

Administrative Master Syllabus

Course Information

Course Title	Foundations of Kinesiology
Course Prefix, Num. and Title	PHED 1301
Division	Life Sciences
Department	Kinesiology
Course Type	Academic General Education Course (from ACGM, but not WCJC Core)
Course 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.
Pre-Requisites	TSI ELAR (Reading and Writing) requirement met or concurrent enrollment in INRW 0306/NCBI0306 or INRW 0307 or ENGL 1301/NCBI 0300
Co-Requisites	Enter Co-Requisites Here.

Semester Credit Hours

Total Semester Credit Hours (SCH): Lecture Hours:	3:3:0
Lab/Other Hours	
Equated Pay Hours	3
Lab/Other Hours Breakdown: Lab Hours	Enter Lab Hours Here.
Lab/Other Hours Breakdown: Clinical Hours	Enter Clinical Hours Here.
Lab/Other Hours Breakdown: Practicum Hours	Enter Practicum Hours Here.
Other Hours Breakdown	List Total Lab/Other Hours Here.

Approval Signatures

Title	Signature	Date
Prepared by:	S. Ringleb-Krutilek & K. Dees	
Department Head:		
Division Chair:		
Dean/VPI:		
Approved by CIR:	approved 10/28/2021	



Topical Outline: Each offering of this course must include the following topics (be sure to include information regarding lab, practicum, and clinical or other non-lecture instruction).

- I. Understanding the context of lifespan sport, fitness and physical education
 - a. Introduction
 - b. Philosophies
- II. Sport
 - a. Concepts of Sport
 - b. Programs and Professions
 - c. Issues of Sport
- III. Fitness
 - a. Measurements
 - b. Programs
 - c. Activities and Issues
- IV. Physical Education
 - a. Concepts
 - b. Health and Nutrition
 - c. Elementary and Secondary Program
- V. Scholarly Study
 - a. Exercise physiology
 - b. Kinesiology
 - c. Motor Behavior
 - d. Sport Sociology
 - e. Pedagogy
 - f. Humanities

Course Learning Outcomes:

Learning Outcomes – Upon successful completion of this course, students will:

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

Methods of Assessment:

1. Lecture, quiz, midterm, final, written term paper/project, other departmentally approved methods and/or mastery of related material.
2. Lecture, quiz, midterm, final, written term paper/project, other departmentally approved methods and/or mastery of related material.
3. Lecture, quiz, midterm, final, written term paper/project, other departmentally approved methods and/or mastery of related material.
4. Lecture, quiz, midterm, final, written term paper, project, other departmentally approved methods and/or mastery of related material.
5. Lecture, quiz, midterm, final, written term paper, project, other departmentally approved methods and/or mastery of related material.

Required text(s), optional text(s) and/or materials to be supplied by the student:

Siendentop, Daryl and Mars, Hans: Introduction to Physical Education, Fitness & Sport, Current Edition; McGraw-Hill, NY, 2012

Suggested Course Maximum:

32

List any specific or physical requirements beyond a typical classroom required to teach the course.

1. TV/DVD; Internet Connectivity
2. Students may have to recreate a typical physical education class either in a gym or outdoor setting.

Course Requirements/Grading System: Describe any course specific requirements such as research papers or reading assignments and the generalized grading format for the course.

Projects- 25-50% (may include research papers, exam essays, teaching assignment and/or oral Presentation)

Exams- 25-50% (may include quizzes, midterm and final)

Participation 25-50% (may include daily assignments, projects and/or participation)

90-100=A

80-89=B

70-79=C

60-69=D

Below 59 = F

Curriculum Checklist:

- Administrative General Education Course** (from ACGM, but not in WCJC Core) – No additional documents needed.
- Administrative WCJC Core Course.** Attach the Core Curriculum Review Forms
 - Critical Thinking
 - Communication
 - Empirical & Quantitative Skills
 - Teamwork
 - Social Responsibility
 - Personal Responsibility
- WECM Course** -If needed, revise the Program SCANS Matrix and Competencies Checklist