

KIN100 : Introduction to Kinesiology

General Information

Author:	<ul style="list-style-type: none">Erin Calderone
Course Code (CB01) :	KIN100
Course Title (CB02) :	Introduction to Kinesiology
Department:	KIN
Proposal Start:	Spring 2026
TOP Code (CB03) :	(1270.00) Kinesiology
CIP Code:	(31.0505) Exercise Science and Kinesiology.
SAM Code (CB09) :	Non-Occupational
Distance Education Approved:	No
Will this course be taught asynchronously?:	No
Course Control Number (CB00) :	CCC000549621
Curriculum Committee Approval Date:	04/09/2025
Board of Trustees Approval Date:	Pending
Last Cyclical Review Date:	09/01/2021
Course Description and Course Note:	KIN 100 is designed for students who are interested in pursuing a career in the field of kinesiology, exercise science, or physical education. An overview of the importance of the following sub-disciplines in kinesiology are included: philosophy, history, scientific foundations of physical education, exercise science, health/wellness, fitness/sport, and the future of kinesiology. Topics explored include professional career opportunities in teaching, coaching, athletic training, sport management, fitness leadership and health/wellness. Note: Recommended for physical education majors. This course will not fulfill physical education activity requirements.
Justification:	Mandatory Revision
Academic Career:	<ul style="list-style-type: none">Credit
Mode of Delivery:	No value
Author:	No value
Course Family:	No value

Academic Senate Discipline

Primary Discipline:	<ul style="list-style-type: none">Kinesiology
Alternate Discipline:	No value
Alternate Discipline:	No value

Course Development

Basic Skill Status (CB08)

Course is not a basic skills course.

Allow Students to Gain Credit by Exam/Challenge

Course Special Class Status (CB13)

Course is not a special class.

Pre-Collegiate Level (CB21)

Not applicable.

Grading Basis

- Grade Only

Course Support Course Status (CB26)

Course is not a support course

General Education and C-ID

General Education Status (CB25)

Not Applicable

Transferability

Transferable to both UC and CSU

Transferability Status

Approved

CSU GE-Breadth Area

E-Lifelong Learning and Self-Development

Area

Lifelong Learning and Self-Development

Status

Approved

Approval Date

No value

Comparable Course

No Comparable Course defined.

C-ID

KIN

Area

Kinesiology

Status

Approved

Approval Date

02/18/2014

Comparable Course

KIN 100 - Introduction to Kinesiology

Units and Hours

Summary

Minimum Credit Units (CB07)

3

Maximum Credit Units (CB06)

3

Total Course In-Class (Contact) Hours

54

Total Course Out-of-Class Hours

108

Total Student Learning Hours

162

Credit / Non-Credit Options

Course Type (CB04)

Credit - Degree Applicable

Noncredit Course Category (CB22)

Credit Course.

Noncredit Special Characteristics

No Value

Course Classification Code (CB11)

Credit Course.

 Variable Credit Course**Funding Agency Category (CB23)**

Not Applicable.

Cooperative Work Experience Education

 Status (CB10)**Weekly Student Hours**

	In Class	Out of Class
Lecture Hours	3	6
Laboratory Hours	0	0
Studio Hours	0	0

Course Student Hours**Course Duration (Weeks)** 18**Hours per unit divisor** 0**Course In-Class (Contact) Hours**

Lecture 54

Laboratory 0

Studio 0

Total 54**Course Out-of-Class Hours**

Lecture 108

Laboratory 0

Studio 0

Total 108**Time Commitment Notes for Students**

No value

Units and Hours - Weekly Specialty Hours

Activity Name	Type	In Class	Out of Class
No Value	No Value	No Value	No Value

Prerequisites, Corequisites, Recommended Corequisites, and Recommended Preparation**Advisory**

ESL151 - Reading And Composition V

Objectives

- Read and critically analyze various academic readings;
- compose a 500 to 550-word essay which: summarizes and cites appropriately a reading passage; includes a clear thesis statement; uses evidence to support the thesis; shows clear organization into an introduction, body, and conclusion;

OR**Advisory**

ABSE186 - Essentials in Reading and Paragraph Writing (in-development)

Objectives

- Comprehend both literature and information-based texts at a high school level.
- Utilize various strategies to develop active reading habits.
- Read and locate details in a passage and identify the stated or unstated main idea.
- Articulate answers to comprehension and analysis questions.
- Demonstrate sentence variation, coherence, and unity within a paragraph.

AND

Advisory

LIB100 - Critical Approaches to Information Research

Objectives

- Recognize the information cycle as a community conversation that may include primary, secondary, popular, peer-reviewed, and other source types.
- Formulate a research question to guide inquiry.
- Design and use search strategies by brainstorming key words, refining search terms, and using advanced limiters in different systems.
- Distinguish between different source types, understanding the characteristics of various publication practices, purposes, audiences, and formats.
- Assess sources for credibility, considering indicators such as authority, currency, accuracy, point of view, purpose, evidence and the context of how information is produced.
- Recognize that critical assessment of information is an empowering practice that furthers civic engagement in a democratic society.
- Use citation and attribution to give credit to the ideas and work of others.
- Recognize underlying factors (racial, ethnic, gendered, linguistic, and socioeconomic) that impact inequities in the access to and the creation of information sources.

