



## Course Syllabus

### **KINE 1301 – Foundations of Kinesiology**

*Revision Date: 1/17/2017*

**Catalog Description:** The purpose of this course is to provide students with an introduction to human movement that includes the historical development of physical education, exercise science, and sport. This course offers the student both an introduction to the knowledge base, as well as, information on expanding career opportunities.

**Prerequisites:** None

**Semester Credit Hours:** 3

**Lecture Hours per Week:** 3

**Lab Hours per Week:** 0

**Contact Hours per Semester:** 48

**State Approval Code:** 31.0501.52 23

### **Core Components and Related College Student Learning Outcomes**

This course counts as part of the academic requirements of the Panola College Core Curriculum and an Associate of Arts or Associate of Science degree.  Yes  No: If no, skip to Instructional Goals.

The items below marked with an X reflect the state-mandated outcomes for this course **IF this is a CORE course:**

- Critical Thinking Skills – to include creative thinking, innovation, inquiry and analysis, evaluation and syntheses of information
  - CT1: Generate and communicate ideas by combining, changing, or reapplying existing information
  - CT2: Gather and assess information relevant to a question
  - CT3: Analyze, evaluate, and synthesize information
- Communication Skills – to include effective development, interpretation, and expression of ideas through written, oral, and visual communication
  - CS1: Develop, interpret, and express ideas through written communication
  - CS2: Develop, interpret, and express ideas through oral communication
  - CS3: Develop, interpret, and express ideas through visual communication
- Empirical and Quantitative Skills – to include the manipulation and analysis of numerical data or observable facts resulting in informed conclusions
  - EQS1: Manipulate and analyze numerical data and arrive at an informed conclusion
  - EQS2: Manipulate and analyze observable facts and arrive at an informed conclusion
- Teamwork – to include the ability to consider different points of view and to work effectively with others to support a shared purpose or goal
  - TW1: Integrate different viewpoints as a member of a team
  - TW2: Work with others to support and accomplish a shared goal

- Personal Responsibility – to include the ability to connect choices, actions, and consequences to ethical decision-making
  - PR1: Evaluate choices and actions and relate consequences to decision-making
- Social Responsibility – to include intercultural competence, knowledge of civic responsibility, and the ability to engage effectively in regional, national, and global communities
  - SR1: Demonstrate intercultural competence
  - SR2: Identify civic responsibility
  - SR3: Engage in regional, national, and global communities

### **Instructional Goals and Purposes:**

The purpose of this course is to 1) create an academic atmosphere in which students may develop their intellects and skills; and 2) provide courses so that students may receive a certificate and/or associate degree or transfer to a senior institution that offers baccalaureate degrees.

### **Learning Outcomes:**

After studying all materials and resources presented in the course, the student will be able to:

1. Distinguish between and identify terminology and research within the sub-disciplines in the field of Kinesiology and their application to diverse careers.
2. Summarize the historical and philosophical approaches to physical activity, physical education, exercise science and sport.
3. Identify the characteristics of a physically educated person and the importance of assessment and advocacy in physical education, exercise science, and sport.
4. Discuss how the changing nature of education and technological advances may influence physical education, exercise science, and sport in the future.
5. Identify major professional organizations, foundations, and associations supporting physical activity at local, state, national and international levels as well as data tools and resources.

### **Course Content:**

A general description of lecture/discussion topics included in this course are listed in the Learning Objectives / Specific Course Objectives sections of this syllabus.

Students in all sections of this course will learn the following content:

1. Examine individual career goals.
2. Develop a philosophy of physical education, exercise science and sport.
3. Understand the importance of certifications in physical education, exercise science and sport.
4. Understand the historical foundations and future trends in physical education, exercise science and sport.

### **Methods of Instruction/Course Format/Delivery:**

Faculty may choose from, but are not limited to, the following methods of instruction: lecture, demonstration, discussion, internet, television/video presentation, field trips, collaborations and readings.

### **Major Assignments / Assessments:**

The following items will be assigned and assessed during the semester and used to calculate the student's final grade.

### **Assessment(s):**

1. Report(s)
2. Exam: Mid-Term and Final

**Course Grade:**

The grading scale for this course is as follows:

- Reading 10%
- Quizzes 10%
- Report(s) 40%
- Exam(s) 40%

**Texts, Materials, and Supplies:**

- Required Textbook:  
*Foundations of Physical Education, Exercise Science and Sport, 15th ed.* (2006). Wuest, D.A. & Bucher, C.A. McGraw-Hill. ISBN: 0-07-297280-7

**Other:**

- For current texts and materials, use the following link to access bookstore listings: <http://www.panolacollegestore.com>
- For testing services, use the following link: <http://www.panola.edu/elearning/testing.html>
- If any student in this class has special classroom or testing needs because of a physical learning or emotional condition, please contact the ADA Student Coordinator in Support Services located in the Administration Building or go to <http://www.panola.edu/student-success/disability-support-services/> for more information.
- Withdrawing from a course is the student's responsibility. Students who do not attend class and who do not withdraw will receive the grade earned for the course.
- Student Handbook, *The Pathfinder*: <http://www.panola.edu/student-success/documents/pathfinder.pdf>