I. CATALOG INFORMATION
   A. Discipline: KINESIOLOGY (Formerly PE)
   B. Subject Code and Number: KIN M01
   C. Course Title: Introduction to Kinesiology
   D. Credit Course units:
      Units: 3
      Lecture Hours per week: 3
      Lab Hours per week: 0
      Variable Units: No
   E. Student Learning Hours:
      Lecture Hours:
      Classroom hours: 52.5 - 52.5
      Laboratory/Activity Hours:
      Laboratory/Activity Hours 0 - 0
      Total Combined Hours in a 17.5 week term: 52.5 - 52.5
   F. Non-Credit Course hours per week
   G. May be taken a total of:  X  1  2  3  4 time(s) for credit
   H. Is the course co-designated (same as) another course: No  X  Yes
      If YES, designate course Subject Code & Number: 
   I. Course Description:
      Introduces an interdisciplinary approach to the study of human movement.
      Presents an overview of the importance of the sub-disciplines in kinesiology.
      Discusses career opportunities in the areas of teaching, coaching, allied health,
      and fitness professions.
   J. Entrance Skills
      *Prerequisite: No  X  Yes  Course(s)
      *Corequisite: No  X  Yes  Course(s)
      Limitation on Enrollment: No  X  Yes
      Recommended Preparation: No  X  Yes  Course(s)
      Other: No  X  Yes
K. Other Catalog Information:
Formerly PE M90

II. COURSE OBJECTIVES
Upon successful completion of the course, a student will be able to:

<table>
<thead>
<tr>
<th></th>
<th>Methods of evaluation will be consistent with, but not limited by, the following types or examples.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>identify the basic concepts of kinesiology.</td>
</tr>
<tr>
<td></td>
<td>Exam</td>
</tr>
<tr>
<td>2</td>
<td>describe the historical, ethical, and philosophical foundations of kinesiology.</td>
</tr>
<tr>
<td></td>
<td>Exam Paper(s)</td>
</tr>
<tr>
<td>3</td>
<td>identify the fundamental concepts of basic movement forms of sport, dance, and exercise.</td>
</tr>
<tr>
<td></td>
<td>Exam</td>
</tr>
<tr>
<td>4</td>
<td>demonstrate knowledge of the kinesiology sub-disciplines such as motor learning/control, motor development, biomechanics, exercise physiology, social psychological foundations, and sport and exercise nutrition.</td>
</tr>
<tr>
<td></td>
<td>Exam Project</td>
</tr>
<tr>
<td>5</td>
<td>identify pathways and requirements for various career options in the field of physical education, physical therapy, sports medicine, athletic training, fitness management, personal training, coaching, allied health and adaptive physical education.</td>
</tr>
<tr>
<td></td>
<td>Exam Project</td>
</tr>
<tr>
<td>6</td>
<td>formulate and evaluate a personal philosophy as it relates to choice of profession.</td>
</tr>
<tr>
<td></td>
<td>Paper</td>
</tr>
<tr>
<td>7</td>
<td>assess personal characteristics, skills and knowledge related to career success in kinesiology, physical education and the fitness industry.</td>
</tr>
<tr>
<td></td>
<td>Exam Paper Project</td>
</tr>
<tr>
<td>8</td>
<td>identify the relationship between performance in the movement forms of sport, dance, and exercise and the conceptual foundations of the sub-disciplines.</td>
</tr>
<tr>
<td></td>
<td>Exam</td>
</tr>
</tbody>
</table>

III. COURSE CONTENT

<table>
<thead>
<tr>
<th>Estimated %</th>
<th>Topic</th>
<th>Learning Outcomes</th>
</tr>
</thead>
<tbody>
<tr>
<td>30.00%</td>
<td>Exploration of pathways and career opportunities such as allied health, sport, fitness, teaching, and coaching</td>
<td>1, 2, 3, 4, 5, 6, 7, 8</td>
</tr>
<tr>
<td>10.00%</td>
<td>Changing concepts of physical education including the relationship among physical education, kinesiology, health, well-being and recreation</td>
<td>1, 2, 3, 4, 5</td>
</tr>
<tr>
<td>10.00%</td>
<td>Basic concepts of kinesiology</td>
<td>1</td>
</tr>
</tbody>
</table>
### IV. TYPICAL ASSIGNMENTS

