KIN 1 Course Outline as of Summer 2025

CATALOG INFORMATION

Dept and Nbr: KIN 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:	KINES 1

Catalog Description:
Students will be introduced to an 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 and in the areas of teaching, coaching, therapeutic exercise, fitness and health, and sport management professions. Physical activity components will be embedded to practically apply the concepts of the Kinesiology discipline with relevance to the foundational sub-disciplines. History, research, and current/future issues and trends in Kinesiology are also addressed.

Prerequisites/Corequisites:

Recommended Preparation:
Eligibility for ENGL 100 or ESL 100

Limits on Enrollment:

Schedule of Classes Information:
Description: Students will be introduced to an 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 and in the areas of teaching, coaching, therapeutic exercise, fitness and health, and sport management professions. Physical activity components will be embedded to practically apply the concepts of the Kinesiology discipline with relevance to the foundational sub-disciplines. History, research, and current/future issues and trends in Kinesiology 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:

AS Degree:	**Area**			Effective:	Inactive:
CSU GE:	**Transfer Area**			Effective:	Inactive:
IGETC:	**Transfer Area**			Effective:	Inactive:
CSU Transfer:	Transferable	Effective:	Fall 1981	Inactive:	
UC Transfer:	Transferable	Effective:	Fall 1981	Inactive:	

CID:
CID Descriptor:KIN 100 Introduction to Kinesiology
SRJC Equivalent Course(s): KIN1

Certificate/Major Applicable:
Major Applicable Course

COURSE CONTENT

Student Learning Outcomes:
At the conclusion of this course, the student should be able to:
1. Describe the foundational disciplines of Kinesiology, current objectives, challenges, and role in society.
2. Explain the educational pathway, requirements, and job skills necessary for personal career choice in the area of Kinesiology or related fields.
3. Identify, differentiate, and interpret credible sources of information for research in field of Kinesiology.

Objectives:
At the conclusion of this course, the student should be able to:
1. Identify and apply the basic concepts of physical activity.
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 the Kinesiology discipline.
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 and synthesize credible sources of information for research in the field of Kinesiology and other related disciplines.

Topics and Scope:

I. Historical and Current Trends in Kinesiology
- A. Physical demands and developments throughout history
- B. Contemporary programs and goals
- B. Disciplines and sub-disciplines
- C. Primary organizations supporting the field of kinesiology
- D. Role of technology

II. Research in Kinesiology
- A. Study types and designs
- B. Comparing publications in kinesiology
- C. Finding and interpreting research articles
- D. Continuing education and professional organizations

III. Physical Activity and Well-being
- A. Chronic disease and health goals of the nation
- B. Exercise is medicine
- C. Research-based physical and mental benefits
- D. Implications for fitness and wellness movement
- E. Health-related and skill-related fitness
- F. Making movement accessible
- G. Goal setting and behavior change

IV. Philosophy in Kinesiology
- A. Definitions and historical context
- B. Philosophical perspectives and approaches
- C. Defining game and sport
- D. Sport ethics, sportsmanship, and fair play
- E. Performance enhancements

V. Motor Behavior
- A. History and foundations
- B. Motor learning, motor development, and motor skills principles
- C. Orthotist and prosthetist careers

VI. Biomechanics
- A. Applied kinesiology and biomechanics
- B. Mechanical principles
- C. Sport biomechanics

VII. Exercise Physiology
- A. History and areas of study
- B. Structure and function of human body
- C. Acute and chronic physiological responses to exercise
- D. Clinical exercise physiologists

VIII. Sociology in Kinesiology
- A. Race and ethnicity in sports
- B. Redefining gender norms
- C. Social media
- D. Wages and demands on workers
- E. Student and athlete balance in academic institutions

IX. Psychology in Kinesiology
- A. History and areas of study
- B. Sport and exercise psychology

C. Strategies and interventions
X. Therapeutic Exercise Careers
A. Scope of practice and professional preparation
B. Advanced degree, credential requirements, and state regulations
C. Physical therapy
D. Occupational therapy
E. Athletic training/sports medicine
XI. Physical Education and Coaching
A. History, art, and science of teaching and coaching
B. Physical literacy
C. Foundations of teaching and quality pedagogy
D. Career options and preparation
E. Adapted physical educators
F. Sport coaching careers
XII. Strength and Conditioning
A. History, organizations, and governing bodies
B. Scope, daily tasks, and responsibilities
C. Career opportunities, clientele, and areas of practice
D. Career preparation
1. education
2. certifications
3. specializations
XIII. Sport Management
A. History
B. Specializations
C. Career preparation and opportunities
IX. Applying Components and Concepts of Physical Activity
A. Muscular strength and endurance
B. Cardiorespiratory endurance
C. Body composition
D. Flexibility and mobility
E. Assessment and measurement techniques
F. Nutrition and physical fitness

Assignment:

1. Evaluate current articles in the field of Kinesiology and related fields
2. Physical fitness assessment, goal setting, behavior change, and physical activities
2. Personal portfolio of a selected career pathway and professional requirements for selected career
3. Written assignment of an observation or interview with practicing professionals in different careers
4. Career research project
5. Written research papers
6. Term Project
6. Reading textbook assignments
7. Quizzes and/or Exams

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, article evaluations, personal portfolio, research papers, term project, goal setting, behavior change, career research project	Writing 25 - 50%

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/or exams	Exams 40 - 60%

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

Participation and attendance, physical fitness assessments, physical activities	Other Category 10 - 20%

Representative Textbooks and Materials:
Introduction to Kinesiology. 6th ed. Knudson, Duane and Brusseau, Timothy. Human Kinetics. 2022
Practical Content for Beginning Kinesiologists. 2nd ed. Garver, Mathew and Stone, Whitley. Perceivant. 2020