

KINE-201: INTRODUCTION TO KINESIOLOGY

Effective Term

Fall 2020

BOT Approval

02/13/2020

SECTION A - Course Data Elements
CB04 Credit Status

Credit - Degree Applicable

Discipline

Minimum Qualifications	And/Or
Physical Education (Master's Degree)	

Subject Code

KINE - Kinesiology

Course Number

201

Department

Kinesiology

Division

Kinesiology & Athletics

Full Course Title

Introduction to Kinesiology

Short Title

Introduction to Kinesiology

CB03 TOP Code

1270.00 - Kinesiology

CB08 Basic Skills Status

NBS - Not Basic Skills

CB09 SAM Code

E - Non-Occupational

Rationale

Changing subject code to KINE.

SECTION B - Course Description
Catalog Course 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.

SECTION C - Conditions on Enrollment
Open Entry/Open Exit

No

Repeatability

Not Repeatable

Grading Options

Letter Grade or Pass/No Pass

Allow Audit

Yes

Requisites**SECTION D - Course Standards****Is this course variable unit?**

No

Units

3.00

Lecture Hours

54.00

Outside of Class Hours

108

Total Contact Hours

54

Total Student Hours

162

Distance Education Approval**Is this course offered through Distance Education?**

Yes

Online Delivery Methods

DE Modalities	Permanent or Emergency Only?
Entirely Online	Permanent
Hybrid	Permanent

SECTION E - Course Content**Student Learning Outcomes**

Upon satisfactory completion of the course, students will be able to:	
1.	Identify the basic concepts of kinesiology.
2.	Identify the pathways and requirements for career opportunities.
3.	Describe the historical, ethical, and philosophical foundations of kinesiology.

Course Objectives

Upon satisfactory completion of the course, students will be able to:	
1.	Identify the basic concepts of kinesiology.
2.	Describe the historical, ethical, and philosophical foundations of kinesiology.
3.	Identify the fundamental concepts of basic movements.
4.	Identify the relationship between basic forms of sport, dance, and exercise and the conceptual foundations of the sub-disciplines.
5.	Identify the pathways and requirements for career opportunities.

Course Content

1. Basic concepts of Kinesiology
2. Historical, Ethical, and Philosophical foundations of Kinesiology

3. Overview of basic movement forms of sport, dance, and exercise with a focus on the sub-disciplines within kinesiology
4. Introduction to the sub-disciplines
 - a. Motor learning/control
 - b. Motor development
 - c. Biomechanics
 - d. Exercise physiology
 - e. Social psychological foundations
 - f. Sport nutrition
5. Exploration of pathways and career opportunities for example:
 - a. Allied Health
 - b. Sport
 - c. Fitness
 - d. Dance
 - e. Teaching
 - f. Coaching

Methods of Instruction

Methods of Instruction

Types	Examples of learning activities
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.

Online Adaptation

Types	Examples of learning activities
Activity	
Directed Study	
Discussion	
Group Work	
Individualized Instruction	
Lecture	

Instructor-Initiated Online Contact Types

Announcements/Bulletin Boards
 Chat Rooms
 Discussion Boards
 E-mail Communication
 Telephone Conversations
 Video or Teleconferencing

Student-Initiated Online Contact Types

Chat Rooms
 Discussions
 Group Work

Course design is accessible

Yes

Methods of Evaluation

Methods of Evaluation

Types	Examples of classroom assessments
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. Final Exam - Multiple choice exams, practical physical demonstrations, essay and short answer. Final exam will be taken 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.
Homework	From text and interactive website
Other	Class Work - online assignments will be required for online students. Assignments may include discussion or chat submissions, exams, and written or video presentations.

Assignments

Reading Assignments

Reading from text or supplemental handouts

Example 1.

Chapter 1: What is Kinesiology?

Example 2. Chapter 9: Biomechanics of physical activity.

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.

Outside-of-Class Assignments

Research.

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

SECTION F - Textbooks and Instructional Materials

Material Type

Textbook

Author

Hoffman, S

Title

Introduction to Kinesiology with Web Study Guide

Edition/Version

4th

Publisher

Human Kinetics

Year

2013

SECTION G - Diversity, Equity and Inclusivity**Course Codes (Admin Only)****CB00 State ID**

CCC000616742

CB10 Cooperative Work Experience Status

N - Is Not Part of a Cooperative Work Experience Education Program

CB11 Course Classification Status

Y - Credit Course

CB13 Special Class Status

N - The Course is Not an Approved Special Class

CB23 Funding Agency Category

Y - Not Applicable (Funding Not Used)

CB24 Program Course Status

Program Applicable

Allow Pass/No Pass

Yes

Only Pass/No Pass

No