

# KINE 008: INTRODUCTION TO KINESIOLOGY

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**Originator**

wansley

**Justification / Rationale**

This is a minor course modification to update the textbook.

**Effective Term**

Fall 2020

**Credit Status**

Credit - Degree Applicable

**Subject**

KINE - Kinesiology

**Course Number**

008

**Full Course Title**

Introduction to Kinesiology

**Short Title**

INTRO TO KINESIOLOGY

**Discipline****Disciplines List**

Physical Therapy Assisting

Kinesiology

**Modality**

Face-to-Face

100% Online

Hybrid

**Catalog Description**

This course is an introduction to the interdisciplinary approach to the study of human movement, including knowledge derived from performing physical activity, studying historical, ethical and philosophical foundations of physical activity, and professional practice centered in physical activity. It includes an analysis of the importance of physical activity in daily life, the relationship between physical activity and the discipline of Kinesiology, and the general effects of physical activity experiences. The course surveys the general knowledge base of the discipline as reflected in the major sub-disciplines and reviews selected in each, showing how they contribute to our understanding of the nature and importance of physical activity. In addition, the course introduces students to the general characteristics of the professions, to specific types of physical activity professions typically pursued by Kinesiology students and assists them in making some early career decisions.

**Schedule 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.

Advisory: ENG 061

**Lecture Units**

3

**Lecture Semester Hours**

54

**Lab Units**

0

**In-class Hours**

54

**Out-of-class Hours**

108

**Total Course Units**

3

**Total Semester Hours**

162

**Prerequisite Course(s)**

Advisory: ENG 061

**Required Text and Other Instructional Materials****Resource Type**

Book

**Author**

Peter Klavora

**Title**

Scientific Foundations of Kinesiology Studying Human Movement and Health

**Edition**

2nd edition

**City**

Toronto

**Publisher**

Kinesiology Books Publisher

**Year**

2016

**College Level**

Yes

**Flesch-Kincaid Level**

12

**ISBN #**

978-0-920905-35-7

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**Class Size Maximum**

40

**Entrance Skills**

Comprehend and summarize readings.

**Requisite Course Objectives**

ENG 061-Demonstrate the ability to read and respond in writing beyond the literal interpretation of the text.

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**Entrance Skills**

Generate, develop, and organize ideas in writing.

**Requisite Course Objectives**

ENG 061-Demonstrate the ability to read and respond in writing beyond the literal interpretation of the text.

**Entrance Skills**

Critical thinking skills.

**Requisite Course Objectives**

ENG 061-Demonstrate the ability to think critically and express ideas using various patterns of development.

**Entrance Skills**

Identify and employ prewriting activities.

**Requisite Course Objectives**

ENG 061-Use theses to organize paragraphs into coherent analyses.

**Course Content**

1. Basic concepts of kinesiology
2. Discovering the field of physical activity
3. The spheres of physical activity experiences, and subjective experiences in physical activity
4. Academic planning
5. Historical, ethical and philosophical foundations of kinesiology
6. Overview of basic movement forms of sport, dance and exercise with a focus on the subdisciplines within Kinesiology
7. Sociology of physical activity
8. Introduction to the sub-disciplines: Motor learning/control, motor development, biomechanics, exercise physiology, social psychological foundations, and sport nutrition
9. Exploration of pathways and career opportunities: Allied Health, sport, fitness, teaching and coaching

**Course Objectives**

	<b>Objectives</b>
Objective 1	Articulate the nature for and insights into the importance of physical activity in daily life and the implications of this for the discipline of kinesiology.
Objective 2	Explain the rationale for a discipline of kinesiology, how it is structured, and the types of knowledge studied by its scholars, as well as the implications of this and other types of knowledge for professional practice.
Objective 3	Explain the nature and demands of professional occupations, the career options available to students graduating from departments of kinesiology, and the qualifications associated with each option.
Objective 4	Identify the basic concepts of kinesiology.
Objective 5	Describe the historical, ethical and philosophical foundations of Kinesiology.
Objective 6	Identify the relationship between performance in the movement forms of sport, dance, and exercise and the conceptual foundations of the sub-disciplines.
Objective 7	Identify the pathways and requirements for career opportunities.
Objective 8	Identify the fundamental concepts of basic movements.

**Student Learning Outcomes**

	<b>Upon satisfactory completion of this course, students will be able to:</b>
Outcome 1	Apply scientific principles and foundations in the field of Kinesiology.
Outcome 2	Evaluate the role of sub disciplines in the field of Kinesiology including anatomy, physiology, biomechanics, personal fitness, and motor behavior.
Outcome 3	Analyze various opportunities for employment and advancement in the field of Kinesiology.

**Methods of Instruction**

Method	Please provide a description or examples of how each instructional method will be used in this course.
Collaborative/Team	Students are assigned a group to lead a physical education course and develop a lesson plan.
Participation	Students are expected to read course materials before class and participate in classroom activities and discussions on a weekly basis.
Lecture	Lecture is broken up into 20 to 30 minute segments with interactive activities embedded to create an active learning environment.
Discussion	Students get in small groups at the beginning of class to familiarize themselves with learning material and then share with the larger group.
Demonstration, Repetition/Practice	Students are required to practice skills learned and demonstrate those skills to the class. Practice activities and demonstrations are embedded into lecture components.

