

NorthWest Arkansas Community College
Kinesiology

KINS 1013 Careers in Kinesiology: A History & An Overview

Catalog description:

An introduction to the broad field of Kinesiology, including historical aspects and career perspectives.

Prerequisite:

None

Credit hours/contact hours/load hours

3/3/3

Target Audience & Transfer

Designed for students seeking a Kinesiology Degree. This course is the introductory class for the Kinesiology major and transfers to the University of Arkansas as the equivalent course (KINS 1013) in their degree program.

General Course Outcomes:

By completing this course, the student will:

1. Conceptualize the significance of Kinesiology and its many sub-disciplines as viable professions.
2. Identify and examine the many careers and professional opportunities available in Kinesiology.
3. Analyze the historical developments of Kinesiology and their implications on the profession
4. Identify and discuss the benefits of professional organizations and publications.
5. Evaluate the role that technology and computers play in the many Kinesiology fields.

Required Text:

Knowing Human Movement, Estes, Steven G. & Mechikoff, Robert A. (1999). Allyn & Bacon Publishers

Topics:

1. Fitness and exercise: the mind/body concept
2. How sports and Kinesiology have changed throughout history
3. The Reformation of Physical Education
4. A look at Kinesiology careers/sub-disciplines: selecting a career
5. Developing a career plan
6. Professional Literature
7. Professional Organizations
8. Technological Advances
9. Future Trends/Globalization

Required Methods of Instruction:

Individual teachers may design the course in any number of ways, keeping the course objectives in mind. They may include lecture, audio-visual materials, field trips, guest speakers, oral presentations, book reviews, and research papers.

Required Form of Assessment

Individual instructors have broad latitude in modeling assessments. However, each instructor will include some form of essay question on the exam(s).