



WACO, TEXAS

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**FOUNDATIONS OF KINESIOLOGY  
PHED 1301.FX**

**ROBERT AMMON**

**NOTE: This is an 8-week course**

**NOTE: This is an Online course.**

**Course Description:**

Understanding the foundations of physical education are the key to a successful physical educator. Professionalism is imperative. This will be studied in depth.

**Prerequisites and/or Corequisites:**

*NONE*

**Course Notes and Instructor Recommendations:**

PHED 1301 Foundations of Physical Education. The purpose of this course is to provide students with an introduction to human movement that includes the historical development of physical education, exercise science and sport. This course offers the student an introduction to a wide knowledge base, as well as technical information, legal information, and expanding career opportunities. Semester hours 3. (3 Lecture) \*All assignments must be submitted in a Word Document or Rich Text format only!

**Instructor Information:**

Instructor Name: Bob Ammon

MCC E-mail: rammon@mclennan.edu

Office Phone Number: 299-8803

Office Location: HPE 111

Conference Hours: By Appointment.

**Required Text & Materials:**

- Various websites that the students will be directed to by the instructor
- [www.myfitnesspal.com](http://www.myfitnesspal.com)
- No Book Required!

**MCC Bookstore Website:** <http://www.mclennan.edu/bookstore/>

**Methods of Teaching and Learning:**

*II. Rationale*

Understanding the foundations of physical education are the key to a successful physical educator. Professionalism is imperative. This will be studied in depth.

*III. Supportive Activities and Materials*

- Various websites that the students will be directed to by the instructor
- [www.myfitnesspal.com](http://www.myfitnesspal.com)
- No book required!

**Course Objectives and/or Competencies:**

- Discuss the nature of contemporary physical education and sport, and the legal issues that surrounds it.
- Explore new research and trends and their effect on physical education and sport.
- Identify the leaders in physical education and their contributions to the field.
- Identify career opportunities in physical education, coaching, athletic training and administration.
- Understand the key characteristics of a quality physical education experience.
- Understand networking with professionals and contemporaries and the multiple benefits of such.
- Understand the specialized fields in "physical education". Some of the fields are adapted physical education, sports managements, and sports medicine. Become aware of career opportunities in "specialized fields".
- Learn the benefits, physiologically, of sports participation and improve physical fitness.
- Develop a plan for increasing awareness of the benefits of a strong physical education program in public school and higher education.

Special problems - define a "problem" and develop a solution to a current issue in the physical education arena.

**Course Outline or Schedule:**

- Assignment 1A/1B
- Assignment 2A/2B
- Assignment 3A/3B/3C
- Assignment 4A/4B
- Assignment 5
- Assignment 6A/6B
- Assignment 7
- Assignment 8A/8B
- Assignment 9A/9B

**Course Grading Information:**

- All assignments are of equal value. Late work may not receive full credit.
- All of the assignments are designed to give you the knowledge to move your conditioning to the realm you desire. There will be written tests, pre and post measurements, and the use of MYFITNESSPAL to track your exercise and eating. The majority of "fun" in this class will be the workouts. Keep accurate records at MYFITNESSPAL- from time to time you will send "reports" to me- enjoy your progress! The major emphasis in figure and weight control will be the

workouts and proper eating. Please be aware of the [MCC Attendance Policy \(B-II\)](#) . The reports (from myfitnesspal) and measurements are required to satisfy the MCC attendance policy.

- You will be expected to complete 2 strength training workouts per week.
- You will be expected to complete 4 aerobic workouts per week.
- PROCTOR: You must have a proctor observe all of your measurements, fitness tests, and written tests. The proctor can be an educator, professional in the health of fitness field, someone with similar credentials or a parent, spouse or responsible person.  
YOU MUST have the proctor email me that they agreed to perform these duties. Their email should include their name, title, and email address. Your proctor must email me during the first week of school at [rammon@mclennan.edu](mailto:rammon@mclennan.edu).

