

# KIN R100: INTRODUCTION TO KINESIOLOGY

**Originator**

rulrich

**Co-Contributor(s)**
**Name(s)**

Frehlich , Dianne (dfrehlich)

**College**

Oxnard College

**Discipline (CB01A)**

KIN - Kinesiology

**Course Number (CB01B)**

R100

**Course Title (CB02)**

Introduction to Kinesiology

**Banner/Short Title**

Intro to Kinesiology

**Credit Type**

Credit

**Start Term**

Fall 2021

**Formerly**

HED R110 - Intro to Kinesiology

**Catalog Course Description**

This is an introductory course that surveys various disciplines related to the study of human movement. Students will examine the areas of history, sociology, biomechanics, physiology, and psychology as they relate to the sport and exercise environment. In addition, students will explore career pathways involving the study of human movement, teaching, research, and professional practice. C-ID: KIN 100.

**Taxonomy of Programs (TOP) Code (CB03)**

1270.00 - Kinesiology

**Course Credit Status (CB04)**

D (Credit - Degree Applicable)

**Course Transfer Status (CB05) (select one only)**

A (Transferable to both UC and CSU)

**Course Basic Skills Status (CB08)**

N - The Course is Not a Basic Skills Course

**SAM Priority Code (CB09)**

E - Non-Occupational

**Course Cooperative Work Experience Education Status (CB10)**

N - Is Not Part of a Cooperative Work Experience Education Program

**Course Classification Status (CB11)**

Y - Credit Course

**Educational Assistance Class Instruction (Approved Special Class) (CB13)**

N - The Course is Not an Approved Special Class

**Course Prior to Transfer Level (CB21)**

Y - Not Applicable

**Course Noncredit Category (CB22)**

Y - Credit Course

**Funding Agency Category (CB23)**

Y - Not Applicable (Funding Not Used)

**Course Program Status (CB24)**

1 - Program Applicable

**General Education Status (CB25)**

Y - Not Applicable

**Support Course Status (CB26)**

N - Course is not a support course

**Field trips**

May be required

**Grading method**

Letter Graded

**Does this course require an instructional materials fee?**

No

**Repeatable for Credit**

No

**Is this course part of a family?**

No

**Units and Hours**

**Carnegie Unit Override**

No

**In-Class**

**Lecture**

**Minimum Contact/In-Class Lecture Hours**

52.5

**Maximum Contact/In-Class Lecture Hours**

52.5

**Activity**

**Laboratory**

**Total in-Class**

**Total in-Class**

**Total Minimum Contact/In-Class Hours**

52.5

**Total Maximum Contact/In-Class Hours**

52.5

**Outside-of-Class****Internship/Cooperative Work Experience**

Paid

Unpaid

**Total Outside-of-Class****Total Outside-of-Class****Minimum Outside-of-Class Hours**

105

**Maximum Outside-of-Class Hours**

105

**Total Student Learning****Total Student Learning****Total Minimum Student Learning Hours**

157.5

**Total Maximum Student Learning Hours**

157.5

**Minimum Units (CB07)**

3

**Maximum Units (CB06)**

3

**Student Learning Outcomes (CSLOs)****Upon satisfactory completion of the course, students will be able to:**

- |   |   |
|---|---|
| 1 | Explain the importance of physical activity in daily life & the implications of this for the discipline of kinesiology as demonstrated by Exam 1 score.                                       |
| 2 | Successfully complete the VO2max exercise physiology lab using the knowledge acquired in the second Unit of Intro to kinesiology course   |
| 3 | Identify the nature and demands of professional occupations, the career options available to students graduating from departments of kinesiology, and the qualifications associated with each |

**Course Objectives****Upon satisfactory completion of the course, students will be able to:**

- |   |  |
|---|--|
| 1 | Describe and explain the scholarly study of human movement and its significance to our understanding of physical activity.             |
| 2 | Assess the importance of physical activity in our daily lives (e.g., recreation, self-expression, health, competition).                |
| 3 | Differentiate among the subdisciplines of kinesiology (e.g., history, biomechanics, philosophy).                                       |
| 4 | Evaluate various professional practice opportunities including health and fitness, physical education, coaching, and sport management. |
| 5 | Examine future trends and directions of kinesiology and physical activity.   |

## Course Content

### Lecture/Course Content

1. Kinesiology defined
  - a. Experiential knowledge
  - b. Theroretical knowledge
  - c. Professional practice knowledge
2. Experience physical activity
  - a. Self-sufficiency
  - b. Self-expression
  - c. Leisure and health
3. Subdisciplines of kinesiology
  - a. Philosophy
  - b. History
  - c. Psychology
  - d. Biomechanics
  - e. Physiology
4. Professional practice
  - a. Health and fitness
  - b. Physical education
  - c. Coaching and sport instruction
  - d. Sport management
5. Future direction of kinesiology

### Laboratory or Activity Content

None.

