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Kinesiology (KINE) 1500 Introduction to Kinesiology (3 Units) CSU:UC

Advisory: Eligibility for English 1000 and Reading 1005 strongly recommended.

Total Hours: 48 hours Lecture

Catalog Description: This course is an introduction to the discipline of human physical activity. This course will analyze the three ways to learn about physical activity: experiencing physical activity, the scholarly study of physical activity and the professional practice of physical activity. Topics to be covered include the importance of physical activity, the history, sociology and philosophy of physical activity, the biomechanics and physiology of physical activity and the various professions in physical activity. C-ID: KIN 100

Type of Class/Course: Degree Credit

Text: Hoffman, Shirley J. *Introduction to Kinesiology: Studying Physical Activity*. 4th ed. Champaign: Human Kinetics, 2013. Print.

Additional Materials: None

Course Objectives:

By the end of the course, a successful student will be able to:

1. identify the basic concepts of Kinesiology,
2. describe the historical, ethical, and philosophical foundations of kinesiology,
3. identify the fundamental concepts of basic movements,
4. identify the relationship between physical activity and the conceptual foundations of the sub-disciplines,
5. identify the pathways and requirements for career opportunities.

Course Scope and Content:

Unit I: Introduction - Introduction to Kinesiology and Physical Activity

- A. Developing and understanding of kinesiology
- B. Physical activity: the focus of kinesiology
- C. What are physical activity and kinesiology
- D. Exercise and skilled movement
- E. Scholarly study of physical activity
- F. Practicing and physical activity profession

Unit II: Experiencing Physical Activity

- A. The spheres of physical activity experience
- B. The importance of physical activity experiences
- C. The importance of subjective experiences in physical activity

Unit III: Scholarly Study of Physical Activity

- A. Philosophy of physical activity
- B. History of physical activity
- C. Sociology of physical activity
- D. Motor behavior
- E. Sport and exercise psychology
- F. Biomechanics of physical activity
- G. Physiology of physical activity

Unit IV: Practicing a profession in Physical Activity

- A. Becoming a physical activity professional
- B. Careers in health and fitness
- C. Careers in therapeutic exercise
- D. Careers in teaching physical education
- E. Careers in coaching and sport instruction
- F. Careers in sport management

Learning Activities Required Outside of Class:

The students in this class will spend a minimum of 6 hours per week outside of the regular class time doing the following:

1. Studying
2. Answering questions
3. Required reading
4. Written work
5. Observing or participating in an activity related to the course content

Methods of Instruction:

1. Lecture
2. Class discussion
3. Audio-Visual Aids
4. Use of the texts online study guide and supplemental material
5. Assigned reading from text
6. Discussion and presentations with Kinesiology professionals

Methods of Evaluation:

1. Exams and quizzes
2. Development of a personal portfolio that describes pathways and requirements for their selected career
3. Homework assignments
4. Research Projects