

# KIN A202: INTRODUCTION TO KINESIOLOGY

Item	Value
Curriculum Committee Approval Date	12/08/2021
Top Code	083520 - Fitness Trainer
Units	3 Total Units
Hours	54 Total Hours (Lecture Hours 54)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Open Entry/Open Exit	No
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Associate Arts Local General Education (GE)	• Area 7 Life Skills, Lifelong Learning, and Self-Development 7A Theory/ Non-activity (OE1)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E1 Lifelong Understanding (E1)

## Course Description

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. Exploration of career opportunities in areas related to sport, movement, exercise and fitness, including teaching, coaching, and fitness professions. Transfer Credit: CSU; UC. C-ID: KIN 100.C-ID: KIN 100.

## Course Level Student Learning Outcome(s)

1. Identify the relationship between kinesiology, physical activity and exercise and the conceptual foundations of each sub-discipline (philosophy, history, sociology, psychology, motor learning, biomechanics and exercise physiology).
2. Develop a personal portfolio that describes the pathways and requirements for their selected career within Kinesiology.

## Course Objectives

- 1. Identify the basic concepts of Kinesiology, including its relationship of physical activity, exercise and skilled movement.
- 2. Describe the historical, philosophical, and ethical foundations of Kinesiology.
- 3. List the ways physical activity affects mood and health.
- 4. Describe how subjective experiences affect people's value, beliefs and attitudes of physical activity.
- 5. Name and describe professional organizations within Kinesiology, including each organization's mission.
- 6. Access and utilize information from professional journal and research articles.

- 7. Describe the history and development of each sub discipline within Kinesiology (philosophy, history, sociology, psychology, motor learning, biomechanics, exercise physiology and teaching).
- 8. Describe the job duties for professionals in each of the sub disciplines within Kinesiology (philosophy, history, sociology, psychology, motor learning, biomechanics, exercise physiology and teaching).
- 9. Describe research methods used by each sub discipline within Kinesiology (philosophy, history, sociology, psychology, motor learning, biomechanics and exercise physiology).
- 10. Understand a basic level of the knowledge base that exists for each sub discipline within Kinesiology (philosophy, history, sociology, psychology, motor learning, biomechanics, exercise physiology and teaching).
- 11. Construct a professional resume.
- 12. Identify market trends and opportunities for employment in one of the sub discipline within Kinesiology (philosophy, history, sociology, psychology, motor learning, biomechanics, exercise physiology and teaching).
- 13. Identify the pathways and requirements, including education, certification, licensure and continuing education, for careers in each sub discipline within Kinesiology (philosophy, history, sociology, psychology, motor learning, biomechanics, exercise physiology and teaching).

## Lecture Content

Introduction to Kinesiology and Physical Activity What is Kinesiology? The Importance of Physical Activity Physical activity and mood Physical activity and health Physical Activity Experiences Factors affecting our enjoyment of physical activity Sources of Knowledge Professional organizations and student involvement American College of Sports Medicine (ACSM) National Athletic Trainers Association (NATA) National Strength and Conditioning Association (NSCA) American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD) Others Physical activity and kinesiology journals Research article search Citations and references Writing formats (APA, MLA, etc.) Kinesiology Subdisciplines Philosophy Introduction to philosophic thinking Development of a philosophy of physical activity and kinesiology Research methods Overview of knowledge in philosophy of physical activity History Importance of history Development of the sub-discipline Career path - Historian of Physical Activity Research methods Overview of knowledge in the history of physical activity Sociology Definition, history, and development of the sociology of sport and exercise Career path - Sport sociologists Research methods Overview of knowledge in the sociology of physical activity Sport exercise psychology Definition, history, and development of the psychology of sport and exercise Goals of sport and exercise psychology Career path - Sport and exercise psychologists Research methods Overview of knowledge in sport and exercise psychology Motor behavior Definition, history, and development of motor learning and motor behavior Career path - Motor behaviorists Research methods Overview of knowledge in motor behavior Biomechanics Definition, history, and development of biomechanics Goal of biomechanics Career path - Biomechanist Research methods Overview of knowledge in motor behavior Exercise physiology Definition, history, and development exercise physiology Goals of exercise physiology Career path Exercise physiologist Research methods Overview of knowledge in motor behavior Physical Education Instructor History and development of the teaching of physical education Goals of a physical education program Research supported teaching methods Careers Exploration

Professional development First impressions Resumes Communication  
 Health and Fitness Overview of health and fitness profession Marketplace  
 trends and opportunities Certification and continuing education  
 Therapeutic exercise Overview of therapeutic exercise profession and  
 settings Marketplace trends and opportunities Education requirements,  
 certification, licensure, and continuing education Coaching sport  
 instruction Overview of coaching and sports instruction profession and  
 settings Professional roles in coaching and sport instruction Marketplace  
 trends and opportunities Sport management Overview of the sports  
 management profession and settings Professional roles in sport  
 management Preparing for a career in sport management Teaching  
 Physical Education Overview of the teaching profession Education  
 requirements, certification, and continuing education Prospects and  
 opportunities in the teaching profession

## Method(s) of Instruction

- Lecture (02)
- DE Live Online Lecture (02S)
- DE Online Lecture (02X)

## Instructional Techniques

Lecture, discussion, demonstration, media, computer demonstration,  
 Internet exploration and problem solving.

## Reading Assignments

Students will spend approximately 2 - 4 hours a week reading from the  
 text book and articles from peer reviewed journals and research articles

## Writing Assignments

Students will spend approximately 1 2 hours per week be required to  
 complete written assignments including a topic paper related to a  
 research interest that utilizes articles from peer reviewed journals and  
 research articles; a professional resume; and, a portfolio on a career of  
 their choosing.

## Out-of-class Assignments

Students will spend approximately 1 2 hours a week completing  
 individual and group written assignments such as a resume, job  
 investigation, interview or research review paper; homework assignments  
 to emphasis course topics.

## Demonstration of Critical Thinking

Problem solving

## Required Writing, Problem Solving, Skills Demonstration

Lecture, discussion, demonstration, media, computer demonstration,  
 Internet exploration and problem solving. Students will be required to  
 complete written assignments including a topic paper (research paper?)  
 that utilizes articles from peer reviewed journals and research articles; a  
 professional resume; and, a portfolio on a career of their choosing

## Eligible Disciplines

Kinesiology: Master's degree in kinesiology, physical education, exercise  
 science, education with an emphasis in physical education, kinesiology,  
 physiology of exercise, or adaptive physical education OR Bachelor's  
 degree in any of the above AND Master's degree in any life science,  
 dance physiology, health education, recreation administration or physical  
 therapy OR the equivalent. Physical education: Master's degree in  
 physical education, exercise science, education with an emphasis in  
 physical education, kinesiology, physiology of exercise, or adaptive  
 physical education, OR bachelor's degree in any of the above AND

master's degree in any life science, dance, physiology, health education,  
 recreation administration, or physical therapy OR the equivalent.  
 Master's degree required. Physical education: Master's degree in physical  
 education, exercise science, education with an emphasis in physical  
 education, kinesiology, physiology of exercise, or adaptive physical  
 education, OR bachelor's degree in any of the above AND master's  
 degree in any life science, dance, physiology, health education, recreation  
 administration, or physical therapy OR the equivalent. Master's degree  
 required.

## Textbooks Resources

1. Required Hoffman, S.. INTRO.TO KINESIOLOGY, 5 ed. Champaign:  
 Human Kinetics, 2017