## Methods of Evaluation

**Which of these methods will students use to demonstrate proficiency in the subject matter of this course? (Check all that apply):**

Problem solving exercises  
Written expression

**Methods of Evaluation may include, but are not limited to, the following typical classroom assessment techniques/required assignments (check as many as are deemed appropriate):**

Essays  
Group projects  
Individual projects  
Journals  
Objective exams  
Oral presentations  
Projects  
Problem-Solving Assignments  
Quizzes  
Reports/papers  
Research papers

## Instructional Methodology

**Specify the methods of instruction that may be employed in this course**

Audio-visual presentations  
Class activities  
Class discussions  
Case studies  
Distance Education  
Group discussions  
Instructor-guided interpretation and analysis  
Instructor-guided use of technology  
Internet research  
Lecture  
Small group activities

**Describe specific examples of the methods the instructor will use:**

1. Lecture with audiovisual presentation on subdiscipline topics, such as biomechanics.
2. Case Studies: Ethics in sports
3. Discussion: Gender in Sports Media
4. Videos: Movement Analysis
5. Optional field trips to facilities that apply the discipline of kinesiology, such as physical therapy clinics.
6. Guest speakers: practitioners of subdisciplines, such as sports psychologists.
7. Writing project: Definition of Kinesiology,
8. Observational Assessments: Motor Development Observation and Analysis

**Representative Course Assignments****Writing Assignments**

1. Chapter assignments including questions from the chapter and/or relevant topics for each chapter
2. Chapter review sheets
3. Personal goals journal and career pathway presentation or a term paper (10 page minimum) utilizing APA style covering an area of a Kinesiology subdiscipline and/or career in the field
4. Portfolio outside of Health Education/Physical Education observing/assisting at a school or fitness center
5. Group project

**Critical Thinking Assignments**

1. Analysis of movement to apply the principles of physics to human movement as a demonstration of biomechanics.

**Reading Assignments**

1. Read assigned text and be prepared to discuss in class
2. Read and critique professional journal articles as assigned

**Other assignments (if applicable)**

1. Practicum to lead a class, group, and/or team through a specified training

**Outside Assignments****Representative Outside Assignments**

1. Reading
  - a. Read assigned text and be prepared to discuss in class
  - b. Read and critique professional journal articles as assigned
2. Writing
  - a. Chapter assignments including questions from the chapter and/or relevant topics for each chapter
  - b. Chapter review sheets
  - c. Personal goals journal and career pathway presentation or a term paper (10 page minimum) utilizing APA style covering an area of a Kinesiology sub discipline and/or career in the field
  - d. Portfolio outside of Health Education/Physical Education observing/assisting at a school or fitness center e. Group project
3. Practicum to lead a class, group, and/or team through a specified training

**Articulation****C-ID Descriptor Number**

KIN 100

**Status**

Approved

**Comparable Courses within the VCCCD**

KIN M01 - Introduction to Kinesiology  
 KIN V81 - Fundamentals of Kinesiology

## District General Education

A. Natural Sciences

B. Social and Behavioral Sciences

C. Humanities

D. Language and Rationality

E. Health and Physical Education/Kinesiology

F. Ethnic Studies/Gender Studies

## CSU GE-Breadth

Area A: English Language Communication and Critical Thinking

Area B: Scientific Inquiry and Quantitative Reasoning

Area C: Arts and Humanities

Area D: Social Sciences

Area E: Lifelong Learning and Self-Development

CSU Graduation Requirement in U.S. History, Constitution and American Ideals:

## IGETC

Area 1: English Communication

Area 2A: Mathematical Concepts & Quantitative Reasoning

Area 3: Arts and Humanities

Area 4: Social and Behavioral Sciences

Area 5: Physical and Biological Sciences

Area 6: Languages Other than English (LOTE)

## Textbooks and Lab Manuals

### Resource Type

Textbook

### Description

Hoffman, S.J. (2017). *Introduction to Kinesiology* (5th). Champaign, IL Human Kinetics.

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### Resource Type

Other Resource Type

### Description

Research Quarterly, Journal of Health, Physical Education and Recreation.

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### Resource Type

Other Instructional Materials

**Description**

Online sites such as CDC and Prevention, U.S. Bureau of Labor Statistics and O\*Net.

**Distance Education Addendum****Definitions****Distance Education Modalities**

Hybrid (51%–99% online)  
 Hybrid (1%–50% online)  
 100% online

**Faculty Certifications**

Faculty assigned to teach Hybrid or Fully Online sections of this course will receive training in how to satisfy the Federal and state regulations governing regular effective/substantive contact for distance education. The training will include common elements in the district-supported learning management system (LMS), online teaching methods, regular effective/substantive contact, and best practices.

Yes

Faculty assigned to teach Hybrid or Fully Online sections of this course will meet with the EAC Alternate Media Specialist to ensure that the course content meets the required Federal and state accessibility standards for access by students with disabilities. Common areas for discussion include accessibility of PDF files, images, captioning of videos, Power Point presentations, math and scientific notation, and ensuring the use of style mark-up in Word documents.

