

Las Positas College
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Course Outline for KIN 29

INDEPENDENT STUDY

Effective: Fall 2014

I. CATALOG DESCRIPTION:

KIN 29 — INDEPENDENT STUDY — 0.50 - 2.00 units

Supervised study in the area of Kinesiology. Any student interested in registering for a Independent Studies course should contact a full/part-time instructor or dean in the appropriate area no later than the last day of the tenth week of instruction.

0.50 - 2.00 Units Lab

Grading Methods:

Letter Grade

Discipline:

	<u>MIN</u>	<u>MAX</u>
Lab Hours:	27.00	108.00
Total Hours:	27.00	108.00

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:

1. Develop a set of notes based on personal observations, readings, discussions and media presentations.
2. Apply practice of different movements form to enhance movement competence in Kinesiology.
3. Communicate the essential applications or theories related to the Kinesiology class.

V. CONTENT:

- A. Identification of the activity in Kinesiology and skill development and understanding
- B. Develop an understanding of and the ability to apply the skills and knowledge for personal health, personal fitness, sport, and or a healthy lifestyle.
- C. Communicate the essential applications or theories related to the Kinesiology class.
- D. Apply practice of different movements form to enhance movement competence in Kinesiology.
- E. Recognize key terms within the Independent study class.

VI. METHODS OF INSTRUCTION:

- A. **Discussion** - With instructor
- B. **Demonstration** - As noted in the Independent study form
- C. **Written exercises and case studies** - As noted in the Independent study form
- D. **Projects** - As noted in the Independent study form
- E. **Classroom Activity** - Work with faculty member to develop necessary skills to full fill independent study.

VII. TYPICAL ASSIGNMENTS:

A. Reading Assignments

Identification of a research project which will include extensive reading.

B. Writing Assignment

Identification of a topic related to independent study class which will include a paper of completed work turned into the instructor.

C. Assignments/Activities as noted on Independent study form

VIII. EVALUATION:

A. **Methods**

1. Papers
2. Home Work
3. Lab Activities
4. Class Performance

B. Frequency

Assignments will be due weekly to promote frequency of activities completed during the week.

Pre/Post test assessment testing on student done first week and end of the semester of class in sports medicine room.

Daily activity if applicable or when there is no class assigned.

Written assignment due final week of semester.

IX. TYPICAL TEXTS:

1. Text will be used that is associated with the Independent study class/ special problem class. should be listed on Independent study form.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. As noted on Independent study form.