

# KIN M01: INTRODUCTION TO KINESIOLOGY

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**Originator**

ablack

**Co-Contributor(s)**
**Name(s)**

Black, Adam (ablack)

**College**

Moorpark College

**Discipline (CB01A)**

KIN - Kinesiology

**Course Number (CB01B)**

M01

**Course Title (CB02)**

Introduction to Kinesiology

**Banner/Short Title**

Introduction to Kinesiology

**Credit Type**

Credit

**Start Term**

Spring 2021

**Formerly**

PE M90

**Catalog Course Description**

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.

**Taxonomy of Programs (TOP) Code (CB03)**

1270.00 - Kinesiology

**Course Credit Status (CB04)**

D (Credit - Degree Applicable)

**Course Transfer Status (CB05) (select one only)**

A (Transferable to both UC and CSU)

**Course Basic Skills Status (CB08)**

N - The Course is Not a Basic Skills Course

**SAM Priority Code (CB09)**

E - Non-Occupational

**Course Cooperative Work Experience Education Status (CB10)**

N - Is Not Part of a Cooperative Work Experience Education Program

**Course Classification Status (CB11)**

Y - Credit Course

**Educational Assistance Class Instruction (Approved Special Class) (CB13)**

N - The Course is Not an Approved Special Class

**Course Prior to Transfer Level (CB21)**

Y - Not Applicable

**Course Noncredit Category (CB22)**

Y - Credit Course

**Funding Agency Category (CB23)**

Y - Not Applicable (Funding Not Used)

**Course Program Status (CB24)**

1 - Program Applicable

**General Education Status (CB25)**

Y - Not Applicable

**Support Course Status (CB26)**

N - Course is not a support course

**Field trips**

Will not be required

**Grading method**

(L) Letter Graded

**Alternate grading methods**

(O) Student Option- Letter/Pass

(P) Pass/No Pass Grading

**Does this course require an instructional materials fee?**

No

**Repeatable for Credit**

No

**Is this course part of a family?**

No

**Units and Hours**

**Carnegie Unit Override**

No

**In-Class**

**Lecture**

**Minimum Contact/In-Class Lecture Hours**

52.5

**Maximum Contact/In-Class Lecture Hours**

52.5

**Activity**

**Laboratory**

**Total in-Class**

**Total in-Class**

**Total Minimum Contact/In-Class Hours**

52.5

**Total Maximum Contact/In-Class Hours**

52.5

**Outside-of-Class**

**Internship/Cooperative Work Experience**

**Paid**

**Unpaid**

**Total Outside-of-Class**

**Total Outside-of-Class**

**Minimum Outside-of-Class Hours**

105

**Maximum Outside-of-Class Hours**

105

**Total Student Learning**

**Total Student Learning**

**Total Minimum Student Learning Hours**

157.5

**Total Maximum Student Learning Hours**

157.5

**Minimum Units (CB07)**

3

**Maximum Units (CB06)**

3

**Student Learning Outcomes (CSLOs)**

**Upon satisfactory completion of the course, students will be able to:**

- |   |  |
|---|--|
| 1 | assess personal characteristics, skills and knowledge related to career success in kinesiology, physical education and the fitness industry. |
|---|--|

**Course Objectives**

**Upon satisfactory completion of the course, students will be able to:**

- |   |   |
|---|---|
| 1 | identify the basic concepts of kinesiology.   |
| 2 | describe the historical, ethical, and philosophical foundations of kinesiology.   |
| 3 | identify the fundamental concepts of basic movement forms of sport, dance, and exercise.  |
| 4 | 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.                                      |
| 5 | 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. |
| 6 | formulate and evaluate a personal philosophy as it relates to choice of profession.   |
| 7 | identify the relationship between performance in the movement forms of sport, dance, and exercise and the conceptual foundations of the sub-disciplines.  |

## Course Content

### Lecture/Course Content

1. (20%) Exploration of pathways and career opportunities areas requiring a Kinesiology degree such as
  - a. allied health
  - b. sport management
  - c. fitness
  - d. teaching
  - e. coaching
2. (20%) Introduction to the basic concepts of kinesiology including the sub-disciplines:
  - a. motor learning/control
  - b. motor development
  - c. biomechanics
  - d. exercise physiology
  - e. social psychological foundations
  - f. sport nutrition
3. (20%) Overview of basic movement forms of sport, dance, and exercise with a focus on the sub-disciplines within kinesiology
4. (20%) Historical, ethical, and philosophical foundations of kinesiology.
5. (20%) Changing concepts of physical education including the relationship among:
  - a. physical education
  - b. kinesiology
  - c. health
  - d. well-being
  - e. recreation

