



KINE 201 - Introduction to Kinesiology Course Outline

Approval Date: 02/13/2020

Effective Date: 08/14/2020

SECTION A

Unique ID Number CCC000616742

Discipline(s) Physical Education

Division Kinesiology & Athletics

Subject Area KINESIOLOGY

Subject Code KINE

Course Number 201

Course Title Introduction to Kinesiology

TOP Code/SAM Code 1270.00 - Kinesiology / E - Non-Occupational

Rationale for adding this course to the curriculum Changing subject code to KINE.

Units 3

Cross List N/A

Typical Course Weeks 18

Total Instructional Hours

Contact Hours

Lecture 54.00

Lab 0.00

Activity 0.00

Work Experience 0.00

Outside of Class Hours 108.00

Total Contact Hours 54

Total Student Hours 162

Open Entry/Open Exit No

Maximum Enrollment

Grading Option Letter Grade or P/NP

Distance Education Mode of Instruction On-Campus
Hybrid
Entirely Online

SECTION B

General Education Information:

SECTION C

Course Description

Repeatability May be repeated 0 times

Catalog Description This course is an introduction to the interdisciplinary approach to the study of human movement. An overview of the importance of the sub-disciplines in kinesiology will be discussed along with career opportunities in the areas of teaching, coaching, allied health, and fitness professions.

Schedule Description

SECTION D

Condition on Enrollment

1a. Prerequisite(s): *None*

1b. Corequisite(s): *None*

1c. Recommended: *None*

1d. Limitation on Enrollment: *None*

SECTION E

Course Outline Information

1. Student Learning Outcomes:

- A. Identify the basic concepts of kinesiology
- B. Identify the pathways and requirements for career opportunities.
- C. Describe the historical, ethical, and philosophical foundations of kinesiology.

2. Course Objectives: Upon completion of this course, the student will be able to:

- A. Identify the basic concepts of kinesiology.
- B. Describe the historical, ethical, and philosophical foundations of kinesiology.
- C. Identify the fundamental concepts of basic movements.
- D. Identify the relationship between basic forms of sport, dance, and exercise and the conceptual foundations of the sub-disciplines.
- E. Identify the pathways and requirements for career opportunities.
- F.

3. Course Content

- A. Basic concepts of Kinesiology
- B. Historical, Ethical, and Philosophical foundations of Kinesiology
- C. Overview of basic movement forms of sport, dance, and exercise with a focus on the sub-disciplines within kinesiology
- D. Introduction to the sub-disciplines
 - a. Motor learning/control
 - b. Motor development
 - c. Biomechanics
 - d. Exercise physiology
 - e. Social psychological foundations
 - f. Sport nutrition

- E. Exploration of pathways and career opportunities for example:
 - a. Allied Health
 - b. Sport
 - c. Fitness
 - d. Dance
 - e. Teaching
 - f. Coaching
 - g.

4. Methods of Instruction:

Distance Education: hybrid-course materials will be presented online, but tests will require in person monitoring

Lecture: various content topics

Observation and Demonstration: various sub-disciplines listed in content

Other: Small group experiential work research Tests will be conducted on campus, monitored by instructor

5. Methods of Evaluation: Describe the general types of evaluations for this course and provide at least two, specific examples.

Typical classroom assessment techniques

Exams/Tests -- May include Multiple choice exams, practical physical demonstrations, essay and short answer. All tests will be conducted on campus, proctored by the instructor.

Portfolios -- describing pathways and requirements for selected career

Projects -- Students will be required to research career in Kinesiology or specific topics within discipline and will be required to present using power-point.

Class Work -- online assignments will be required for online students. Assignments may include discussion or chat submissions, exams, and written or video presentations.

Home Work -- From text and interactive website

Final Exam -- Multiple choice exams, practical physical demonstrations, essay and short answer. Final exam will be taken on campus proctored by the instructor.

Letter Grade or P/NP

6. Assignments: State the general types of assignments for this course under the following categories and provide at least two specific examples for each section.

A. Reading Assignments

Reading from text or supplemental handouts

Example 1. Chapter 1: What is Kinesiology?

Example 2. Chapter 9: Bio-mechanics of physical activity.

B. Writing Assignments

Written assignments directly from text or supplemental reading.

Example 1: List and describe the goals of physical activity and kinesiology.

Individual, partner or small group investigation of a theory or concept or activity.

Example 2. With a partner, assess muscle imbalances using the assessment techniques provided. Provide possible exercises/techniques that can help address the imbalances.

C. Other Assignments

Research.

Example 3: Interview a professional in the field of kinesiology and present an oral and written report.

7. Required Materials

A. EXAMPLES of typical college-level textbooks (for degree-applicable courses) or other print materials.

Book #1:

Author: Hoffman, S.

Title: Introduction to Kinesiology with Web Study Guide

Publisher: Human Kinetics

Date of Publication: 2013

Edition: 4

B. Other required materials/supplies.