# Reinhardt University Sport Studies Program

**SSP 260 Introduction to Kinesiology/Sport Studies (3 Credits)**

# Course Syllabus – Spring 2024

**General Course Information**

Class Time/Days: ***9:00-9:50am MWF Location: Brown Gym 203***

Instructor: Krista Mullins Office: Brown Gym 104

Office Hours: MWF 8:30a-9:00a Phone: 770-720-5949

TR 8:30am – 9:30am & 11:00am – 12:00pm Email: [krm@reinhardt.edu](mailto:krm@reinhardt.edu)

F – 10:00-11:00 Cell: 770-881-6697

# Course Communication

# The instructor will communicate with students using course announcements and email. Students with personal concerns or questions may contact the instructor via the course email option in Canvas. All email correspondence with instructor must be via the Reinhardt account (no personal email accounts). The instructor will respond to all emails within 24 hours and return all voicemails within 24-48 hours. Please provide your name, phone number, and a good time to return your call when leaving a voicemail.

# Catalog Course Description

This class is a survey of the discipline of kinesiology and sport studies. The course introduces students to the general characteristics of the discipline, to specific types of professions typically pursued by those graduating from a kinesiology and sport studies program, and assists students in identifying early career decisions. No prerequisite.

**Reinhardt Credit Hour Statement: 3 Credit Hour Class**

Over 15 weeks, students will spend 150 minutes per week in lectures, class discussions, and examinations (37.5 hours for the semester). Instructional time includes a 3-hour final exam. Out-of-class work includes homework and preparation for exams and quizzes and is estimated at around 300 minutes per week (75 hours for the semester).

# Text/Course Website

* Text: No required text; On-line and other readings as assigned during the semester.
* Course Eagle Web site: Canvas (<https://reinhardtuniversity.instructure.com/login/canvas>)

# Purpose of the Course

The course surveys the general knowledge base of kinesiology and sport studies as reflected in the major sub-disciplines (sport management, coaching, exercise science, teaching, etc.) and reviews selected concepts in each, showing how they contribute to our understanding of the nature and importance of sport and physical activity. In addition, the course introduces students to the policies, procedures, and expectations of the Sport Studies Program at Reinhardt University.

# Sport Studies Program Goal

The Sport Studies Program is designed to develop graduates with a broad cultural perspective of sport, with practical skills suitable for employment in sport-related settings, and with ethical and moral characteristics suitable for assuming leadership roles in contemporary society.

# Sport Studies Program Outcomes

Students graduating with a degree in Sport Studies should be able to:

1. Communicate effectively in academic courses and internship/practicum placements as evidenced by written, spoken, and visual examples.
2. Exhibit personal integrity and leadership skills as evidenced by documented experiences in academic courses and internship/practicum placements.
3. Recognize moral and ethical issues associated with sport (from contemporary and historical perspectives).
4. Analyze social, cultural, and historical factors influencing the development of sport organizations, and the decision-making processes for sport leaders in those organizations.
5. Work collaboratively and in leadership roles in a sport-related professional career setting.

**Course Learning Outcomes**

Students completing Introduction to Kinesiology and Sport Studies should be able to:

1. Identify requirements for the Sport Studies degree program at Reinhardt University. (SLO 1 - 5)

2. Comprehend practicum and internship requirements for the Sport Studies degree program. (SLO 1,2,5)

3. Understand the rationale for the discipline of kinesiology and sport studies, how it is structured, and the types of knowledge studied by its scholars and professionals. (SLO 2,3,5)

4. Identify sub-disciplines within kinesiology (including exercise science, sport management, biomechanics, et al) and comprehend the general content knowledge base of those sub-disciplines. (SLO 3,4,5)

5. Understand the nature and demands of professional occupations, career options available to students graduating from departments of kinesiology and sport studies, and qualifications associated with each. (SLO 3,4)

6. Critically evaluate potential career paths of interest in kinesiology, sport, and physical activity. (SLO 4,5)

7. Recognize the significance of physical activity experiences in understanding kinesiology and sport studies. (SLO 4)

8. Recognize the importance of physical activity in daily life and the implications of this for the discipline. (SLO 4)

9. Understand departmental faculty expectations for student conduct and academic performance. (SLO 1,2,3)

# Reinhardt University General Education Learning Outcomes addressed in this course:

Communication

* Students will demonstrate effective expression of ideas through writing, speech, and visual media.

