

KIN 0081 - INTRODUCTION TO KINESIOLOGY

Catalog Description

Formerly known as PHED 81

Hours: 54 lecture

Description: Introduces the interdisciplinary approach to the study of human movement. An overview of the importance of the sub-disciplines in kinesiology are discussed along with career opportunities in teaching, coaching, allied health, and fitness professions. (C-ID KIN 100) (CSU, UC-with unit limitation)

Course Student Learning Outcomes

- CSLO #1: Describe the psychological benefits of physical activity.
- CSLO #2: Describe contemporary Physical Education, Exercise Science and Sport Programs.
- CSLO #3: Investigate cardiorespiratory endurance programs.

Effective Term

Fall 2019

Course Type

Credit - Degree-applicable

Contact Hours

54

Outside of Class Hours

108

Total Student Learning Hours

162

Course Objectives

1. Examine the basic concepts of Kinesiology.
2. Describe the historical, ethical, and philosophical foundations of Kinesiology.
3. Identify the fundamental concepts of basic movements.
4. Assess the job duties of various sport management careers.
5. Compare and contrast the pathways and requirements for career opportunities in fitness.
6. Examine the history and aspects of biomechanics as they relate to sporting equipment.

General Education Information

- Approved College Associate Degree GE Applicability
 - AA/AS - Health Ed/Physical Ed
- CSU GE Applicability (Recommended-requires CSU approval)
- Cal-GETC Applicability (Recommended - Requires External Approval)
- IGETC Applicability (Recommended-requires CSU/UC approval)

Articulation Information

- CSU Transferable
- UC Transferable

Methods of Evaluation

- Objective Examinations
 - Example: Students will take a multiple-choice examination on the basic concepts of kinesiology. Standard Grading. Example Question: Which of the following are considered one of the basic concepts of kinesiology? A. Locomotor skills B. Target heart rate C. Injury prevention D. both A and B
- Projects
 - Example: Students will develop a list of jobs that fall under the sub-discipline sports management.
- Reports
 - Example: In a report, students will compare and contrast the basic movement concepts.

Repeatable

No

Methods of Instruction

- Lecture/Discussion
- Distance Learning

Lecture:

1. The instructor will lead a lecture on the advancements in the biomechanics of an Olympic bobsled. Specific types of advancements will be examined and a timeline will be developed to address the advancements.

Distance Learning

1. The instructor will lead an online lecture on the N.A.S.M. requirements for fitness instructors. The students will offer and post examples of the various N.A.S.M. certificates for fitness instructors. Students are expected to read and comment on other student posts.

Typical Out of Class Assignments Reading Assignments

1. The student will read the chapter in the textbook on sports management and be prepared to discuss how sports management relates to recreation management.
2. The student will read the handout on fundamental locomotor basic skills and prepare an outline of a report for one of the locomotor fundamental skills.

Writing, Problem Solving or Performance

1. The student will write a report for a fitness client from an instructor provided scenario.
2. Prepare a list comparing and contrasting sports management pathways at three CSU colleges.

Other (Term projects, research papers, portfolios, etc.)

Required Materials

- Foundations of Physical Education, Exercise Science, and Sport
 - Author: Deborah A. Wuest and Jennifer L Walton-Fisette
 - Publisher: McGraw-Hill
 - Publication Date: 2018
 - Text Edition: 19th
 - Classic Textbook?:
 - OER Link:
 - OER:

Other materials and-or supplies required of students that contribute to the cost of the course.