

Northern Marianas College

CURRICULUM ACTION REQUEST

Course: KI111 Introduction to Kinesiology

Effective Semester / Session: Spring 2024

Type of Action:

- New
- Modification
- Move to Inactive (Stop Out)
- Cancellation

Course Alpha and Number: KI111

Course Title: Introduction to Kinesiology

Reason for initiating, revising, or canceling:

This course offers a comprehensive overview of the diverse sub-disciplines within Kinesiology for students to identify their specific interests and career goals. By providing a glimpse into the field, it empowers students to make informed choices when selecting courses, ensuring an academic path best suited to their ambitions. This is a required course for the updated AA in Liberal Arts with an Emphasis in Kinesiology.

Denise Myers


Denise Myers (Apr 11, 2024 09:18 GMT+10)

04/11/24

Proposer

Date

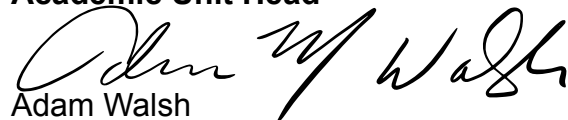


Velma C. Deleon Guerrero

4/10/2024

Academic Unit Head

Date



Adam Walsh

04.10.24

Language & Format Review Specialist

Date




Velma C. Deleon Guerrero

4/10/2024

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10/04/24

Interim Dean of Academic Programs & Services

Date

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Course: KI111 Introduction to Kinesiology

1. Department

Science, Mathematics, Health, & Athletics

2. Purpose

KI111 introduces students to the discipline of kinesiology and to kinesiology professions. This course will satisfy an NMC elective and is a requirement for the Associate of Arts in Liberal Arts with an Emphasis in Kinesiology.

3. Description

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

Required:

Murray, Tinker D., et al. *Foundations of Kinesiology a Modern Integrated Approach*. Cengage, latest edition.

Recommended: None

B. Contact Hours

1. **Lecture:** 1 per week / 15 per semester
2. **Lab:** None
3. **Other:** 5 for career shadowing

C. Credits

1. **Number:** 1
2. **Type:** Regular Degree Credits

D. Catalog Course Description

This course is designed to introduce students to the discipline of kinesiology and kinesiology-based professions. The course will help students identify careers interests and select appropriate individualized academic pathways that are best suited for their career ambitions. Kinesiology is the scientific study of body movements and how physical activity affects, health, behavior, community, and quality of life. Prerequisites: EN085 and MA089. (Offered in Fall)

E. Degree or Certificate Requirements Met by Course

This is a required course for a degree in Liberal Arts with an emphasis in Kinesiology and can serve as an elective for all other degree programs.

F. Course Activities and Design

This course will offer a variety of lectures, classroom activities, and career shadowing all of which apply to the kinesiology field, giving students a general introduction to the field of kinesiology.

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4. Course Prerequisite(s); Concurrent Course Enrollment

Prerequisites: EN085 and MA089

Concurrent Course Enrollment: None

Required English/Mathematics Proficiency Level(s)

English Placement Level: EN095

Mathematics Placement Level: MA091

5. Estimated Cost of Course; Instructional Resources Needed

Cost to the Student: Tuition for a 1-credit hour course, cost of the textbook, and cost of career shadowing.

Cost to the College: Instructor's salary.

Instructional resources needed for this course include: white board and white board markers, projector, library references materials, internet, access to photocopying as well as applicable supplies for the course.

6. Method of Evaluation

Students' grades will be based on assignments, tests, and career shadowing. NMC's grading and attendance policies will be followed.

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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 What is kinesiology?
 - 1.2 Current trends in kinesiology

- 2.0 Scholarly Study of Physical Activity
 - 2.1 Philosophy, history, and sociology of physical activity
 - 2.2 Motor behavior
 - 2.3 Sports and exercise psychology
 - 2.4 Biomechanics
 - 2.5 Exercise physiology
 - 2.6 Public health

- 3.0 Professions in Kinesiology

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8. Instructional Goals

The course will introduce students to:

- 1.0 Kinesiology;
- 2.0 Career possibilities in kinesiology;
- 3.0 Pathways to achieve careers in kinesiology;
- 4.0 Physical activity continuum; and
- 5.0 Components of fitness.

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9. Student Learning Outcomes

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

- 1.0 Define kinesiology;
- 2.0 Identify career possibilities in kinesiology;
- 3.0 Create a pathway to achieve career goals based on kinesiology shadowing experiences;
- 4.0 Explain the physical activity continuum; and
- 5.0 Differentiate between health-related components and skill-related components of physical fitness.

10. Assessment Measures of Student Learning Outcomes

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

- 1.0 Assignments;
- 2.0 Shadowing; and
- 3.0 Tests.









KI111

Final Audit Report

2024-04-10

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