Society and Culture

* Knowledge of the traditions of Western civilization.
* Knowledge of the diversity of societies and cultures; the ability to view themselves and the world from cultural and historical perspectives other than their own.

**Methods of Instruction**

Possible methods of instruction (and course activities) may include:

1. Lecture and discussion
2. Guest speakers
3. Web-based assignments
4. Online readings
5. Examinations and quizzes
6. Class and Group Discussion
7. Writing Assignments

# Course Requirements/Assignments/Evaluation

1. Exams and Quizzes (20%)
   1. Midterm (10%)
   2. Final (10%)
2. Individual Project (15%)

* PDP Project

1. Various Assignments (45%)

* Autobiographical Essay
* Ideal Position
* Professional Informational Interview
* Resume
* Personality Inventory
* Johnny Bunko
* Goal Setting
* Elevator Pitch
* Social Media/LinkedIn
* Working in College Athletics Podcast

1. Professionalism Grade (10%)
   * Attendance
2. Guest Speaker Questions (10%)

**Grade Scale**

A 90% and above B 80% to 89% C 70% to 79%

D 60% to 69% F below 60%

**Course Policies**

**Attendance and Punctuality:** Attendance and punctuality are crucial aspects of the course. Please show up – on time - just as you would for a job, a doctor’s appointment, or a date for a movie. Do not walk in late and do not pack up early. Excessive absences and or habitual tardiness, both subjective determinations by the instructor, will result in a lowering of the final course average and potentially a failing course grade. On the rare occasion you miss a class session, do not contact the instructor to ask if you missed anything (the answer is “Yes” – contact a classmate).

If you are ill, please notify your professor of this situation. If you are missing for a medical appointment, please obtain a note and present it to class. I will then adjust your attendance at that time.

**Absences for Reinhardt Events:** Students missing class for Reinhardt-related reasons (including athletics) on dates assignments are due must submit those assignments to Canvas by the due date/time. If you will be missing an exam, arrangements to take the exam must be made prior to the exam date. You are responsible for contacting the instructor to make these arrangements.

**Distractions:** Basic civility and common courtesy are expected in the class at all times. Basic civility includes the expectation that all electronic devices are to be off (or on quiet setting) and put away (not in lap or pocket) during class**. Refrain from instant messaging, texting, tweeting, etc, during our brief time together.** If you are expecting an emergency message of some sort, inform the instructor prior to the class. Similarly, once class begins, please refrain from chatter. If a class or group discussion is part of a given class period, you will be informed of that expectation.

**Late Work:** You will have a about a week after an assignment is due to get it submitted for credit. Each day an assignment is late, there will be an automatic deduction of 5%. For example, it you submit an assignment 6 days late, you will only be able to earn up to a 70%. After the extended submission time, no late work will be accepted. All assignments must be turned in prior to or on the date that they are **due by 11:59 pm via Canvas unless otherwise noted in Canvas.**

**Covid-19:**

For more information about COVID-19, please see the following link: COVID-19 Info Page: <https://www.reinhardt.edu/student-life/student-services-resources/COVID-19-Updates>

**Other Important Information:**

All students, faculty, staff and administration at Reinhardt University are subject to changes in policies if mandated by the State of Georgia. Current policies and procedures can be found at:  <https://www.reinhardt.edu/back-to-campus>

If you have any questions, please refer to the website or contact Reinhardt University at the numbers below.

Campus Nurse within the Student Health Center: [nurse@reinhardt.edu](mailto:nurse@reinhardt.edu), 770-720-5542 or [www.reinhardt.edu/nurse](http://www.reinhardt.edu/nurse)

Public Safety: [publicsafety@reinhardt.edu](mailto:public_safety@reinhardt.edu)

**Non-Emergency Phone:** 770.720.5789  
**Emergency Phone:** 770.720.5911

Dean of Students: [deanofstudents@reinhardt.edu](mailto:deanofstudents@reinhardt.edu), 770-720-5540

Office of the Provost: [provost@reinhardt.edu](mailto:provost@reinhardt.edu), 770-720-9102

**Technical Issues and Support**

Students needing technical support for Canvas, Microsoft 365, Reinhardt email, or any other technology issues should contact Reinhardt IT at 770-720-5555 or IT@reinhardt.edu.

