

# American Kinesiology Association - Undergraduate Core in Kinesiology

## Sample Curriculum

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The American Kinesiology Association has identified the following four fundamental areas that should be included in the core of all undergraduate Kinesiology programs:

### **Kinesiology Core Element - Physical Activity in Health, Wellness, and Quality of Life:**

DESCRIPTION OF CORE ELEMENT: There is a growing appreciation for the importance of regular physical activity as an integral component of a healthy lifestyle. Over the past twenty to thirty years a substantial body of evidence has accumulated regarding the benefits which accrue to people of all ages who participate in regular physical activity. These advances in our understanding of the relationship between physical activity participation and health have important implications for students of Kinesiology. Whether kinesiology graduates pursue employment opportunities immediately after completing their undergraduate education or after the completion of post-baccalaureate educational opportunities in kinesiology or other health-related fields, all graduates serve as academic or community experts on healthy and active lifestyles. Accordingly, it is essential that the undergraduate Kinesiology core include content that explores in detail the relationship between physical activity participation, health and well-being.

### **Required Courses including content related to Physical Activity in Health, Wellness, and Quality of Life:**

1	<b>KIN 122 (3 hrs.) Physical Activity &amp; Health:</b>	<u>Course Description:</u> Provides the scientific evidence of physical activity in preventing disease and optimizing quality of life. Teaches behavioral change strategies to achieve an active lifestyle.
2	<b>CHLH 101 (3 hrs.) Intro to Public Health</b>	<u>Course Description:</u> Introduction to the nation's public health system; includes an overview of the basic concepts and core functions of public health practice, the scope of applications, and the variety of service organizations (both public and private) that shape public health.
3	(add additional required courses as needed)	

### **Elective Courses and Other Experiences**


<b>Kinesiology Core Element - Scientific Foundations of Physical Activity:</b>		DESCRIPTION OF CORE ELEMENT: A defining feature of the academic discipline of Kinesiology is its embrace and integration of the multi dimensional study and application of physical activity. Well-prepared Kinesiologists are expected to have a sound understanding of the scientific foundations of physical activity. For many departments this scientific foundation is provided by a series of courses that are taken by all majors regardless of their ultimate career goals. Examples of scientific foundation courses include exercise physiology, motor behavior, biomechanics, sport and society, and exercise psychology. The specific titles and content of scientific foundation courses offered will vary from institution to institution depending on local preferences and constraints.
<b>Required Courses including content related to the Scientific Foundations of Physical Activity:</b>		
1	<b>KIN 150 (3 hrs.) Bioscience of Human Movement</b>	<u>Course Description:</u> Integrates anatomical and physiological aspects of human movement; emphasizes how the body moves, physiological responses to exercise stress, physical conditioning and physical fitness.
2	<b>KIN 257 (3 hrs.) Coordination, Control &amp; Skill</b>	<u>Course Description:</u> Introduction to the concepts and principles of the coordination and control of movement and the development of skilled action. The course will focus on such topics as fundamental movement activities; movement control processes; acquisition, retention and transfer of skill; and the role of constraints to action. These topics have implications for understanding skilled performance, motor development and human performance in general.
3	<b>MCB 244/245 (5 hrs.) Anatomy &amp; Physiology I</b>	<u>Course Description:</u> Organ system biology with an emphasis on normal human anatomy and physiology, physiological processes and associated disease processes of the following systems; skeletal, muscle, nervous, sensory, and endocrine.
4	<b>MCB 246/247 (5 hrs.) Anatomy &amp; Physiology II</b>	<u>Course Description:</u> Organ system biology with an emphasis on normal human anatomy and physiology, physiological processes and associated disease processes of the following systems: digestion, cardiovascular, respiratory, renal, and reproductive.
5	<b>KIN 262 (3 hrs.) Motor Develop, Grown &amp; Form</b>	<u>Course Description:</u> Examination of the concepts of motor development, physical growth, and body form throughout the lifespan. Major emphasis is on the period of birth through adolescence.
6	<b>KIN 352 (3 hrs.) Bioenergetics of Movement</b>	<u>Course Description:</u> Study of the nature of energy transfer during physical activity; mechanisms of metabolic control, force production, cardiorespiratory support and adaptation relative to physical activity.
7	<b>KIN 355 (3 hrs.) Biomechanics of Human Movement</b>	<u>Course Description:</u> Studies the biological and mechanical principles of human motor performance; analyzes selected movement skills in depth.
8	(add additional required courses as needed)	
<b>Elective Courses and Other Experiences:</b>		

