

NEW COURSE PROPOSAL

PROGRAM AREA LIBERAL STUDIES

1. Catalog Description of the Course:

PHED 208. INTRODUCTION TO KINESIOLOGY (3)

Examines the field of human movement, introduces biomechanics, anatomy, exercise physiology, and motor learning. Basic anatomy, function of the musculoskeletal system, laws of motion, principles of force, equilibrium concepts, and laws governing projectiles will be introduced and applied to various sports activities. The student will develop the ability to analyze skill movements in specific sport activities. This is not an activity/ performance course.

GenEd: E

2. Mode of Instruction.

	Units	Hours per Unit	Benchmark Enrollment
Lecture	3	1	35
Seminar			
Laboratory			
Activity			

3. Justification and Learning Objectives for the Course.

The course is designed to meet Category E in the General Education and the concentration in Physical Education and Health in the Liberal Studies Teaching and Learning Option. This is not an activity/ performance course.

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

- Classify activities involving imparting motion to external objects according to the nature of the force application and joint action patterns.
- Identify and define the various joint movements
- Identify bony anatomy and name the bones articulating to form the various joints in the body
- Identify the various muscles/muscle groups and their functions
- Define terms such as force, acceleration, velocity, speed, momentum, levers, center of gravity, specific gravity, center of buoyancy, drag resistance, potential-kinetic energy, centrifugal-centripetal force, and friction and to apply the various principles to specific sport activities
- Explain the fundamental concepts of biomechanics and exercise physiology

4. Is this a General Education Course

YES

NO

If Yes, indicate GE category:

A (English Language, Communication, Critical Thinking)	
B (Life Sciences)	
C (Fine Arts, Literature, Languages & Cultures)	
D (Social Perspectives)	
E (Human Psychological and Physiological Perspectives)	X

5. Course Content in Outline Form.

The foundations of human movement
Skeletal system
Muscular system
Neuromuscular basis of motion

Anatomy
Fundamentals of biomechanics
Biomechanics
Human motion
Linear motion
Rotary motion
Center of gravity and stability
Fundamentals of exercise physiology

6. References.

K. Luttgens and N. Hamilton, *Kinesiology: Scientific Basis of Human Motion*, 2001.
C. H. Shea and D. L. Wright, *An Introduction to Human Movement: The Sciences of Physical Education*, 1997.
S. J. Hoffmann and J. C. Harris, *Introduction to Kinesiology: Studying Physical Activity*, 2000.

7. List Faculty Qualified to Teach This Course.

Faculty

8. Frequency.

a. Projected semesters to be offered: Fall X Spring Summer

9. New Resources Required.

- a. Computer (data processing)
audio visual, broadcasting needs, other equipment
- b. Library needs
- c. Facility/space needs
Gymnasium, Conference Hall

10. Consultation.

Attach consultation sheet from all program areas, Library, and others (if necessary)

11. If this new course will alter any degree, credential, certificate, or minor in your program, attach a program modification.

Philip Hampton

1/8/03

Proposer of Course

Date