HED 114 and KIN 114: Introduction to Kinesiology

Thank you for your interest in HED/KIN 114. The following information is intended to help you understand the expectations and requirements of this course before class begins on August 19, 2013. Students are encouraged to attend the orientation meeting August 20 at 6pm in PE 61.

Course Description

HED/KIN 114 is designed for those students interested in majoring in Kinesiology. It is a requirement for all CSU Kinesiology majors. This course will help you gain a preliminary understanding of what a profession in Kinesiology is and of the career possibilities centering on physical activity. **This course is not a study of biomechanics course.** Course topics include (but not limited to): philosophy of physical activity, sociology of sport, motor behavior, sport and exercise psychology, biomechanics and an overview of careers in kinesiology. Each week students will write an essay based on the assigned reading where students will be required to engage in follow up discussions with the whole class participating and a short weekly quiz. Additionally there will be an individual class project and a professional interview. This is not an independent study course so due dates will be enforced.

Access Requirements

No mandatory campus visits are required to take this course. The course, however, is not a self-paced course but an online community of learners working through a 17-week semester. You do have to log on at least 3 days a week to work in the course, but you can pick whichever days and times suit you. A new week of course content with assignments is released each Monday and due the following Monday.

Students should always access the class web site in Moodle via MyCOM. For information about getting a MyCOM account, read the FAQ's on the MyCOM Portal login page. #7 on the Portal login page explains how to get to Moodle.

First Day of Class Instructions

All enrolled students are required to login to the class Moodle website by 6 pm Tuesday, August 20, 2013 to hold their spot in the class. If a registered student does not login to the class site by this day and time, his or her spot may be given to a student on the waitlist. (The waitlist is long and there is a shortage of class spots to meet the demand; so know that I will honor the waitlist if you do not confirm your spot and begin the course as required.)

Waitlist & Add Codes

If you are on the waitlist check your mycom portal email often for notices from COM Admissions. They will contact you if a spot has opened up. You will have 72 hrs to move your name form the wait list to the roster. Be aware that if you do not accept that spot your name will be removed from the wait list. I typically accept about 10 students from the waitlist. When contacting me regarding an add code please include your name, the section number of the class you wish to add, and your COM Student ID (if you have one) in your email. I do honor the official waitlist, adding students in the order they appear on the waitlist.

Course Materials Required

Introduction to Kinesiology- 3rd Edition
Author: Shirl Hoffman
Publisher: Human Kinetics
Edition/Year: 2010

Book Purchases

Students may purchase their books online by visiting COM's online bookstore, or students may buy the books at the COM campus. Please purchase the edition listed as quizzes and assignments are linked to this edition. This is not a course where you can get by without reading the assigned text.
What To Do When You First Access The Course Online

Be advised that Moodle works best with Firefox. Not all features function with Safari for Mac users. If you run into any technical problems, check your browser using the helpful information at the following link:
http://ilearn.csumb.edu/BrowserTestFiles/index.php
Take some time to familiarize yourself with these 2 helpful Moodle FAQs for students and bookmark them for future reference:
http://www.marin.edu/DE/faq.html
http://docs.moodle.org/20/en/Student_FAQ

Finally, there is an important note that you should read and heed at the top right of your Moodle home screen:
"Closing this browser does not end your session. In order to end a session you must click on Logout (top right side of browser window). If you do not log out, your session will remain active. The next person to use this computer will have full access to your account."

I hope this information clears up any concerns or questions you may have. If you have others, please email me and include HED/KIN 114 in the subject line. I look forward to guiding you through your discovery of careers in Kinesiology and hope to make the online experience a rewarding adventure.

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