GROSSMONT COLLEGE

# Official Course Outline

EXERCISE SCIENCE 250 - INTRODUCTION TO KINESIOLOGY

1. Course Number Course Title Semester Units Semester Hours

ES 250 Introduction to 3 3 hours lecture: 48-54 hours

Kinesiology 96-108 outside-of-class hours

144-162 total hours

2. Course Prerequisites

None.

Corequisites

None

Recommended Preparation

None

3. Catalog Description

This course is an 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.

4. Course Objectives

The student will:

1. Research the historical, philosophical and ethical foundations of kinesiology and its modern sub-disciplines.
2. Evaluate the basic concepts of kinesiology using current research.

c. Analyze the sub-disciplines of kinesiology: motor behavior, biomechanics, exercise physiology, psychological/social foundations, pedagogy, including theories of behavior change and health maintenance through the lifespan.

d. Compare and contrast the importance of physical activity and the relationship among the sub-disciplines.

e. Evaluate the importance of nutrition assessment and prescription.

f. Investigate pathways and requirements for career opportunities in the field, including tenets of professional- level job performance.

5. Instructional Facilities

Lecture facility.

6. Special Materials Required of Student

None.

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7. Course Content

a. What is Kinesiology?

1) Historical foundations

1. Significance of physical activity and role in contemporary society
2. Emerging issues
3. Basic concepts
   1. Physical activity
   2. Health promotion and disease prevention initiatives
   3. Interdisciplinary nature

i) Nutrition guidelines and resources

ii) Behavior change theories

b. Scientific Principles

1. Types of research – qualitative and quantitative
2. Information literacy in kinesiology: validity and reliability
3. Researching and reviewing references
4. Ethics

c. Basic concepts and terminology within the sub-disciplines of kinesiology

* 1. Motor behavior
  2. Philosophy
  3. Sociology
  4. Biomechanics
  5. Physiology

1. Physical activity assessment
2. Dietary recall methods

6) Sport & exercise psychology

* + - 1. Pedagogy

d. Pathways and career opportunities

1. Undergraduate program planning
2. Fitness, wellness
3. Nutrition and dietetic careers
4. Rehabilitation and allied health careers
5. Teaching and coaching careers
6. Administrative and sport management careers

8. Method of Instruction

a. Lecture.

b. Video/media

c. Class participation/group work

9. Methods of Evaluating Student Performance

a. Written examinations including a final exam.

b. Student reports covering topics such as behavior change, assessments using class concepts and theories.

c. Written assignments that could focus on library research, career development project, etc.

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1. Outside Class Assignments
2. Reaction papers to topics generated from text and class content **(**for example: physical activity levels of Americans; professional philosophy)
3. Class project—interview with person in potential career field such as kinesiology, physical therapy, occupational therapy.
4. Optional field trip to Olympic Training Center.

d. Library research assignment – introduction to research journals

e. Personal portfolio that describes the pathways and requirements for their selected career.

11. Texts

a. Required text(s):

Hoffman, Shirl J. Introduction to Kinesiology: Studying Physical Activity*,* Champaign, Il, Human Kinetics, 2009.

b. Supplementary texts and workbooks:

Instructor Materials and representative texts

Addendum: Student Learning Outcomes

Upon completion of this course, our students will be able to do the following:

1. Define the sub-disciplines of exercise science/kinesiology
2. Define contemporary terminology utilized in the field physical education/exercise science/kinesiology
3. Recognize reliable sources of nutritional, exercise, and weight loss information on the internet.
4. Analyze case studies in regards to professional ethics in the area of kinesiology and its sub-disciplines.

Date approved by the Governing Board: May 15, 2012