### Laboratory or Activity Content

N/A

## Methods of Evaluation

**Which of these methods will students use to demonstrate proficiency in the subject matter of this course? (Check all that apply):**

Problem solving exercises  
Skills demonstrations  
Written expression

**Methods of Evaluation may include, but are not limited to, the following typical classroom assessment techniques/required assignments (check as many as are deemed appropriate):**

Classroom Discussion  
Essay exams  
Objective exams  
Projects  
Participation  
Reports/Papers/Journals

## Instructional Methodology

**Specify the methods of instruction that may be employed in this course**

Audio-visual presentations  
Class activities  
Class discussions  
Case studies  
Distance Education  
Demonstrations  
Field experience/internship  
Field trips  
Group discussions  
Guest speakers  
Instructor-guided interpretation and analysis  
Laboratory activities  
Lecture  
Practica

**Describe specific examples of the methods the instructor will use:**

1. Bring in guest speaker from careers in Kinesiology.
2. Use power point to present lectures.

**Representative Course Assignments****Writing Assignments**

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

**Critical Thinking Assignments**

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

**Reading Assignments**

1. Read articles on the biomechanics of overhead throwing including the acceleration and deceleration of the shoulder.
2. Read articles on the biomechanics of an anterior cruciate ligament (ACL) injury.

**Skills Demonstrations**

1. Demonstrate how to properly tape an ankle for athletic competition
2. Create a physical education (PE) lesson plan for an elementary class.
3. Create a workout plan for a fitness class.

**Outside Assignments****Representative Outside Assignments**

1. Research and present an in depth description on a sub-discipline of Kinesiology (motor learning/control, motor development, biomechanics, exercise physiology, and exercise nutrition).
2. Conduct an interview with a professional within one of the fields of requiring a Kinesiology degree.

**Articulation****C-ID Descriptor Number**

KIN 100

**Status**

Approved

**Equivalent Courses at 4 year institutions**

University	Course ID	Course Title	Units
CSU Northridge	KIN 200	Foundations of Kinesiology	3
CSU Long Beach	KIN 201	Introduction to Kinesiology	3
CSU Bakersfield	KINE 2000	Introduction to Kinesiology	3
CSU Channel Islands	PHED 208	Introduction to Kinesiology	3
CSU Fullerton	KNES 202	Introduction to Kinesiology	3

**Comparable Courses within the VCCCD**

HED R110 - Intro to Kinesiology

KIN V81 - Fundamentals of Kinesiology

**Equivalent Courses at other CCCs**

<b>College</b>	<b>Course ID</b>	<b>Course Title</b>	<b>Units</b>
Fullerton College	PE 2525 F	Introduction to Kinesiology	3

**District General Education****A. Natural Sciences****B. Social and Behavioral Sciences****C. Humanities****D. Language and Rationality****E. Health and Physical Education/Kinesiology****F. Ethnic Studies/Gender Studies****Course is CSU transferable**

Yes

**CSU Baccalaureate List effective term:**

F1996

**CSU GE-Breadth****Area A: English Language Communication and Critical Thinking****Area B: Scientific Inquiry and Quantitative Reasoning****Area C: Arts and Humanities****Area D: Social Sciences****Area E: Lifelong Learning and Self-Development****Area F: Ethnic Studies****CSU Graduation Requirement in U.S. History, Constitution and American Ideals:****IGETC****Area 1: English Communication****Area 2A: Mathematical Concepts & Quantitative Reasoning****Area 3: Arts and Humanities****Area 4: Social and Behavioral Sciences****Area 5: Physical and Biological Sciences****Area 6: Languages Other than English (LOTE)****Textbooks and Lab Manuals****Resource Type**

Textbook

**Description**

American Kinesiology Association. *Careers in Sport, Fitness, and Exercise; An Authorative Guide for Landing the Job of your Dreams*. Human Kinetics, 2011.

**Resource Type**

Textbook

**Description**

Lumpkin, Angela. *Introduction to Physical Education, Exercise Science and Sport Studies*. 10th ed., McGraw-Hill, 2016.

**Resource Type**

Textbook

**Description**

Hoffman, Shirl, and Duane V. Knudson, editors. *Introduction to Kinesiology: Studying Physical Activity*, 5th ed., Human Kinetics, 2017.

**Library Resources****Assignments requiring library resources**

Utilize the Library's online databases to research various topics within the discipline. Special emphasis on the use of professional journals in the field.

**Sufficient Library Resources exist**

Yes

**Example of Assignments Requiring Library Resources**

Using the library's online database find one peer-reviewed sport psychology article on anxiety in sport performance.

