

**J. Sargeant Reynolds Community College
Course Content Summary**

Course Prefix and Number: HLT 206 **Credits:** 3

Course Title: Introduction to Kinesiology

Course Description:

Introduces the study of various forms of physical activity and how they promote human health. Examines the study of physical activity from the perspectives of professional practice, scholarly study and experience. Provides a broad overview of the history, scientific principles, methodologies, and research among the major sub disciplines to prepare students for further study in kinesiology and health sciences. Explores current issues, future directions, certifications, professional associations, and career opportunities.
Lecture 3 hours. Total 3 hours per week. 3 credits

General Course Purpose:

HLT 206 provides students with an introduction to the study of physical activity and its impact on health, society and quality of life.

Course Prerequisites and Co-requisites:

None

Student Learning Outcomes:

Upon completing the course, the student will be able to

- Explain the meaning, significance and scope of focus of kinesiology
- Describe the importance of studying the history of physical activity and how it is researched
- Describe the major benefits of physical activity to the muscular-skeletal, cardiovascular, and respiratory systems
- Discuss the importance of understanding how mechanical forces impact the structure and function of the body
- Evaluate the impacts of physical activity and fitness on individual and societal wellness
- Discuss the goals of the field, including to understand how: motor skills are learned, how they are controlled, and how these factors are influenced across the lifespan
- Discuss the goals of the field, including: understanding the factors that influence behavior and performance in physical activity, understanding the psychological effects of participation in physical activity, and enhancing physical activity experiences to increase participation
- Describe the values and ethical issues related to physical activity participation, leadership and performance enhancement
- Explore careers in physical activity: Health and Fitness, Therapeutic Exercise, Physical Education Teaching, Coaching and Sport Instruction, Athletic Training and Sports Management

Major Topics to Be Included:

- Kinesiology Overview

- History of Kinesiology
- Physiology of Physical Activity
- Biomechanics of Physical Activity
- Sociology of Physical Activity
- Motor Behavior
- Psychology of Physical Activity
- Philosophy of Physical Activity
- Career and Professional Issues

Effective Date/Updated: November 15, 2023