

Course Outline

COURSE: KIN 2 **DIVISION:** 40 **ALSO LISTED AS:** PE 2

TERM EFFECTIVE: Fall 2020 **CURRICULUM APPROVAL DATE:** 06/09/2020

SHORT TITLE: INTRO TO KINESIOLOGY

LONG TITLE: Introduction to Kinesiology

<u>Units</u>	<u>Number of Weeks</u>	<u>Type</u>	<u>Contact Hours/Week</u>	<u>Total Contact Hours</u>
3	18	Lecture:	3	54
		Lab:	0	0
		Other:	0	0
		Total:	3	54
		Total Learning Hrs:	162	

COURSE DESCRIPTION:

This course is designed to examine the field of kinesiology from a historical, ethical, philosophical, and contemporary viewpoint. The broad spectrum of kinesiology, using the interdisciplinary approach to the study of human movement will be discussed. Sub-disciplines in the field along with career options will be introduced. Previously listed as PE 2. (C-ID: KIN 100) ADVISORY: Eligible for English 250 and English 260.

PREREQUISITES:

COREQUISITES:

CREDIT STATUS: D - Credit - Degree Applicable

GRADING MODES

L - Standard Letter Grade

REPEATABILITY: N - Course may not be repeated

SCHEDULE TYPES:

- 02 - Lecture and/or discussion
- 05 - Hybrid
- 71 - Dist. Ed Internet Simultaneous
- 72 - Dist. Ed Internet Delayed

STUDENT LEARNING OUTCOMES:

1. Explain the importance of physical activity in daily life and the implications of this for the discipline of kinesiology.

Measure of assessment: report, exam, homework

Year assessed, or planned year of assessment: 2016

Semester: Fall

2. Identify the nature and demands of professional occupations, the career options available to students graduating from departments of kinesiology, and the qualifications associated with each.

Measure of assessment: paper, report, exam, homework

Year assessed, or planned year of assessment: 2016

Semester: Fall

3. Examine kinesiology and its importance as a discipline and identify current issues in the discipline and sub-disciplines.

Measure of assessment: homework, written report, oral report, exam

Year assessed, or planned year of assessment: 2016

Semester: Fall

CONTENT, STUDENT PERFORMANCE OBJECTIVES, OUT-OF-CLASS ASSIGNMENTS

Curriculum Approval Date: 06/09/2020

9 Hours:

Content: Course introduction and orientation. Introduction to the discipline of kinesiology, including defining movement and physical activity. The focus of kinesiology and the spheres of physical activity will be presented. Physical fitness and obesity trends will be discussed.

Student Performance Objectives: Define the terms movement and physical activity. Describe the health benefits of a physically active lifestyle. Discuss the purpose of Healthy People 2010 and outcomes related to those goals.

6 Hours:

Content: Continue lecture on the focus of kinesiology and the spheres of physical activity, including experiencing physical activity. Discussion on spectatorship.

Student Performance Objectives: List and describe the spheres of physical activity. Discuss the discipline of kinesiology. Summarize the focus of kinesiology. Discuss the concept of sport spectatorship.

9 Hours:

Content: Presentations on kinesiology as an integrative discipline; scholarly studies of physical activity (SSPA): philosophy, ethics, and values. SSPA: History. SSPA: Sociology. SSPA: Motor behavior.

Student Performance Objectives: Explain the development of the sub-disciplines of kinesiology, including the history. Describe the benefits and goals of studying physical activity from a sociological standpoint. Explain the study of motor behavior.

9 Hours:

Content: Presentations on SSPA: Sport and exercise psychology; SSPA: Biomechanics; SSPA: Exercise physiology. Discussion on how they are all related, the integration of the sub disciplines.

Student Performance Objectives: Discuss the roles of a sport or exercise psychologist. Explain the application of biomechanics to physical activity. Discuss the roles and goals of exercise physiology. Summarize

how they each fit into the discipline of kinesiology.

6 Hours:

Content: Discussion on practicing a profession in physical activity (PPPA) and career opportunities available, including PPPA: Health and fitness professions. Continue to explore the code of ethics for various careers.

Student Performance Objectives: Discuss what it means to be a professional, including one's conduct and responsibilities. Describe the course work required for each sub discipline. Investigate the world of a health and fitness professional.

9 Hours:

Content: PPPA: Therapeutic exercise professions; PPPA: Physical education teaching professions; PPPA: Coaching and sport instruction professions; and PPPA: Sport management professions.

Student Performance Objectives: Investigate the world of a therapeutic exercise professional, physical education teaching professional, coach and sport instruction professional, and sport management professional. Summarize their functions, employment settings, and educational requirements.

3 Hours:

Content: Presentation of interviews with professionals working in the various disciplines or sub-disciplines of kinesiology.

Student Performance Objectives: Discuss the responsibilities and qualifications required for each profession within the discipline of kinesiology.

2 Hours:

METHODS OF INSTRUCTION:

lecture, discussion, presentation, multi-media

OUT OF CLASS ASSIGNMENTS:

Required Outside Hours: 18

Assignment Description: Homework: Read appropriate chapters in text. Complete activities assignments. View CDC and Healthy People 2010 Web sites. Study for quiz.

Required Outside Hours: 12

Assignment Description: Homework: Read related chapters in textbook. Complete study questions. Ethics assignment. Study for quiz.

Required Outside Hours: 18

Assignment Description: Homework: Read appropriate chapters in text. Complete assigned activities, including a writing assignment on the ethical values and sport. Study for quiz.

Required Outside Hours: 18

Assignment Description: Homework: Read appropriate chapters in text. Complete study questions. Complete interview assignment. Study for quiz.

Required Outside Hours: 12

Assignment Description: Homework: Read appropriate chapters in text. Develop questionnaire for interview. Complete ethics assignment. Study for final.

Required Outside Hours: 18

Assignment Description: Homework: Read appropriate chapters in text. Complete study questions. Participate in a visitation. Complete interview assignment. Study for final.

Required Outside Hours: 6

Assignment Description: Homework: Interview a practicing professional working in a discipline or sub-discipline of kinesiology.

METHODS OF EVALUATION:

Writing assignments

Percent of total grade: 50.00 %

Percent range of total grade: 40 % to 60 % Written Homework; Essay Exams; Term or Other Papers

Objective examinations

Percent of total grade: 25.00 %

Percent range of total grade: 25 % to 35 % Multiple Choice; True/False; Matching Items

Other methods of evaluation

Percent of total grade: 25.00 %

REPRESENTATIVE TEXTBOOKS:

Required Representative Textbooks

Hoffman, Shirl and Duane Knudson. Introduction to Kinesiology 5th Edition. Champaign, IL: Human Kinetics, 2018.

ISBN: 13: 9781492549925

Reading Level of Text, Grade: 13th Verified by: Publisher

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

CSU GE:

IGETC:

CSU TRANSFER:

Transferable CSU, effective 201170

UC TRANSFER:

Transferable UC, effective 201170

SUPPLEMENTAL DATA:

Basic Skills: N

Classification: Y

Noncredit Category: Y

Cooperative Education:

Program Status: 1 Program Applicable

Special Class Status: N

CAN:

CAN Sequence:

CSU Crosswalk Course Department: KIN

CSU Crosswalk Course Number: 2

Prior to College Level: Y

Non Credit Enhanced Funding: N

Funding Agency Code: Y

In-Service: N

Occupational Course: E

Maximum Hours: 3

Minimum Hours: 3

Course Control Number: CCC000535084

Sports/Physical Education Course: Y

Taxonomy of Program: 127000