#### A. Writing assignments

Writing assignments are required. Possible assignments may include, but are not limited to:

1. Write an essay explaining the importance of physical education as a component of K-12 curriculum.
2. Explain in writing one's personal professional philosophies.
3. Compose a professional resume.
4. Write a research paper on career opportunities such as allied health, sport, fitness, teaching, and coaching.

#### B. Appropriate outside assignments

Appropriate outside assignments are required. Possible assignments may include, but are not limited to:

1. Conduct an interview with a professional within the field of kinesiology.
2. Research a sub-discipline of kinesiology (motor learning/control, motor development, biomechanics, exercise physiology, and exercise nutrition).

#### C. Critical thinking assignments

Critical thinking assignments are required. Possible assignments may include, but are not limited to:

1. Discuss ethical issues in the field of kinesiology and professional athletics.
2. Form an argument for or against the importance of K-12 physical education programs using historical perspectives and current statistics.

### V. METHODS OF INSTRUCTION

Methods of instruction may include, but are not limited to:

- **[X]** Distance Education – When any portion of class contact hours is replaced by distance education delivery mode (Complete DE Addendum, Section XV)
- **[X]** Lecture/Discussion
- **□** Laboratory/Activity
- **[X]** Other (Specify) Guest speakers.
- **[X]** Optional Field Trips
- **□** Required Field Trips
VI. METHODS OF EVALUATION
Methods of evaluation may include, but are not limited to:

- Essay Exam
- Classroom Discussion
- Problem Solving Exam
- Reports/Papers/Journals
- Objective Exams
- Projects
- Other (specify)

Essays and projects will be used to evaluate students in the area of kinesiology, as well as written reports and objective exams on knowledge.

VII. REPRESENTATIVE TEXTS AND OTHER COURSE MATERIALS


VIII. STUDENT MATERIALS FEES

- No
- Yes

IX. PARALLEL COURSES

<table>
<thead>
<tr>
<th>College</th>
<th>Course Number</th>
<th>Course Title</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>CSU Northridge</td>
<td>KIN 200</td>
<td>Foundations of Kinesiology</td>
<td>3</td>
</tr>
<tr>
<td>San Diego State Univ.</td>
<td>ENS 200</td>
<td>Introduction to Exercise and Nutritional Sciences</td>
<td>3</td>
</tr>
<tr>
<td>CSU Channel Islands</td>
<td>PHED 208</td>
<td>Introduction to Kinesiology</td>
<td>3</td>
</tr>
<tr>
<td>CSU San Bernardino</td>
<td>KINE 210</td>
<td>Introduction to Kinesiology</td>
<td>2</td>
</tr>
<tr>
<td>Cal Poly San Luis Obispo</td>
<td>KINE 180</td>
<td>Orientation to Kinesiology</td>
<td>3</td>
</tr>
<tr>
<td>CSU East Bay</td>
<td>KIN 1610</td>
<td>Introduction to Kinesiology</td>
<td>4</td>
</tr>
<tr>
<td>CSU Long Beach</td>
<td>KIN 25201</td>
<td>Introduction to Kinesiology</td>
<td>3</td>
</tr>
</tbody>
</table>

X. MINIMUM QUALIFICATIONS

Courses Requiring a Masters Degree:
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.

