

**CUYAMACA COLLEGE**  
**COURSE OUTLINE OF RECORD**

**EXERCISE SCIENCE 250 – INTRODUCTION TO KINESIOLOGY**

3 hours lecture, 3 units

**Catalog Description**

Introduction to the interdisciplinary approach to the study of human movement. An overview of the concepts within and importance of the sub-disciplines in kinesiology will be discussed, along with career opportunities in the areas of teaching, coaching, allied health, dietetic, and fitness professions.

**Prerequisite**

None

**Course Content**

- 1) What is Kinesiology?
  - a. Historical foundations
  - b. Significance of physical activity and role in contemporary society
  - c. Emerging issues
  - d. Basic concepts
    1. Physical activity
    2. Health promotion and disease prevention initiatives
    3. Interdisciplinary nature (range of sciences including nutrition and behavior change theories)
- 2) Scientific Principles
  - a. Types of research: qualitative and quantitative
  - b. Information literacy in kinesiology: validity and reliability
  - c. Using references in kinesiology
  - d. Ethics
- 3) Basic concepts and terminology within the sub-disciplines of kinesiology
  - a. Motor behavior, motor learning/control, motor development, and the basic movement forms for sport, dance, and exercise.
  - b. Philosophy
  - c. Sociology
  - d. Biomechanics
  - e. Physiology: physical activity assessment and
  - f. Sports Nutrition and dietary recall methods
  - g. Sport and exercise psychology
  - h. Pedagogy
- 4) Pathways and career opportunities
  - a. Undergraduate program planning
  - b. Fitness, wellness, and nutrition careers
  - c. Rehabilitation and allied health careers
  - d. Teaching and coaching careers
  - e. Administrative and sport management careers

**Course Objectives**

Students will be able to:

- 1) Describe the historical, philosophical and ethical foundations of kinesiology and its modern sub-disciplines incorporating the use of appropriate and current vocabulary.

- 2) Define the basic concepts of kinesiology, incorporating evaluation and synthesis of current research from reliable sources.
- 3) Describe the sub-disciplines of kinesiology: motor behavior, motor learning/control, motor development, and the basic movement forms for sport, dance, and exercise, biomechanics, exercise physiology, psychological/social foundations, pedagogy, including theories of behavior change and health maintenance through the lifespan.
- 4) Explain the importance of physical activity and nutrition (assessment and prescription) and the relationship among the sub-disciplines.
- 5) Identify pathways and requirements for career opportunities in the field, including tenets of professional-level job performance.

### **Method of Evaluation**

A grading system will be established by the instructor and implemented uniformly. Grades will be based on demonstrated proficiency in subject matter determined by multiple measurements for evaluation, one of which must be written exams, skills demonstration or, where appropriate, the symbol system.

- 1) Written examinations that measure students' ability to appraise, identify, explain, describe and/or provide examples of the role of physical education in past, present, and future society.
- 2) Student reports reviewing most recent research in the field including criticism of the relevancy of the research in light of current fitness and health needs of the public.
- 3) Written assignments including, but not limited to, report of informational interview with professional in the field and creation of a potential portfolio of leadership experiences in the field including lab activities in which the student has demonstrated mastery of movement concepts through hands-on experience.

### **Special Materials Required of Student**

None

### **Minimum Instructional Facilities**

Smart classroom

### **Method of Instruction**

- 1) Lecture
- 2) Student presentation
- 3) Multimedia
- 4) Class participation, group work
- 5) Field trip

### **Out-of-Class Assignments**

- 1) Reaction papers to topics generated from text and class content
- 2) Class project: interview with person in potential career field
- 3) Field trip to Olympic Training Center
- 4) Library research assignment: introduction to research journals
- 5) Personal portfolio that describes the pathways and requirements for their selected career

### **Texts and References**

- 1) Required (representative example): Hoffman, Shirl. *Introduction to Kinesiology: Studying Physical Activity*. 4th edition. Human Kinetics, 2013.
- 2) Supplemental: Instructor materials

### **Student Learning Outcomes**

Upon successful completion of this course, students will be able to:

- 1) Describe the historical, philosophical and ethical foundations of kinesiology and its modern sub-disciplines incorporating the use of appropriate and current vocabulary.

- 2) Describe the sub-disciplines of kinesiology: motor behavior, motor learning/control, motor development, and the basic movement forms for sport, dance, and exercise, biomechanics, exercise physiology, psychological/social foundations, pedagogy, including theories of behavior change and health maintenance through the lifespan.
- 3) Identify pathways and requirements for career opportunities in the field, including tenets of professional-level job performance.