**Methods of Evaluation**

Method	Please provide a description or examples of how each evaluation method will be used in this course.	Type of Assignment
Written homework	Homework assignments to emphasize course topics including reflections on reading materials collected weekly.	In and Out of Class
Oral and practical examination	Students develop a teaching and coaching demonstration reflecting in class terminology, fitness trends and exercises to instructor and classmates present their as an end of course practicum. Students will prepare, research and organize for leadership demonstration outside of class but present demonstration to classmates.	In and Out of Class
Tests/Quizzes/Examinations	Exams and quizzes subjective and objective to assess student learning of the basic concepts of Kinesiology. (Total of 100 questions for midterm and final plus quizzes).	In Class Only
Self/peer assessment and portfolio evaluation	Develop a personal portfolio that describes the pathways and requirements for their selected career. The out of class work will be the research and organization of presentation and portfolio. The in course part will be presenting and reflective listening to classmates.	In and Out of Class
Presentations/student demonstration observations	Observation reports of different careers are presented to peers and instructor. Includes a minimum of 1 page report as well as 10 minute presentation. The out of class portion will be research, interview and organization. The in class will be presentation style and reflective listening.	In and Out of Class

**Assignments**
**Other In-class Assignments**

1. Tests and quizzes covering textbook and lectures.
2. Oral report and demonstration.
3. Fitness collection and analysis.
4. Reading Assignments, Evaluation and Discussions.

**Other Out-of-class Assignments**

1. Preparation of a Career Statement: If you are interested in the Fitness Specialist certificate, or Bachelor's of Science degree for your anticipated career, describe a future career you may want to pursue. Please list the appropriate education, certificates, and licenses you may need to obtain for this career path. Identify the colleges and institutions to which you will apply for your advanced degree(s). Also explain examinations, clinical hours and additional opportunities that may be available for this career.

2. **Research Assignment:** You will be assigned a topic relevant to the field of kinesiology. You will be required to research using the College of the Desert's library search engine for a reliable journal, magazine that is recognized by the Kinesiology department. You will be asked to develop an introduction page, college level critical questions and responses to this topic, list of references and provide extensive research.
3. **Pedagogy Assignment:** After studying the chapters on pedagogy, biomechanics and physiology of physical activity you will be asked to develop a proper lesson plan for both a physical activity and lecture class.
4. **Weight Management Assignment:** Following the principles of research methods in physical activity, you will collect information, analyze it's results and how they attribute to enhanced physical activity, and wellness.
5. **Interview:** After studying the chapters on careers in therapeutic exercise, teaching professions, health and wellness, coaching, and sport management, you will be asked to conduct an interview with a professional in one of these fields and present your information orally to the class.
6. **Professional portfolio:** Following the text's chapters on motor behavior, biomechanics, physiology, and professional preparation, create specific exercise prescription, liability forms, and pertinent advice for students and clients.

### Grade Methods

Letter Grade Only

### Distance Education Checklist

Include the percentage of online and on-campus instruction you anticipate.

**Online %**

50

**On-campus %**

50

### Instructional Materials and Resources

If you use any other technologies in addition to the college LMS, what other technologies will you use and how are you ensuring student data security?

n/a

### Effective Student/Faculty Contact

Which of the following methods of regular, timely, and effective student/faculty contact will be used in this course?

#### Within Course Management System:

Timely feedback and return of student work as specified in the syllabus  
Discussion forums with substantive instructor participation  
Chat room/instant messaging  
Regular virtual office hours  
Private messages  
Online quizzes and examinations  
Video or audio feedback  
Weekly announcements

#### External to Course Management System:

Direct e-mail  
E-portfolios/blogs/wikis  
Posted audio/video (including YouTube, 3cm mediasolutions, etc.)  
Teleconferencing  
Telephone contact/voicemail

**Briefly discuss how the selected strategies above will be used to maintain Regular Effective Contact in the course.**

There will be weekly discussion on topics related to Kinesiology, to enhance in depth thinking and application of principles from current readings. Use of video and audio will be used for lab assignments and upload to demonstrate proper application of principles. Followed by instructor feedback to improve outcomes and understanding.

## Other Information

**Provide any other relevant information that will help the Curriculum Committee assess the viability of offering this course in an online or hybrid modality.**

Allowing this course to have a online section with improve our access to students that currently hold jobs. It will allow for more open hours during typical work hours to improve students access to complete projects where outreach to current professionals is required.

### **COD GE**

C5 - Personal Growth and Development

### **CSU GE**

E - Lifelong Understanding and Self-Development

## MIS Course Data

### **CIP Code**

31.0505 - Kinesiology and Exercise Science.

### **TOP Code**

127000 - Kinesiology

### **SAM Code**

E - Non-Occupational

### **Basic Skills Status**

Not Basic Skills

### **Prior College Level**

Not applicable

### **Cooperative Work Experience**

Not a Coop Course

### **Course Classification Status**

Credit Course

### **Approved Special Class**

Not special class

### **Noncredit Category**

Not Applicable, Credit Course

### **Funding Agency Category**

Not Applicable

### **Program Status**

Program Applicable

### **Transfer Status**

Transferable to both UC and CSU

### **General Education Status**

Not applicable

### **Support Course Status**

Course is not a support course

### **C-ID**

KIN 100

### **Allow Audit**

No

**Repeatability**

No

**Materials Fee**

No

**Additional Fees?**

No

**Approvals****Curriculum Committee Approval Date**

3/19/2020

**Academic Senate Approval Date**

3/26/2020

**Board of Trustees Approval Date**

5/15/2020

**Course Control Number**

CCC000268994

**Programs referencing this course**Fitness Specialist Certificate of Achievement (<http://catalog.collegeofthedesert.eduundefined?key=148/>)Health Science AS Degree (<http://catalog.collegeofthedesert.eduundefined?key=65/>)Nutrition and Dietetics AS-T Degree (<http://catalog.collegeofthedesert.eduundefined?key=7/>)Kinesiology AA-T Degree (<http://catalog.collegeofthedesert.eduundefined?key=8/>)