Faculty Information

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Office hours: Given the class is online, if you would make an appoint, please ask. I am more than willing to meet in person, on the phone, Skype, and or FaceTime.

Student Learning Outcomes for Kinesiology Majors

Upon completion of the B.S. in Kinesiology, students should be able to:
SLO#1 Describe physiological, psychological, and behavioral responses to exercise and physical activity.
SLO#2 Design and implement exercise programs to improve physical function in adults with various age groups and health conditions.
SLO#3 Demonstrate competency in assessing human performance.
SLO#4 Write clearly and effectively to communicate within a professional health-care setting.

Required Course Textbook

Text: *The psychology of exercise* by Lox, Martin, & Petruzzello – 4th Edition

We will use our textbook for our exams and assignments. You will find it difficult to keep up with the course without the text. Besides the bookstores, you will find this text on Amazon and such sites.

Course Description and Purpose

This course examines researched based psychological principles and theories related to exercise behavior. The course is designed to introduce you to the field of exercise psychology by providing a broad overview of the major topics in the area. Also, this course will cover the effects of stress on the body and mind as to demonstrate the importance of exercise psychology research (that is to get people to exercise). The course objectives are as follows.

- To analyze current physical activity trends.
- To increase your understanding of how exercise impacts psychological well-being.
- To increase your understanding of exercise participation influences (i.e., motivation, social support)
- To increase your understanding of the effects of stress on the body and mind.

The above course objectives will be assessed by the following methods.

- 10 written essay assignments – all to be posted in our Blackboard Discussion Board.
- 4 exams – all to be taken via Blackboard on our assigned readings

Course grade

Your grade in this class will be based on your performance on the written work that will at times include discussions with your classmates and exams.
Grading Scale

> 90% = A  
> 80% to 89.99% = B  
> 75% to 79.99% = C  
> 70% to 75.99% = D  
< 70% = F

To make it simple and easy to know where you stand, the course will be out of 100 total points. Points assigned per area are described below.

**Written work = 50 points:** We will have 10 written assignments to post within Blackboard. They will be worth 5 points each. You will see each post on our calendar as well as on Blackboard by post number (e.g., Post 1, Post 2). Each post will have a word limit. You must follow the posting rule for each post.

**Exams = 50 points:** We will have 4 exams during the semester. They each will be scaled to total 12.5 points each. No one question will count more than another.

**Grade appeals:** Students initiating grade appeals should follow the official grade appeal procedure outlined by Texas Tech University.

**KIN 4363 D01 Fall 2017 Schedule**

**Week to Week Schedule**

All assignments (written, test, and quizzes) are due by 5 pm on the given date. We will not have any assignments due on the weekends. Assignments will open in a logical manner so that you have plenty of time to complete each assignment. I will not open assignments weeks before due dates. This course is not a correspondence course. Our course will be a logical flow of topics and assignments.

