**Introduction to Kinesiology**

**Catalog 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. C-ID KIN 100.

**Justification for Course:**

**Prerequisites:**

**Corequisites:**

**Advisories:**

**Assigned Disciplines:**
Physical education

**Material Fee:** Yes [ ] No [X] Amount: $0.00

**Credit Status:** Noncredit [ ] Credit - Degree Applicable [X] Credit - Not Degree Applicable [ ]

**Grading Policy:** Pass/No Pass [ ] Standard Letter [X] Not Graded [ ] Satisfactory Progress [ ]

**Open Entry/Open Exit:** Yes [ ] No [X]

**Transfer Status:** CSU Transferable[ ] UC/CSU Transferable[X] Not Transferable[ ]

**Basic Skills Status:** Yes [ ] No [X] LEVELS BELOW TRANSFER: Not Applicable

**California Classification Codes:** Y - Not Applicable

**Non Credit Course Category:** Y - Not applicable, Credit Course

**Occupational (SAM) Code:** E

**Repeatable According to State Guidelines:** No [X] Yes [ ] NUMBER REPEATS:

**Required for Degree or Certificate:** No [ ] Yes [X] Kinesiology(Associate in Arts for Transfer) Physical Education and Health(Associate in Arts)

**GE and Transfer Requirements Met:**

**Course Level Student Learning Outcome(S) Supported by this course:**
1. 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.

2. Prepare and have approved a preliminary study plan for progress toward a degree in Kinesiology at GWC.

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

4. Define and discuss the importance and pervasiveness of human movement in daily life as it relates to the broad

5. Explore and describe the historical, ethical and philosophical foundation of the development of Kinesiology as a profession and an academic discipline.

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.

COURSE CONTENT:

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
   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.

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

METHODS OF INSTRUCTION:

A. Lecture:
B. Online:
C. Independent Study:

INSTRUCTIONAL TECHNIQUES:

COURSE ASSIGNMENTS:

Out-of-class Assignments
1. Read the assigned chapters from the book
2. Turn in written homework assignments
3. Have the opportunity to turn in written extra credit work

Reading Assignments

Textbook
Websites

Writing Assignments

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

METHODS OF STUDENT EVALUATION:

Midterm Exam
Final Exam
Short Quizzes
Written Assignments
Projects (ind/group)
Problem Solving Exercises
Oral Presentations
Skills Demonstration

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.

TEXTS, READINGS, AND RESOURCES:

TextBooks:

Other:

LIBRARY:

Adequate library resources include: Print Materials
Online Materials
Services
Comments:

Attachments:

Attached Files