DEPARTMENT OF KINESIOLOGY & HEALTH PROMOTION

KIN 2290 – Contemporary Issues in Kinesiology & Health Promotion

Syllabus–Fall 2021

# Maximizing your Performance in this Class

## Getting Help: Finding data/evidence for your assignments

Throughout every aspect of this class you will be expected to provide credible, compelling and verifiable data to support your positions.

* To help you develop your information literacy skills, I have partnered with the Library to develop specialized resources for this class.
* Ariel Hahn ([ahahn@cpp.edu](mailto:ahahn@cpp.edu)) is our KHP dedicated Librarian. You will meet her in our Draft Day workshop in [Module 8.](https://canvas.cpp.edu/courses/15227/modules) She is available for one on one support as you prepare your Sports Pages and BURN IT ALL DOWN podcast. Simply email her for an appointment.

## Getting Help: Canvas

Canvas is the sole location for all class materials, assignments and module tasks. It is also how you receive your feedback on your Sports Pages and other assignments. It is VERY important that you are comfortable navigating this online site.

* Watch the navigation video in [Module 1](https://canvas.cpp.edu/courses/15227/modules) ASAP
* Check the class Canvas site daily.
* Set up your account so that you receive notifications sent to your smart phone/email when I update the site.
* I am not a tech expert, if you are having difficulties with using Canvas-specific tools or features, refer to the [Canvas Community Help Guides](https://community.canvaslms.com/t5/Knowledge/ct-p/knowledge). More complicated Canvas inquires can be directed to the [IT Service Desk](https://cpp.service-now.com/ess). Both links to the Canvas eHelp page and IT Service Desk can be found under the “Technical Support” section located on the left navigation menu of this course.

## Getting Help: How to be a successful online learner

This version of KIN 2290 is fully asynchronous and so success in this course is dependent on your ability to adapt and thrive in a remote setting. Online learning can present specific challenges for you (think, motivation, focus, accountability) and can open possibilities for you too (think flexibility, self-pacing). Here are some resources to help you develop your “effective online learning skills”.

* [9 strategies for being an effective online learner](https://www.goabroad.com/articles/study-abroad/what-makes-a-successful-online-learner)
* [How to succeed as a remote learner](https://www.ucdenver.edu/offices/office-of-information-technology/get-help/learning-remotely/how-to-succeed-as-a-remote-learner) (University of Colorado, Denver)

Just remember, if you do find yourself on the [inevitable struggle bus](#_Getting_Help:_If) communicate with me ASAP.

## Getting Help: Developing your skills

We have free access to [linkedin learning](https://www.linkedin.com/learning-login/?lipi=urn%3Ali%3Apage%3Ad_learning_login_enterprise%3BLWmYrWq3RtmX5Grp71s4Rg%3D%3D&licu&authUUID=uYsQEWckTz%2BsGDPnnQ2ppQ%3D%3D&redirect=https%3A%2F%2Fwww.linkedin.com%2Flearning%2F) if you find yourself in need of a refresher of the basic skills needed to be successful in this class or would like to develop your skill set. Some helpful linkedin learning resources for this class are:

* For your Sports Pages assignment
  + [Blogging Fundamentals](https://www.linkedin.com/learning/search?categoryIds=ALL&contentBy=ALL&continuingEducationUnits=ALL&difficultyLevel=ALL&durations=ALL&entityType=ALL&keywords=blog&language=en_US&learningCategoryIds=ALL&purchaseModel=ALL&software=ALL&sortBy=RELEVANCE&sourceUrn=ALL&spellcheck=true&u=56973593) (12 mins)
  + [Writing a Compelling Blog](https://www.linkedin.com/learning/writing-a-compelling-blog-post/welcome?u=56973593) (44 mins)
* For your BURN IT ALL DOWN Podcast assignment
  + [Recording your content](https://www.linkedin.com/learning/topics/podcasting?u=56973593) (14 mins)
  + [Editing your podcast](https://www.linkedin.com/learning/topics/podcasting?u=56973593) (22 mins)
  + [Producing Podcasts](https://www.linkedin.com/learning/producing-podcasts/podcast-production-from-an-idea-to-a-following?u=56973593)- full course (1 hr 42 mins)
  + [Producing Professional Audio & Video podcasts](https://www.linkedin.com/learning/producing-professional-audio-and-video-podcasts/professional-audio-and-video-podcasts?u=56973593) – full course (4 hrs 37 mins)
* [Word Essential Training](https://www.linkedin.com/learning/word-essential-training-office-365-microsoft-365/create-brilliant-documents-with-microsoft-word?u=56973593) – full course (2 hrs 10 mins)
* [Develop Critical Thinking, Decision-Making & Problem-Solving skills](https://www.linkedin.com/learning/paths/develop-critical-thinking-decision-making-and-problem-solving-skills?u=56973593) – full learning path (4 hrs 52 mins)
  + [Critical Thinking](https://www.linkedin.com/learning/critical-thinking/welcome-to-critical-thinking-2?u=56973593) (59 mins)
  + [Improving your thinking](https://www.linkedin.com/learning/improving-your-thinking/thinking-for-success-2?u=56973593) (31 mins)

## Additional Non-Academic Support Services

You’re paying for [many campus resources](http://www.cpp.edu/~campus-life/student-services/index.shtml) through your fees. Use them! Here are a few that might be especially helpful:

* [Broncos Care Basic Needs](https://www.cpp.edu/~basicneeds/index.shtml) for students experiencing food or housing insecurity
* [Counseling](https://www.cpp.edu/~caps/index.shtml)
* [Dean of Students](https://www.cpp.edu/~deanofstudents/departments.shtml), which includes the Cultural Centers, clubs, etc.
* [Disability Resource Center](http://www.cpp.edu/~drc/) to support students with temporary or permanent physical or non-physical disabilities
* [Learning Resource Center](http://www.cpp.edu/~lrc/) for tutoring in many courses
* [Student Health Services](https://www.cpp.edu/~health/index.shtml)
* [Veterans Resource Center](http://www.cpp.edu/~veterans/index.shtml)