

## **KNES 45 - Introduction to Kinesiology**

**Credits: 5.0**

**Instructor:** Arden Kragalott

**Phone:** 408-864-8648    **E-mail:** [kragalottarden@fhda.edu](mailto:kragalottarden@fhda.edu)

Office Hours: MTWTH 3-4 PM by email

### **Quarter Academic Calendar-Important Online Resources**

<https://www.deanza.edu/calendar/>

### Catalog Description

An introduction to the discipline of physical education/kinesiology. The student will study career options, required preparation and training for occupations in teaching, coaching, physical therapy, sports nutrition, sports medicine and other professions stemming from a degree in physical education/kinesiology. Includes an in-depth overview of human movement and performance, foundations and principles of physical education/kinesiology, and the importance of the sub-disciplines in kinesiology. Focus will also be placed on and give the student an understanding of cultural, age and gender differences. Title IX requirements relating to the profession will also be discussed.

### *Student Learning Outcomes (SLOs)*

Upon completion of this course, students will be able to do the following:

1. Analyze and compare the basic concepts of Kinesiology and how they relate to motor-learning control, motor development, biomechanics, exercise physiology, social psychological foundations, and nutrition.
2. Apply basic understanding and knowledge to the study of motion of the human body when exercising or participating in a physical activity or program and the movement forms of sports, dance, and exercise.
3. Apply, compare, and contrast the specific beneficial or disadvantageous aspects relating to career options and choices in Physical Education/Kinesiology and other related fields.

### *Teaching Strategies*

This course will involve online instruction, announcements, and assignments. Students will be able to access course material via the Canvas website, as well as participate in online course activities and discussion groups.

### *Required Text*

**Hoffman, S.J., ed. *Introduction to Kinesiology: Studying Physical Activity*. (5th ed.). Champaign, IL: Human Kinetics, 2017**

### *Additional Readings*

Additional readings may be assigned. These readings will be announced online or via email, and further information will be made available on the Canvas website.

### *Grades*

A 360-400  
B 320-359  
C 280-319  
D 240-279  
F < 239

### *Evaluation*

Exam 1, 2, 3: 150 pts (50 pts each)  
Discussion Groups -80 pts (10 pts each)  
Quizzes – 150 pts (10 pts each)  
Essay – 20pts

### *Assignments*

Additional information about these assignments will be posted to the course website.

### *Discussion*

This requirement involves students actively participating in online discussion groups. Students are required to participate actively in the discussions; all students should be contributing to the dialogue. Students are expected to be respectful of one another in their discussions; foul language and inappropriate or disrespectful comments will not be tolerated. Student responses and comments that are deemed inappropriate will result in a zero for the discussion grade. Repeat violations may result in the student's failure in the course.