



# C-ID Descriptor

## Introduction to Kinesiology

### Descriptor Details

- **Descriptor Title:** Introduction to Kinesiology
- **C-ID Number:** 100
- **Units:** 3.0
- **Date of Last Revision:** 6/6/2022 09:40:32 PM GMT+0000

### General Description

This course is an introduction to the interdisciplinary approach to the study of human movement. This course will provide an overview of the sub-disciplines in kinesiology along with related career opportunities such as: sports fitness industry, allied health (physical/occupational/recreational therapy), sport/fitness management, and teaching/coaching.

### Prerequisites

none

### Corequisites

none

### Advisories

none

## **Content**

- Basic concepts of Kinesiology
- Overview of basic movement forms of sport, dance, and exercise with a focus on the sub-disciplines within Kinesiology
- Introduction to the breadth of Kinesiological sub-disciplines: biomechanics, exercise physiology, history, motor learning/control/development, nutrition, pedagogy, philosophy, psychology, and sociology
- Exploration of the range of pathways and career opportunities including: exercise science, fitness/nutrition industry, sport medicine/therapy, physical educator/coach/sport instruction, sport/fitness management, allied health professions, and higher education/research

## **Lab Activities**

## **Objectives**

*At the conclusion of this course, the student will be able to:*

- Identify the basic concepts of Kinesiology
- Identify the fundamental concepts of basic movements
- Identify the relationship between performance in the movement forms of sport, dance, and exercise and the conceptual foundations of the sub-disciplines: biomechanics, exercise physiology, history, motor learning/control/development, nutrition, pedagogy, philosophy, psychology, and sociology.
- Identify the variety of pathways and requirements for career opportunities in kinesiology

## **Evaluation Methods**

Methods of Evaluation may included, but are not limited to:

- Exams and quizzes subjective and objective to assess student learning of the basic concepts of Kinesiology

- Develop a personal portfolio that describes the pathways and requirements for their selected career
- Observation reports of different careers
- Assignments to emphasize course topics

### **Textbooks**

College level textbook(s) supporting the learning objectives of this course and current within five years must be considered when matching courses to this descriptor.

Example: Hoffman, S.J (current edition), Introduction to Kinesiology: Studying Physical Activity, Champaign, IL., Human Kinetics.