

KINS 1: INTRODUCTION TO KINESIOLOGY

Foothill College Course Outline of Record

Heading	Value
Units:	5
Hours:	5 lecture per week (60 total per quarter)
Advisory:	Not open to students with credit in PHED 1.
Degree & Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Non-GE
Transferable:	CSU/UC
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	Not Repeatable

Student Learning Outcomes

- Analyze current issues in America involving physical activity
- Evaluate career options in the field of kinesiology and customize career goals as they relate to the discipline of kinesiology

Description

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.

Course Objectives

The student will be able to:

- Define and discuss the importance and pervasiveness of human movement in daily life as it relates to the broad spectrum of opportunities in kinesiology.
- Explore and describe the historical, ethical, and philosophical foundation of the development of kinesiology as a profession and an academic discipline.
- Examine the interdisciplinary forms of knowledge in human movement, and understand the significance of human movement as it relates to the broad scope of kinesiology.
- Identify the relationship between performance in the movement forms of sport, dance, and exercise, and the conceptual foundations of the sub-disciplines.
- Develop objectives related to career development opportunities and prepare a professional resume for future career employment.

Course Content

- Introduction to kinesiology and physical activity
 - Identify the importance of physical activity
 - Define kinesiology
 - Understand and define the focus of kinesiology: exercise and skilled movement
 - Explain the role of kinesiology and physical activity as part of lifelong learning and self-development
 - Define and identify the physical activity profession
- Identify the spheres of physical activity experience
 - The self-sufficiency sphere
 - The work sphere
 - The education sphere
 - The leisure sphere
 - The health sphere
 - The competition sphere

- Describe and discuss the importance of physical activity experience
 - Physical activity as a signature of humanity
 - How experience changes our capacity to perform physical activity
 - How quality and quantity affect physical activity experience
 - Heredity and experience
- Identify the importance of subjective experiences in physical activity
 - Four truths about sport and exercise
 - Why subjective experiences are important
 - Components of subjective experience
 - Extrinsic and intrinsic approaches to physical activity
 - Factors affecting our enjoyment of physical activity
 - Watching sports as a subjective experience
- Discuss the philosophy of physical activity
 - Introduction to philosophic thinking
 - Philosophy of physical activity and kinesiology
 - Development of the sub-discipline
 - Research methods in philosophy of physical activity
- Review and explain the history of physical activity
 - Why history of physical activity
 - Kinesiology and the history of physical activity
 - History of the sub-discipline
 - Overview of knowledge in history of physical activity
- Examine sociology of physical activity
 - What is sociology of physical activity?
 - What does a sociologist of physical activity do?
 - Sociology of physical activity in kinesiology
 - History of sociology in physical activity
- Examine motor behavior
 - What is motor behavior?
 - What does a motor behaviorist do?
 - History of motor behavior
- Explore the field of sport and exercise psychology
 - What is sport and exercise psychology?
 - What does a sport and exercise psychologist do?
 - What are the goals of sport psychology?
 - How sport and exercise psychology fits into kinesiology
 - History of sport and exercise psychology
- Examine and explore the field of biomechanics of physical activity
 - What is biomechanics of physical activity?
 - What does a biomechanics do?
 - Goals of biomechanics
 - History of biomechanics
- Define and explore the field of physiology of physical activity
 - What does a physiologist of physical activity do?
 - Goals of physiology of physical activity and kinesiology
 - Energy production for physical activity
 - Hydration and performance
 - Nutrition and performance
- Explore becoming a physical activity professional
 - What is a profession?
 - How do our values shape our professional conduct?
 - How are physical activity professionals educated for the workforce?
 - Are you suited for a career in the physical activity profession?
- Identify and explore careers in health and fitness
 - An overview of the health and fitness professions
 - Health and fitness settings

3. Professional roles in health and fitness
4. Marketplace trends and opportunities
5. Certification and continuing education
- N. Explore and identify careers in therapeutic exercise
 1. The world of therapeutic exercise
 2. Therapeutic exercise settings
 3. Up-close views of professions in therapeutic exercise
- O. Identify and explore careers in teaching physical education
 1. An overview of the teaching profession
 2. Certification and continuing education
 3. Examining research to see what effective teachers do
 4. Teaching settings
 5. Professional roles in the teaching setting
 6. Preparing for a career
 7. Prospects and opportunities for careers in teaching
- P. Identify and explore careers in coaching and sport instruction
 1. An overview of coaching and sport instruction professions
 2. Coaching and sport instruction settings
 3. Professional roles in sport instruction
 4. Professional roles in coaching
- Q. Identify and explore careers in sport management
 1. An overview of the sports management profession
 2. Sport management settings
 3. Professional roles in sport management
 4. Preparing for a career in sport management
- R. Prepare a portfolio that describes pathways and requirements for selected career

Lab Content

Not applicable.

Special Facilities and/or Equipment

- A. When taught via Foothill Global Access, on-going access to computer with email software and hardware; email address.

Method(s) of Evaluation

Methods of Evaluation may include but are not limited to the following:

Evaluation methods may include but are not limited to:

- A. Exams and quizzes - subjective and objective to assess student learning of the basic concepts of kinesiology
- B. Develop a personal portfolio that describes the pathways and requirements for their selected career
- C. Observation reports of different careers
- D. Homework assignments to emphasize course topics
- E. Evaluation of the discussion threads answered by the student

Method(s) of Instruction

Methods of Instruction may include but are not limited to the following:

- A. Lecture and discussion in class and online to prompt deeper learning of material
- B. Group work and cooperative learning exercises
- C. Problem-solving exercises emphasizing greater synthesis of material
- D. Oral presentations and skills demonstrations by student and guest speakers

Representative Text(s) and Other Materials

Hoffman, S.J. *Introduction to Kinesiology, Studying Physical Activity*. 5th ed. Champaign, IL: Human Kinetics, 2018.

Types and/or Examples of Required Reading, Writing, and Outside of Class Assignments

- A. Reading assignments from textbooks and outside sources.
- B. Weekly written assignments about topics relevant to the field of kinesiology.
- C. Supplemental reading assignments from web source relevant to course material.
- D. Midterm project, which is a reflective essay.
- E. Weekly discussion threads for topics relevant to course material.
- F. Optional observations reports of different careers in kinesiology.
- G. Written personal portfolio describing pathways and requirements for selected career, which includes a cover letter, resume, and personal philosophy on physical activity.

Discipline(s)

Physical Education, Kinesiology