

Kinesiology 2 Syllabus Outline

Sam Kubicek- LDHS

Fall 2026

Dear Parents and Guardians,

Welcome to Kinesiology 2 at LDHS! This syllabus outlines the course plan for your child's class this semester, including key topics, expectations, and how you can support their success. As required by Texas law (Senate Bill 12), this document serves as the instructional plan and is available for your review. I look forward to working with you and your child!

Contact Information

- **Teacher:** Sam Kubicek
 - **Email:** SKubicek@ldisd.net
 - **Phone:** 940-497-6176
 - **Conference Time:** By appointment only
 - **Best Way to Reach Me:** Email or parent square. I'll respond within 24 hours on school days.
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Course Overview (Instructional Plan)

This semester, your child will study the following topics in Kinesiology 1, based on Texas state standards (TEKS):

1. Unit 1: Allied healthcare professions

- Learning objectives: Students will learn about the education requirements, certifications, possible settings, and salary range of different healthcare professions
- Activities: Healthcare profession project, create informative material

2. Unit 2: Nutrition in athletes

- Learning objective: Students will analyze different diets needed by a variety of athletes, discuss the specific needs of individual athletes, explain the importance of proper hydration, and create an individualized nutrition plan based on identified goals
- Activities: Create a nutrition plan

3. Unit 3: Mental health in athletes

- Learning objectives: Students will apply cognitive behavioral strategies to promote a positive experience and access barriers to physical activity and adapt the individual's fitness program accordingly
- Activities: Mental health PSA

4. Unit 4: Muscle function

- Learning objectives: Students will describe the structure and function of the heart, analyze the effects of exercise on blood pressure, learn how to take blood pressure, perform pulse checks, assess aerobic capacity using different tests, and calculate maximum heart rate
- Activities: Aerobic capacity lab, muscle function research project.

5. Unit 6: Modalities

- Learning objectives: Students will learn the indications and contraindications of various modalities, identify education and licensing needed for each modality, and demonstrate proper application of modalities
- Activities: Cryotherapy, heat therapy, electrical stimulation, hivamat, laser, and ultrasound labs

6. Unit 7: General Medical Conditions

- Learning objectives: Students will be able to identify the structures of thoracic cavity, conditions and diseases that can affect this area, and be able to identify how these conditions and diseases could affect athletes.
- Activities: Blood pressure lab, heart and lung auscultations, and blood flow through the heart.

Thank you for supporting your child's education! Feel free to contact me with questions.

Sincerely,
Sam Kubicek