

# Northern Marianas College

## CURRICULUM ACTION REQUEST

Course: KI280 Kinesiology

Effective Semester / Session: Spring 2024

**Type of Action:**



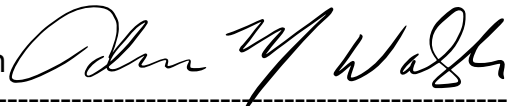
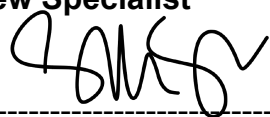

- New
- Modification
- Move to Inactive (Stop Out)
- Cancellation

Course Alpha and Number: KI280

Course Title: Kinesiology

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

This course is a pivotal step in our efforts to revamp the Liberal Arts Health & Physical Education degree emphasis into a broader Kinesiology degree. This transformation reflects a growing recognition of the interdisciplinary nature of this field. Kinesiology encompasses a wider spectrum of knowledge and skills, spanning across exercise science, biomechanics, physiology, psychology, sports marketing, public health, and more. By offering this new course, we aim to equip students with a more comprehensive and adaptable education that aligns with the evolving demands of healthcare, sports, and wellness industries, ensuring they are better prepared for diverse career opportunities and contributing to the overall health and vitality of our communities.

Denise Myers	 <small>Denise Myers (Apr 11, 2024 09:19 GMT+10)</small>	04/11/24
<b>Proposer</b>		Date
Velma C. Deleon Guerrero		4/10/2024
<b>Academic Unit Head</b>		Date
Adam Walsh		04.10.24
<b>Language &amp; Format Review Specialist</b>		Date
Velma C. Deleon Guerrero		4/10/2024
<b>Academic Council Chair</b>		Date
Lorraine C. Maui	 <small>Lorraine Maui (Apr 10, 2024 17:44 GMT+10)</small>	10/04/24
<b>Interim Dean of Academic Programs &amp; Services</b>		Date

**Course:** KI280 Kinesiology

## 1. Department

Science, Mathematics, Health, & Athletics

## 2. Purpose

KI280 introduces students to disciplines within kinesiology. This course will satisfy an elective credit 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:** 3 per week / 45 per semester
2. **Lab:** None
3. **Other:** 1 for field work per week / 15 per semester

### C. Credits

1. **Number:** 4
2. **Type:** Regular Degree Credits

### D. Catalog Course Description

Kinesiology is the scientific study of movement and how physical activity affects, health, behavior, community, and quality of life. This course will provide basic principles and concepts related to motor behavior, sports and exercise psychology, biomechanics, public health, and exercise physiology. Prerequisites: HE150 and KI111. Concurrent course enrollment: BI251. (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.

### F. Course Activities and Design

This course will offer a variety of lectures, classroom activities, class lab activities—all of which apply to the kinesiology field giving students a broad view of kinesiology.

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**Course:** KI280 Kinesiology

#### **4. Course Prerequisite(s); Concurrent Course Enrollment**

Prerequisites: HE150 & KI111

Concurrent Course Enrollment: BI251

#### **Required English/Mathematics Proficiency Level(s)**

English Placement Level: EN202

Mathematics Placement Level: MA132

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

Cost to the Student: Tuition for a 4-credit hour course and cost of the textbook.

Cost to the College: Instructor's salary.

Instructional resources needed for this course include: white board and white board markers, projector, video analysis software, body composition measuring tools, various fitness equipment, library references materials, access to internet and photocopying as well as supplies for this course.

#### **6. Method of Evaluation**

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

**Course:** K1280 Kinesiology

**7. Course Outline**

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

- 1.0 Physical Activity in Society
- 2.0 Ethics
- 3.0 Motor Behavior
- 4.0 Sport & Exercise Psychology
- 5.0 Biomechanics
- 6.0 Exercise Physiology
- 7.0 Public Health
- 8.0 Evidence Based Practice

**Course:** KI280 Kinesiology

**8. Instructional Goals**

The course will introduce students to:

- 1.0 Physical activity guidelines;
- 2.0 Scientific study in kinesiology;
- 3.0 Muscle anatomy and physiology;
- 4.0 Energy system physiology and training;
- 5.0 Biomechanics;
- 6.0 Components of fitness: body composition, cardiovascular endurance, muscular strength, muscular endurance, and flexibility;
- 7.0 Training principles; and
- 8.0 Ethics and ethical decision making as it relates to kinesiology.

**Course:** KI280 Kinesiology

**9. Student Learning Outcomes**

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

- 1.0 Identify American College of Sports Medicine (ACSM) guidelines for physical activity;
- 2.0 Use the scientific method to study kinesiology;
- 3.0 Execute biomechanical analysis;
- 4.0 Compare muscle fiber types;
- 5.0 Interpret energy systems;
- 6.0 Utilize training principles to develop training programs;
- 7.0 Evaluate muscular strength and conditioning techniques;
- 8.0 Evaluate cardiovascular assessment techniques;
- 9.0 Evaluate body composition assessment techniques; and
- 10.0 Discuss ethics as it relates to kinesiology.

**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 Labs; and
- 3.0 Tests.









# KI280

Final Audit Report

2024-04-10

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