College of San Mateo
Permanent Course Approval Form

Date: 1/20/2011

A. GENERAL INFORMATION

Department: Kinesiology  Number: 101
Course Title: Introduction to Kinesiology  Units: 3
Total Semester Hours: Lecture: 48  Lab:

Length of Course:
- ☒ Semester-long
- ☐ Short course (Number of weeks___)
- ☐ Open entry/Open exit

Homework: By Arrangement:
Grading:
- ☐ Letter
- ☐ Pass/No Pass
- ☒ Grade Option (letter or Pass/No Pass)

Catalog and Schedule Descriptions: See attached Course Outline

B. COURSE GOALS

1. Check one:
   - ☒ AA/AS Degree-Applicable course (Complete Section D)
   - ☐ Non-Degree Applicable: Basic Skills
   - ☐ Non-Degree Applicable: Not Basic Skills

2. Check as many as apply to this course:
   - ☐ REQUIRED for Major (please specify):
     Memo should accompany course submission indicating degree update.
   - ☐ SELECTIVE for Major (please specify):
     Memo should accompany course submission indicating degree update.
   - ☒ TRANSFERABLE course (Complete Section E)
   - ☐ Certificate Program (please specify):
     ☐ Occupational placement or upgrading  ☐ License Preparation  ☐ Skill

3. Course may be taken 1 times for a maximum of 3 units

Do you wish the course to be excluded from audit? ☐ Yes  ☒ No
Justification:
C. JUSTIFICATION/RESOURCES

1. What evidence of need exists for the proposed course?

   The division is currently engaged in developing courses that will articulate with the Transfer Model Curriculum in Kinesiology. The Introduction to Kinesiology is a required course at CSU and will be required in the TMC. The course will also serve as our cornerstone to the degree in Kinesiology which is currently in development.

2. Identify special facilities and/or equipment needed to teach this course.

   Lecture facility (classroom), projector and screen

D. AA/AS DEGREE GENERAL EDUCATION REQUIREMENT

This course is to be reviewed by the Committee on Instruction to fulfill AA/AS GE requirement(s) indicated below:

Note: Courses recommended to fulfill an AA/AS GE requirement will be considered in Nov/March meetings.

The CSM General Education Handbook is available for download on the CSM COI website.

- Math/Quantitative Reasoning
- Health Science
- Physical Education
- English composition
- None
- American History and Institutions
- Natural Science
- Career Exploration and Self Development
- California State and Local Government
- Social Science
- Humanities
- Communication and Analytical Thinking

E. TRANSFER INFORMATION (Complete ONLY for courses recommended for BA credit)

Guidelines for CSU/UC transfer and CSU breadth/IGETC inclusion are available on CSM COI website.

1. This course is recommended for transfer to ☑ CSU

2. This course is recommended to fulfill CSU breadth requirement. ☐ CSU-Breadth
   (November submission deadline)

3. This course is recommended for transfer to ☑ UC

4. This course is recommended to fulfill IGETC area requirement. ☐ UC IGETC
   (November submission deadline; course must already be UC transferable)

IF #2, 3 or 4 are checked, signature required.

Articulation Officer  Date

F. INSTRUCTOR LOAD (To be completed by Division Office; show calculations.)
G. CONSULTATION

Is there a similar or equivalent course in another Division at College of San Mateo?

☐ Yes    ☒ No

If yes, provide course prefix, number and title?

If yes, has consultation taken place with appropriate faculty and division dean? ☐ Yes    ☐ No
Please describe the consultation.

Is there a similar or equivalent course in SMCCCD?

☐ Yes    ☒ No

If yes, provide college(s), course prefix, number and title:

If yes, provide course prerequisites, corequisites, recommended prep and unit value:

Are the prerequisites, corequisites, recommended prep and unit value the same as proposed for this course? If not, please provide the rationale for differences.

If yes, has consultation taken place with appropriate college(s)? ☐ Yes    ☐ No
Please describe the consultation.
H. APPROVALS

Prepared by: 

(Signature) 

1. 
Division Committee on Instruction Representative

2. 
Division Dean

3. 
Instruction Committee

4. 
Vice President, Instruction

Date 2.8.11

Date 2/6/11

Date 2/10/11

Date 2/10/11
I: LIBRARY RESOURCES, SERVICES, AND COLLECTIONS APPROVAL

The faculty librarians’ review assures that adequate library resources, services and collections (print, nonprint, and/or digital databases) are in place to support each new and revised course.

Because collection evaluation and the identification of new materials demand care and time, it is essential that you follow the timelines for submitting new and updated courses described in the letter from the Vice President of Instruction, which is sent out at the beginning of the school year.

Please email or hand deliver your official CSM course outline (working draft) and this form to the Library Director’s office at least three weeks before submitting your entire new/updated course approval information to the Vice President of Instruction’s office. The Library Director or a faculty librarian will arrange to meet or talk with you at your earliest convenience.

Lorritta Ford (Library Director) ford@smccd.edu
Teresa Morris (Library faculty) morrist@smccd.edu
Michele Alaniz (Library faculty) alanizm@smccd.edu

You and a librarian will meet to discuss current library holdings and review current and forthcoming materials that may benefit you and your students. The Library may also demonstrate how you can better incorporate resources and services into your curriculum. You may also demonstrate to the Library how it can better support you and your students.

Please provide the following information about the Course Originator or contact person.