XI. ARTICULATION INFORMATION

A. Title V Course Classification:
   1. This course is designed to be taken either:

- Pass/No Pass only (no letter grade possible); or
- Letter grade (P/NP possible at student option)
2. Degree status:
   Either [X] Associate Degree Applicable; or [ ] Non-associate Degree Applicable

B. Moorpark College General Education:
   1. Do you recommend this course for inclusion on the Associate Degree General Education list?
      Yes: [ ] No: [X] If YES, what section(s)?
      [ ] A1 - Natural Sciences - Biological Science
      [ ] A2 - Natural Sciences - Physical Science
      [ ] B1 - Social and Behavioral Sciences - American History/Institutions
      [ ] B2 - Social and Behavioral Sciences - Other Social Behavioral Science
      [ ] C1 - Humanities - Fine or Performing Arts
      [ ] C2 - Humanities - Other Humanities
      [ ] D1 - Language and Rationality - English Composition
      [ ] D2 - Language and Rationality - Communication and Analytical Thinking
      [ ] E1 - Health/Physical Education
      [ ] E2 - PE or Dance
      [ ] F - Ethnic/Gender Studies

C. California State University (CSU) Articulation:
   1. Do you recommend this course for transfer credit to CSU? Yes: [X] No:
   2. If YES do you recommend this course for inclusion on the CSU General Education list?
      Yes: [ ] No: [X] If YES, which area(s)?
      [ ] C1 [ ] C2 [ ] D1 [ ] D2 [ ] D3 [ ] D4 [ ] D5
      [ ] D6 [ ] D7 [ ] D8 [ ] D9 [ ] D10 [ ] E

D. University of California (UC) Articulation:
   1. Do you recommend this course for transfer to the UC? Yes: [X] No:
   2. If YES do you recommend this course for the Intersegmental General Education Transfer Curriculum (IGETC)? Yes: [ ] No: [X]

   IGETC Area 1: English Communication
   [ ] English Composition
   [ ] Critical Thinking-English Composition
   [ ] Oral Communication

   IGETC Area 2: Mathematical Concepts and Quantitative Reasoning
   [ ]
XII. REVIEW OF LIBRARY RESOURCES

A. What planned assignment(s) will require library resources and use?

The following assignments require library resources:

Research, using the Library's print and online resources, to examine topics in

☐ Mathematical Concepts

IGETC Area 3: Arts and Humanities

☐ Arts
☐ Humanities

IGETC Area 4: Social and Behavioral Sciences

☐ Anthropology and Archaeology
☐ Economics
☐ Ethnic Studies
☐ Gender Studies
☐ Geography
☐ History
☐ Interdisciplinary, Social & Behavioral Sciences
☐ Political Science, Government & Legal Institutions
☐ Psychology
☐ Sociology & Criminology

IGETC Area 5: Physical and Biological Sciences (mark all that apply)

☐ Physical Science Lab or Physical Science Lab only (non-sequence)
☐ Physical Science Lecture only (non-sequence)
☐ Biological Science
☐ Physical Science Courses
☐ Physical Science Lab or Biological Science Lab Only (non-sequence)
☐ Biological Science Courses
☐ Biological Science Lab course
☐ First Science course in a Special sequence
☐ Second Science course in a Special Sequence
☐ Laboratory Activity
☐ Physical Sciences

IGETC Area 6: Language other than English

☐ Languages other than English (UC Requirement Only)
☐ U.S. History, Constitution, and American Ideals (CSU Requirement ONLY)
☐ U.S. History, Constitution, and American Ideals (CSU Requirement ONLY)
career opportunities in the field of kinesiology. Special emphasis on the use of professional journals in the field.

B. Are the currently held library resources sufficient to support the course assignment?

YES: X  NO: 

If NO, please list additional library resources needed to support this course.

XIII. PREREQUISITE AND/OR COREQUISITE JUSTIFICATION

KIN M01: Not Applicable

XIV. WORKPLACE PREPARATION

KIN M01: Not Applicable

XV. DISTANCE LEARNING COURSE OUTLINE ADDENDUM

1. Mode of Delivery

- Online (course will be delivered 100% online)
- Online with onsite examinations (100% of the instruction will occur online, but examinations and an orientation will be scheduled onsite)
- Online/Hybrid (a percentage of instruction will be held online and the remaining percentage of instruction will be held onsite)

- Lab activities will be conducted onsite
- Televideo (Examinations and an orientation will be held onsite)
- Teleconference
- Other

2. Need/Justification

Improve general student access.

