



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.