Northern Marianas College
CURRICULUM ACTION REQUEST

Course: PE280 Applied Kinesiology

Effective Semester / Session: Fall 2022

Type of Action:

__ New
X Modification
__ Move to Inactive (Stop Out)
__ Cancellation

Course Alpha and Number: PE280

Course Title: Applied Kinesiology

Reason for initiating, revising, or canceling:
This course is undergoing routine updates including removing the workplace health SLO and replacing it with an ethics SLO to better address current trends and needs. The new BI251 co-requisite will allow for the study of both biomechanics and exercise physiology topics. The BI251 co-requisite is part of the Health & PE emphasis degree thus will not delay graduation speed.

Denise J. Myers 10.12.21

Proposer Date

Velma C. Deleon Guerreo 10/12/2021

Department Chair Date

Adam Walsh 10.11.21

Language & Format Review Specialist Date

Ajani Burrell 10.12.21

Academic Council Chair Date

Dr. Randy Yates 10.12.2021

Dean of Academic Programs & Services Date

Course: PE280 Applied Kinesiology

1. **Department**
   Science, Mathematics, Health and Athletics

2. **Purpose**
   PE 280 introduces students to the discipline of kinesiology and to kinesiology professions. This course will satisfy a PE credit for NMC General Education requirement and is a requirement for Liberal Arts Health & PE degree emphasis.

3. **Description**

   A. **Required/Recommended Textbook(s) and Related Materials**
   Required:
   Murray, Tinker D., et al. *Foundations of Kinesiology a Modern Integrated Approach*. Cengage, 2019.

   Recommended: N/A

   B. **Contact Hours**
      1. **Lecture:** 3 per week / 45 per semester
      2. **Lab:** N/A
      3. **Other:** Shadowing for 2 per term

   C. **Credits**
      1. **Number:** 3
      2. **Type:** Regular Degree Credits

   D. **Catalogue Course Description**
   This course is designed to introduce students to the discipline of kinesiology and introduce them to kinesiology professions. Kinesiology is the scientific study of body movements and how physical activity affects, health, behavior, community, and quality of life. This course will provide an analysis of basic principles and concepts related to motor behavior, sports and exercise psychology, biomechanics, public health, and exercise physiology. Prerequisites: HE150. Concurrent course enrollment: BI251.

   E. **Degree or Certificate Requirements Met by Course**
   A passing grade of a "C" or higher in this course fulfills the Liberal Arts Degree with a Health & PE emphasis or as an elective.

   F. **Course Activities and Design**
   This course will offer a variety of lectures, classroom activities, class lab activities, and career shadowing—all of which apply to the field as a general introduction to kinesiology.

4. **Course Prerequisite(s); Concurrent Course Enrollment**
   Prerequisites: HE150
   Concurrent Course Enrollment: BI251

   Required English/Mathematics Proficiency Level(s)
   English Placement Level: None
   Mathematics Placement Level: None

5. **Estimated Cost of Course; Instructional Resources Needed**
   Cost to the Student: Tuition for a 3-credit 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, library references materials, access to photocopying as well as supplies for this course.

6. **Method of Evaluation**
   Students' grades will be based on assignments, projects, tests, and career shadowing. 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 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 Profession in Kinesiology

8. Instructional Goals

The course will introduce students to:

1.0 Kinesiology;

2.0 Career possibilities in kinesiology;

3.0 Scientific method to study kinesiology;

4.0 Physical activity continuum;

5.0 Benefits and potential limitations of physical activity;

6.0 Health-related components and skill-related components of physical fitness;

7.0 American College of Sports Medicine (ACSM) guidelines for training programs;

8.0 Body composition assessment techniques;

9.0 Field tests assessing cardiovascular endurance, muscular strength, endurance, and flexibility; and

10.0 Ethics and ethical decision making as it relates to kinesiology.

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 Use the scientific method to study kinesiology;

4.0 Explain the physical activity continuum;

5.0 Identify benefits and potential limitations of physical activity;

6.0 Differentiate between health-related components and skill-related components of physical fitness;

7.0 Identify American College of Sports Medicine (ACSM) training guidelines for designing fitness/sports training programs;

8.0 Compare body composition assessment techniques;

9.0 Perform field tests for assessing cardiovascular endurance, muscular strength, endurance, and flexibility; 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 Class Labs;

3.0 Projects; and

4.0 Tests.