



KNES 4991: Independent Study in Kinesiology

Gordon T. & Ellen West College of Education
KNES 4991

Spring 2026 Part of Term B

Contact Information

Instructor: Kayla Meaders, M.Ed., B.B.A.

Office: Bridwell 301

Office hours: By Appointment via Zoom, in person, or by telephone

Office phone: (940) 397-4370

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Instructor Response Policy

Email is my preferred method of communication.

Please include KNES 4991 in the title of any email communication.

I will respond to emails within 24 hours during weekdays.

Please expect a 48-hour response on weekends and holidays.

If you need to contact me via phone, please email me your phone number, and I will schedule a time to connect with you.

Textbook & Instructional Materials

No textbook is required for this course. All reading materials will be provided as website links of PDFs in D2L.

Course Description

Supervised reading and research associated with current issues in kinesiology, sport, recreation, and leisure.

Course Objectives/Learning Outcomes/Course Competencies

This course is designed to foster reflective thinking and applied understanding of key concepts in sport, coaching, and administration. Through weekly reflections and critical engagement with real-world scenarios, students will explore the responsibilities, challenges, and ethical considerations faced by professionals in the field.

Course Objectives:

1. Identify core concepts in sport, coaching, and administration.
2. Reflect on personal and observed experiences in these fields.
3. Apply leadership and administrative theories to real-world sports scenarios.
4. Analyze ethical and managerial challenges in sports organizations.
5. Develop a personal philosophy of coaching or sport administration.

By the end of this course, students will be able to:

- Understand the foundational principles of sport leadership, coaching styles, and administrative functions.
- Evaluate personal experiences and coaching/administration practices using reflective models.
- Apply leadership, communication, and ethical decision-making strategies to hypothetical and real-world sport scenarios.
- Analyze the development and impact of team culture, athlete management, and event planning in various sport settings.
- Develop a personalized coaching or sport administration philosophy grounded in theory, reflection, and practical insight.

Student Handbook

Refer to: [Student Handbook](#)

Academic Misconduct Policy & Procedures

Academic Dishonesty: Cheating, collusion, and plagiarism (the act of using source material of other persons, either published or unpublished, without following the accepted techniques of crediting, or the submission for credit of work not the individual's to whom credit is given). Additional guidelines on procedures in these matters may be found in the Office of Student Conduct.

[Office of Student Conduct](#)

Final Exam

There will be no final exam for this course.

Extra Credit

There are no extra credit opportunities available for this course.

Grading/Assessment

Table 1: *Points allocated to each assignment*

Assignments	Points
Personal Reflections (8 at 10 points each)	80
Personal Philosophy of Sport Paper	20
Total Points	100

Table 2: *Total points for final grade.*

Grade	Points
A	90-100
B	80-89
C	70-79
D	60-69
F	Less than 59

Late Work

Assignments for the course must be submitted or posted by the established due dates. The discussion boards will be locked after the week is concluded. I understand emergencies arise. If something happens and you cannot submit your assignments by the posted due date, you must communicate that to me in advance. Any late work without proper communication will not be accepted.

Important Dates

Last day for term schedule changes: 1/23/2026

Deadline to file for graduation for Spring 2026 graduates: 02/26/2026

Last Day to drop a Part of Term A course with a grade of "W:" 03/04/2026

Last Day of Class: 03/20/2026

Desire-to-Learn (D2L)

Extensive use of the MSU D2L program is a part of this course. Each student is expected to be familiar with this program as it provides a primary source of communication regarding assignments, examination materials, and general course information. You can log into [D2L](#) through the MSU Homepage. If you experience difficulties, please contact the technicians listed for the program or contact your instructor.

Attendance

My expectation is that you will be present for class on the first day. Attendance is verified when you check into D2L assignments at least twice a week. Excessive absences (not signing into D2L, noncompliance with assignments, and lack of participation on the discussion board) are indicators of non-compliance with the course and may lead to an administrative drop from the course.

