

CALIFORNIA STATE POLYTECHNIC UNIVERSITY, POMONA
DEPARTMENT OF KINESIOLOGY AND HEALTH PROMOTION
KIN 201- Professions in Kinesiology and Health Promotion
FALL 2008

Instructor: Dr. P.Vetter

Office: 43-114

Office Hours: MW 9:00 – 11:00am, Thur. 2-5 pm, by appointment

Phone: (909) 869-2764

Class Times: Th 5:00 – 6:00 pm

E-Mail Address: pvetter@csupomona.edu

Class Location: Building 66, Room 202

Web Site Address: www.csupomona.edu/~pvetter

Course Description: Meaning, definition, history, role of, and job opportunities in physical education, exercise science, and health promotion. Competencies and skills of the physical educator, exercise physiologist, and health promotion professional. 1 hour lecture

Course Summary: This course will introduce to the student's the wide spectrum of the Kinesiology discipline and the Health Promotion profession. It is intended to help the students who major in Kinesiology learn about what the department major options offer and what jobs stem from each.

Course Prerequisites: None.

Required text: None.

Reading will be assigned through blackboard each week so that the student's will be prepared for the weekly topic.

Expected Course Outcomes:

1. Key concepts, terms, and definitions in the disciplines of kinesiology and health promotion.
2. The history of physical education, exercise science, and health promotion.
3. Entry-level roles and responsibilities in the professions of physical education, exercise science, and health promotion.
4. Current and future trends with regards to job opportunities in physical education, exercise science, and health promotion.

Make-Up Policy:

1. In-class journal writings and exams cannot be made up unless Dr. Vetter is notified within 1 hour of the class starting. This make-up can only occur once and should be reserved for emergencies only. Make-up will then occur within 48 hours or no credit will be given for the assignment.
2. Interview hours are arranged outside of class and scheduled with the individuals involved. Therefore, make-ups can be possible if you have coordinated this with the persons involved.

Attendance: Your daily attendance is expected. It is highly suggested that you participate as much as possible in order to get out of this class all that is possible. Your attendance will influence your grade due to the in-class journal writings and the exams. It will be difficult to do well in this course if you do not attend class and participate in the lectures and discussions.

Course Syllabi: This syllabus is the instructor's communication with the students and will be followed. It is the student's responsibility to read this syllabus and to ask the instructor to clarify any aspect that is unclear.

Student Evaluations: The Department of Kinesiology and Health Promotion takes student evaluations very seriously. Each student has the right to evaluate each activity class in which they enroll. There are two types of evaluations: formal (bubble sheet) and informal written comments. The instructor will ensure that the formal evaluation has occurred during the last week of the quarter. Informal written comments can be provided to the instructor for their personal use, however, they cannot be used for faculty evaluation. If the student would like their written comments to be used for faculty evaluation, they need to write a letter to the department chair and submit it to the department office.

Student Conduct and Discipline: It is expected that all students are enrolled in this lecture class for serious educational pursuits and that their conduct will preserve an atmosphere of learning. This includes arriving to class on time, no wearing of hats in class, showing respect for the instructor, visiting lecture guests and other students; no talking during lecture, and staying the entire class time. All students are expected to assume the responsibilities of citizenship in the campus community. During the interviews with a professional, be sure to wear professional attire and conduct yourself with courtesy and respect to those being interviewed.

University Policy on Dropping a Course: The responsibility for properly dropping classes rests with each student. Students who do not drop a scheduled class which they are not attending are subject to receiving a failing grade. If you need to drop the course, do so in the first 7 days of the quarter. Otherwise, you may have to show serious and compelling reason for dropping. You are taking up a seat that other students may have wanted and dropping after the first week of the quarter is disrespectful to your colleagues.

Academic Integrity: The students are expected to be aware of the University policy on academic integrity.

Course Evaluation:	Points
1. Class attendance (20 points for 10 class meetings) Attendance will be recorded via submission of the pre-class assignment found on blackboard.	200
2. Interview of professionals – one from each field: Pedagogy, Exercise Science, and Health Promotion. Schedule an hour visit with the professional and answer the following questions: a. Name, Title, Location, Type of Business. b. Describe what the professional does/main responsibilities. c. Ask the professional what they like about their job and what they would change if they could. d. What does a typical day look like for the professional? e. What do you like best about the professionals job? f. What do you think are the top 3 qualities that a person needs to be successful in this profession? g. What advise would the professional give to a student thinking about	100

- entering this profession. Anything the student should know ahead of time?
- h. Would you or would you not consider this profession; why or why not.

Interview sites include:

- **Pedagogy:** Call a local middle school or high school and ask to speak to one of their physical education teachers OR call a local school district and ask for the contact information for one of their adapted physical education teachers. The interviewee must be a physical educator in a public school.
- **Health Promotion:** Call a local community college or university and ask to speak to their Wellness Director OR call a worksite health promotion agency (Johnson & Johnson Health Care Systems, Wellness Solutions, USAA Corporate Fitness, Ford Motor Company, HFC Health Fitness Corporation, AGAPE Health & Fitness) and ask to speak to one of their health promotion specialists.
- **Exercise Science:** Call a chiropractor, physical therapist, occupational therapist, pharmacist, dentist, or physician assistant OR a director and/or personal trainer at a fitness club (24 Hour Fitness, LA Fitness, Bally's etc.).

3. Extra Credit Material: (Maximum of 30 points can be earned in this way). varies

- Join the KHP Club (15 points)
- Join CAHPERD or ACSM(10 points)
- Help at the Up for Downs Festival @ Memorial Park, Upland on October 18th (see Dr. Vetter for details) 5 points per hour.
- Search the internet and pull up a web site. Write a summary of the site and how it applies to Kinesiology and/or Health Promotion. (5 points)
- Bring an opportunity you would like to do and Dr. Vetter will determine the point value.
- Other projects or activities will be announced as they apply to this course.

Total Points Possible

300

Grade Distribution: **A:** 270 - 300 **B:** 240 - 269 **C:** 210 - 239 **D:** 180 - 209 **F:** below 179