

Las Positas College
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Course Outline for KIN 30

INTRODUCTION TO KINESIOLOGY

Effective: Fall 2018

I. CATALOG DESCRIPTION:

KIN 30 — INTRODUCTION TO KINESIOLOGY — 3.00 units

This class is designed to introduce the student to Kinesiology - the science of human movement (and of humans moving). Concepts in the various subfields of Kinesiology are examined and career opportunities in the field of Kinesiology are explored. Due to the interdisciplinary nature of Kinesiology, the field will be covered from a humanities, social science, and life science perspective.

3.00 Units Lecture

Grading Methods:

Letter or P/NP

Discipline:

- Kinesiology

	MIN
Lecture Hours:	54.00
Expected Outside of Class Hours:	108.00
Total Hours:	162.00

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 1

III. PREREQUISITE AND/OR ADVISORY SKILLS:

IV. MEASURABLE OBJECTIVES:

Upon completion of this course, the student should be able to:

- Discuss the nature of a degree in kinesiology
- Explain how kinesiology evolved into the present field of study
- Identify important scientific contributions to our understanding of the structure and function of the human body, from ancient civilizations to the present modern era
- Identify and describe the major structural components of the skeletal, muscular, nervous, cardiovascular, and respiratory systems in the human body
- Distinguish the three major types of human motion and understand basic biomechanics of human movement
- Explain the differences between linear and angular kinematics in describing human motion
- Describe the major theories of motor learning
- Identify the major subdivisions of sport and exercise psychology
 - Explain basic concepts of motivation and how hypotheses and research questions are generated, and data analyzed
- Examine how various cultures place value on the role of physical activity
- Compare different sociological theories and how they relate to the study of kinesiology
- Discuss interdisciplinary and cross-disciplinary approaches to science
- Explain the difference between two major empirical approaches: positivism and holism, and their application to the study of kinesiology
- Appreciate the contribution phenomenology can have on the study of human physical activity
- Identify a number of career options following a degree in kinesiology

V. CONTENT:

- Introduction to Kinesiology
 - Definition of Kinesiology
 - Focus of Kinesiology
 - Physical Activity
 - Exercise and Skilled Movement
- Anatomical & Physiological Systems
 - Exercise Physiology Foundations
 - Goals of Exercise Physiology
- Exercise Physiology Research –Life Science Perspective
 - Research Methods in Exercise Physiology
 - What Does an Exercise Physiologist Do?
- Biomechanical Foundations & Biomechanical Research

1. Goals of Biomechanics
2. History of Biomechanics
3. Research Methods in Biomechanics
- E. Motor Control/Learning Foundations
 1. Motor Learning Research
 2. Goals of Motor Behavior
 3. History of Motor Behavior
- F. Psychological Foundations
 1. Sport and Exercise Psychology
 2. How Sport and Exercise Psychology fits into Kinesiology
- G. Sociocultural Foundations
 1. Sociology of Physical Activity in Kinesiology
 2. History of Sociology of Physical Activity
- H. Career Opportunities
 1. Physical Therapy
 2. Occupational Therapy
 3. Chiropractic
 4. Teaching/Coaching
- I. Exercise & Wellness Opportunities
 1. Health Clubs
 2. Hospitals
- J. Graduate School Options
 1. Exercise Physiology
 2. Sport Psychology
 3. Motor Learning
 4. Biomechanics
 5. Sociocultural
- K. Professional Organizations and Societies

VI. METHODS OF INSTRUCTION:

- A. **Guest Lecturers** -
- B. Primary-source references
- C. **Lecture** -
- D. Multi-Media
- E. **Projects** -
- F. Examination
- G. Colloquium
- H. **Discussion** -

VII. TYPICAL ASSIGNMENTS:

- A. Participate in lecture/discussions
 1. Students will work in small groups to discuss the importance of a career in Health & Fitness relating to the current health and wellness trends in American society.
- B. Reading
 1. Read chapter on Sociology of Physical Activity
- C. Course Project
 1. Research, plan, and teach a physical education skill/activity for a designated grade school level.
- D. Written Assignment
 1. Students will write a 1 page paper on a subjective experience.

VIII. EVALUATION:

- A. **Methods**
 1. Exams/Tests
 2. Quizzes
 3. Papers
 4. Projects
- B. **Frequency**
 1. Minimum of two examinations (objective and/or essay)
 2. Minimum of three quizzes
 3. Minimum two essays
 4. One project
 5. Minimum of two papers.

IX. TYPICAL TEXTS:

1. Oglesby, Carole , Kim Henige, Douglas McLaughlin, and Belinda Stillwell. *Foundations of Kinesiology*. First ed., Jones & Bartlett Learning, 2018.
2. Murray, Tinker, James Eldridge, and Harold Kohl III. *Foundations of Kinesiology A Modern Integrated Approach*. First ed., Cengage Learning, 2019.
3. Hoffman, Shirl, and Duane Knudsen. *Introduction to Kinesiology*. 5th ed., Human Kinetics, 2018.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Internet access