Online Computer Requirements

Taking an online class requires you to have access to a computer (with Internet access) to complete and upload your assignments. It is your responsibility to have (or have access to) a working computer in this class. **Assignments and tests are due by the due date, and personal computer technical difficulties will not be considered reason for the instructor to allow students extra time to submit assignments, tests, or discussion postings.* Computers are available on campus in various areas of the buildings as well as the Academic Success Center. **Your*

computer being down is not an excuse for missing a deadline! There are many places to access your class! Our online classes can be accessed from any computer in the world that is connected to the internet. Contact your instructor immediately upon having computer trouble. If you have technical difficulties in the course, there is also a student helpdesk available to you. The college cannot work directly on student computers due to both liability and resource limitations however they are able to help you get connected to our online services. For help, log into [D2L](#).

Change of Schedule

A student dropping a course (but not withdrawing from the University) within the first 12 class days of a regular semester or the first four class days of a summer semester is eligible for a 100% refund of applicable tuition and fees. Dates are published in the [Schedule of Classes](#) each semester.

Refund and Repayment Policy

A student who withdraws or is administratively withdrawn from Midwestern State University (MSU) may be eligible to receive a refund for all or a portion of the tuition, fees and room/board charges that were paid to MSU for the semester. HOWEVER, if the student received financial aid (federal/state/institutional grants, loans and/or scholarships), all or a portion of the refund may be returned to the financial aid programs. As described below, two formulas (federal and state) exists in determining the amount of the refund. (Examples of each refund calculation will be made available upon request).

Services for Students with Disabilities

In accordance with Section 504 of the Federal Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990, Midwestern State University endeavors to make reasonable accommodations to ensure equal opportunity for qualified persons with disabilities to participate in all educational, social, and recreational programs and activities. After notification of acceptance, students requiring accommodations should make application for such assistance through Disability Support Services, located in the Clark Student Center, Room 168, (940) 397-4140. Current documentation of a disability will be required in order to provide appropriate services, and each request will be individually reviewed. For more details, please go to [Disability Support Services](#).

College Policies

Campus Carry Rules/Policies

Refer to: [Campus Carry Rules and Policies](#)

Smoking/Tobacco Policy

College policy strictly prohibits the use of tobacco products in any building owned or operated by MSU TEXAS. Adult students may smoke only in the outside designated-smoking areas at each location.

Alcohol and Drug Policy

To comply with the Drug Free Schools and Communities Act of 1989 and subsequent amendments, students and employees of Midwestern State are informed that strictly enforced policies are in place which prohibits the unlawful possession, use or distribution of any illicit drugs, including alcohol, on university property or as part of any university-sponsored activity. Students and employees are also subject to all applicable legal sanctions under local, state and federal law for any offenses involving illicit drugs on University property or at University-sponsored activities.

Campus Carry

Effective August 1, 2016, the Campus Carry law (Senate Bill 11) allows those licensed individuals to carry a concealed handgun in buildings on public university campuses, except in locations the University establishes has prohibited. The new Constitutional Carry law does not change this process. Concealed carry still requires a License to Carry permit, and openly carrying handguns is not allowed on college campuses. For more information, visit [Campus Carry](#).

Active Shooter

The safety and security of our campus is the responsibility of everyone in our community. Each of us has an obligation to be prepared to appropriately respond to threats to our campus, such as an active aggressor. Please review the information provided by MSU Police Department regarding the options and strategies we can all use to stay safe during difficult situations. For more information, visit [Safety / Emergency Procedures](#). Students are encouraged to watch the video entitled "Run. Hide. Fight." which may be electronically accessed via the University police department's webpage: ["Run. Hide. Fight."](#)