Name: Mikel Schmidt Phone: x6447

(If adjunct) alternate phone:

Email: Schmidt@smccd.edu

Course Department and Number: Kines 101

Course Name: Introduction to Kinesiology

Signatures

☐ The Library resources, services, and collections are adequate to support this course.

☒ The Library resources, services, and collections are currently inadequate to support this course. Additional needed items have been identified and will be made available if possible prior to the first offering of the course.

Librarian or Library Director

_____________________________ Date: 1/27/11
(Signature)
College of San Mateo
Course Outline

- New Course
- Update/No change
- Course Revision (Minor)
- Course Revision (Major)

Date: January 2011

Department: Kinesiology
Number: 101
Course Title: Introduction to Kinesiology
Units: 3
Total Semester Hours: Lecture: 48 Lab: 0

Homework: By Arrangement:
Grading
- Letter
- Pass/No Pass
- Grade Option (letter or Pass/No Pass)

Faculty Load Credit (To be completed by Division Office; show calculations.):
3x16/16x1=3 FLC

1. Prerequisite (Attach Enrollment Limitation Validation Form.)

2. Corequisite (Attach Enrollment Limitation Validation Form.)

3. Recommended Preparation (Attach Enrollment Validation Form.)

4. Catalog Description (Include prerequisites/corequisites/recommended preparation. For format, please see model course outline.)
   This course explores the broad spectrum of kinesiology as an academic discipline, fundamental concepts and meaning of movement/physical activity, diversity of humans as moving beings, professional/career options, current/social issues, personal characteristics/professional responsibilities. (AA: Area E5d, CSU, UC)

5. Class Schedule Description (Include prerequisites/corequisites/recommended preparation. For format, please see model course outline.)
   This course explores the broad spectrum of kinesiology as an academic discipline, fundamental concepts and meaning of movement/physical activity, diversity of humans as moving beings, professional/career options, current/social issues, personal characteristics/professional responsibilities. (AA: Area E5d, CSU, UC)

6. Student Learning Outcomes (Identify 1-6 expected learner outcomes using active verbs.)
   Upon successful completion of the course, the student will be able to:
Understanding the breadth of human movement as a discipline, and its related fields;
Understand the breadth of human movement as a discipline, and its related fields;
Understand career options available within the field of kinesiology;
Understand the philosophical, historical, biological, psychological, pedagogical, and social foundations of human movement;
Understand movement based on fundamental movement skills and concepts and basic mechanical principles that govern efficient movement;
Understand current issues in kinesiology;
Ability to effectively examine and discuss alternative perspectives and ideas related to human movement;
Understand and implement various physiological assessment components in Kinesiology;
Understand the meaning of personal choice, responsibility and professional commitment in education and career preparation;
Ability to examine personal values related to career choice;
Ability to assess personal characteristics, skills and knowledge related to career success in the field of kinesiology;
Understand and appreciate the variety of values, skills and cultural and personal needs found in a socially diverse population;
Understand technology as a professional tool;
Understand the process of professional portfolio development.

7. **Course Objectives** (Identify specific teaching objectives detailing course content and activities. 
   *For some courses, the course objectives will be the same as the student learning outcomes. In this case, “Same as Student Learning Outcomes” is appropriate here.*)
   
   Same as SLO’s

8. **Course Content** (Brief but complete topical outline of the course that includes major subject areas [1-2 pages]. Should reflect all course objectives listed above. In addition, a sample course syllabus with timeline may be attached.)

   1. Introduction to Kinesiology and Physical Activity
   2. Spheres of Physical Activity Experiences
   3. Importance of Physical Activity Experiences
   4. Importance of Subjective Experiences
   5. Philosophy of Physical Activity
   6. History of Physical Activity
   7. Sociology of Physical Activity
   8. Motor Behavior
   9. Sport & Exercise Psychology
   10. Biomechanics of Physical Activity
   11. Physiology of Physical Activity
   12. Assessments in Kinesiology
   12. Becoming a Physical Activity Professional
   13. Careers in Health & Fitness
   14. Careers in Therapeutic Exercise

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15. Careers in Teaching Kinesiology
16. Careers in Coaching & Sport Instruction
17. Careers in Sport Management/Sports Marketing

9. Representative Instructional Methods (Describe instructor-initiated teaching strategies that will assist students in meeting course objectives. Describe out-of-class assignments, required reading and writing assignments, and methods for teaching critical thinking skills. If hours by arrangement are required, please indicate the additional instructional activity which will be provided during these hours, where the activity will take place, and how the activity will be supervised.) Instructor generated hand-outs, field-trips to local universities, recreation centers and/or professional training facilities, personal portfolio development, group and individual presentations.

Use of DVD and other media for presentations; library visit(s) to conduct research; guest lecturers

10. Representative Methods of Evaluation (Describe measurement of student progress toward course objectives. Courses with required writing component and/or problem-solving emphasis must reflect critical thinking component. If skills class, then applied skills.)

Course Evaluation
1) Quizzes (5%)
2) Presentation (15%)
3) Portfolio (15%)
4) Exam 1 (15%)
5) Exam 2 (20%)
6) Exam 3 (30%)

11. Representative Text Materials (With few exceptions, texts need to be current. Include publication dates.)
Champaign: Human Kinetics.

Other equipment / material requirements
Binder for professional portfolio, dividers
Three (3) Scantron T&E 0200 Forms

Prepared by: [Signature]

Email address: Schmidt@smccd.edu
Submission Date: 2/8/1