<table>
<thead>
<tr>
<th>Week</th>
<th>Date Range</th>
<th>Assignment</th>
<th>Due Date / 5 pm</th>
</tr>
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<tbody>
<tr>
<td>1</td>
<td>Jan 18-19</td>
<td>Post 1 – Introduction, NBC Clip</td>
<td>Monday – Jan 22</td>
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<tr>
<td>2</td>
<td>Jan 22-26</td>
<td>Post 2 – Physical activity in our world</td>
<td>Thursday – Jan 25</td>
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<tr>
<td>3</td>
<td>Jan 29-Feb 2</td>
<td>Post 3 – Mass Media</td>
<td>Thursday – Feb 1</td>
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<td>4</td>
<td>Feb 5-Feb 9</td>
<td><strong>Exam 1</strong></td>
<td>Friday – Feb 9</td>
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<td>5</td>
<td>Feb 12-Feb 16</td>
<td>Post 4 – Personality and exercise behavior</td>
<td>Thursday – Feb 15</td>
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<td>6</td>
<td>Feb 19-Feb 23</td>
<td>Post 5 – Self-efficacy and exercise behavior</td>
<td>Thursday – Feb 22</td>
</tr>
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<td>7</td>
<td>Feb 26-March 2</td>
<td>Post 6 – Is there such a thing as optimal exercise?</td>
<td>Thursday – March 1</td>
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<td>8</td>
<td>March 5-March 9</td>
<td><strong>Exam 2</strong></td>
<td>Friday – March 9</td>
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<tr>
<td>9</td>
<td><strong>SPRING BREAK</strong></td>
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<td>10</td>
<td>March 19-March 23</td>
<td>Post 7 – Stress and exercise</td>
<td>Thursday – March 22</td>
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<td>11</td>
<td>March 26-March 30</td>
<td>Post 8 – Depression and exercise</td>
<td>Thursday – March 29</td>
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<td>12</td>
<td>April 2-April 6</td>
<td><strong>Exam 3</strong></td>
<td>Friday – April 6</td>
</tr>
<tr>
<td>13</td>
<td>April 9-April 13</td>
<td>Post 9 – Creating the optimal city</td>
<td>Thursday – April 12</td>
</tr>
<tr>
<td>14</td>
<td>April16-April 20</td>
<td>Post 10 – Cognition and exercise</td>
<td>Thursday – April 19</td>
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Academic Integrity

**Student conduct:** Responsible citizenship among college students includes honesty and integrity in class work, regards for the rights of others, and respect for local, state, and federal laws, as well as campus standards. Specific standards concerning the rights and responsibilities of students and registered student organizations at Texas Tech are contained in the Code of Student Conduct and Student Handbook. Students are expected to become thoroughly familiar with and abide by these standards. The Code of Student Conduct and Student Handbook may be obtained from the Office of Student Judicial Programs, the Student Union, 806-742-1714, or online at [www.studentaffairs.ttu.edu](http://www.studentaffairs.ttu.edu).

**Civility in the classroom:** It is expected that any discussion and interactions in this class take place in a civil tone and manner while always respecting the rights and opinions of others. More information is available at [www.studentaffairs.ttu.edu](http://www.studentaffairs.ttu.edu).

**Students with Disabilities**

**ADA Statement:** Any student who because of a disability may require special arrangements to meet course requirements should contact the instructor as soon as possible to make any necessary accommodations. The student should present appropriate verification from AccessTECH. No requirement exists that accommodations be made before completion of this approved university procedure. Students with disabilities are encouraged to use AccessTECH which publishes a **Desk Reference for Faculty and Staff** that is very helpful. You may call 806-742-2092 to request a copy.

**Absence Due to Religious Observance:** A student who is absent from classes for the observance of a religious holy day, according to the legal definition, will be allowed to take an examination or complete an assignment scheduled for that day within a reasonable time after the absence if, not later than the 15th day after the first day of the semester, the student has notified the instructor of each scheduled class that the student will be absent for a religious holy day. This notification will be in writing and will be delivered by the student personally to the instructor of each class, with receipt of the notification acknowledged and dated by the instructor, or by certified mail, return receipt requested, addressed to the instructor of each class. A student who is excused under this policy must not be penalized for the absence, but the instructor may appropriately respond if the student fails to satisfactorily complete the assignment.

**Absence due to Officially Approved Trips:** The **Texas Tech University Catalog** states that the person responsible for a student missing class due to a trip should notify the instructor of the departure and return schedule in advance of the trip. The student may not be penalized and is responsible for the material missed.

**Illness and Death Notification and Absences:** Whether an absence is excused or unexcused is determined solely by the instructor except absences due to religious observance and officially approved trips described above. The Center for Campus Life will notify faculty, at the student’s request, when a student is absent for four consecutive days with appropriate verification of a health-related emergency. This notification does not excuse the student from class; it is provided as a courtesy. The service is explained as follows and can be found on the Center for Campus Life website at: [http://www.depts.ttu.edu/centerforcampuslife/](http://www.depts.ttu.edu/centerforcampuslife/).

