

College of San Mateo
Official Course Outline

1. **COURSE ID:** KINE 101 **TITLE:** Introduction to Kinesiology **C-ID:** KIN 100
Units: 3.0 units **Hours/Semester:** 48.0-54.0 Lecture hours; and 96.0-108.0 Homework hours
Method of Grading: Grade Option (Letter Grade or P/NP)
Recommended Preparation:
 Eligibility for ENGL 838 or ENGL 848 or ESL 400

2. **COURSE DESIGNATION:**
Degree Credit
Transfer credit: CSU; UC
AA/AS Degree Requirements:
 CSM - GENERAL EDUCATION REQUIREMENTS: E5d. Career Exploration and Self-Development
CSU GE:
 CSU GE Area E: LIFELONG LEARNING AND SELF-DEVELOPMENT: E1

3. **COURSE DESCRIPTIONS:**
Catalog Description:
 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.

4. **STUDENT LEARNING OUTCOME(S) (SLO'S):**
 Upon successful completion of this course, a student will meet the following outcomes:
 1. Identify the important elements and implications of physical activity in daily life for the discipline of kinesiology.
 2. Identify the essential scientific, historical, sociological, philosophical, physiological and psychological theories that encompass the field of kinesiology.
 3. Identify the nature and demands of the professional and career occupations available to students graduating from departments of kinesiology, and the qualifications required for each.

5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**
 Upon successful completion of this course, a student will be able to:
 1. Understand the breadth of human movement as a discipline and its related fields.
 2. Understand career options available within the field of kinesiology.
 3. Understand the philosophical, historical, biological, psychological, pedagogical, and social foundations of human movement.
 4. Understand movement based on fundamental movement skills and concepts and basic mechanical principles that govern efficient movement.
 5. Understand current issues in kinesiology.
 6. Effectively examine and discuss alternative perspectives and ideas related to human movement.
 7. Understand and implement various physiological assessment components in Kinesiology.
 8. Understand the meaning of personal choice, responsibility and professional commitment in education and career preparation.
 9. Examine personal values related to career choice.
 10. Assess personal characteristics, skills and knowledge related to career success in the field of kinesiology.
 11. Understand and appreciate the variety of values, skills and cultural and personal needs found in a socially diverse population.
 12. Understand technology as a professional tool.
 13. Understand the process of professional portfolio development.

6. **COURSE CONTENT:**
Lecture Content:
 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
13. Becoming a Physical Activity Professional
14. Careers in Health & Fitness
15. Careers in Therapeutic Exercise
16. Careers in Teaching Kinesiology
17. Careers in Coaching & Sport Instruction
18. Careers in Sport Management/Sports Marketing

7. REPRESENTATIVE METHODS OF INSTRUCTION:

Typical methods of instruction may include:

- A. Lecture
- B. Directed Study
- C. Discussion
- D. Guest Speakers
- E. Other (Specify): Use of DVD and other media for presentations; library visit(s) to conduct research

8. REPRESENTATIVE ASSIGNMENTS

Representative assignments in this course may include, but are not limited to the following:

Writing Assignments:

- Research brief on upper division coursework at two potential transfer institutions.
- Interview a professional in the field.
- Quizzes based on each chapter in the text.

Reading Assignments:

- Course text book
- Literature from current periodicals to supplement text readings

9. REPRESENTATIVE METHODS OF EVALUATION

Representative methods of evaluation may include:

- A. Class Participation
- B. Class Performance
- C. Class Work
- D. Exams/Tests
- E. Group Projects
- F. Homework
- G. Oral Presentation
- H. Papers
- I. Portfolios
- J. Quizzes
- K. Written examination

10. REPRESENTATIVE TEXT(S):

Possible textbooks include:

- A. Hoffman, S.J.. *Introduction to Kinesiology: Studying physical activity*, 4th ed. Champaign, Ill: Champaign: Human Kinetics, 2013

Other:

- A. Binder for professional portfolio - dividers
- B. Three (3) Scantron T&E 0200 forms

Origination Date: January 2017
Curriculum Committee Approval Date: May 2017
Effective Term: Fall 2017
Course Originator: Andreas Wolf