

Los Medanos College  
**Course Outline of Record Report**  
 03/19/2024

## KINES100 : Introduction to Kinesiology

### General Information

|   |  |
|---|--|
| Initiator:                                | • Colleen Ralston  |
| Attachments:                              | Kines 100 Online Addendum-.pdf   |
| Subject Area/Course # (CB01) :            | KINES100   |
| Course Title (CB02) :                     | Introduction to Kinesiology  |
| Department:                               | LMC Kinesiology  |
| Effective Date:                           | Fall 2024  |
| TOP Code (CB03) :                         | (1270.00) Kinesiology  |
| CIP Code:                                 | (31.0505) Kinesiology and Exercise Science   |
| SAM Code (CB09) :                         | Non-Occupational   |
| Distance Education Approved:              | Yes  |
| Course Control Number (CB00) :            | CCC000527026   |
| Chancellor's Office Review Approval Date: | 08/11/2011   |
| Governing Board Approval Date:            | 05/25/2011   |
| Curriculum Committee Approval Date:       | 03/06/2024   |
| Course Description:                       | This is an introductory course that will survey the discipline of Kinesiology/Physical Education including the analysis of the nature and importance of physical activity, the knowledge base of the discipline and careers in physical activity professions. Focus will also be placed on the integrative nature of the discipline. |
| Submission Rationale:                     | Mandatory Revision   |
| Initiator:                                | • Colleen Ralston  |

### Faculty Requirements

|  |   |
|--|---|
| Masters Degree Disciplines:                              | <ul style="list-style-type: none"> <li>• Kinesiology</li> <li>• Physical Education</li> </ul> |
| Alternate Master Discipline Preferred:                   | No value  |
| Non-Masters Degree Disciplines:                          | No value  |
| Additional Bachelors or Associates Discipline Preferred: | No value  |

### Cohort

**Cohort Number**

Cohort 2

### Course Development Options

**Basic Skill Status (CB08)**

Course is not a basic skills course.

Allow Students to Gain Credit by Exam/Challenge

**Rationale For Credit By Exam/Challenge**

No value

**Class Maximum**

36

**Course Special Class Status (CB13)**

Course is not a special class.

**Repeatability**

0

**Retake Policy Description**

No value

**Grade Code**

- Letter Grade Methods (LR)

**Course Prior To College Level (CB21)**

Not applicable.

**Course Support Course Status (CB26)**

Course is not a support course

### Associated Programs

Course is part of a program (CB24)

**Associated Program**

**Award Type**

**Active**

Liberal Arts: Behavioral Science and Social Science, Associate of Arts

A.A. Degree Local

Fall 2023

Kinesiology Associate in Arts for Transfer (AA-T)

A.A. Degree for Transfer

Summer 2022

CSU General Education (CSU-GE Breadth), Certificate of Achievement

Certificate of Achievement

Fall 2023

### Transferability & Gen. Ed. Options

**Course General Education Status (CB25)**

Y - Not a General Education (TBD)

**Transferability (CB05)**

**Transferability Status**

Transferable to both UC and CSU

Approved

**CSU - General Education - Breadth Requirements**

Area E: Lifelong Learning and Self-Development

**Categories**

Lifelong Learning and Self-Development

**Status**

Approved

**Approval Date**

06/01/2019

**Comparable Course**

No Comparable Course defined.

**C-ID**

Kinesiology

**Categories**

KIN

**Status**

Approved

**Approval Date**

01/01/2012

**Comparable Course**

KIN 100

**Units and Hours**

**Summary**

|  |     |
|--|-----|
| <b>Minimum Credit Units (CB07)</b>           | 3   |
| <b>Maximum Credit Units (CB06)</b>           | 3   |
| <b>Total Course In-Class (Contact) Hours</b> | 54  |
| <b>Total Course Out-of-Class Hours</b>       | 108 |
| <b>Total Student Learning Hours</b>          | 162 |

**Credit / Non-Credit Options**

**Course Credit Status (CB04)**

Credit - Degree Applicable

**Course Non Credit Category (CB22)**

Credit Course.

**Non-Credit Characteristic**

No Value

**Course Classification Code (CB11)**

Credit Course.

**Funding Agency Category (CB23)**

Not Applicable.

