

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
Grading Policy	Standard Letter (S), • Pass/No Pass (B)
Associate Arts Local General Education (GE)	• OC Life Skills - Theory - AA (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 peoples value, beliefs and attitudes of physical activity.
- 5. Name and describe professional organizations within Kinesiology, including each organizations 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: Masters degree in kinesiology, physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education OR Bachelors degree in any of the above AND Masters degree in any life science, dance physiology, health education, recreation administration or physical therapy OR the equivalent. Physical education: Masters degree in physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education, OR bachelors degree in any of the above AND masters degree in any life science, dance, physiology, health education, recreation administration, or physical therapy OR the equivalent. Masters degree required. Physical education: Masters degree in physical

education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education, OR bachelors degree in any of the above AND masters degree in any life science, dance, physiology, health education, recreation administration, or physical therapy OR the equivalent. Masters degree required.

Textbooks Resources

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