

Las Positas College  
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## Course Outline for KIN 30

### INTRODUCTION TO KINESIOLOGY

Effective: Fall 2012

#### 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 hours lecture. [Typical contact hours: lecture 52.5]

3.00 Units Lecture

#### Grading Methods:

Letter or P/NP

#### Discipline:

|                       | <b>MIN</b> |
|-----------------------|------------|
| <b>Lecture Hours:</b> | 54.00      |
| <b>Total Hours:</b>   | 54.00      |

#### 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. A. understand the nature of a degree in kinesiology; B. understand how kinesiology evolved into the present field of study; C. identify important scientific contributions to our understanding of the structure and function of the human body, from ancient civilizations to the present modern era; D. identify and describe the major structural components of the skeletal, muscular, nervous, cardiovascular, and respiratory systems in the human body; E. distinguish the three major types of human motion and understand basic biomechanics of human movement; F. understand the differences between linear and angular kinematics in describing human motion. G. describe the major theories of motor learning; H. know the major subdivisions of sport and exercise psychology; I. understand basic concepts of motivation and how hypotheses and research questions are generated, and data analyzed; J. examine how various cultures place value on the role of physical activity; K. become familiar with different sociological theories and how they relate to the study of kinesiology; L. be able to discuss interdisciplinary and cross-disciplinary approaches to science; M. know the difference between two major empirical approaches: positivism and holism, and their application to the study of kinesiology; N. appreciate the contribution phenomenology can have on the study of human physical activity; O. identify a number of career options following a degree in kinesiology.

#### V. CONTENT:

### **A. Introduction to Kinesiology**

1. **Definition of Kinesiology**
2. **Focus of Kinesiology**
  - a) **Physical Activity**
  - b) **Exercise and Skilled Movement**

### **B. Anatomical & Physiological Systems**

1. **Exercise Physiology Foundations**
2. **Goals of Exercise Physiology**

### **C. Exercise Physiology Research –Life Science Perspective**

1. Research Methods in Exercise Physiology
2. What Does an Exercise Physiologist Do?

**D. 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. Writing
- B. Discussion
- C. Reading

VIII. EVALUATION:

A. **Methods**

- 1. Exams/Tests
- 2. Quizzes
- 3. Papers
- 4. Projects

B. **Frequency**

- 1. Minimum of two (2) examinations (objective and/or essay).
- 2. Minimum of three (3).
- 3. Minimum two (2) essays.
- 4. One (1) project throughout the semester.

IX. TYPICAL TEXTS:

- 1. Hoffman, Shirl *Introduction to Kinesiology: Studying Physical Activity*. Third Edition ed., Human Kinetics, 2009.
- 2. Wallace, S.A. *Introduction to Kinesiology: The Science of Human Physical Activity*., University Readers/Cognella Press, 2011.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Internet access