The Center for Campus Life is responsible for notifying the campus community of student illnesses, immediate family deaths and/or student death. Generally, in cases of student illness or immediate family deaths, the notification to the appropriate campus community members occur when a student is absent from class for four (4) consecutive days with appropriate verification. It is always the student’s responsibility for missed class assignments and/or course work during their absence. The student is encouraged to contact the faculty member immediately regarding the absences and to provide verification afterwards. The notification from the Center for Campus Life does not excuse a student from class.
assignments, and/or any other course requirements. The notification is provided as a courtesy.

**Academic Integrity and Student Conduct:** Responsible citizenship among college students includes honesty and integrity in class work; regard for the rights of others; and respect for local, state, and federal laws as well as campus standards. Specific standards concerning the rights and responsibilities of students and registered student organizations at Texas Tech are contained in the *Code of Student Conduct and Student Handbook*. Students are expected to become thoroughly familiar with and abide by these standards. The *Code of Student Conduct and Student Handbook* may be obtained from the Office of Student Judicial Programs, Student Union, (806) 742-1714, or online at [www.studentaffairs.ttu.edu](http://www.studentaffairs.ttu.edu) or [www.depts.ttu.edu/studentjudicialprograms](http://www.depts.ttu.edu/studentjudicialprograms).

**Academic Integrity:** It is the aim of the faculty of Texas Tech University to foster a spirit of complete honesty and a high standard of integrity. The attempt of students to present as their own any work that they have not honestly performed is regarded by the faculty and administration as a serious offense and renders the offenders liable to serious consequences, possibly suspension. The instructor in a course is responsible for initiating action for dishonesty or plagiarism that occurs in his or her class. In cases of convincing evidence of or admitted academic dishonesty or plagiarism, an instructor should take appropriate action. Before taking such action, however, the instructor should attempt to discuss the matter with the student. If cheating is suspected on a final exam, the instructor should not submit a grade until a reasonable attempt can be made to contact the student, preferably within one month after the end of the semester. See the section on “Academic Conduct” in the *Code of Student Conduct* for details of this policy.

**Academic Misconduct:** Scholastic dishonesty includes, but is not limited to, cheating, plagiarism, collusion, falsifying academic records, misrepresenting facts, and any act designed to give unfair academic advantage to the student (such as, but not limited to, submission of essentially the same written assignment for two courses without the prior permission of the instructor) or the attempt to commit such an act.

Cheating includes, but is not limited to, the following:

1. Coping from another student’s test paper.
2. Using materials during a test that have not been authorized by the person giving the test.
3. Failing to comply with instructions given by the person administering the test.
4. Possessing materials during a test that are not authorized by the person giving the test, such as class notes or specifically designed “crib notes.” The presence of textbooks constitutes a violation only if they have been specifically prohibited by the person administering the test.
5. Possessing, using, buying, stealing, transporting, or soliciting in whole or part the contents of an unadministered test, test key, homework solution, or computer program.
6. Collaborating with or seeking aid or receiving assistance from another student or individual during a test or in conjunction with an assignment without authority.
7. Discussing the contents of an examination with another student who will take the examination.
8. Divulging the contents of an examination, for the purpose of preserving questions for use by another, when the instructor has designated that the examination is not to be removed from the examination room or not to be returned to or kept by the student.
9. Substituting for another person, or permitting another person to substitute for oneself to take a course, a test, or any course-related assignment.
10. Paying or offering money or another valuable thing to, or coercing another person to obtain an unadministered test, test key, homework solution, or computer program, or information about an unadministered test, test key, homework solution, or computer program.
11. Falsifying research data, laboratory reports, and/or other academic work offered for credit.
12. Taking, keeping, misplacing, or damaging the property of the University, or of another, if the student knows or reasonably should know that an unfair academic advantage would be gained by such conduct.

