



COURSE OUTLINE : KIN 100
D Credit – Degree Applicable
COURSE ID 003019
Cyclical Review: September 2021

COURSE DISCIPLINE : KIN

COURSE NUMBER : 100

COURSE TITLE (FULL) : Introduction to Kinesiology

COURSE TITLE (SHORT) : Intro To Kinesiology

CALIFORNIA STATE UNIVERSITY SYSTEM C-ID : KIN 100 – Introduction to Kinesiology

ACADEMIC SENATE DISCIPLINE: Kinesiology

CATALOG DESCRIPTION

KIN 100 is designed for students who are interested in pursuing a career in the field of kinesiology, exercise science, or physical education. An overview of the importance of the following sub-disciplines in kinesiology are included: philosophy, history, scientific foundations of physical education, exercise science, health/wellness, fitness/sport, and the future of kinesiology. Topics explored include professional career opportunities in teaching, coaching, athletic training, sport management, fitness leadership and health/wellness.

CATALOG NOTES

Note: Recommended for physical education majors. This course will not fulfill physical education activity requirements.

Total Lecture Units:3.00

Total Laboratory Units: 0.00

Total Course Units: 3.00

Total Lecture Hours:54.00

Total Laboratory Hours: 0.00

Total Laboratory Hours To Be Arranged: 0.00

Total Contact Hours: 54.00

Total Out-of-Class Hours: 108.00

Recommended Preparation: ENGL 100 or ESL 151 and LIB 100.



ENTRY STANDARDS

| | Subject | Number | Title | Description | Include |
|----|----------------|---------------|---|---|----------------|
| 1 | ENGL | 100 | Writing Workshop | Read, analyze, and evaluate contemporary articles and stories to identify topic, thesis, support, transitions, conclusion, audience, and tone; | Yes |
| 2 | ENGL | 100 | Writing Workshop | read, analyze, and evaluate contemporary articles and stories for the comprehension of difficult content and the identification of main ideas and (topic-based) evidence; | Yes |
| 3 | ENGL | 100 | Writing Workshop | write a summary of a contemporary article or story with correct citation techniques; | Yes |
| 4 | ENGL | 100 | Writing Workshop | write an argumentative essay that addresses the topic, is directed by a thesis statement, uses appropriate textual evidence, develops logical interpretations, and concludes with some compelling observations; | Yes |
| 5 | ENGL | 100 | Writing Workshop | write an argumentative essay that integrates the ideas of others (i.e., authors) through paraphrasing, summarizing, and quoting with correct citation techniques; | Yes |
| 6 | ENGL | 100 | Writing Workshop | write compositions (e.g., summaries and argumentative essays) that are easy to read and follow, though some errors in grammar, mechanics, spelling, or diction may exist; | Yes |
| 7 | LIB | 100 | Critical Approaches to Information Research | recognize the ethical use of information and proper attribution; | Yes |
| 8 | LIB | 100 | Critical Approaches to Information Research | formulate a research question of an appropriate scope for an assignment; | Yes |
| 9 | LIB | 100 | Critical Approaches to Information Research | articulate how the information process determines the nature of information sources; | Yes |
| 10 | LIB | 100 | Critical Approaches to Information Research | articulate how the process of information creation affects the veracity and reliability of sources; | Yes |
| 11 | LIB | 100 | Critical Approaches to Information Research | develop strategic search practices in order to locate the background and origin of a source; | Yes |
| 12 | LIB | 100 | Critical Approaches to Information Research | analyze a source for its value as a commodity that has economic, cultural, political, and social facets. | Yes |



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|----|-----|-----|---------------------------|---|-----|
| 13 | ESL | 151 | Reading and Composition V | Read and critically analyze various academic readings; | Yes |
| 14 | ESL | 151 | Reading and Composition V | compose a 500 to 550-word essay which: summarizes and cites appropriately a reading passage; includes a clear thesis statement; uses evidence to support the thesis; shows clear organization into an introduction, body, and conclusion; | Yes |

EXIT STANDARDS

- 1 Identify the professional careers available in kinesiology
- 2 Discuss the possibilities and the challenges of the current sport and fitness fields
- 3 Identify and describe the bases for sport, fitness, physical education, and kinesiology
- 4 Explain the scientific foundations of kinesiology relating to historical, sociological, psychological, and biological components
- 5 Discuss the role of kinesiology in lifespan involvement and physical activity
- 6 Describe the certification procedure and preparation for fitness professionals
- 7 Evaluate and explain the structural and cultural barriers that limit people of color, sexual orientation, disadvantaged and disabled in exercise and sport.

STUDENT LEARNING OUTCOMES

- 1 Examine the different scientific foundations and sub-disciplines essential to the study of kinesiology.
- 2 Discuss the implications of a sedentary lifestyle and how it affects kinesiology.
- 3 Recognize and communicate the professional careers available in kinesiology.

COURSE CONTENT WITH INSTRUCTIONAL HOURS

| | Description | Lecture | Lab | Total Hours |
|---|--|---------|-----|-------------|
| 1 | Basic Concepts of Kinesiology, Exercise Science and Sport <ul style="list-style-type: none"> • Meaning and philosophy of kinesiology, exercise science, and sport • Contemporary goals and objectives in education • Roles in society and in education | 6 | 0 | 6 |
| 2 | Scholarly Study of Kinesiology and Sport <ul style="list-style-type: none"> • Historical aspects of kinesiology • Social psychological foundations • Subjective experiences in physical activity • Philosophical views of physical activity • Ethics in exercise and sport | 15 | 0 | 15 |



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|---|---|----|---|-----------|
| 3 | Kinesiology Sub-Disciplines <ul style="list-style-type: none"> • Exercise science • Exercise physiology and fitness • Motor development, control, and learning • Biomechanics | 15 | 0 | 15 |
| 4 | Careers and Professions in the Field of Kinesiology <ul style="list-style-type: none"> • Careers and professional development • Teaching and coaching careers • Fitness, nutrition, and health related careers • Sport careers | 10 | 0 | 10 |
| 5 | Issues, Challenges and the Future of Kinesiology <ul style="list-style-type: none"> • Issues and challenges • Diversity, inclusion, and equity in kinesiology • Future trends | 8 | 0 | 8 |
| | | | | 54 |

OUT OF CLASS ASSIGNMENTS

- 1 Journals (e.g. scenario on ethics)
- 2 Project (e.g. developing a teaching/coaching plan for a specific motor skill)
- 3 Scientific research assignments (e.g. on-line research on benefits of sport psychology).

METHODS OF EVALUATION

- 1 Quizzes
- 2 Research Projects
- 3 Rubrics
- 4 Midterm exams
- 5 Final exams

METHODS OF INSTRUCTION

- Lecture
- Laboratory
- Studio
- Discussion
- Multimedia
- Tutorial
- Independent Study
- Collaboratory Learning



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- Demonstration
- Field Activities (Trips)
- Guest Speakers
- Presentations

TEXTBOOKS

| Title | Type | Publisher | Edition | Medium | Author | ISBN | Date |
|---|-------------|------------------|----------------|---------------|-----------------------|---------------|-------------|
| Introduction to Kinesiology: Studying Physical Activity | Required | Human Kinetics | 5 | | Shirl J. Hoffman, EdD | 9781492549925 | 2018 |