

Lassen Community College Course Outline

PE-15 Introduction to Kinesiology

3.0 Units

I. Catalog Description

This course will introduce students to the interdisciplinary approach to the study of human movement. Topics include employment fields, leadership, theory, history and principles of sport, and physical education and sub-disciplines in kinesiology. This course has been approved for online and hybrid delivery.

Recommended Preparation: ENGL105 or equivalent multiple measures placement.

Transfers to both UC/CSU

General Education Area: E2

CSU GE Area: E

C-ID KIN 100

51 Hours Lecture

Scheduled: Fall

II. Coding Information

Repeatability: Not Repeatable, Take 1 Time

Grading Option: Graded only

Credit Type: Credit - Degree Applicable

TOP Code: 083500

III. Course Objectives

A. Course Student Learning Outcomes

Upon completion of this course the student will be able to:

1. Organize a timeline for the history of physical activity.
2. Identify the basic concepts of kinesiology.

B. Course Objectives

Upon completion of this course the student will be able to:

1. Describe current career opportunities: Allied Health, sport, fitness, teaching, coaching and the preparation required for employment.
2. Describe the historical, ethical, and philosophical foundations of Kinesiology
3. Defend a philosophy of physical activity that includes goals for lifetime fitness.
4. Identify the fundamental concepts of basic motor behavior forms of sport, dance, and exercise.

IV. Course Content

1. Opportunities in kinesiology (public and private)
 - a. Pathways to employment
 - b. Necessary education and training
2. Fundamental principles of kinesiology
3. Introduction to the sub-disciplines
 - a. Motor learning/control
 - b. Motor development
 - c. Biomechanics
 - d. Exercise physiology
 - e. Social psychological foundations

- f. Sport nutrition
- 4. Scientific foundations
 - a. Sociological
 - b. Psychological
 - c. Physiological
- 5. Physical education programs
 - a. Activity programs
 - b. Adapted programs
 - c. Athletic programs
- 6. Physical fitness
 - a. Need for physical education
 - b. Testing programs
 - c. Physical education
 - d. Leisure time
- 7. Historical background
 - a. Early
 - b. American
- 8. Futuristic trends in kinesiology
- 9. Overview of basic movement forms of:
 - a. Sport
 - b. Dance
 - c. exercise

V. Assignments

A. Appropriate Readings

Journals, Manuals, Reference books, Websites including CAHPERD Journal, HPENR Journal

B. Written Assignments

Written evaluations and critiques of physical education programs; personal philosophy statement; career project or writing assignment; and timeline project.

C. Expected Outside Assignments

Students will be required to complete two hours of outside class homework for each hour of lecture. Observe various physical education programs in a variety of community settings. Written evaluation and critiques of observed programs. Out of class readings. Interview area professionals, and prepare written and/or oral summations.

D. Specific Assignments that Demonstrate Critical Thinking

Students will be required to apply the concepts of physical education to real life observations and present a critical written and/or oral analysis of observed programs. Students will analyze and evaluate futuristic trends and apply them through written and/or oral presentations.

VI. Methods of Evaluation

Traditional Classroom Delivery

Written assignments and multi-format written exams evaluating student knowledge and understanding of course concepts. Written assignments will include completion of a career project or similar writing assignment, completion of a personal philosophy statement for a lifetime of physical fitness, and completion of a timeline of physical activity project, essay or similar assignment.

Online Evaluation

Same as face-to-face instruction including a variety of evaluation methods such as: research papers, asynchronous and synchronous discussions (chat/forum), exercises/assignments, online quizzes and exams, and postings to online website.

Hybrid Evaluation

A combination of traditional classroom and online evaluations will be used. Traditional Classroom: exercises/assignments, objective examinations and essay examinations. Online delivery: exercises/assignments, online quizzes and exams, essay forum postings, and chat rooms.

VII. Methods of Delivery

Check those delivery methods for which, this course has been separately approved by the Curriculum/Academic Standards Committee.

Traditional Classroom Delivery Correspondence Delivery

Hybrid Delivery

Online Delivery

Traditional Classroom Delivery

Lecture, demonstration, guest speakers, discussion and observations.

Online Delivery

Online instruction will be utilized. 51 hours will be instructed online through the technology platform adopted by the District. Online delivery will consist of participation in forum-based discussions and posts, web links, email communications, lecture posts, exams and online lectures. Adding extra resources and other media sources as appropriate.

Hybrid Delivery

A combination of traditional classroom and online instruction will be utilized. 34 hours will be taught face-to-face by the instructor and the other 17 hours will be instructed online through the technology platform adopted by the District. Traditional class instruction will consist of exercises/assignments, lectures, visual aids, and practice exercises. Online delivery will consist of exercises/assignments, lecture posts, discussions, adding extra resources and other media sources as appropriate.

VIII. Representative Texts and Supplies

Siedentop, D., *"Introduction to Physical Education, Fitness, and Sport"*, 11th edition, 2020, McGraw-Hill, Humanities/Social Sciences/Languages, ISBN: 9781260838442

IX. Discipline/s Assignment

Physical Education

X. Course Status

Current Status: Active

Original Approval Date: 10/19/1995

Board Approved: 08/21/2012

Chancellor's Office Approved: 11/29/2012

Revised By: Carie Nyman

Curriculum/Academic Standards Committee Revision Date: 11/15/2019

Reviewed for IPR with no change: 03/15/2022