3. Describe how instructors teaching this course will ensure regular, effective contact with and among students.

Students may participate with other students and the instructor in interactive online activities such as live online lectures, live online chats (either as a class or as work groups), and real-time collaboration using software or computer applications. Live sessions may be archived for future access.

Students may also engage in asynchronous communications such as discussion groups, posting written questions or assignments to message boards. Calendar and announcement tools within the learning management system will be used to keep students informed of important events, deadlines, and content updates. Students may use forums to lead discussions, converse about topics, and solicit or provide help among peers. Forums and online office hours may be used to seek advice from the instructor. Direct communication with the instructor or fellow students may also occur via text, email or voicemail. Regular instructor feedback will be provided privately and publically to individual students and groups via email, forums, text, quiz and test responses, and assignment and project rubrics. Direct onsite interaction in classes taught via hybrid format.
4. Describe how instructors teaching this course will involve students in active learning.

Students will regularly log into the course site, view and download resources, submit assignments, participate in activities, and cooperate with peers. Content will be provided within the course management system and via links to external sources.

Students may be assigned to read, critique, reflect upon and write about course topics and collaborate with peers in group assignments and projects. Students will participate in multiple discussion formats including two person conversations, small group discussions, team debates, and jigsaw strategies. The jigsaw method encourages cooperative learning to build comprehension and enhance critical thinking and social skills. Students may utilize scholarly journals, internet, computer applications or software, and social media to review, research, critique, and present information. Coursework will include electronically based interactive activities in addition to any other typical assignments in a hybrid environment.

5. Explain how instructors teaching this course will provide multiple methods of content representation.

Activities may include recorded or live video lectures, podcasts, collaborate sessions, chats, forums, glossaries, lessons, questionnaires, surveys, quizzes, wikis, tutorials, or turnitin assignments.

Resources such as files, ebooks, articles, videos, URL links, text, IMS content packages, and images may be posted.

6. Describe how instructors teaching this course will evaluate student performance.

Student evaluation will occur via exams, quizzes, journals, self-tests, case studies, discussion boards, writing assignments, research papers, course related projects, peer reviews and verification methods to ensure academic integrity.

The online environment will allow the activities and projects to be iterative so that students may submit their work online and receive feedback (suggestions, critiques, solutions) from the instructor online. Assessment criteria will be articulated with quantitative and qualitative grading rubrics.

XVI. GENERAL EDUCATION COURSE OUTLINE ADDENDUM
KIN M01: Not Applicable

XVII. STUDENT MATERIALS FEE ADDENDUM
KIN M01: Not Applicable

XVIII. REPEATABILITY JUSTIFICATION TITLE 5, SECTION 55041
KIN M01: Not Applicable

XIX. CURRICULUM APPROVAL
Course Information:

Discipline: KINESIOLOGY (Formerly PE)

Discipline Code and Number: KIN M01

Course Revision Category: Technical Course Course Revision
Course Outline moorpark - KIN M01

Course Proposed By:
Originating Faculty  Jerry Mansfield 02/13/2016
Faculty Peer: Vance Manakas 02/14/2016
Curriculum Rep: Remy McCarthy 02/21/2016
Department Chair: Remy McCarthy 02/19/2016
Division Dean: Lisa Putnam 02/15/2016

Approved By:
Curriculum Chair: Jerry Mansfield 03/12/2016
Executive Vice President: Lori Bennett 03/17/2016
Articulation Officer: Letrisa Mai 03/03/2016
Librarian: Mary LaBarge 02/24/2016

Implementation Term and Year: Fall 2016

Approval Dates:
Approved by Moorpark College Curriculum Committee: 03/08/2016
Approved by Board of Trustees (if applicable): __________
Approved by State (if applicable): 04/04/2016