**Late Work, Attendance, and Make Up Work Policies:**

*LATE WORK MAY NOT RECEIVE FULL CREDIT.*

**Student Behavioral Expectations or Conduct Policy:**

Students are expected to follow MCC conduct policy.

**[Click Here for the MCC Attendance/Absences Policy](#)**

**(<https://www.mclennan.edu/highlander-guide/policies.html>)**

Click on the link above for the college policies on attendance and absences. Your instructor may have additional guidelines specific to this course.

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Updated 07/18/2023



## **ACADEMIC RESOURCES/POLICIES**

### **Accommodations/ADA Statement:**

Any student who is a qualified individual with a disability may request reasonable accommodations to assist with providing equal access to educational opportunities. Students should contact the Accommodations Coordinator as soon as possible to provide documentation and make necessary arrangements. Once that process is completed, appropriate verification will be provided to the student and instructor. Please note that instructors are not required to provide classroom accommodations to students until appropriate verification has been provided by the Accommodations Coordinator. For additional information, please visit [www.mclennan.edu/disability](http://www.mclennan.edu/disability).

Students with questions or who require assistance with disabilities involving physical, classroom, or testing accommodations should contact:

[disabilities@mclennan.edu](mailto:disabilities@mclennan.edu) 2542998122 Room  
319, Student Services Center

### **Title IX:**

We care about your safety, and value an environment where students and instructors can successfully teach and learn together. If you or someone you know experiences unwelcomed behavior, we are here to help. Individuals who would like to report an incident of sexual misconduct are encouraged to immediately contact the acting Title IX Coordinator at [titleix@mclennan.edu](mailto:titleix@mclennan.edu) or by calling, Dr. Claudette Jackson, (Accommodations/Title IX) at (254) 299-8465. MCC employees are mandatory reporters and must report incidents immediately to the Title IX Coordinator. Individuals may also contact the MCC Police Department at (254) 299-8911 or the MCC Student Counseling Center at (254) 299-8210. The MCC Student Counseling Center is a

confidential resource for students. Any student or employee may report sexual harassment anonymously by visiting <http://www.lighthouse-services.com/mclennan/>. Go to McLennan's Title IX webpage at [www.mclennan.edu/titleix/](http://www.mclennan.edu/titleix/). It contains more information about definitions, reporting, confidentiality, resources, and what to do if you or someone you know is a victim of sexual misconduct, gender-based violence or the crimes of rape, acquaintance rape, sexual assault, sexual harassment, stalking, dating violence, or domestic violence.

### **Student Support/Resources:**

MCC provides a variety of services to support student success in the classroom and in your academic pursuits to include counseling, tutors, technology help desk, advising, financial aid, etc. A listing of these and the many other services available to our students is available at <http://www.mclennan.edu/campus-resource-guide/>

Academic Support and Tutoring is here to help students with all their course-related needs. Specializing in one-on-one tutoring, developing study skills, and effectively writing essays. Academic Support and Tutoring can be found in the Library and main floor of the Learning Commons. This service is available to students in person or through Zoom. You can contact the Academic Support and Tutoring team via Zoom or email ([ast@mclennan.edu](mailto:ast@mclennan.edu)) by going to our website (<https://www.mclennan.edu/academic-support-and-tutoring/>).

College personnel recognize that food, housing, and transportation are essential for student success. If you are having trouble securing these resources or want to explore strategies for balancing life and school, we encourage you to contact either MCC CREW – Campus Resources Education Web by calling (254) 299-8561 or by emailing [crew@mclennan.edu](mailto:crew@mclennan.edu) or a Success Coach by calling (254) 299-8226 or emailing [SuccessCoach@mclennan.edu](mailto:SuccessCoach@mclennan.edu). Both are located in the Completion Center located on the second floor of the Student Services Center (SSC) which is open Monday-Friday from 8 a.m.-5 p.m.

