

Course Outline of Record Report

10/12/2021

KINSC101 : Introduction to Kinesiology

General Information

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Course Code (CB01) :	KINSC101
Course Title (CB02) :	Introduction to Kinesiology
Department:	Physical Education
Proposal Start:	Fall 2018
TOP Code (CB03) :	(1270.00) Kinesiology
SAM Code (CB09) :	Non-occupational
Distance Education Approved:	Yes
Course Control Number (CB00) :	CCC000214199
Curriculum Committee Approval Date:	04/27/2018
Board of Trustees Approval Date:	06/14/2018
External Review Approval Date:	10/31/2018
Course Description:	This course examines the history and trends in physical education, kinesiology, fitness, and sport. Areas covered include an orientation to major sub-fields such as exercise physiology, biomechanics, motor learning, sport sociology, and exercise psychology. In addition lifelong understanding and development of the Kinesiology professional as integrated physiological, social, and psychological will be discussed. The course also explores available career opportunities and pathways in the areas of allied health, sport, fitness, physical therapy, teaching, and coaching.
Submission Type:	Improvement to Program of Study Changing course number system, adding SLO to better fit needs of program and college.
Author:	No value

Faculty Minimum Qualifications

Master Discipline Preferred:	<ul style="list-style-type: none"> • Kinesiology • Physical Education
Alternate Master Discipline Preferred:	<ul style="list-style-type: none"> • Physical Education
Bachelors or Associates Discipline Preferred:	No value
Additional Bachelors or Associates Discipline Preferred:	No value

Course Development Options

Basic Skills Status (CB08)

Course Special Class Status (CB13)

Grade Options

Course is not a basic skills course.

Course is not a special class.

- Pass/No Pass
- Letter Grade Methods

Allow Students to Gain Credit by Exam/Challenge

Allowed Number of Retakes

0

Course Prior To College Level (CB21)

One level below transfer.

Rationale For Credit By Exam/Challenge

No value

Retake Policy Description

Type:|Non-Repeatable Credit

Allow Students To Audit Course

Course Support Course Status (CB26)

No value

Associated Programs

Course is part of a program (CB24)

Associated Program

Award Type

Active

CC Kinesiology for Transfer

A.A. Degree for Transfer

Spring 2018 to Fall 2018

Transferability & Gen. Ed. Options

Course General Education Status (CB25)

No value

Transferability

Transferable to both UC and CSU

Transferability Status

Approved

CSU General Education Certification

Area E.2

Categories

Lifelong Learning & Self-Development Activity

Status

Approved

Approval Date

04/27/2021

Comparable Course

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Cerro Coso General Education Requirements

Area 7.1

Categories

Health & Wellness Wellness

Status

Approved

Approval Date

04/27/2018

Comparable Course

No Comparable Course defined.

Units and Hours

Summary

Minimum Credit Units (CB07)

3

Maximum Credit Units (CB06)	3
Total Course In-Class (Contact) Hours	54
Total Course Out-of-Class Hours	108
Total Student Learning Hours	162
Faculty Load	0

Credit / Non-Credit Options

Course Credit Status (CB04)

Credit - Degree Applicable

Course Non Credit Category (CB22)

Credit Course.

Non-Credit Characteristic

No Value

Course Classification Status (CB11)

Credit Course.

Variable Credit Course

Funding Agency Category (CB23)

Not Applicable.

Cooperative Work Experience Education Status (CB10)

Weekly Student Hours

	In Class	Out of Class
Lecture Hours	3	6
Laboratory Hours	0	0
Activity Hours	0	0

Course Student Hours

Course Duration (Weeks)	18
Hours per unit divisor	54
Course In-Class (Contact) Hours	
Lecture	54
Laboratory	0
Activity	0
Total	54

