

KIN G100: INTRODUCTION TO KINESIOLOGY

Item	Value
Curriculum Committee Approval Date	11/22/2011
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
Grading Policy	Standard Letter (S)
Local General Education (GE)	<ul style="list-style-type: none"> GWC Lifelong Understanding (GE)
California State University General Education Breadth (CSU GE-Breadth)	<ul style="list-style-type: none"> CSU E1 Lifelong Understanding (E1)

Course Description

This course is an introduction to the interdisciplinary approach to the study of human movement. An overview of the sub-disciplines (e.g. physiology, biomechanics, exercise & sport psychology) in kinesiology will be provided along with career opportunities in the areas of teaching, coaching, allied health, and fitness professions. Courses in lifelong learning and self-development provide the opportunity to equip learners for lifelong understanding and development of themselves as integrated physiological, social, and psychological beings. Transfer Credit: CSU; UC. C-ID: KIN 100. C-ID: KIN 100.

Course Level Student Learning Outcome(s)

1. Course Outcomes
2. Explain the field of kinesiology as it relates to sports medicine.
3. Describe the importance of physical activity in daily life.
4. Examine different career pathways in kinesiology.

Course Objectives

- 1. Define and discuss the importance and pervasiveness of human movement in daily life as it relates to the broad spectrum of opportunities in Kinesiology.
- 2. Explore and describe the historical, ethical and philosophical foundation of the development of Kinesiology as a profession and an academic discipline.
- 3. Examine the interdisciplinary forms of knowledge in human movement, and understand the significance of human movement as it relates to the broad scope of Kinesiology subdisciplines.
- 4. Prepare and have approved a preliminary study plan for progress toward a degree in Kinesiology at GWC.
- 5. Develop objectives related to career development opportunities and prepare a professional resume for future career employment.

Lecture Content

A. Introduction to Kinesiology and physical activity 1. Physical activity 2. Kinesiology 3. The focus of Kinesiology: exercise and skilled movement 4. Kinesiology and physical activity as part of lifelong learning and self development 5. The physical activity profession B. The spheres of physical activity experience 1. The self-sufficiency sphere 2. The work sphere 3. The education sphere 4. The leisure sphere 5. The health sphere 6. The competition sphere C. The importance of physical activity experience 1. Physical activity as a signature of humanity 2. How experience changes our capacity to perform physical activity 3. How quality and quantity affect physical activity experience 4. Heredity and experience D. The importance of subjective experiences in physical activity 1. Four truths about sport and exercise 2. Why subjective experiences are Important 3. Components of subjective experience 4. Extrinsic and intrinsic approaches to physical activity 5. Factors affecting our enjoyment of physical activity 6. Watching sports as a subjective experience E. Philosophy of physical activity 1. Introduction to philosophic thinking 2. Philosophy of physical activity and kinesiology 3. Development of the subdiscipline s p; 4. Research methods in philosophy of physical activity F. History of physical activity 1. Why history of physical activity 2. Kinesiology and the history of physical activity 3. History of the subdiscipline 4. Overview of knowledge in history of physical activity G. Sociology of physical activity 1. What is sociology of physical activity. 2. What does a sociologist of physical activity do. 3. Sociology of physical activity in kinesiology 4. History of sociology in physical activity H. Motor behavior 1. What is motor behavior. 2. What does a motor behaviorist do. 3. History of motor behavior. I. Sport and exercise psychology 1. What is sport and exercise psychology. 2. What does a sport and exercise psychologist do. 3. Goals of sport psychology 4. How sport and exercise psychology fits into kinesiology. 5. History of sport and exercise psychology J. Biomechanics of physical activity 1. What is biomechanics of physical activity 2. What does a biomechanist do. 3. Goals of biomechanics 4. History of biomechanics K. Physiology of physical activity 1. What does a physiologist of physical activity do. 2. Goals of physiology of physical activity and kinesiology 3. Energy production for physical activity. s p; 4. Hydration and performance. 5. Nutrition and performance. L. Becoming a physical activity professional 1. What is a profession. 2. How do our values shape our professional conduct 3. How are physical activity professionals educated for the workforce. 4. Are you suited for a career in the physical activity profession. M. Careers in health and fitness 1. An overview of the health and fitness professions 2. Health and fitness settings 3. Professional roles in health and fitness 4. Marketplace trends and opportunities 5. Certification and continuing education N. Careers in therapeutic exercise 1. The world of therapeutic exercise 2. Therapeutic exercise settings 3. Up-close views of professions in therapeutic exercise O. Careers in teaching physical education 1. An overview of the teaching profession 2. Certification and continuing education 3. Examining research to see what effective teachers do 4. Teaching settings 5. Professional roles in the teaching setting 6. Preparing for a career 7. Prospects and opportunities for careers in teaching P. Careers in coaching and sport instruction 1. An overview of coaching and sport instruction professions 2. Coaching and sport instruction settings 3. Professional roles in sport instruction 4. Professional roles in coaching Q. Careers in sport management 1. An overview of the sports management profession 2. Sport management settings 3. Professional roles in sport management 4. Preparing for a career in sport management

Method(s) of Instruction

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

Reading Assignments

TextbookWebsites

Writing Assignments

Develop a personal portfolio that describes the pathways and requirements for their selected career.

Out-of-class Assignments

1. Read the assigned chapters from the book2. Turn in written homework assignments3. Have the opportunity to turn in written extra credit work

Demonstration of Critical Thinking

Read, research and analyze various working environments and occupational opportunity trends.

Required Writing, Problem Solving, Skills Demonstration

Develop a personal portfolio that describes the pathways and requirements for their selected career.

Eligible Disciplines

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.. Introduction to Kinesiology: Studying Physical Activity, 3rd ed. Human Kinetics, 2009

Other Resources

1. Students will use materials provided by Gatorade Sports Science Institute (gssiweb.com) for content covered in area K