Yes

**Regular Effective/Substantive Contact****Hybrid (1%–50% online) Modality:**

Method of Instruction	Document typical activities or assignments for each method of instruction
E-mail	E-mail, class announcements and various learning management system tools such as “Message Students Who” and “Assignment Comments”, will be used to regularly communicate with all students on matters such as clarification of class content, reminders of upcoming assignments and/or course responsibilities, to provide prompt feedback to students on coursework to facilitate student learning outcomes, or to increase the role of an individual educator in the academic lives of a student. Students will be given multiple ways to email instructor through both the learning management system inbox and district-provided email accounts.
Asynchronous Dialog (e.g., discussion board)	Regular use of asynchronous discussion boards will encourage various types of interaction and critical thinking skills among all course participants. Questions and topics posed will allow students to discuss, compare and contrast, identify, and analyze elements of the course content. Other discussion boards may be used for Q&A and general class discussion by students and instructor to facilitate student success and strengthen student learning outcomes.
Other DE (e.g., recorded lectures)	A variety of ADA compliant tools and media integrated within the learning management system to help students reach competency. Tools may include: recorded lectures, narrated slides, screencasts, online library resources, 3rd party (publisher-created) tools, websites and blogs, multimedia and streaming platforms like YouTube, Films on Demand, 3CMedia, Khan Academy, etc.

**Hybrid (51%–99% online) Modality:**

<b>Method of Instruction</b>	<b>Document typical activities or assignments for each method of instruction</b>
E-mail	E-mail, class announcements and various learning management system tools such as “Message Students Who” and “Assignment Comments”, will be used to regularly communicate with all students on matters such as clarification of class content, reminders of upcoming assignments and/or course responsibilities, to provide prompt feedback to students on coursework to facilitate student learning outcomes, or to increase the role of an individual educator in the academic lives of a student. Students will be given multiple ways to email instructor through both the learning management system inbox and district-provided email accounts.
Asynchronous Dialog (e.g., discussion board)	Regular use of asynchronous discussion boards will encourage various types of interaction and critical thinking skills among all course participants. Questions and topics posed will allow students to discuss, compare and contrast, identify, and analyze elements of the course content. Other discussion boards may be used for Q&A and general class discussion by students and instructor to facilitate student success and strengthen student learning outcomes.
Other DE (e.g., recorded lectures)	A variety of ADA compliant tools and media integrated within the learning management system to help students reach competency. Tools may include: recorded lectures, narrated slides, screencasts, online library resources, 3rd party (publisher-created) tools, websites and blogs, multimedia and streaming platforms like YouTube, Films on Demand, 3CMedia, Khan Academy, etc.
Synchronous Dialog (e.g., online chat)	A set time each week may be provided when the instructor is available for synchronous chat to answer questions.

**100% online Modality:**

<b>Method of Instruction</b>	<b>Document typical activities or assignments for each method of instruction</b>
E-mail	E-mail, class announcements and various learning management system tools such as “Message Students Who” and “Assignment Comments”, will be used to regularly communicate with all students on matters such as clarification of class content, reminders of upcoming assignments and/or course responsibilities, to provide prompt feedback to students on coursework to facilitate student learning outcomes, or to increase the role of an individual educator in the academic lives of a student. Students will be given multiple ways to email instructor through both the learning management system inbox and district-provided email accounts.
Asynchronous Dialog (e.g., discussion board)	Discussion boards, reading responses, case studies, application activities, research papers
Other DE (e.g., recorded lectures)	A variety of ADA compliant tools and media integrated within the learning management system to help students reach competency. Tools may include: recorded lectures, narrated slides, screencasts, online library resources, 3rd party (publisher-created) tools, websites and blogs, multimedia and streaming platforms like YouTube, Films on Demand, 3CMedia, Khan Academy, etc.
Video Conferencing	Video tools such as ConferZoom may be used to provide live synchronous or asynchronous sessions with students. ADA compliance will be upheld with Closed Captioning during the session or of the recorded session. Student-to-student group meetings will also be encouraged.
Synchronous Dialog (e.g., online chat)	A set time each week may be provided when the instructor is available for synchronous chat to answer questions.

Face to Face (by student request; cannot be required)

Face to Face (by student request; cannot be required)

The instructor may hold regularly scheduled office hours either in person or via-web conferencing, for students to be able to meet and discuss course materials or individual progress. Students can request additional in-person or web conferencing meetings with faculty member as needed. Faculty may encourage online students to form "study groups" in person or online.

## Examinations

### Hybrid (1%–50% online) Modality

Online

### Hybrid (51%–99% online) Modality

Online

## Primary Minimum Qualification

HEALTH

## Additional Minimum Qualifications

### Minimum Qualifications

Kinesiology

## Review and Approval Dates

### Department Chair

09/17/2020

### Dean

09/17/2020

### Technical Review

09/23/2020

### Curriculum Committee

09/23/2020

### DTRW-I

10/08/2020

### Curriculum Committee

10/14/2020

### Board

11/10/2020

### CCCCO

MM/DD/YYYY

### Control Number

CCC000544127

### DOE/accreditation approval date

MM/DD/YYYY