**Distance Education Addendum****Definitions****Distance Education Modalities**

Hybrid (51%–99% online)

Hybrid (1%–50% online)

100% online

**Faculty Certifications**

Faculty assigned to teach Hybrid or Fully Online sections of this course will receive training in how to satisfy the Federal and state regulations governing regular effective/substantive contact for distance education. The training will include common elements in the district-supported learning management system (LMS), online teaching methods, regular effective/substantive contact, and best practices.

Yes

Faculty assigned to teach Hybrid or Fully Online sections of this course will meet with the EAC Alternate Media Specialist to ensure that the course content meets the required Federal and state accessibility standards for access by students with disabilities. Common areas for discussion include accessibility of PDF files, images, captioning of videos, Power Point presentations, math and scientific notation, and ensuring the use of style mark-up in Word documents.

Yes

**Regular Effective/Substantive Contact****Hybrid (1%–50% online) Modality:**

<b>Method of Instruction</b>	<b>Document typical activities or assignments for each method of instruction</b>
Asynchronous Dialog (e.g., discussion board)	Instructor will post discussions for students to post their thoughts and reflections. Students will also have to respond to a minimum of two classmates. Instructor will email students with announcements about the course or an upcoming event. Students in turn may email the instructor with their questions or concerns
E-mail	Instructor will email students with announcements about the course or an upcoming event. Students in turn may email the instructor with their questions or concerns. Students will email their programs and projects to the instructor.
Face to Face (by student request; cannot be required)	Students will have the option to meet the instructor to get one-on-one help. Help may include lecture clarification, review of assignments, and extra preparation for exams.
Other DE (e.g., recorded lectures)	Instructor may record the lectures and post them for students to view within a specified time frame to be ready for the accompanying assignments and discussions. Instructor may also post a video or link to a video for students to view within a specified time frame to complete accompanying assignments and discussions.
Synchronous Dialog (e.g., online chat)	Instructor may be available on a certain day or days of the week within a certain time frame to help students and answer their questions via an online chat or video conferencing technology.
Video Conferencing	Instructor may be available on a certain day or days of the week within a certain time frame to help students and answer their questions via live video conferencing. Furthermore, the instructor may lead an online lecture during a consistent time frame via Zoom or any other video conferencing tool.
Telephone	Instructor may provide a phone number for the students where they can leave a voicemail and expect a call back within 24 hours.

**Hybrid (51%–99% online) Modality:**

<b>Method of Instruction</b>	<b>Document typical activities or assignments for each method of instruction</b>
Asynchronous Dialog (e.g., discussion board)	Instructor will post discussions for students to post their thoughts and reflections. Students will also have to respond to a minimum of two classmates. Instructor will email students with announcements about the course or an upcoming event. Students in turn may email the instructor with their questions or concerns.
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Telephone	Instructor may provide a phone number for the students where they can leave a voicemail and expect a call back within 24 hours.



Video Conferencing	Instructor may be available on a certain day or days of the week within a certain time frame to help students and answer their questions via live video conferencing. Furthermore, the instructor may lead an online lecture during a consistent time frame via Zoom or any other video conferencing tool.
<b>100% online Modality:</b>	
<b>Method of Instruction</b>	<b>Document typical activities or assignments for each method of instruction</b>
Asynchronous Dialog (e.g., discussion board)	Instructor will post discussions for students to post their thoughts and reflections. Students will also have to respond to a minimum of two classmates. Instructor will email students with announcements about the course or an upcoming event. Students in turn may email the instructor with their questions or concerns.
E-mail	Instructor will email students with announcements about the course or an upcoming event. Students in turn may email the instructor with their questions or concerns. Students will email their programs and projects to the instructor.
Face to Face (by student request; cannot be required)	Students will have the option to meet the instructor to get one-on-one help. Help may include lecture clarification, review of assignments, and extra preparation for exams.
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Telephone	Instructor may provide a phone number for the students where they can leave a voicemail and expect a call back within 24 hours.

**Examinations**

**Hybrid (1%–50% online) Modality**

- Online
- On campus

**Hybrid (51%–99% online) Modality**

- Online
- On campus

**Primary Minimum Qualification**

PHYSICAL EDUCATION

**Review and Approval Dates**

**Department Chair**

10/13/2020

**Dean**

10/15/2020

**Technical Review**

10/20/2020

**Curriculum Committee**

11/3/2020

**DTRW-I**

11/12/2020

**Curriculum Committee**

MM/DD/YYYY

**Board**

12/15/2020

**CCCCO**

01/13/2021

**Control Number**

CCC000524553

**DOE/accreditation approval date**

MM/DD/YYYY