



Course Outline

2026-2027 Catalog

KIN 1 - Introduction to Kinesiology

Catalog Description

Transfer Status: CSU

Unit(s): 3.00

Lecture: 51.00 Contact hours/102.00 Out of class hours/153.00 Total hours/3.00 Unit(s)

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Course Description: This course is an introduction to the interdisciplinary approach to the study of human movement. An overview of the importance of the sub-disciplines in kinesiology will be discussed along with career opportunities in the areas of teaching, coaching, allied health, and fitness professions. (C-ID KIN 100).

Objectives

Upon successful completion of this course, the student should 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 performance in the movement forms of sport, dance, and exercise and the conceptual foundations of the sub-disciplines.
5. identify the pathways and requirements for career opportunities.

Course Content

Topic Titles / Suggested Time Topic	
<u>Lecture</u>	
<u>Topics</u>	<u>Lec Hrs</u>
Basic concepts of kinesiology	3.00
Historical, ethical, and philosophical foundations of kinesiology	12.00
Overview of basic movement forms of sport, dance, and exercise with a focus on the sub-disciplines within kinesiology	12.00
Introduction to the sub-disciplines: motor learning/control, motor development, biomechanics, exercise physiology, social psychological foundations, and sport nutrition	12.00
Exploration of pathways and career opportunities: Allied health, sport, fitness, teaching, and coaching	12.00
Total Hours:	51.00

Methods of Instruction

- A. Class Activities
- B. Demonstrations
- C. Discussion
- D. Homework: Students are required to complete two hours of outside-of-class homework for each hour of lecture
- E. Lecture
- F. Multimedia Presentations
- G. AA-T Kinesiology

Methods of Evaluation

- A. Quizzes
- B. Projects
- C. Homework
- D. Class participation
- E. Written Assignments
- F. Written or Oral Examinations
- G. Practical Evaluations

Examples of Assignments

Reading Assignments

1. Read an article that describes the history of kinesiology and its evolution over the past twenty years. Be prepared to share three key findings in small groups.

2. Review three articles that describe the psychology of sport and how emotions, thoughts, and behaviors impact results in performance. Be prepared to discuss these concepts in class.

Writing Assignments

1. Write a two page essay describing the basic movement forms of sport, dance, and exercise. Be prepared to make a five minute presentation to the class.
2. Choose one area of the following sub-disciplines of kinesiology on which to write a three page essay: motor learning/control, motor development, biomechanics, exercise physiology, social psychological foundations, and sport nutrition.

Out-of-Class Assignments

1. Pick a specific skill in a sport and research the necessary muscles to perform this movement. Report your findings in bullet form and be prepared to discuss in class.
2. Visit three different events or activities with varying age groups to observe differences in muscular strength, endurance, proprioception, and spacial awareness. Events or activities need to be from the following age groups; 12 and under, high school, and college or professional. Be prepared to present your findings to the class.

Recommended Materials of Instruction

Lumpkin. (2017). Introduction of Kinesiology. *McGraw-Hill, 10th*.

Minimum Qualifications

Physical Education (Masters Required)

Created/Revised by: Maday, Randy

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