

**KINES 1 Course Outline as of Fall 2018****CATALOG INFORMATION**

Dept and Nbr: KINES 1 Title: INTRO TO KINESIOLOGY

Full Title: Introduction to Kinesiology

Last Reviewed: 2/27/2024

Units	Course Hours per Week		Nbr of Weeks		Course Hours Total	
Maximum	3.00	Lecture Scheduled	3.00	17.5	Lecture Scheduled	52.50
Minimum	3.00	Lab Scheduled	0	6	Lab Scheduled	0
		Contact DHR	0		Contact DHR	0
		Contact Total	3.00		Contact Total	52.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 105.00

Total Student Learning Hours: 157.50

Title 5 Category: AA Degree Applicable

Grading: Grade Only

Repeatability: 00 - Two Repeats if Grade was D, F, NC, or NP

Also Listed As:

Formerly: PHYED 1

**Catalog Description:**

This course is an introduction to the interdisciplinary approach to the science and study of human movement. This course provides an orientation to various educational pathways, requirements, and career opportunities in Kinesiology in the areas of teaching, coaching, therapeutic exercise, fitness and health, and sport management professions. Basic concepts of the Kinesiology discipline and an overview of the relevance of foundational sub-disciplines will be discussed. Issues, challenges, and current/future trends are also addressed.

**Prerequisites/Corequisites:****Recommended Preparation:**

Eligibility for ENGL 100 or ESL 100

**Limits on Enrollment:****Schedule of Classes Information:**

Description: This course is an introduction to the interdisciplinary approach to the science and study of human movement. This course provides an orientation to various educational pathways, requirements, and career opportunities in Kinesiology in the areas of teaching, coaching,

therapeutic exercise, fitness and health, and sport management professions. Basic concepts of the Kinesiology discipline and an overview of the relevance of foundational sub-disciplines will be discussed. Issues, challenges, and current/future trends are also addressed. (Grade Only)

Prerequisites/Corequisites:

Recommended: Eligibility for ENGL 100 or ESL 100

Limits on Enrollment:

Transfer Credit: CSU;UC.

Repeatability: Two Repeats if Grade was D, F, NC, or NP

## **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

<b>AS Degree:</b>	<b>Area</b>	Effective:	Inactive:
<b>CSU GE:</b>	<b>Transfer Area</b>	Effective:	Inactive:

<b>IGETC:</b>	<b>Transfer Area</b>	Effective:	Inactive:
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<b>CSU Transfer:</b>	Transferable	Effective:	Fall 1981	Inactive:
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<b>UC Transfer:</b>	Transferable	Effective:	Fall 1981	Inactive:
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### **CID:**

CID Descriptor: KIN 100 Introduction to Kinesiology

SRJC Equivalent Course(s): KIN1

### **Certificate/Major Applicable:**

Major Applicable Course

## **COURSE CONTENT**

### **Outcomes and Objectives:**

Upon completion of the course, students will be able to:

1. Identify the basic concepts of Kinesiology.
2. Identify and describe the importance of the foundational subdisciplines of Kinesiology.
3. Explain the role of physical activity and its impact on disease prevention and health promotion.
4. Describe contemporary issues and challenges, current/future trends, role in society, aims and objectives of Kinesiology.
5. Identify educational requirements, skills and general preparation for various career opportunities in teaching, coaching, therapeutic exercise, fitness and health, sport and other related disciplines.
6. Identify credible sources of information for research in the field of Kinesiology and other related disciplines.

### **Topics and Scope:**

- I. The Fields of Kinesiology
  - A. Contemporary programs
  - B. Disciplines and sub-disciplines
  - C. Allied fields of health, recreation, and dance
  - D. Personal philosophy

## II. Discipline Goals and Objectives

- A. Historical development
- B. Contemporary goals
- C. Cognitive, affective, and psychomotor learning domains
- D. Role of technology

## III. Role in Society and in Education

- A. Chronic disease in U.S.
- B. Health goals of the nation
- C. Implications for fitness and wellness movement
- D. Physical activity and fitness of children, youth and adults

## IV. History of Physical Activity

- A. History of Kinesiology discipline and subdisciplines
- B. Disease prevention and health promotion
- C. School physical education
- D. Growth of sports
- E. Programs for individuals with disabilities

## V. Motor Behavior

- A. Motor learning, motor development, and motor skills
- B. Stages of learning

## VI. Biomechanics

- A. Applied Kinesiology and biomechanics
- B. Mechanical principles

## VII. Exercise Physiology

- A. Areas of study
- B. Physical activity, physical fitness, and health
- C. FITT Formula (Frequency Intensity Time and Type)
- D. Health and fitness components
- E. Nutrition and fitness
- F. Ergogenic aids

## VIII. Sociology of Physical Activity

- A. Interscholastic and intercollegiate sports
- B. Girls, women, and minorities in sport
- C. Performance enhancing substances in sport

## IX. Sport and Exercise Psychology of Physical Activity

- A. Areas of study
- B. Goal setting, behavior change and exercise adherence
- C. Mental imagery and self-talk to enhance performance

## X. Preparation and Careers in Kinesiology

- A. Prerequisites, general education, certificates, major and minor courses required at four year level.
- B. Advanced degree and credential requirements
- C. Leadership and professional development
- D. Therapeutic exercise careers
- E. Teaching and coaching careers
- F. Fitness and health related careers
- G. Sport management careers

## XI. Issues, Challenges, and the Future

- A. Leadership and teaching values in the field.
- B. Growing fields, challenges, and advocacy
- C. Future trends

## XII. Research in the Field of Kinesiology

- A. Research journals in the field

- B. Internet sources
- C. Non credible sources of information
- D. Professional memberships
- E. Continuing education

**Assignment:**

1. Evaluate current articles in the field of Kinesiology and related fields
2. Personal portfolio of pathway and requirements for selected career
3. Written assignment of observation or interview of practicing professionals in different careers
4. Conduct labor market research, salary ranges, and job search opportunities in selected career
5. Complete class project with term paper 2-3 pages
6. Read textbook assignments 15-35 pages per week
7. Quizzes and/or Exams (3 - 17)

**Methods of Evaluation/Basis of Grade:**

**Writing:** Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

Written Assignments, Personal Portfolio, Research Papers, Term Paper

Writing  
30 - 40%

**Problem Solving:** Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

None

Problem solving  
0 - 0%

**Skill Demonstrations:** All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

None

Skill Demonstrations  
0 - 0%

**Exams:** All forms of formal testing, other than skill performance exams.

Quizzes and Exams: Multiple choice, True/false, Essay

Exams  
40 - 60%

**Other:** Includes any assessment tools that do not logically fit into the above categories.

Participation and Attendance

Other Category  
10 - 20%

**Representative Textbooks and Materials:**

Introduction to Kinesiology. 5th ed. Hoffman, Shirl and Knudson, Duane. Human Kinetics. 2017