

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. MnTC Goals (if any): NA

This course is designed to introduce students to the field of kinesiology. Kinesiology explores the use of movement and physical activity, and its impact on the development of physiological, motor, and psychological aspects of students by analyzing movement and creating movement sequences for learning efficient movement patterns for optimal performance.

B. DATE LAST REVISED (Month, year): May, 2017

C. OUTLINE OF MAJOR CONTENT AREAS:

1. Study of kinesiology
2. Exercise, Skilled Movement and Motor Behavior
3. Factors Effecting 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

D. LEARNING OUTCOMES (GENERAL): The student will be able to:

1. Demonstrate a basic knowledge 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.

E. LEARNING OUTCOMES (MNTC): NA

F. 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

G. RCTC CORE OUTCOME(S) ADDRESSED:

Critical Thinking. Students will think systematically and explore information thoroughly before accepting or formulating a position or conclusion.

H. SPECIAL INFORMATION (if any): None