Entry Standards

Entry Standards

Description

No value

No value

Course Limitations

Cross Listed or Equivalent Course

Description

No value

No value

Requisite Validation

Upload Statistical Validation and/or other documents (if necessary)

No Value

Specifications

Methods of Instruction

Methods of Instruction Lecture

Methods of Instruction Discussion

Methods of Instruction Multimedia

Methods of Instruction Collaborative Learning

Methods of Instruction Demonstrations

Methods of Instruction Guest Speakers

Methods of Instruction Presentations

Out of Class Assignments

Journals (e.g. scenario on ethics)

Project (e.g. developing a teaching/coaching plan for a specific motor skill)

Scientific research assignments (e.g. on-line research on benefits of sport psychology).

Methods of Evaluation

Rationale

Exam/Quiz/Test

Quizzes

Writing Assignment

Research Projects

Activity (answering journal prompt, group activity)

Rubrics

Exam/Quiz/Test

Midterm exams

Exam/Quiz/Test

Final exams

Textbook Rationale

No Value

Textbooks

Author	Title	Publisher	Date	ISBN
Shirl J. Hoffman, EdD	Introduction to Kinesiology: Studying Physical Activity	Human Kinetics	2018	9781492549925

Other Instructional Materials (i.e. OER, handouts)

No Value

Learning Outcomes

Course Objectives

Identify the professional careers available in kinesiology

Discuss the possibilities and the challenges of the current sport and fitness fields

Identify and describe the bases for sport, fitness, physical education, and kinesiology

Explain the scientific foundations of kinesiology relating to historical, sociological, psychological, and biological components

Describe the certification procedure and preparation for fitness professionals

Evaluate and explain the structural and cultural barriers that limit people of color, sexual orientation, disadvantaged and disabled in exercise and sport.

Discuss the role of kinesiology in lifespan involvement and physical activity

SLOs

Examine the different scientific foundations and sub-disciplines essential to the study of kinesiology

Expected Outcome Performance: 70.0

ILOs
Core ILOs Analyze and solve problems using critical, logical, and creative thinking; ask questions, pursue a line of inquiry, and derive conclusions; cultivate creativity that leads to innovative ideas.

KIN
Kinesiology - AA-T Demonstrate an understanding of biomechanical skills at different levels

KIN
Fitness Specialist - A.S.
Degree Major

apply fundamental science of kinesiology to assess, design, implement and lead fitness programs for individuals and groups in a diverse population

Discuss the implications of a sedentary lifestyle and how it affects kinesiology

Expected Outcome Performance: 70.0

ILOs
Core ILOs

Communicate clearly, ethically, and creatively; listen actively and engage respectfully with others; consider situational, cultural, and personal contexts within or across multiple modes of communication.

Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.

KIN
Kinesiology - AA-T

Recognize and apply methods to develop and promote a physically healthy lifestyle

KIN
Fitness Specialist - A.S.
Degree Major

apply fundamental science of kinesiology to assess, design, implement and lead fitness programs for individuals and groups in a diverse population

Recognize and communicate the professional careers available in kinesiology.

Expected Outcome Performance: 70.0

ILOs
Core ILOs

Communicate clearly, ethically, and creatively; listen actively and engage respectfully with others; consider situational, cultural, and personal contexts within or across multiple modes of communication.

Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.

Additional SLO Information

Does this proposal include revisions that might improve student attainment of course learning outcomes?

No Value

Is this proposal submitted in response to learning outcomes assessment data?

No Value

If yes was selected in either of the above questions for learning outcomes, explain and attach evidence of discussions about learning outcomes.

No Value

SLO Evidence

No Value

Course Content

Lecture Content

Basic Concepts of Kinesiology, Exercise Science and Sport (6 hours)

- Meaning and philosophy of kinesiology, exercise science, and sport
- Contemporary goals and objectives in education
- Roles in society and in education

Scholarly Study of Kinesiology and Sport (15 hours)

- Historical aspects of kinesiology

- Social psychological foundations
- Subjective experiences in physical activity
- Philosophical views of physical activity
- Ethics in exercise and sport

Kinesiology Sub-Disciplines (15 hours)

- Exercise science
- Exercise physiology and fitness
- Motor development, control, and learning
- Biomechanics

Careers and Professions in the Field of Kinesiology (10 hours)

- Careers and professional development
- Teaching and coaching careers
- Fitness, nutrition, and health related careers
- Sport careers

Issues, Challenges and the Future of Kinesiology (8 hours)

- Issues and challenges
- Diversity, inclusion, and equity in kinesiology
- Future trends

Total hours: 54

Additional Information

Repeatability

Not Repeatable

Justification (if repeatable was chosen above)

No Value

Is it possible this course will have a material fee?

No Value

I have contacted my library liaison (<https://campusguides.glendale.edu/faculty/liasons>):

No Value

What term(s) will this course be offered?

No Value

Will any additional resources be needed for this course? (Click all that apply)

No Value

If additional resources are needed, add a brief description and cost in the box provided.

No Value