

KIN 100: INTRODUCTION TO KINESIOLOGY

Citrus College Course Outline of Record

| Heading | Value |
|-----------------------------|----------------------------|
| Effective Term: | Fall 2023 |
| Credits: | 3 |
| Total Contact Hours: | 54 |
| Lecture Hours : | 54 |
| Lab Hours: | 0 |
| Hours Arranged: | 0 |
| Outside of Class Hours: | 108 |
| Strongly Recommended: | ENGL 101. |
| District General Education: | E2. Fitness/Health Science |
| Transferable to CSU: | Yes |
| Transferable to UC: | Yes - Approved |
| Grading Method: | Standard Letter |

Catalog Course Description

This course introduces the interdisciplinary approach to the study of human movement and the significance of movement in daily life. In the course, students will explore an overview of the sub-disciplines of the field along with related career opportunities such as: sports fitness industry, allied health (physical/occupational/recreational therapy), sport/fitness management, and teaching/coaching. 54 lecture hours.

Course Objectives

- Describe the historical, ethical, and philosophical foundations of Kinesiology
- Identify and analyze the fundamental concepts and scientific foundations of Kinesiology
- Demonstrate an understanding of the objectives and the conceptual foundations of the sub-disciplines of Kinesiology: biomechanics, exercise physiology, history, motor learning/control/development, nutrition, pedagogy, philosophy, psychology, and sociology.
- Identify the fundamental concepts of basic movements and the relationship between performance in the movement forms of sport, dance, and exercise
- Evaluate the role of the discipline as it applies to modern society
- Identify the preparation necessary for career pathways and requirements in the discipline, including professions of allied health, athletic training, coaching, sport management, sport information, personal training, fitness, teaching, and coaching

Major Course Content

COURSE CONTENT

1. Nature and Scope of Kinesiology

- a. The meaning and basic concepts of kinesiology
- b. The services rendered by professionals in the field of Kinesiology
- c. The settings for Kinesiology-based activities

- d. The need for professionals trained in the discipline as applied to the needs of society

2. The Subdisciplines

- a. Exercise Physiology
- b. Nutrition for Sport and Exercise
- c. Motor Behavior/learning/control/development
- d. Exercise and Sport Psychology
- e. Biomechanics
- f. Athletic Training
- g. Sociology of Physical Activity
- h. Health Education & Health Promotion
- i. Pedagogy

3. History, Philosophy, and Sociology of Kinesiology

- a. Historical development of the field
- b. Sociological impact of the discipline within sport, fitness and across cultures
- c. The role of professionals in general education over the past 100 years.
- d. Early times to modern European
- e. Modern European to present

4. Scientific Foundation of Kinesiology

- a. Biological interpretations of best practices in the field
- b. Assessment techniques across different activity & skill levels
- c. Overview of basic movement forms of sport, exercise, and dance

5. Career and Professional Development

- a. The qualifications of Kinesiology personnel
- b. Career and professional pathways
 - i. Allied Health
 - ii. Athletic Training/sports medicine/therapy
 - iii. Coaching/sport instruction
 - iv. Sport management
 - v. Sport information
 - vi. Personal training/Strength and Conditioning
 - vii. Fitness
 - viii. Teaching/higher education
 - ix. Research

- c. Academic Preparation of Kinesiology personnel
- d. Professional organizations
- e. Certification requirements for employment

Suggested Reading Other Than Required Textbook

Instructor Developed Content

Examples of Required Writing Assignments

Write essays Research papers Lab reports Journals

Examples of Outside Assignments

Teaching/ Lesson Plans Essays - Topics include motor learning, biomechanics, sport psychology, sport history etc. Develop a teaching practicum used to teach course curriculum.

Instruction Type(s)

Lecture, Online Education Lecture