

Course Outline of Record

1. Course Code: KINE-008
2.
 - a. Long Course Title: Introduction to Kinesiology
 - b. Short Course Title: INTRO TO KINESIOLOGY
3.
 - a. Catalog Course Description:

This course is an introduction to the interdisciplinary approach to the study of human movement, including knowledge derived from performing physical activity, studying historical, ethical and philosophical foundations of physical activity, and professional practice centered in physical activity. It includes an analysis of the importance of physical activity in daily life, the relationship between physical activity and the discipline of Kinesiology, and the general effects of physical activity experiences. The course surveys the general knowledge base of the discipline as reflected in the major sub-disciplines and reviews selected in each, showing how they contribute to our understanding of the nature and importance of physical activity. In addition, the course introduces students to the general characteristics of the professions, to specific types of physical activity professions typically pursued by Kinesiology students and assists them in making some early career decisions.
 - b. Class Schedule Course Description:

This course is an introduction to the interdisciplinary approach to the study of human movement. An overview of the importance of the sub-disciplines in kinesiology will be discussed along with career opportunities in the areas of teaching, coaching, allied health and fitness professions.
 - c. Semester Cycle (if applicable): N/A
 - d. Name of Approved Program(s):
 - FITNESS SPECIALIST Certificate of Achievement
4. Total Units: 3.00 Total Semester Hrs: 54.00
 Lecture Units: 3 Semester Lecture Hrs: 54.00
 Lab Units: 0 Semester Lab Hrs: 0
 Class Size Maximum: 40 Allow Audit: No
 Repeatability No Repeats Allowed
 Justification 0
5. Prerequisite or Corequisite Courses or Advisories:

Course with requisite(s) and/or advisory is required to complete Content Review Matrix (CCForm I-A)

 Advisory: ENG 070
6. Textbooks, Required Reading or Software: *(List in APA or MLA format.)*
 - a. Hoffman, Shirl J. (2009). *Introduction to Kinesiology* (third/e). Champaign, Ill Human Kinetics. ISBN: 13:978-0-7360
 College Level: Yes
 Flesch-Kincaid reading level: N/A
 - b. Peter Klavora (2012). *Scientific Foundations of Kinesiology Studying Human Movement and Health* (1st edition/e). Toronto Kinesiology Books Publisher. ISBN: 9780920905395
 College Level: Yes
 Flesch-Kincaid reading level: 12
7. Entrance Skills: *Before entering the course students must be able:*
 - a.
Organize and express ideas in paragraph and essay form
 - ENG 070 - Develop and expand vocabulary.
 - b.

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Read texts and respond in writing at the literate level

- ENG 070 - Recognize and explain patterns of idea development in readings.

c.

Compose simple, organized responses to readings

- ENG 070 - Demonstrate the ability to generate, develop and organize ideas into a cohesive essay using multiple paragraphs.

d.

Demonstrate the ability to participate in class discussions and assigned projects

- ENG 070 - Understand the role of voice and audience.
- ENG 070 - Develop and expand vocabulary.

8. Course Content and Scope:

Lecture:

Basic concepts of kinesiology

Discovering the field of physical activity

The spheres of physical activity experiences, and subjective experiences in physical activity

Academic planning

Historical, ethical and philosophical foundations of kinesiology

Overview of basic movement forms of sport, dance and exercise with a focus on the subdisciplines within Kinesiology

Sociology of physical activity

Introduction to the sub-disciplines: Motor learning/control, motor development, biomechanics, exercise physiology, social psychological foundations, and sport nutrition

Exploration of pathways and career opportunities: Allied Health, sport, fitness, teaching and coaching

Lab: *(if the "Lab Hours" is greater than zero this is required)*

9. Course Student Learning Outcomes:

1.

Apply scientific principles and foundations in the field of Kinesiology.

2.

Evaluate the role of sub disciplines in the field of Kinesiology including anatomy, physiology, biomechanics, personal fitness, and motor behavior.

3.

Analyze various opportunities for employment and advancement in the field of Kinesiology.

10. Course Objectives: *Upon completion of this course, students will be able to:*

- a. Gain an appreciation for and insights into the importance of physical activity in daily life and the implications of this for the

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discipline of kinesiology.

- b. Understand the rationale for a discipline of kinesiology, how it is structured, and the types of knowledge studied by its scholars, as well as the implications of this and other types of knowledge for professional practice.
- c. Understand the nature and demands of professional occupations, the career options available to students graduating from departments of kinesiology, and the qualifications associated with each option.
- d. Identify the basic concepts of kinesiology.
- e. Describe the historical, ethical and philosophical foundations of Kinesiology.
- f. Identify the relationship between performance in the movement forms of sport, dance, and exercise and the conceptual foundations of the sub-disciplines.
- g. Identify the pathways and requirements for career opportunities.
- h. Identify the fundamental concepts of basic movements.

11. Methods of Instruction: (*Integration: Elements should validate parallel course outline elements*)

- a. Activity
- b. Clinical
- c. Collaborative/Team
- d. Demonstration, Repetition/Practice
- e. Discussion
- f. Experiential
- g. Individualized Study
- h. Journal
- i. Laboratory
- j. Lecture
- k. Observation
- l. Participation
- m. Role Playing
- n. Supplemental/External Activity
- o. Technology-based instruction
- p. Tutorial

12. Assignments: (*List samples of specific activities/assignments students are expected to complete both in and outside of class.*)

In Class Hours: 54.00

Outside Class Hours: 108.00

a. In-class Assignments

Three tests covering textbook and lectures.