Plagiarism includes, but is not limited to, the appropriation of, buying, receiving as a gift, or obtaining by any means material that is attributable in whole or in part to another source, including words, ideas, illustrations, structure, computer code, other expression and media, and presenting that material as one’s academic work being offered for credit. Any
student who fails to give credit for quotations or an essentially identical expression of material taken from books, encyclopedias, magazines, Internet documents, reference works or from the themes, reports, or other writings of a fellow student is guilty of plagiarism.

Collusion includes, but is not limited to, the unauthorized collaboration with another person in preparing academic assignments offered for credit or collaboration with another person to commit a violation of any section of the rules on scholastic dishonesty.

Falsifying academic records includes, but is not limited to, altering or assisting in the altering of any official record of the university, and/or submitting false information or omitting requested information that is required for or related to any academic record of the university. Academic records include, but are not limited to, applications for admission, the awarding of a degree, grade reports, test papers, registration materials, grade change forms, and reporting forms used by the Office of the Registrar. A former student who engages in such conduct is subject to a bar against readmission, revocation of a degree, and withdrawal of a diploma.

Misrepresenting facts to the university or an agent of the University includes, but is not limited to, providing false grades or resumes; providing false or misleading information in an effort to receive a postponement or an extension on a test, quiz, or other assignment for the purpose of obtaining an academic or financial benefit for oneself or another individual; or providing false or misleading information in an effort to injure another student academically or financially.

Civility in the Classroom: Civility is expected that all students in the class will treat classmates, the professor, the assistant, and guests in the classroom with respect. Respect includes but is not limited to, arriving to class on time, not making unnecessary noise or speaking when others are speaking, attending to those who are speaking, and not engaging in disruptive behaviors. A student lacking civility will be asked to leave the classroom. If the behavior continues, the students will be asked not to return to the classroom.

Students with Disabilities ADA Statement: Any student who because of a disability may require special arrangements to meet course requirements should contact the instructor as soon as possible to make any necessary accommodations. The student should present appropriate verification from AccessTECH. No requirement exists that accommodations be made before completion of this approved university procedure. Students with disabilities are encouraged to use AccessTECH which publishes a Desk Reference for Faculty and Staff that is very helpful. You may call the AccessTECH Office at 742-2092 to request a copy.

The Ombudsman for Students is available to assist students with any conflict or problem that has to do with being a student at Texas Tech University. You may visit the Ombudsman in 237 Student Union Building or call 742-SAFE.

TTU Resources for Discrimination, Harassment, and Sexual Violence: Texas Tech University is committed to providing and strengthening an educational, working, and living environment where students, faculty, staff, and visitors are free from gender and/or sex discrimination of any kind. Sexual assault, discrimination, harassment, and other Title IX violations are not tolerated by the University. Report any incidents to the Office of Student Rights & Resolution, (806)-742-SAFE (7233) or file a report online at titleix.ttu.edu/students. Faculty and staff members at TTU are committed to connecting you to resources on campus. Some of these available resources are: TTU Student Counseling Center, 806-742 3674, https://www.depts.ttu.edu/scc/ (Provides confidential support on campus.) TTU Student Counseling Center 24-hour Helpline, 806-742-5555, (Assists students who are experiencing a mental health or interpersonal violence crisis. If you call the helpline, you will speak with a mental health counselor.) Voice of Hope Lubbock Rape Crisis Center, 806-763-2727, voiceofhopelubbock.org (24-hour hotline that provides support for survivors of sexual violence.) The Risk, Intervention, Safety and Education (RISE) Office, 806-742-2110, rise.ttu.edu (Provides a range of resources and support options focused on prevention education and student wellness.) Texas Tech Police Department, 806-742-3931, http://www.depts.ttu.edu/ttpd/ (To report criminal activity that occurs on or near Texas Tech campus.)