Course Information Form (CIF)

Course Code: KIN 160

Course Title: Introduction to Kinesiology

Department: Natural Sciences
PCS Code: 1.1 - Baccalaureate/Transfer
CIP Code: 31.0501
Repeatability: 0

Effective Date: Summer 2026

Credit Hours

Catalog Notation: 3-0-3
Credit Hour Distribution:

Lecture: 3	Lab: 0	Clinical: 0	**Total: 3**

General Course Information

Catalog Description

Professional opportunities available in the field of kinesiology, including physical education, recreation, safety, intramural and intercollegiate athletics; role of physical education and physical activity in total education; development of vocational objectives. This is the gateway course for the kinesiology program.

General Course Objectives

To introduce students to the specialized areas of study in physical fitness and sports. To provide instruction on the foundations of physical activity, physical education, exercise, and sport. To enable students to self-assess strengths, interests, career preferences, and educational pathways for kinesiology-related fields.

Minimum Placement Levels

English	Reading	Math
None	Placement out of CCS 098	None

Prerequisites

None

Methods of Evaluation

6-8 objective quizzes, 4 objective exams, 1 comprehensive final exam, job shadowing in kinesiology-related field, and research presentation on kinesiology-related job.

Instructional Materials and Additional Supplies

Introduction to Kinesiology, 4th Edition, Hoffman; Human Kinetics.

Course Content

General Learning Outcomes (GLOs)

- Communication: Students will demonstrate the ability to read, write, listen, and speak effectively.
- Critical Thinking and Information Literacy: Students will demonstrate the ability to evaluate perspectives, evidence, and implications, and to locate, assess, and use information effectively.
- Global Awareness and Cultural Reasoning: Students will demonstrate their understanding of global issues, gender and sexual orientation, and multicultural perspectives.

Course Segments and Student Learning Outcomes

Course Segment	Learning Outcomes	Lecture Hours	Lab Hours	Clinical Hours
Nature and Scope of Physical Activity, Physical Education, and Sport	1. Define the specialized areas of study within physical activity, physical education, and sport. 2. Identify the basic philosophies of education and tell what the implications are for physical education, fitness, and sport.	10	0	0
Foundations of Physical Activity, Physical Education, and Sport	1. Identify and compare the status of physical activity, physical education, and sport at given periods in history from early times to the present.	15	0	0
Careers and Professional Considerations in the Field of Kinesiology	1. Correctly identify leadership skills for physical education and sport professionals. 2. Correctly identify career opportunities in physical education, fitness, and sport. 3. Correctly list professional organizations in physical education, fitness, and sport.	10	0	0
Issues, Challenges, and the Future of Physical Education and Sport	1. Correctly identify fine issues confronting professionals in physical activity professions, physical education, and sport today.	10	0	0

Total Contact Hours

Lecture Hours	Lab Hours	Clinical Hours
45	0	0