Obligation to Report Sex Discrimination under State and Federal Law

Midwestern State University is committed to providing and strengthening an educational, working, and living environment where students, faculty, staff, and visitors are free from sex discrimination of any kind. State and federal law require University employees to report sex discrimination and sexual misconduct to the University's Office of Title IX. As a faculty member, I am required to report to the Title IX Coordinator any allegations, personally observed behavior, or other direct or indirect knowledge of conduct that reasonably may constitute sex discrimination or sexual misconduct, which includes sexual assault, sexual harassment, dating violence, or stalking, involving a student or employee. After a report is made, the office of Title IX will reach out to the affected student or employee in an effort to connect such person(s) with resources and options in addressing the allegations made in the report. You are also encouraged to report any incidents to the office of Title IX. You may do so by contacting:
Laura Hetrick

Title IX Coordinator
Sunwatcher Village Clubhouse
940-397-4213
laura.hetrick@msutexas.edu

You may also file an online report 24/7 at [Online Reporting Form](#)

Should you wish to visit with someone about your experience in confidence, you may contact the MSU Counseling Center at 940-397-4618. For more information on the University's policy on Title IX or sexual misconduct, please visit [Title IX Website](#)

Grade Appeal Process

Update as needed. Students who wish to appeal a grade should consult the Midwestern State University [MSU Catalog](#)

Notice

Changes in the course syllabus, procedure, assignments, and schedule may be made at the discretion of the instructor.

Assignment Breakdowns

Personal Reflections

Each week, submit a thoughtful personal reflection in response to the weekly prompt by Sunday at 11:59 PM (CST). Your post should be well-organized, clearly written, and demonstrate personal insight, self-awareness, and critical thinking. Be sure to fully address all questions included in the prompt, drawing on your own experiences, observations, or goals related to sport, coaching, and administration. Reflections should be written in first person and aim to connect course concepts to real-life applications. There are a total of eight reflections throughout the course, and consistent, timely participation is expected each week. This assignment is an opportunity for meaningful personal growth, so take time to be honest, reflective, and intentional in your writing.

Personal Philosophy of Sport Paper

This final reflective paper is your opportunity to articulate your personal philosophy of coaching or sport administration, grounded in what you've learned over the course of the term. Your paper should blend theory, personal experience, and thoughtful application. It should highlight your core values, leadership style, and how you plan to make ethical and effective decisions in your role. A template is provided for your reference and to assist with formatting.

Course Schedule:

MODULE 1: Foundations of Sport Leadership		
Week 1 03/21-03/29	<ol style="list-style-type: none"> 1. Familiarize yourself with the syllabus and course information 2. Read Articles/ Watch Videos in Module 3. Personal Reflection 	All Assignments are due by Sunday at 11:59 pm
Week 2 03/30-04/05	<ol style="list-style-type: none"> 1. Read Articles/ Watch Videos in Module 2. Personal Reflection 	All Assignments are due by Sunday at 11:59 pm
MODULE 2: Team Culture, Ethics, and Athlete Development		
Week 3 04/06-04/12	<ol style="list-style-type: none"> 1. Read Articles/ Watch Videos in Module 2. Personal Reflection 	All Assignments are due by Sunday at 11:59 pm
Week 4 04/13-04/19	<ol style="list-style-type: none"> 1. Read Articles/ Watch Videos in Module 2. Personal Reflection 	All Assignments are due by Sunday at 11:59 pm
Week 5 04/20-04/26	<ol style="list-style-type: none"> 1. Read Articles/ Watch Videos in Module 2. Personal Reflection 	All Assignments are due by Sunday at 11:59 pm
MODULE 3: Sport Operations, Career Growth, and Personal Philosophy		
Week 6 04/27-05/03	<ol style="list-style-type: none"> 1. Read Articles/ Watch Videos in Module 2. Personal Reflection 	All Assignments are due by Sunday at 11:59 pm
Week 7 05/04-05/10	<ol style="list-style-type: none"> 1. Read Articles/ Watch Videos in Module 2. Personal Reflection 	All Assignments are due by Sunday at 11:59 pm
Week 8 05/11-05/15	<ol style="list-style-type: none"> 1. Personal Reflection 2. Personal Philosophy of Sport Paper Due 	Friday, May 15th by 12 pm (Noon)