

**Northern Marianas College**  
**CURRICULUM ACTION REQUEST**

**Effective Semester / Session:** Fall 2014

**Type of Action:**

- New
- Modification
- Move to Inactive (Stop Out) effective 5/2006
- Cancellation


**Course Alpha and Number:** PE 280

**Course Title:** Applied Kinesiology

**Reason for initiating, revising, or canceling:**

This course is being reactivated effective fall 2014 semester.

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Lisa A. Lunde



10/7/14

Proposer

Date

  
Verma C. Deleon Guerrero

10-7-2014

Acting Department Chair

Date

Barbara K. Merfalen



10-7-14

Dean of Academic Programs and Services

Date

# Northern Marianas College

## Course Guide

Course : PE 280 Applied Kinesiology

### 1. Department:

Science, Mathematics, Health and Athletics

### 2. Purpose

The purpose of this course is to introduce students to the discipline of kinesiology and help them understand its relationship to physical activity, as well as to introduce them to physical activity professions. Kinesiology integrates knowledge from three different yet related sources: your experiences performing and observing physical activity, the formal study of physical activity, and professional practice centered in physical activity. This course will provide an analysis of basic principles and concepts related to the acquisition of motor skills, basic research and principles in relation to motor learning and performance, with specific relevance to teaching, coaching, exercise physiology, athletic training, and movement studies.

### 3. Description

#### A. Required/Recommended Textbook(s) and Related Materials

Required:

Shirl J. Hoffman, *Introduction to Kinesiology*, 4<sup>th</sup> Edition. Human Kinetics, 2013

Readability level: Grade 12

Handouts on specific topics will also be distributed

#### B. Contact Hours

1. **Lecture:** 3 hours per week / 45 per semester
2. **Lab:**
3. **Other:**

#### C. Credits

1. **Number:** 3
2. **Type:** Regular degree credits

#### D. Catalogue Course Description

The purpose of this course is to introduce students to the discipline of kinesiology and help them understand its relationship to physical activity, as well as to introduce them to physical activity professions. Kinesiology integrates knowledge from three different yet related sources: your experiences performing and observing physical activity, the formal study of physical activity, and professional practice centered in physical activity. This course will provide an analysis of basic principles and concepts related to the acquisition of motor skills, basic research and principles in relation to

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motor learning and performance, with specific relevance to teaching, coaching, exercise physiology, athletic training, and movement studies. English Placement Level: EN 101 or higher or permission from the instructor. Math Placement Level: None. (Offered Fall and Spring)

### **E. Degree or Certificate Requirements Met by Course**

PE 280 is required for a degree in the Liberal Arts Health & PE emphasis degree. A passing grade of a "C" or higher in this course is needed.

### **F. Course Activities and Design**

There will be classroom and lab activities. Classroom activities will include lectures, guest speakers and videotapes on various aspects of physical education. Lab activities will include practicing the skills learned in the classroom.

### **4. Course Prerequisite(s); Concurrent Course Enrollment; Required English/Mathematics Placement Level(s)**

Prerequisites: None

Concurrent Course Enrollment: None

English Placement Level: EN 101 or higher or permission from the instructor.

Mathematics Placement Level: None

### **5. Estimated Cost of Course; Instructional Resources Needed**

Cost to the Student: Tuition for a 3 credit course, cost of the textbook and the student flat fee.

Cost to the College: Instructor's salary.

Instructional resources needed for this course include: white board and white board markers, Projector, Television/VCR/DVD Player and DVD/videotaped programs, and library references materials, access to photocopying as well as supplies for this course.

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### 6. Method of Evaluation

Students' grades will be based on the regular letter grade system as described below:

- A: Excellent – grade points: 4.0;
- B: Above average – grade points: 3.0;
- C: Average – grade points: 2.0;
- D: Below average – grade points: 1.0;
- F. Failure – grade points: 0.0.

NMC's grading and attendance policies will be followed.

### 7. Course Outline

This is a topical outline and does not necessarily indicate the sequence in which the material will be presented.

