



KINE 1301-71: Foundations of Kinesiology

Fall 2025 Course Calendar/Assignment Guide (Part I)

Module	Start	Description	Due Date
Module 1	Mon (8/25)	Introduction: Course Introduction	
		Obtain Textbook (Make Purchase) & Read Syllabus	Mon (8/25)
		Course Acknowledgement	Wed (8/27)
		M1 Discussion: Introduction & Career Goals	Thurs (8/28)
		Module 1 Quiz (Syllabus)	Fri (8/29)
		M1 Discussion Responses	Sat (8/30)
		Course Pre-Test	Sun (8/31)
Module 2	Tues (9/2)	Chapter 1: Introduction to the Field of Physical Education & Wellness	
	Labor Day (9/1)	Quiz (Ch. 1)	Wed (9/3)
		Chapter 1 Review	Thurs (9/4)
		Chapter Activity: PA Log	Fri (9/5)
		PA Log Reflection	Sun (9/7)
Module 3	Mon (9/8)	Chapter 2: Importance of Physical Activity Experiences	
		Chapter 2 Review	Wed (9/10)
		M3 Discussion: PA Choices	Thurs (9/11)
		Activity: Spheres of Physical Activity	Fri (9/12)
		M3 Discussion Responses	Sat (9/13)
		UNIT I EXAM	Sun (9/14)
Module 4	Mon (9/15)	Chapter 3: Philosophy of Physical Activity	
		Chapter 3 Review	Wed (9/17)
		Video Analysis: Feelings & Ethics	Fri (9/19)
		Chapter Activity: Ethical Dilemma Essay	Sun (9/21)
Module 5	Mon (9/22)	Chapter 4: History of Physical Activity	
		Quiz (Ch. 4)	Wed (9/24)
		Chapter 4 Review	Fri (9/26)
		Chapter Activity: Significant Event	Sun (9/28)
Module 6	Mon (9/29)	Chapter 5: Sociology of Physical Activity	
		Chapter 5 Review	Wed (10/1)
		M6 Discussion: Social Factors	Thurs (10/2)
		M6 Discussion Responses	Sat (10/4)
		Chapter Activity: Watching Sports	Sun (10/5)
Module 7	Mon (10/6)	Chapter 6: Motor Behavior	
		Quiz (Ch. 6)	Wed (10/8)
		Chapter 6 Review	Fri (10/10)
		Chapter Activity: Skill Development	Sun (10/12)
Module 8	Mon (10/13)	Chapter 7: Sport & Exercise Psychology	
		Chapter 7 Review	Wed (10/15)
		M8 Discussion: Sports Psychology	Thurs (10/16)
		M8 Discussion Responses	Sat (10/18)
	Midterm	Chapter Activity: Motivation Essay	Sun (10/19)

** Assignment deadlines are at 10:00 pm CST, unless otherwise noted.



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Fall 2025 Course Calendar/Assignment Guide (Part II)

Module	Start	Description	Due Date
Module 9	Mon (10/20)	Chapter 8: Biomechanics of Physical Activity	
		Chapter 8 Review	Tue (10/21)
		M9 Discussion: Biomechanics	Wed (10/22)
		M9 Discussion Responses	Fri (10/24)
		Chapter Activity: Biomechanical Video Analysis	Sun (10/26)
Module 10	Mon (10/27)	Chapter 9: Physiology of Physical Activity	
		Chapter 9 Review	Wed (10/29)
		Chapter Activity: Exercise	Fri (10/31)
		UNIT II EXAM	Sun (11/2)
Module 11	Mon (11/3)	Chapter 10: Becoming a Physical Activity Professional	
		Chapter 10 Review	Wed (11/5)
		Chapter Activity: Professional Organizations	Thurs (11/6)
		Chapter Activity: Career Options	Fri (11/7)
		Activity: Graduate School Application	Sun (11/9)
Module 12	Mon (11/10)	Chapter 11: Careers in Health and Fitness	
	<i>Vet Day (11/11)</i>	Chapter 11 Review	Wed (11/12)
		M12 Discussion: PA for Health	Thurs (11/13)
		M12 Discussion Responses	Sat (11/15)
		Signature Assignment: Fitness Center Project	Sun (11/16)
Module 13	Mon (11/17)	Chapter 13: Careers in Teaching Physical Education	
		Quiz (Ch. 13)	Tues (11/18)
		Chapter 13 Review	Wed (11/19)
		Chapter Activity: Shape America Standards	Fri (11/21)
		Chapter Activity: Rating Your PE Experiences	Sun (11/23)
Module 14	Mon (11/24)	Chapter 14: Careers in Coaching and Sport Instruction	
		Chapter 14 Review	Mon (11/24)
		Chapter Activity: Coaching Ethics	Tue (11/25)
	<i>Energy Day (11/26)</i>	Activity: Job Postings	Sun (11/30)
LSC-PA Thanksgiving Break (November 27 & 28, 2025) – No Classes			
Module 15	Mon (12/1)	Chapter 15: Careers in Sport Management	
		Chapter 15 Review	Tue (12/2)
		Chapter Activity: Sport Management Functions & Segments	Thurs (12/4)
		UNIT III EXAM	Sun (12/7)
Module 16	Mon (12/8)	Culminating Activities	
	<i>Finals Week</i>	Course Post-Test (Final Exam)	Tue (12/9)

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++ Late Assignments are NOT accepted in Modules 15 & 16