

Course discipline/number/title: PHED 2155: Introduction to Kinesiology

- A. CATALOG DESCRIPTION
1. Credits: 3
  2. Hours/Week: 3
  3. Prerequisites (Course discipline/number): None
  4. Other requirements: None
  5. MnTC Goals (if any): NA
- B. COURSE DESCRIPTION: This course is designed to introduce students to the field of kinesiology. Kinesiology explores the physiological, motor, and psychological aspects of movement and physical activity. Students will analyze and create movement sequences that promote efficient patterns for optimal performance.
- C. DATE LAST REVISED (Month, year): May, 2017
- D. OUTLINE OF MAJOR CONTENT AREAS:
1. Study of kinesiology
  2. Exercise, Skilled Movement and Motor Behavior
  3. Factors Affecting Types of Physical Performances
  4. Critical Components of Physical Activity
  5. History of the Study of Kinesiology and Physical Activity
  6. Biomechanics and Kinesiology Interrelationship
  7. Research Methods and Measurement Strategies in Kinesiology
  8. Biomechanics and Kinesiology
- E. LEARNING OUTCOMES (GENERAL): The student will be able to:
1. Demonstrate a basic knowledge of the field of kinesiology and its interrelationship to spatiality and physical movement.
  2. Apply evaluation strategies of kinesiology research and methods.
  3. Develop proper sequences for motor movement learning of desired physical activity outcomes.
  4. Apply measurement techniques and statistical information as it relates to validity, reliability and test composition.
  5. Show interrelationship to the use of biomechanics in the area of kinesiology analysis.
- F. LEARNING OUTCOMES (MNTC): NA
- G. METHODS FOR EVALUATION OF STUDENT LEARNING: Methods may include but are not limited to:
1. Participation
  2. Daily Assignments
  3. Project Paper
  4. Quizzes and Written Exams
- H. RCTC CORE OUTCOME(S). This course contributes to meeting the following RCTC Core Outcome(s): Critical Thinking. Students will think systematically and explore information thoroughly before accepting or formulating a position or conclusion.
- I. SPECIAL INFORMATION (if any): None