

Tompkins Cortland Community College

Master Course Syllabus

Course Discipline and Number: RECR 112

Year: 2020-2021

Course Title: Introduction to Kinesiology

Credit Hours: 3

**Attendance Policy:** *To maintain good grades, regular attendance in class is necessary. Absence from class is considered a serious matter and absence never excuses a student from class work. It is the responsibility of all instructors to distribute reasonable attendance policies in writing during the first week of class. Students are required to comply with the attendance policy set by each of their instructors. Students are not penalized if they are unable to attend classes or participate in exams on particular days because of religious beliefs, in accordance with Chapter 161, Section 224-a of the Education Law of the State of New York. Students who plan to be absent from classroom activity for religious reasons should discuss the absence in advance with their instructors. See college catalog for more information.*

**Services for Students with Disabilities:** *It is the College's policy to provide, on an individual basis, appropriate academic adjustments students with disabilities, which may affect their ability to fully participate in program or course activities or to meet course requirements. Students with disabilities should contact the Coordinator of Access and Equity Services, to discuss their particular need for accommodations. All course materials are available in alternate formats upon request.*

**Course Description:** This course will provide an overview of the sub-discipline areas within Kinesiology as well as the vocational opportunities, certifications, and professional associations within the field. Prior completion or concurrent enrollment in ENGL 100 and RDNG 116 if required by placement testing. 3 Cr. (3 Lec.) Spring semester.

**Course Audience:** This is the required foundational course of the Recreation: Exercise Studies program. It provides students with an understanding and analysis of the nature, history, evolution, and value of physical activity. Appropriate for anyone with general interest in the subject matter.

**Basic Skills/Entry Level Expectations** (see *Basic Skills Descriptions*)

<b>Writing</b>	WC1 Prior completion or concurrent enrollment in ENGL 100 (pccc ENGL 100)
<b>Math</b>	MO Very limited or no math skills are required
<b>Reading</b>	R3 Prior completion or concurrent enrollment in RDNG 116 if required by placement testing

**Course Goals**

Upon successful completion of this course, students will be able to:

1. Compare and contrast the numerous spheres and importance of physical activity experiences in our culture today.
2. Describe the various sub disciplines in kinesiology and explain what methods professionals in these areas use to research and apply results to physical activity.
3. Analyze current and future issues and trends, and the status of physical activity, fitness and sport in our society.
4. Evaluate the many career options available in the field of kinesiology.
5. Gain in depth knowledge of a specific career in kinesiology through completion of a career paper.

## Course Objectives/Topics

Objective/Topic	% Course
Understanding/Experiencing Physical Activity	10-40%
Scholarly Study of Physical Activity	10-40%
Becoming a Physical Activity Professional	10-30%
History and Philosophy of Physical Activity	5-20%
Sociology of Physical Activity	5-20%
Motor Behavior	5-20%
Sport and Exercise Psychology	5-20%
Biomechanics	5-20%

## General Education Goals - Critical Thinking & Social/Global Awareness

<b>CRITICAL THINKING OUTCOMES</b>	<b>HOW DOES THE COURSE ADDRESS THE OUTCOMES</b> (Include required or recommended instructional resources, strategies, learning activities, assignments, etc., that must or could be used to address the goal/outcomes)
<p>Students will be able to</p> <ul style="list-style-type: none"> <li>➤ develop meaningful questions to address problems or issues.</li> <li>➤ gather, interpret, and evaluate relevant sources of information.</li> <li>➤ reach informed conclusions and solutions.</li> <li>➤ consider analytically the viewpoints of self and others.</li> </ul>	<p>Students will research peer reviewed journals to gather and interpret information regarding Physical Activity.</p>
<b>SOCIAL/GLOBAL AWARENESS OUTCOMES</b>	<b>HOW DOES THE COURSE ADDRESS THE OUTCOMES</b> (Include required or recommended instructional resources, strategies, learning activities, assignments, etc., that must or could be used to address the goal/outcomes)
<ul style="list-style-type: none"> <li>➤ Students will begin to understand how their lives are shaped by the complex world in which they live.</li> <li>➤ Students will understand that their actions have social, economic and environmental consequences.</li> </ul>	<p>One of the underlying premise of this course is that a person who is not physically active is negatively impacted in other aspects of their life. By engaging in Physical Activity, a person is able to obtain other goals in life and society with fewer barriers to overcome to reach said goals. Significant time in this course is dedicated to learning the importance of physical activity including the sociology and psychology of physical activity.</p> <p>People who maintain a consistent level of Physical Activity tend to have higher self-efficacy thus leading to positive social changes. Students, partially through this course will understand the social impact of personal and group training.</p>

## Instructional Methods

Students learn this material through a combination of methods including:

1. Prepared classroom lectures
2. Assigned readings
3. Lab Experiences
4. Videos
5. Interactive Discussion
6. Assignments and projects

## Methods of Assessment/Evaluation

Method	% Course Grade
Reports, papers and case studies	20-40%
Periodic quizzes and/or exams	25-50%
Course Assignments, Projects and Experiences	20-40%

## Text(s)

Shirl J. Hoffmann, Introduction to Kinesiology, 4<sup>th</sup> Edition ISBN # 1-4504-3432-0

## Bibliography

Riva Rahl (2010). Physical Activity and Health Guidelines eBook Recommendations for Various Ages, Fitness Levels, and Conditions from 57 Authoritative Sources. Human Kinetics, Champaign, IL ISBN-13: 9780736087544

Suzanne Fitzsimmons and Linda L. Buettner (2006) Health Promotion for the Mind, Body, and Spirit. Venture Publishing, State College, PA. 978-1-892132-63-5

Laura Payne, Barbara Ainsworth, and Geoffrey Godbey (2010) Leisure, Health, and Wellness: Making the Connections. Venture Publishing, State College, PA 978-1-892132-89-5

Nancy Hamilton, , Wendi Weimar, Kathryn Luttgens, (2008) Kinesiology: Scientific Basis of Human Motion, 11th Edition. McGraw Hill, New York, NY. ISBN-13 9780072972979

V. Gregory Payne, Larry D. Isaacs, (2008) Human Motor Development: A Lifespan Approach, 7th Edition. McGraw Hill, New York, NY. ISBN-13 9780073523620

Journals and Publications:

JOPERD--The Journal of Physical Education, Recreation & Dance

Human Movement Science, Elsevier B.V.

Journal of Applied Biomechanics

Journal of Exercise Physiology

New 03-17/P. Mercer/T. Young

Physical and Health Education Journal

Strength and Conditioning Journal

## Other Learning Resources

<b>Audiovisual</b> – None provided
<b>Electronic</b> – None provided
<b>Other</b> TC3 Fitness Center