. Define and discuss the best use of feedback and reinforcement to increase intrinsic motivation as a coach, instructor, or healthcare provider.
6. Define and discuss the need for communication skills with the goal of successful group cohesion.
7. Synthesize the basic tenants of social psychology and group dynamics and apply that understanding to the development and application of sedentary lifestyle interventions.
8. Acquire hands-on experience that could apply to future entrepreneurial ventures in fitness and wellness vocations.
9. Work successfully within a small group for a mutually beneficial outcome.

#### **i>clickers:**

Students will use i>clickers to complete the in-class chapter quizzes listed above (and attendance quizzes, as necessary). Students may use the following models: i>clicker+ or i>clicker2. The mobile application, i>clicker GO, will **NOT** be allowed. i>clicker+ is known to have power issues. It is highly suggested you purchase or rent i>clicker 2.

You must [register your device through WebCampus](#) to receive credit for your responses (**do not register through iclicker.com**). In the course WebCampus page, click on "iClicker Registration" then fill in and submit the required information. **The deadline for i>clicker registration is Sunday, January 31, 2015.**

It is the responsibility of the student to continually carry their i>clicker and necessary supplies (batteries) as well as to familiarize themselves with the operation of the i>clicker (see the Student Support section on the i>clicker website: <http://support.iclicker.com>).

If a student is unprepared for a quiz (does not have their i>clicker), they will receive a score of zero. A practice quiz will be administered prior to the administration of graded quizzes to allow students an opportunity to check the function of their i>clicker remote and address any difficulties.

**Bringing another student's clicker to class constitutes academic misconduct.** If a student uses a remote other than their own or has responses recorded for a class that they did not attend, they will receive a **failing grade for the entire course.**

**Suggested Text** – Not required – Foundations of Sport and Exercise Psychology – 5<sup>th</sup> or 6<sup>th</sup> Edition – Robert S. Weinberg and Daniel Gold (This is available as an eText as well as a hard cover).

**Evaluation Procedures and Grading Policy – Grades are weighted in this course. Total points will not accurately reflect your performance. You can use the following percentages to calculate your grade.**

**• 5% - Attendance & Participation**

- **If you do not attend lecture, you will be unable to successfully complete this course.**
  - If you miss more than four lectures, are late or leave early more than four times, or further demonstrate your withdrawal by not completing assignments, the Early Alert System, through UNLV's Academic Success Center, will be notified.
- You are allowed one unexcused absence from Class Meetings/Lectures.
- Illness with excuse from a Dr. stating you were not able to come to class, or a verifiable, extreme emergency will be handled on a case-by-case basis. **In fairness to your classmates, work related emergencies are not considered an extreme emergency.**
- If you attend all classes (perfect attendance), you will receive a full point on your assessment grade, added at the end of the semester grading period.
- If you are concerned about your grade, you must discuss it with me **PRIOR** to study week. Asking for a better grade if you have not earned it is not a professional or appropriate request and will not be considered.

**40% - Assignments**

**20% - Online Discussions and Analyses**

**10% - Peer Evaluations**

**5% - Team Member Evaluation**

**5% - Class WebPage Evaluation**

**25% - Tests**

- You will not be allowed to make up an assessment unless you obtain **prior permission** and it will result in a loss of points. 10% per day will be deducted for **excused**, late assessments.

<b>Grading Scale:</b>	92% - 100% = A
	90% - 91% = A-
	88% - 89% = B+
	82% - 87% = B
	80% - 81% = B-
	78% - 79% = C+
	72% - 77% = C
	70% - 71% = C-
	68% - 69% = D+
	62% - 67% = D
	60% - 61% = D-
	Below 60% = F

## **UNIVERSITY POLICIES:**

**Academic Misconduct** – Academic integrity is a legitimate concern for every member of the campus community; all share in upholding the fundamental values of honesty, trust, respect, fairness, responsibility and professionalism. By choosing to join the UNLV community, students accept the expectations of the Student Academic Misconduct Policy and are encouraged when faced with choices to always take the ethical path. Students enrolling in UNLV assume the obligation to conduct themselves in a manner compatible with UNLV's function as an educational institution.

