

# KIN C100: INTRODUCTION TO KINESIOLOGY

Item	Value
Curriculum Committee Approval Date	12/06/2024
Top Code	127000 - Kinesiology
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)
Local General Education (GE)	• Area 7E Self-Development (CE1)
California State University General Education Breadth (CSU GE-Breadth)	• CSU E1 Lifelong Understanding (E1)

## Course Description

Formerly: KIN C202. An introduction to the study of human movement, including its role in daily life, its place in higher education, and professional career opportunities in areas related to sport, movement, exercise, and fitness. Students will examine the multiple ways of knowing and studying human movement with a focus on the sub disciplines within Kinesiology. Transfer Credit: CSU. C-ID: KIN 100.C-ID: KIN 100.

## Course Level Student Learning Outcome(s)

1. Apply valid research principles in the interpretation and application of kinesiology theory and practice.
2. Critically analyze and evaluate information to make informed decisions about human movement using the principles and methods of kinesiology.
3. Identify pathways and requirements for career opportunities in the field of kinesiology.

## Course Objectives

- 1. Define and discuss the importance of human movement in daily life as it relates to the broad spectrum of career opportunities in Kinesiology.
- 2. Explore and describe the historical foundation of the development of Kinesiology as a profession and an academic discipline.
- 3. Examine the interdisciplinary forms of knowledge in human movement and explain the significance of human movement as it relates to the broad scope of Kinesiology subdisciplines.
- 4. Demonstrate skills in searching for and evaluating Kinesiology-related sources of information from Pollak Library, especially in the use of the most common search databases in our field.
- 5. Integrate personal interests and experience, professional expertise, and disciplinary knowledge related to short-and long-term personal and professional goals.

- 6. Develop objectives related to career development opportunities and prepare a professional resume for future career employment.

## Lecture Content

Basic concepts of Kinesiology Historical, Ethical, and Philosophical Foundations of Kinesiology Overview of basic movement forms of sport, dance, and exercise with a focus on the sub-disciplines within Kinesiology Introduction to the Sub-disciplines: Motor learning/control, motor development, biomechanics, exercise physiology, social psychological foundations, and sport nutrition. Exploration of pathways and career opportunities: Allied Health, sport, fitness, teaching, and coaching, esports, ergonomics

## Method(s) of Instruction

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

## Instructional Techniques

Discussion, question-and-answer sessions, exams, small-group problem solving, and/or case study reviews based on real-life situations. Guest speakers, FAQs, exercises, learning hints may supplement the reading assignments and lectures.

## Reading Assignments

Students will read from the course textbook as well as from supplemental materials assigned by the instructor.

## Writing Assignments

Students will complete written work such as essays, presentations, and/or reports.

## Out-of-class Assignments

Students will be assigned papers, research projects, and/or career interviews and will formulate questions and discussion items. They will communicate with the instructor and/or fellow students.

## Demonstration of Critical Thinking

Read, research and analyze various working environments and occupational trends. Analyze movements and make recommendations for improved performance.

## Required Writing, Problem Solving, Skills Demonstration

Develop a portfolio describing the pathways and requirements for selected career.

## 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.

## **Textbooks Resources**

1. Required Runk, Laurie. Foundations of Kinesiology: Understanding Human Movement, 1 ed. Libretext, 2024

## **Other Resources**

1. Coastline Library