<b>Kinesiology Core Element - Cultural, Historical and Philosophical Dimensions of Physical Activity:</b>		<b>DESCRIPTION OF CORE ELEMENT:</b> A solid grounding in cultural, historical and philosophical aspects of kinesiology is an essential component of a Kinesiology education. Sociocultural and historical factors influence attitudes about and practices of physical activity. This is true for both the individual and the communities in which they live. In addition, an understanding of philosophical and historical issues will help prepare future professionals for the numerous ethical questions they will face upon graduation. Coursework in the humanities assists the student to understand and appreciate diversity, to develop cultural competencies, and to make ethical decisions based on sound principles. In many Kinesiology departments, undergraduate coursework examines topics related to physical culture, cultural kinesiology, sociology of sport and physical activity, history of sport and physical activity, and sport marketing and media. Specific courses will vary from institution to institution depending on local preferences and constraints.
<b>Required Courses including content related to the Cultural, Historical and Philosophical Dimensions of Physical Activity:</b>		
1	KIN 140 (3 hrs.) Social Sci of Human Movement	<b>Course Description:</b> Introduction to the social scientific aspects of human movement including sport; particular emphasis on concepts derived from the social sciences (including psychology) that are appropriate to human movement.
2	KIN 340 (3 hrs.) Soc & Psyc of Phys Activity	<b>Course Description:</b> Discusses how social and psychological processes and constraints affect human action in physical activity environments. Attention is given to socialization, personal dynamics, stratification, and ideological and economic constraints upon the manifestations of physical activity.
3	(add additional required courses as needed)	
<b>Elective Courses and Other Experiences:</b>		

<b>Kinesiology Core Element - The Practice of Physical Activity:</b>		<b>DESCRIPTION OF CORE ELEMENT:</b> The AKA believes that regular participation in physical activity is an essential component of a healthy and successful lifestyle and that the undergraduate curriculum should provide numerous opportunities for students to be physically active. For example, opportunities may come from a physical activity skills program that allows for participation in sport and recreation through a diverse menu of courses taken for academic credit. Alternatively, students may be encouraged to be physically active through internship and practicum experiences. In other instances physical activity participation may occur at venues outside the Kinesiology department, such as in campus recreation facilities. While the AKA strongly supports students being physically active, it does not prescribe a specific process for departments to follow regarding how the practice of physical activity is incorporated into the curriculum, but staunchly supports curricular or extra-curricular physical activity experiences for individual and group participation.
<b>Required Courses including content related to the Practice of Physical Activity</b>		
1	<b>KIN 130 (2 hrs.) Analysis of Basic Movement (Required)</b>	<b>Course Description:</b> Introduction to human movement through development of skills and knowledge relative to structure and function of the human body in selected physical activities including: basic postural and locomotion patterns and fundamental throwing patterns; Emphasizes performance and qualitative analysis of movement skills.
2	(add additional required courses as needed)	
<b>Elective Courses and Other Experiences:</b>		
2	<b>KIN 131 (1 hrs.) Movement Skills - Fitness (Elective)</b>	<b>Course Description:</b> Development of and participation in a physical fitness program including physical fitness assessment.
3	<b>KIN 132 (1 hrs.) Movement Skills - Swimming (Elective)</b>	<b>Course Description:</b> Development of an understanding of basic swimming skills; emphasizes performance and qualitative analysis of personal aquatic skills, developmental aspects of aquatic skills, and analysis of atypical movement patterns in an aquatic environment
4	<b>KIN 133 (1 hrs.) Movement Skills - Dance (Elective)</b>	<b>Course Description:</b> Development of an understanding of basic dance steps, positions and sequences; emphasizes performance and qualitative analysis of personal dance skills.
5	<b>KIN 134 (1 hrs.) Movement Skills - Gymnastics (Elective)</b>	<b>Course Description:</b> Development of an understanding of basic gymnastic movements and sequences; emphasizes performance and qualitative analysis of personal gymnastic skills.
6	<b>KIN 135 (1 hrs.) Movement Skills – Field Activities (Elective)</b>	<b>Course Description:</b> Development of an understanding of basic field activity skills; emphasizes performance, as well as an appreciation of commonalities, in specific activities including soccer, speedball, speedaway, field hockey and flag football.
7	<b>KIN 136 (1 hrs.) Movement Skills - Racquet (Elective)</b>	<b>Course Description:</b> Development of an understanding of basic racquet activity skills; emphasizes performance, as well as appreciation of commonalities in specific racquet activities such as tennis, badminton, squash or racquetball.
8	<b>KIN 386 (3 hrs.) Exercise Instruction and Elderly (Elective)</b>	<b>Course Description:</b> This course is designed to offer practical experience opportunities to undergraduate Kinesiology students aspiring to work in applied exercise fields with a diverse aged population.
	(add additional courses/experiences as needed)	