An example of academic misconduct is plagiarism. Plagiarism is using the words or ideas of another, from the Internet or any source, without proper citation of the sources. See the Student Academic Misconduct Policy (approved December 9, 2005) located at: <http://studentconduct.unlv.edu/misconduct/policy.html>.

**Copyright** – The University requires all members of the University Community to familiarize themselves with and to follow copyright and fair use requirements. You are individually and solely responsible for violations of copyright and fair use laws. The university will neither protect nor defend you nor assume any responsibility for employee or student violations of fair use laws.

Violations of copyright laws could subject you to federal and state civil penalties and criminal liability, as well as disciplinary action under University policies. Additional information can be found at: <http://www.unlv.edu/provost/copyright>.

**Disability Resource Center (DRC)** – The UNLV Disability Resource Center (SSC-A 143, <http://drc.unlv.edu/>, 702-895-0866) provides resources for students with disabilities. If you feel that you have a disability, please make an appointment with a Disabilities Specialist at the DRC to discuss what options may be available to you. If you are registered with the UNLV Disability Resource Center, bring your Academic Accommodation Plan from the DRC to the instructor during office hours so that you may work together to develop strategies for implementing the accommodations to meet both your needs and the requirements of the course. Any information you provide is private and will be treated as such. To maintain the confidentiality of your request, please do not approach the instructor before or after class to discuss your accommodation needs.

**Religious Holidays Policy** – Any student missing class quizzes, examinations, or any other class or lab work because of observance of religious holidays shall be given an opportunity during that semester to make up missed work. The make-up will apply to the religious holiday absence only. It shall be the responsibility of the student to notify the instructor no later than the end of the first two weeks of classes, **September 22, 2015** of his or her intention to participate in religious holidays which do not fall on state holidays or periods of class recess. For additional information, please visit: <http://catalog.unlv.edu/content.php?catoid=6&navoid=531>.

**Incomplete Grades** - The grade of I – Incomplete – can be granted when a student has satisfactorily completed three-fourths of course work for that semester/session but for reason(s) beyond the student’s control, and acceptable to the instructor, cannot complete the last part of the course, and the instructor believes that the student can finish the course without repeating it. The incomplete work must be made up before the end of the following regular semester. If course requirements are not completed within the time indicated, a grade of F will be recorded and the GPA will be adjusted accordingly. Students who are fulfilling an Incomplete do not register for the course but make individual arrangements with the instructor who assigned the I grade. Please note – Students cannot enroll in other nursing courses if they have an incomplete (I) in a course that is designated as a prerequisite to that course. (Per School of Nursing Policy C-12).

**Tutoring** – The Academic Success Center (ASC) provides tutoring and academic assistance for all UNLV students taking UNLV courses. Students are encouraged to stop by the ASC to learn more about subjects offered, tutoring times and other academic resources. The ASC is located across from the Student Services Complex (SSC). Students may learn more about tutoring services by calling 702- 895-3177 or visiting the tutoring web site at: <http://academicsuccess.unlv.edu/tutoring/>.

**UNLV Writing Center** – One-on-one or small group assistance with writing is available free of charge to UNLV students at the Writing Center, located in CDC-3-301. Although walk-in consultations are sometimes available, students with appointments will receive priority assistance. Appointments may be made in person or by calling 702-895-3908. The student’s Rebel ID Card, a copy of the assignment (if possible), and two copies of any writing to be reviewed are requested for the consultation. More information can be found at: <http://writingcenter.unlv.edu/>

**Rebelmail** – By policy, faculty and staff should e-mail students’ Rebelmail accounts only. Rebelmail is UNLV’s official e-mail system for students. It is one of the primary ways students receive official university communication such as information about deadlines, major campus events, and announcements. All UNLV students receive a Rebelmail account after they have been admitted to the university. Students’ e-mail prefixes are listed on class rosters. The suffix is always [@unlv.nevada.edu](mailto:@unlv.nevada.edu). Emailing within WebCampus is acceptable.

**Library Resources** –Students may consult with a librarian ([www.library.unlv.edu/](http://www.library.unlv.edu/) consultation) about research needs. For this class, the subject librarian is Xan Goodman. UNLV Libraries provides resources to support students’ access to information. Discovery, access, and use of information are vital skills for academic work and for successful post-college life. Access library resources and ask questions at [www.library.unlv.edu/](http://www.library.unlv.edu/)