**Academic Integrity**

Students are expected to adhere to the *Reinhardt University Honor Code* with regard to academic integrity. Instances of academic dishonesty (cheating, plagiarism, etc) will result in a course grade of “F” and any other penalties imposed by Reinhardt University. You will write three papers in this course – all must be original work. If you are unsure what constitutes plagiarism, please consult the instructor.

# Accommodation Statement and Academic Support

Students with disabilities who believe that they may need accommodation in this course are encouraged to contact the Academic Support Office as soon as possible to ensure that such accommodations are implemented in a timely fashion.

The Center for Student Success located on bottom floor of Lawson (room 035) is a free tutoring service available to all students. For appointments--go to Reinhardt webpage; click on “Academics” … when the next page appears, click Center for Student Success. On that screen, click Student Appointment Form. Fill out required fields and then submit. If you would prefer to call, the number is 770-720-9232.

<https://www.reinhardt.edu/academic-resources/academic-support-office/aso-student-guide/>

**Bibliography**

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*Concepts and applications*. Champaign, IL: Sagamore Publishing Company.

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*practices*. Boston, MA: Allyn & Bacon.

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*physical education*. Philadelphia, PA: Lea & Febiger.

# Schedule of Class Sessions

* Dates/Topics are tentative and subject to change due to pace of course and instructor discretion
* Please see course calendar below