Cooperative Work Experience Education Status (CB10)

Variable Credit Course

**Weekly Student Hours**

|                  | <b>In Class</b> | <b>Out of Class</b> |
|------------------|-----------------|---------------------|
| Lecture Hours    | 3               | 6                   |
| Laboratory Hours | 0               | 0                   |
| Activity Hours   | 0               | 0                   |

**Course Student Hours**

|  |     |
|--|-----|
| <b>Course Duration (Weeks)</b>         | 18  |
| <b>Hours per unit divisor</b>          | 54  |
| <b>Course In-Class (Contact) Hours</b> |     |
| Lecture                                | 54  |
| Laboratory                             | 0   |
| Activity                               | 0   |
| <b>Total</b>                           | 54  |
| <b>Course Out-of-Class Hours</b>       |     |
| Lecture                                | 108 |

|              |     |
|--------------|-----|
| Laboratory   | 0   |
| Activity     | 0   |
| <b>Total</b> | 108 |

| <b>Units and Hours - Weekly Specialty Hours</b> |          |          |              |
|---|----------|----------|--------------|
| Activity Name                                   | Type     | In Class | Out of Class |
| No Value  | No Value | No Value | No Value     |

| <b>Pre-requisites, Co-requisites, Anti-requisites and Advisories</b> |
|--|
| <p><b>Advisory</b><br/>ENGL100 - College Composition</p>             |

| <b>Entrance Skills</b> |             |
|------------------------|-------------|
| Course Notes           | Description |
| No value               | No value    |

| <b>Limitations on Enrollment</b> |             |
|----------------------------------|-------------|
| Limitations on Enrollment        | Description |
| No value                         | No value    |

| <b>Specifications</b>         |          |
|-------------------------------|----------|
| <b>Methods of Instruction</b> |          |
| Methods of Instruction        | Lecture  |
| Rationale                     | No value |
| <b>Methods of Instruction</b> |          |
| Methods of Instruction        | Lab      |

|                               |                                    |
|-------------------------------|------------------------------------|
| <b>Rationale</b>              | No value                           |
| <b>Methods of Instruction</b> | Activity                           |
| <b>Rationale</b>              | No value                           |
| <b>Methods of Instruction</b> | Collaborative Learning/Peer Review |
| <b>Rationale</b>              | No value                           |
| <b>Methods of Instruction</b> | Demonstration/Modeling             |
| <b>Rationale</b>              | No value                           |
| <b>Methods of Instruction</b> | Discussion                         |
| <b>Rationale</b>              | No value                           |
| <b>Methods of Instruction</b> | Computer Assisted Instruction      |
| <b>Rationale</b>              | No value                           |
| <b>Sample Assignments</b>     |                                    |

| Sample Assignments   | Description   |
|--|---|
| <b>Reading 1:</b>  | Using the LMC library as a resource, students will identify a current article that relates the philosophical perspective of Kinesiology to current topics in society and submit/present an article overview of the topic and explain how it relates to modern day Kinesiology issues. (CSLO2)   |
| <b>Reading 2:</b>  | Students will identify a current topic of interest regarding ethics in sport (ie, use of supplements, steroid us, NIL, etc) Using the LMC library as a resource, students will locate and read an article found in a current scholarly study journal and present an overview of the material to classmates. (CSLO2)   |
| <b>Writing, problem solving, performance 1:</b>              | Students will write an essay where they describe and explain the effect physical activity has had in their life. They will identify connections from their experiences to the conceptual foundations and the fundamental concepts of humans need to experience physical activity (leisure, self sufficiency, self expression, and health). Students will provide evidence to support their conclusions using the sub-disciplines of Philosophy, History, Psychology, Biomechanics, and Physiology. (CSLO1,3, 4) |
| <b>Writing, problem solving, performance 2:</b>              | Students will identify a career in the Kinesiology field that they wish to pursue. Students will interview a practicing professional in the specific career, research the career using current academic resources and write a plan, explaining what degrees, work experience, internships and any other pertinent information is necessary to land a job as a working professional. (CSLO4,5)   |
| <b>Lab, field activity, product or report:</b>               |   |
| <b>Specific assignment example for Hours by Arrangement:</b> |   |
| <b>Other:</b>  |   |

| Sample Methods of Evaluation | Rationale                                |
|------------------------------|--|
| Homework                     | <b>Homework 25%</b>                      |
| Other (explain)              | <b>Tests 30%</b>                         |
| Other (explain)              | <b>Essay 15%</b>                         |
| Other (explain)              | <b>Oral Presentation and Outline 15%</b> |
| Other (explain)              | <b>Final Paper 15%</b>                   |

**Equipment**

No Value

**Textbooks**

| Author                | Title                                   | Publisher | Date | Justification for textbooks more than 5 years old |
|-----------------------|---|-----------|------|---|
| Shirl J. Hoffman, EdD | Introduction to Kinesiology 6th edition | N/A       | 2022 |   |