- 1.0 Introduction to Kinesiology
  - 1.1 Understanding what is Kinesiology
  - 1.2 What is Physical Activity
  - 1.3 What is Biomechanics
- 2.0 Experiencing Physical Activity
  - 2.1 The Spheres of Physical Activity Experiences
    - 2.1.1 Sphere of Self Expression
    - 2.1.2 Sphere of Work, Education, Leisure, and Health
  - 2.2 The Importance of Physical Activity Experiences
    - 2.2.1 Factors Influencing the kinds and Amounts of Performance
    - 2.2.2 Identifying Critical Components of a Physical Activity
  - 2.3 The Importance of Subjective Experiences in Physical Activity
- 3.0 Scholarly Study of Physical Activity
  - 3.1 Philosophy of Physical Activity
    - 3.1.1. Philosophy of Physical Activity and Kinesiology
    - 3.1.2. Research Methods in Philosophy of Physical Education
  - 3.2 History of Physical Activity
  - 3.3 Sociology of Physical Activity
  - 3.4 Motor Behavior
  - 3.5 Sports and Exercise Psychology
    - 3.5.1. What is Sports and Exercise Psychology
    - 3.5.2. What does a Sports Psychologist do?
  - 3.6 Biomechanics of Physical Activity

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- 3.6.1. What is it?
- 3.6.2. Goals of; History of; and Research Methods
- 3.7 Physiology of Physical Activity
  - 3.7.1. What is it?
  - 3.7.2. Goals of; History of; and Research Methods
- 4.0 Practicing a Profession in Physical Activity
  - 4.1 Becoming a Physical Activity Professional
    - 4.1.1. How are Physical Activity Professionals Educated for the Workforce
    - 4.1.2. Are You suited for a career in the Physical Activity Field
  - 4.2 Careers in Health and Fitness
    - 4.2.1. Health and Fitness Settings
    - 4.2.2. Marketplace Trends, Certifications and Opportunities
  - 4.3 Careers in Therapeutic Exercise
    - 4.3.1. Therapeutic Exercise Settings
    - 4.3.2. Professions in Therapeutic Exercise
  - 4.4 Careers in Teaching Physical Education
    - 4.4.1. Examine Research to see what Effective Teachers do
    - 4.4.2. Opportunities, Certifications, Settings
  - 4.5 Careers in Coaching and Sports Instruction
    - 4.5.1. Overview of coaching and sport instruction professions
    - 4.5.2. Settings; Instruction; Advice

### 8. Instructional Goals

This course will introduce students to:

- 1.0 The Discipline of Kinesiology and its relationship to physical activity;
- 2.0 Career Possibilities centering on Physical Education;
- 3.0 "Spheres" of physical activity experience;
- 4.0 Benefits and potential limitations of physical activity;
- 5.0 Importance of public school physical education;
- 6.0 The need for differences in personal goal setting regarding health versus fitness when designing exercise/ fitness/training programs;
- 7.0 The five (5) health-related components of physical fitness;

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- 8.0 American College of Sports Medicine (ACSM) training guidelines for designing fitness/sports training programs;
- 9.0 The advantages and disadvantages of body composition assessment techniques(i.e. skin caliper etc.);
- 10.0 Various field tests for assessing cardiovascular endurance, muscular strength/endurance and measuring heart rate; and
- 11.0 The importance of proper nutrition for optimal health and physical performance.

## 9. Student Learning Outcomes

Upon successful completion of this course, students will be able to:

- 1.0 Discuss the Discipline of Kinesiology and its relationship to physical activity;
- 2.0 Identify Career Possibilities centering on Physical Education;
- 3.0 Discuss/Describe "Spheres" of physical activity experience;
- 4.0 Identify benefits and potential limitations of physical activity;
- 5.0 Discuss/Explain the Importance of public school physical education;
- 6.0 Explain the need for differences in personal goal setting regarding health versus fitness when designing exercise/ fitness/training programs;
- 7.0 Identify/Explain The five (5) health-related components of physical fitness;
- 8.0 Identify American College of Sports Medicine (ACSM) training guidelines for designing fitness/sports training programs;
- 9.0 Describe the advantages and disadvantages of body composition assessment techniques(i.e. skin caliper etc.);

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10.0 Administer/Perform various field tests for assessing cardiovascular endurance, muscular strength/endurance and measuring heart rate; and

11.0 Value and Explain the importance of proper nutrition for optimal health and physical performance.

## **10. Assessment Measures**

Assessment of student learning may include, but not be limited to, the following:

- 1.0 Quizzes and Exams;
- 2.0 Class Labs and projects;
- 3.0 Classroom discussions and participation; and
- 4.0 Homework/Assignments.