Course Out-of-Class Hours

Lecture	108
Laboratory	0
Activity	0
Total	108

Time Commitment Notes for Students

No value

Faculty Load

Extra Duties: 0

Faculty Load: 0

Units and Hours - Weekly Specialty Hours

Activity Name	Type	In Class	Out of Class
No Value	No Value	No Value	No Value

Pre-requisites, Co-requisites, Anti-requisites and Advisories

No Value

Entrance Skills

Entrance Skills	Description
No value	No value

Limitations on Enrollment

Limitations on Enrollment	Description
No value	No value

Specifications

Methods of Instruction

Methods of Instruction	Discussion
Rationale	No value

Methods of Instruction	Group Work
Rationale	No value

Methods of Instruction	In-class writing
Rationale	No value

Methods of Instruction	Instruction through examination or quizzing
Rationale	No value
Methods of Instruction	Lecture
Rationale	No value
Methods of Instruction	Peer analysis, critique & feedback
Rationale	No value
Methods of Instruction	Presentations (by students)
Rationale	No value
Methods of Instruction	Project-based learning
Rationale	No value
Methods of Instruction	Written work
Rationale	No value
Assignments Readings - Assigned readings from the course textbook. example: "read pages 65 - 94. Be prepared to critically discuss the impact and importance of physical activity." Research Paper - a 1000 word essay analyzing "physical activity and its relationship to injury and efficiency in the workplace environment". Students will be expected to provide a minimum of three outside references.	
Methods of Evaluation	Rationale
Other	Student presentation - a five minute oral or written presentation (accompanying materials - power point slides, handout materials prepared by the student, etc. are permitted). Topic must be approved by the instructor. Presentation content, style, and accuracy will be graded by class members.
Other	Development of a personal portfolio that describes the pathways and requirements for their own selected career.
Tests	Exams and quizzes - five subjective exams and five objective quizzes. Each is worth 5% of final course grade.
Equipment	
No Value	
Textbooks	

Author	Title	Publisher	Date	ISBN
	Hoffman, S. J.. (2016) Introduction to Kinesiology, 5th Edition,, Human Kinetics			
Other Instructional Materials				
No Value				
Materials Fee				
No				

Learning Outcomes and Objectives

Course Objectives

No value

CSLOs

Describe the historical, ethical, and philosophical foundations of Kinesiology.

Expected SLO Performance: 70.0

Analyze the fundamental concepts of basic human movements.

Expected SLO Performance: 70.0

ISLOs
Core ISLOs

Students who are completing a program will be able to access, evaluate, and effectively use information.

Students who are completing a program will be able to think critically and creatively and apply reasoning.

Identify the importance of physical activity in daily life and its implications for the discipline of Kinesiology.

Expected SLO Performance: 70.0

Discuss the relationship between performance in the movement forms of sport, dance, and exercise and the conceptual foundations of the sub-disciplines.

Expected SLO Performance: 70.0

Examine the pathways, requirements, ethics and professional expectations of careers in kinesiology.

Expected SLO Performance: 70.0

ISLOs
Core ISLOs

Students who are completing a program will be prepared to engage in responsible citizenship at various levels.

Discuss the kinesiology professional as an integrated physiological, social, and psychological being and how this affects their lifelong wellness in both the professional and personal realms.

Expected SLO Performance: 70.0

ISLOs
Core
ISLOs

Students who are completing a program will be able to communicate ideas, perspectives, and values clearly and persuasively while listening to others openly

Outline

Course Outline

I. Introduction to Kinesiology and Physical Activity

- a. Focus of Kinesiology
 - 1. Developing an understanding
 - 2. Skilled movements
- b. Physical Activity
 - 1. Exercise types
 - 2. Exertion

II. Experiencing physical activity

- a. The spheres of physical activity experience
 - 1. Self-sufficiency
 - 2. Self-expression
 - 3. At work
 - 4. Education
 - 5. Leisure
 - 6. Health
 - 7. Competition
- b. The importance of physical activity experiences
 - 1. Types and amounts of performance experiences
 - 2. Impact of quality and quantity on physical activity
 - 3. Critical components of physical activity
 - 4. Impact of heredity and life experiences
- c. The importance of subjective experiences
 - 1. Truths regarding sports and exercise
 - 2. Components of subjective experiences
 - 3. Intrinsic and extrinsic approaches
 - 4. Factors impacting our enjoyment of physical activity