Oral report and demonstration.

Fitness collection and analysis.

Reading Assignments, Evaluation and Discussions.

b. Out-of-class Assignments

Preparation of a Career Statement- If you are interested in the Fitness Specialist certificate, or Bachelor's of Science degree for your anticipated career, describe a future career you may want to pursue. Please list the appropriate education, certificates, and licenses you may need to obtain for this career path. Identify the colleges and institutions to which you will apply for your advanced degree(s). Also explain examinations, clinical hours and additional opportunities that may be available for this career.

Research Assignment- You will be assigned a topic relevant to the field of kinesiology. You will be required to research using the College of the Desert's library search engine for a reliable journal, magazine that is recognized by the Kinesiology department. You will be asked to develop an introduction page, college level critical questions and responses to this topic, list of references and provide extensive research.

Pedagogy Assignment- After studying the chapters on pedagogy, biomechanics and physiology of physical activity you will be asked to develop a proper lesson plan for both a physical activity and lecture class.

Weight Management Assignment- Following the principles of research methods in physical activity, you will collect information, analyze it's results and how they attribute to enhanced physical activity, and wellness.

Interview- After studying the chapters on careers in therapeutic exercise, teaching professions, health and wellness, coaching, and sport management, you will be asked to conduct an interview with a professional in one of these fields and present your information orally to the class.

Professional portfolio- Following the text's chapters on motor behavior, biomechanics, physiology, and professional preparation, create specific exercise prescription, liability forms, and pertinent advice for students and clients.

13. Methods of Evaluating Student Progress: *The student will demonstrate proficiency by:*

- College level or pre-collegiate essays
- Written homework
 - Homework assignments to emphasis course topics.
- Critiques
- Guided/unguided journals
- Term or research papers
- Reading reports
- Laboratory projects
- Field/physical activity observations
- Computational/problem solving evaluations
- Presentations/student demonstration observations
 - Observation reports of different careers
- Group activity participation/observation
- Product/project development evaluation
- Self/peer assessment and portfolio evaluation
 - Develop a personal portfolio that describes the pathways and requirements for their selected career.
- True/false/multiple choice examinations
 - Exams and quizzes subjective and objective to assess student learning of the basic concepts of Kinesiology.
- Mid-term and final evaluations
- Student participation/contribution
- Student preparation
- Oral and practical examination
- Behavior assessment
- Organizational/timelines assessment

14. Methods of Evaluating: Additional Assessment Information:

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15. Need/Purpose/Rationale -- *All courses must meet one or more CCC missions.*

PO-GE C5 – Personal Growth and Development

Recognize and value the human body as an integrated organism with systemic functions such as movement, nutrition, growth, reproduction, and aging.

Make informed decisions with self-awareness in practical matters including college and career choices.

IO - Personal and Professional Development

Self-evaluate knowledge, skills, and abilities.

16. Comparable Transfer Course

University System	Campus	Course Number	Course Title	Catalog Year
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17. Special Materials and/or Equipment Required of Students:

18. Materials Fees: Required Material?

Material or Item	Cost Per Unit	Total Cost
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19. Provide Reasons for the Substantial Modifications or New Course:

Revamp the course SLOs

20. a. Cross-Listed Course (*Enter Course Code*): N/A

b. Replacement Course (*Enter original Course Code*): PE-008

21. Grading Method (*choose one*): Letter Grade Only

22. MIS Course Data Elements

a. Course Control Number [CB00]: CCC000268994

b. T.O.P. Code [CB03]: 127000.00 - Kinesiology

c. Credit Status [CB04]: D - Credit - Degree Applicable

d. Course Transfer Status [CB05]: A = Transfer to UC, CSU

e. Basic Skills Status [CB08]: 2N = Not basic skills course

f. Vocational Status [CB09]: Not Occupational

g. Course Classification [CB11]: Y - Credit Course

h. Special Class Status [CB13]: N - Not Special

i. Course CAN Code [CB14]: N/A

j. Course Prior to College Level [CB21]: Y = Not Applicable

k. Course Noncredit Category [CB22]: Y - Not Applicable

l. Funding Agency Category [CB23]: Y = Not Applicable

m. Program Status [CB24]: 1 = Program Applicable

Name of Approved Program (*if program-applicable*): FITNESS SPECIALIST

Attach listings of Degree and/or Certificate Programs showing this course as a required or a restricted elective.)

23. Enrollment - Estimate Enrollment

First Year: 0

Third Year: 0

24. Resources - Faculty - Discipline and Other Qualifications:

a. Sufficient Faculty Resources: Yes

b. If No, list number of FTE needed to offer this course: N/A

25. Additional Equipment and/or Supplies Needed and Source of Funding.

N/A

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26. Additional Construction or Modification of Existing Classroom Space Needed. *(Explain:)*

N/A

27. FOR NEW OR SUBSTANTIALLY MODIFIED COURSES

Library and/or Learning Resources Present in the Collection are Sufficient to Meet the Need of the Students Enrolled in the Course: Yes

28. Originator Suzanne Lawrence Origination Date 04/24/17