**Other Instructional Materials**

No Value

**Materials Fee**

No value

**Learning Outcomes and Objectives****Course Objectives**

No value

**CSLOs**

| <b>Name</b>   | <b>Expected SLO Performance</b> |
|---|---------------------------------|
| CSLO 1: Identify and distinguish the basic concepts of Kinesiology. (PSLO 2)  | 70.0                            |
| CSLO 2: Describe the historical, ethical, and philosophical foundations of Kinesiology. (PSLO 1)  | 70.0                            |
| CSLO 3: Identify the fundamental concepts of basic movement. (PSLO 3, 4)  | 70.0                            |
| CSLO 4: Describe and explain the relationship between physical activity and the conceptual foundations of the sub-disciplines of Kinesiology. (PSLO 3, 4) | 70.0                            |
| CSLO 5: Identify and describe the pathways and requirements for career opportunities. (PSLO 3)  | 70.0                            |

**Outline****Course Content**A. Kinesiology defined

1. Physical activity experience
  - contributes to/expresses humanity
  - factors accounted for in exercise prescription
  - relationship between skill, practice, learning
  - relationship between physical capacity, training, conditioning
  - relationship between physical activity experience and physical fitness
  - relationship to heredity
2. Scholarly study of physical activity
  - philosophic thinking
  - history
  - human nature
  - values
  - ethics
  - research
4. Professional practice centered in physical activity
  - Putting knowledge to work

B. Sub-disciplines of Kinesiology

1. Philosophy
  - i. Nature of philosophic thinking

- ii. Philosophy and Kinesiology
- iii. History of Philosophy of physical activity
- iv. Research methods in philosophy of physical activity
- v. Nature of the person
- vi. Nature and value of play
- vii. Ethics of sport

## 2. History

- i. Physical activity historian defined
- ii. Goals of history of physical activity
- iii. Research in history of physical activity
- iv. Physical activity on American society
- v. Industrial revolution to present

## 3. Psychology

- i. Sport and exercise psychology
- ii. Exercise psychology in kinesiology
- iii. Evolution of exercise psychology
- iv. Research and practice
- v. Personality, motivation, energy management in exercise/sport
- vi. Intervention techniques

## 4. Biomechanics

- i. Define
- ii. Relevance to physical activity and specialists
- iii. Goals of biomechanics
- iv. Research and movement analyzation
- v. Physical activity and bone strength

## 5. Physiology

- i. Key features of the sub-discipline
- ii. Employment opportunities
- iii. History and development
- iv. Research methods
- v. Physical performance and health related to physical activity

## C. Experiencing physical activity/concepts of basic movement

### 1. Self sufficiency

- i. Functional movement
- ii. Self esteem

### 2. Self expression

- i. Intrinsic approach
- ii. Extrinsic approach

### 3. Leisure

- i. Leisure vs. free time
- ii. Sedentary vs. physical activity
- iii. Aging and leisure activity

### 4. Health

- i. National interest
- ii. Benefits of healthy bodies/minds

## D. Professional practice

### 1. Pathways for career opportunity

- a. Characteristics of a profession
- b. Differentiate between professional and non-professional

### 2. Requirements for career opportunity

- a. Skills and knowledge
- b. Undergraduate and graduate years
- c. Suitability for different professions

### 3. Health and Fitness

- a. Professional opportunities
- b. Purpose and types of work
- c. Evolution of health and fitness in the profession
- d. Educational requirements



- e. Skills, aptitudes and desires required
  - 4. Physical Education
    - a. Job description
    - b. Research
    - c. How to stay current in field
    - d. Settings for physical educators
    - e. Definition of highly effective teacher
    - f. Career options
    - g. Skills, aptitudes and desires required
  - 5. Coaching/Sport Instruction
    - a. Professional opportunities
    - b. Qualifications and nature of the work
    - c. Educational requirements for success
    - d. Life experiences for success
    - e. Skills, aptitudes and desires required
  - 6. Sport Management
    - a. Professional opportunities
    - b. Purpose and types of work
    - c. Educational requirements
    - d. Skills, aptitudes and desires required
  - 7. Therapeutic
    - a. Professional opportunities
    - b. Purpose and types of work
    - c. Educational requirements
    - d. Skills, aptitudes and desires required
- E. Research methods for culminating review
- 5. Identify types of research
    - i. History
    - ii. Motor behavior
    - iii. Philosophy
    - iv. Physiology
    - v. Sociology
    - vi. Sport psychology
  - 6. Locate appropriate literature sources
  - 7. Literature review