

## **KNLS/SPMT 120**

### **Introduction to Kinesiology**

3 Credits

## Community College of Baltimore County

### Common Course Outline

#### **Description**

**KNLS/SPMT 120 – Introduction to Kinesiology:** introduces students to the demands and rewards of a career in health, fitness, exercise science, or sports management. Students explore specific areas of study, technology, certifications, professional associations, and career opportunities. Experiences include the skillful use of technology and equipment, efficient research and writing skills, and application of fitness concepts.

#### **Overall Course Objectives**

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

1. implement a plan for personal fitness;
2. determine credible research sources;
3. analyze information from selected professional journals;
4. investigate career options and certifying agencies for career path development;
5. demonstrate appropriate communication and teaching skills while engaged in class activities;
6. discuss career insights gained while shadowing a professional in a related field in the workplace;
7. describe the role of nutrition in fitness and sport performance;
8. explain the role of exercise physiology in the field of kinesiology;
9. describe the fundamentals of biomechanics and motor control/motor learning;
10. explore various kinesiology and sports related career paths;
11. identify the areas of study in exercise epidemiology; and
12. promote health and fitness in the community by participating in or leading health and/or fitness related community activities.

#### **Major Topics**

- I. Principles of Wellness
- II. Personal Fitness Plan
- III. Components of Fitness
- IV. Exercise Physiology
- V. Exercise Epidemiology
- VI. Exercise and Sport Nutrition
- VII. Biomechanics
- VIII. Motor Control

The Common Course Outline (CCO) determines the essential nature of each course.

For more information, see your professor's syllabus.

- IX. Motor Learning
- X. Exercise and Sport Psychology
- XI. Investigating Career Options
  - a. Kinesiology
  - b. Sports Management
- XII. Certifying Agencies

### **Course Requirements**

Grading will be determined by the individual faculty member, but shall include the following, at minimum:

- Two fitness assessments (beginning and end of semester)
- One personal fitness plan
- Four practical application projects, including a job shadowing project
- One health promotion or sports management poster presentation
- Two unit exams and a final exam

Written assignments and research projects: Students are required to use appropriate academic resources in their research and cite sources according to the style selected by their professor.

### **Other Course Information**

This is a required course in the Kinesiology and Sports Management programs of study. This course requires physical activity and includes an off-campus shadowing project which will require three out of class hours.

Date Revised: 2/4/2020