Paulanne's Pantry (MCC's food pantry) provides free food by appointment to students, faculty and staff. To schedule an appointment, go to [https://mclennan.co1.qualtrics.com/jfe/form/SV\\_07byXd7eB8iTqJg](https://mclennan.co1.qualtrics.com/jfe/form/SV_07byXd7eB8iTqJg). Both the Completion Center and Paulanne's Pantry are located on the second floor of the Student Services Center (SSC).

### **MCC Foundation Emergency Grant Fund:**

Unanticipated expenses, such as car repairs, medical bills, housing, or job loss can affect us all. Should an unexpected expense arise, the MCC Foundation has an emergency grant fund that may be able to assist you. Please go to

<https://www.mclennan.edu/foundation/scholarships-and-resources/emergencygrant.html>

to find out more about the emergency grant. The application can be found at

[https://www.mclennan.edu/foundation/docs/Emergency\\_Grant\\_Application.pdf](https://www.mclennan.edu/foundation/docs/Emergency_Grant_Application.pdf).

**MCC Academic Integrity Statement:**

Go to [www.mclennan.edu/academic-integrity](http://www.mclennan.edu/academic-integrity) for information about academic integrity, dishonesty, and cheating. The unauthorized use of artificial intelligence (AI) for classwork can be a violation of the College's General Conduct Policy. Whether AI is authorized in a course and the parameters in which AI can be used in a course will be outlined by each instructor.

**Minimum System Requirements to Utilize MCC's D2L|Brightspace:**

Go to <https://www.mclennan.edu/center-for-teachingandlearning/FacultyandStaffCommons/requirements.html> for information on the minimum system requirements needed to reliably access your courses in MCC's D2L|Brightspace learning management system.

**Minimum Technical Skills:**

Students should have basic computer skills, knowledge of word processing software, and a basic understanding of how to use search engines and common web browsers.

**Backup Plan for Technology:**

In the event MCC's technology systems are down, you will be notified via your MCC student email address. Please note that all assignments and activities will be due on the date specified in the Instructor Plan, unless otherwise noted by the instructor.

**Email Policy:**

McLennan Community College would like to remind you of the policy (<http://www.mclennan.edu/employees/policy-manual/docs/E-XXXI-B.pdf>) regarding college email. All students, faculty, and staff are encouraged to use their McLennan email addresses when conducting college business.

A student's McLennan email address is the preferred email address that college employees should use for official college information or business. Students are

expected to read and, if needed, respond in a timely manner to college emails. For more information about your student email account, go to [www.mclennan.edu/studentemail](http://www.mclennan.edu/studentemail).

**Instructional Uses of Email:**

Faculty members can determine classroom use of email or electronic communications. Faculty should expect and encourage students to check the college email on a regular basis. Faculty should inform students in the course syllabus if another communication method is to be used and of any special or unusual expectations for electronic communications.

If a faculty member prefers not to communicate by email with their students, it should be reflected in the course syllabus and information should be provided for the preferred form of communication.

**Email on Mobile Devices:**

The College recommends that you set up your mobile device to receive McLennan emails. If you need assistance with set-up, you may email [Helpdesk@mclennan.edu](mailto:Helpdesk@mclennan.edu) for help.

You can find help on the McLennan website about connecting your McLennan email account to your mobile device:

- [Email Setup for iPhones and iPads](#)
- [Email Setup for Androids](#)

**Forwarding Emails:**

You may forward emails that come to your McLennan address to alternate email addresses; however, the College will not be held responsible for emails forwarded to an alternate address that may be lost or placed in junk or spam filters.

For more helpful information about technology at MCC, go to [MCC's Tech Support Cheat Sheet](#) or email [helpdesk@mclennan.edu](mailto:helpdesk@mclennan.edu).

**Disclaimer:**

The resources and policies listed above are merely for informational purposes and are subject to change without notice or obligation. The College reserves the right to change policies and other requirements in compliance with State and Federal laws. The provisions of this document do not constitute a contract.