III. Scholarly study of physical activity

- a. Philosophy of physical activity
 - 1. Introduction to philosophic thinking
 - 2. Basic research methods in physical activity
 - 3. History of physical activity
 - 4. History of Kinesiology
 - 5. Sociology of physical activity and the professional
- b. Motor behavior
 - 1. Role of the motor behaviorist
 - 2. Basic research strategies
 - 3. Elementary principles of motor behavior
 - 4. Developmental motor learning and control
- c. Sport and exercise psychology
 - 1. Goals of sport/exercise psychology
 - 2. Relationship of sport psychology and Kinesiology
 - 3. History of exercise psychology
 - 4. Review of basic psychological concepts
- d. Biomechanics of physical activity
 - 1. Purpose of biomechanics
 - 2. Basic research methods
 - 3. History
 - 4. Examples of current studies
- e. Physiology of physical activity
 - 1. Purposes of Physiology
 - 2. Overview of basic concepts of Physiology
 - 3. Historical perspective

IV. Practicing a profession in physical activity

- a. Becoming a professional
 - 1. Personal values and professional conduct
 - 2. Qualifications for a career
 - 3. Ethical dilemmas
 - 4. Social, psychological, and personal aspects of the profession.

- b. Careers in health and fitness
 1. Health and fitness professions
 2. Health and fitness settings
 3. Marketplace trends and opportunities
 4. Certification and continuing education
 5. Bachelors/Masters degrees?
- c. Careers in therapeutic exercise
 1. Therapeutic Exercise Settings
 2. Examples of professions in therapeutic exercise
 3. Qualifications
 4. Opportunities for employment
- d. Teaching physical education
 1. Overview of the teaching profession
 2. Certification
 3. Examine what effective teachers do
 4. Teaching settings
 5. Professional roles
 6. Preparing for a career
 7. Prospects and opportunities
- e. Sport management
 1. The profession
 2. Job settings
 3. Professional roles
 4. Career preparation

Delivery Methods and Distance Education

Delivery Method: Please list all that apply -Face to face -Online (purely online no face-to-face contact) -Online with some required face-to-face meetings ("Hybrid") -Online course with on ground testing -iTV – Interactive video = Face to face course with significant required activities in a distance modality -Other

Face 2 Face
 Online
 Hybrid
 Interactive

Rigor Statement: Assignments and evaluations should be of the same rigor as those used in the on-ground course. If they are not the same as those noted in the COR on the Methods of Evaluation and out-of-class assignments pages, indicate what the differences are and why they are being used. For instance, if labs, field trips, or site visits are required in the face to face section of this course, how will these requirements be met with the same rigor in the Distance Education section?

All assignments in distance education courses (online, hybrid and iTV) of KINS 101 are the same as those in the on-ground course, except that students in purely online sections will submit all of their assignments virtually, and students in hybrid sections will submit some of their assignments virtually. Instructor evaluation of student work in distance education courses is the same as in the on-ground course, except that evaluation of student work in online and hybrid courses is presented virtually. Instead of onsite lectures, hybrid and online courses will use videos and written lecture notes.

Effective Student-Instructor Contact: Good practice requires both asynchronous and synchronous contact for effective contact. List the methods expected of all instructors teaching the course. -Learning Management System -Discussion Forums -Moodle Message -Other Contact -Chat/Instant Messaging -E-mail -Face-to-face meeting(s) -Newsgroup/Discussion Board -Proctored Exam -Telephone -iTV -Interactive Video -Other (specify)

discussion forums
learning management system message
chat
email

Software and Equipment: What additional software or hardware, if any, is required for this course purely because of its delivery mode? How is technical support to be provided?

No Value

Accessibility: Section 508 of the Rehabilitation Act requires access to the Federal government's electronic and information technology. The law covers all types of electronic and information technology in the Federal sector and is not limited to assistive technologies used by people with disabilities. It applies to all Federal agencies when they develop, procure, maintain, or use such technology. Federal agencies must ensure that this technology is accessible to employees and the public to the extent it does not pose an "undue burden". I am using -iTV—Interactive Video only -Learning management system -Publisher course with learning management system interface.

itv
learning management system
publisher

Class Size: Good practice is that section size should be no greater in distance ed modes than in regular face-to-face versions of the course. Will the recommended section size be lower than in on-ground sections? If so, explain why.

No Value