**SSP 260 Tentative Course Outline/Calendar – Spring 2024**

|  |  |  |
| --- | --- | --- |
| **Date** | **Topic** | **Assignments/Readings** |
|  | **WEEK ONE** |  |
| Jan. 8 | * Review of Course Syllabus * SSP Expectations | * **Read Course Syllabus on Canvas and understand its contents** |
| Jan. 10 | * Get to know each other – Ice Breakers |  |
| Jan. 12 | * Introduction to Folio and PDP project * \*\*Autobiographical Essay Assignment | * **Bring computer or something to work with in class** |
|  | **WEEK TWO** |  |
| Jan. 15 | * **MLK Holiday – No Classes** |  |
| Jan. 17 | * Lecture: History of SSP Program and RU Hierarchy |  |
| Jan. 19 | * Lecture: SSP Curriculum and Program Structure & Advising Grid |  |
|  | **WEEK THREE** |  |
| Jan. 22 | * Lecture: What can I do with a SSP Degree? * \*\* Your Ideal Position Assignment | * **DUE: Autobiographical Essay @ 11:59pm** |
| Jan. 24 | * Ideal Position assignment Work Day | * **Bring computer or something to work with in class** |
| Jan. 26 | * Ideal Position Assignment Discussion | * **DUE: Ideal Position assignment @ 9:00AM** |
|  | **WEEK FOUR** |  |
| Jan. 29 | * Lecture: Networking / Social Media * \*\*Social Media/LinkedIn assignment |  |
| Jan. 31 | * Lecture: Careers at Middle or High School level - Teaching/Coaching, Athletic Director * \*\*Professional Informational Interview Email Assignment | * Review: <https://www.gapsc.com/Certification/TieredCertification/induction.aspx> * <https://www.gapsc.com/rules/current/certification/505-2-.08.pdf> * Visit the <https://www.ghsa.net/lay-coach-certification> |
| Feb. 2 | * Guest Speaker – Cherokee County AD | * **DUE: Guest Speaker Questions – Cherokee AD @ 9:00am** |
|  | **WEEK FIVE** |  |
| Feb. 5 | * Guest Speaker - Chris Parker, Pickens High School\* | * **DUE: Social Medial / LinkedIn assignment @ 11:59pm** * **DUE: Guest Speaker Questions @ 9:00am\*** |
| Feb. 7 | * Lecture: Resume Building | * **Due: Professional Informational Interview Email @ 11:59pm** |
| Feb. 9 | * Guest Speaker – Dr. Ashley Porter, PT, DPT | * **DUE: Guest Speaker Questions – Porter @ 9:00am** |
|  | **WEEK SIX** |  |
| Feb. 12 | * Resume Assignment Work Day | * **Bring computer or something to work with in class** |
| Feb. 14 | * ONLINE Lecture: Exercise Science, ATC, PT, OT |  |
| Feb. 16 | * ONLINE Lecture: Exercise Science, Personal Training, Strength and Conditioning | * **DUE: Resume Assignment @ 11:59pm** |
|  | **WEEK SEVEN** |  |
| Feb. 19 | * Guest Speaker – Mindy Ruiz, ATC | * **DUE: Guest Speaker Questions – @ 9:00am** |
| Feb. 21 | * Johnny Bunko Work Day | * **Bring computer or something to work with in class** |
| Feb. 23 | * **Midterm Review** |  |
|  | **WEEK EIGHT** |  |
| Feb. 26 | * Lecture: Understanding the Interview Process * \*\*Elevator Pitch Assignment | * **DUE: Johnny Bunko Assignment @ 11:59pm** |
| Feb. 28 | * Mock Interviews |  |
| Mar. 1 | * Midterm Exam |  |
|  | **WEEK NINE** |  |
| Mar. 4 | * **SPRING BREAK – NO CLASS** |  |
| Mar. 6 | * **SPRING BREAK – NO CLASS** |  |
| Mar. 8 | * **SPRING BREAK – NO CLASS** |  |
|  | **WEEK TEN** |  |
| Mar. 11 | * Midterm Overview |  |
| Mar. 13 | * Lecture: Becoming Invaluable * \*\*Personality Inventory Assignment | * Complete Audit of Transcript * **DUE: Elevator Pitch @ 11:59pm** |
| Mar. 15 | * Preparing for Advising | * Work on Advising Sheet and Schedule for Fall 24’ |
|  | **WEEK ELEVEN** |  |
| Mar. 18 | * No Class - Advising | * Work on PDP project |
| Mar. 20 | * No Class - Advising |  |
| Mar. 22 | * No Class – Advising | * **DUE: Personality Inventory Assignment @ 11:59pm** |
|  | **WEEK TWELVE** |  |
| Mar. 25 | * Lecture: Careers in Recreation, Parks, and Tourism * \*\*Goal Setting Assignment |  |
| Mar. 27 | * Guest Speaker – Mychal Lewis, City of Kennesaw | * **DUE: Guest Speaker Questions – @ 9:00am** |
| Mar. 29 | * **No Class – Good Friday** |  |
|  | **WEEK THIRTEEN** |  |
| Apr. 1 | * Guest Speaker - Bill Popp, AAC Commissioner | * **DUE: Guest Speaker Questions – Popp @ 9:00am** * **DUE: Goal Setting Assignment @ 11:59pm** |
| Apr. 3 | * Lecture: Working in College Athletics Part |  |
| Apr. 5 | * No class – Working in Sports Assignment | * Out of class assignment - Podcast |
|  | **WEEK FOURTEEN** |  |
| Apr. 8 | * PDP – Canvas Folio Work Day | * **Bring your computer or something that will access Folio** |
| Apr. 10 | * Lecture: Working in College Athletics Part 2 |  |
| Apr. 12 | * Erinn Marroquin – RU Athletics | * **DUE: Guest Speaker Questions @ 9:00am\*** |
|  | **WEEK FIFTEEN** |  |
| Apr. 15 | * Guest Speaker – Quinton Wood – Wood Elite\* | * **DUE: Guest Speaker Questions @ 9:00am\*** |
| Apr. 17 | * Lecture: Jobs Outside of Sport |  |
| Apr. 19 | * Team Work Contest | * **PDP – Canvas Folio Due @ 11:59pm** |
|  | **WEEK SIXTEEN** |  |
| Apr. 22 | * **FINAL EXAM Review** |  |
| Apr. 29 | * **FINAL EXAM – @ 11:15am** |  |

**NOTES AND REMINDERS**

* All Dates/topics are tentative and subject to change based on pace of course
* Readings should be completed by the dates listed in the right column on the calendar
* Please inform instructor immediately if you have concerns or problems with assignments
* Site visits may be scheduled; these are not shown on the calendar

# \*Indicates that this assignment/Guest Speaker may change based on their availability