

KINS 151D: APPLIED KINESIOLOGY AND BIOMECHANICS

In Workflow

1. KHS Committee Chair (matt.brown@csus.edu)
2. KHS Chair (wrightm@csus.edu)
3. HHS College Committee Chair (knam@csus.edu)
4. HHS Dean (maguirem@csus.edu)
5. Academic Services (torsetj@csus.edu;%20212408496@csus.edu;%20cnewsome@skymail.csus.edu)
6. Senate Curriculum Subcommittee Chair (curriculum@csus.edu)
7. Dean of Undergraduate (james.german@csus.edu;%20celena.showers@csus.edu)
8. Dean of Graduate (cnewsome@skymail.csus.edu)
9. Catalog Editor (212408496@csus.edu;%20torsetj@csus.edu;%20cnewsome@skymail.csus.edu)
10. Registrar's Office (wwd22@csus.edu;%20w lindsey@csus.edu;%20sac19595@csus.edu;%20danielle.ambrose@csus.edu;%20h.skocilich@csus.edu;%20205109584@csus.edu)
11. PeopleSoft (PeopleSoft@csus.edu)

Approval Path

1. Fri, 26 Apr 2019 02:06:36 GMT
Rodney Imamura (rimamura): Approved for KHS Committee Chair
2. Fri, 26 Apr 2019 22:49:00 GMT
Katherine Jamieson (katherine.jamieson): Approved for KHS Chair
3. Tue, 07 May 2019 23:24:56 GMT
Kisun Nam (knam): Rollback to KHS Chair for HHS College Committee Chair
4. Thu, 19 Sep 2019 21:10:08 GMT
Michael Wright (wrightm): Approved for KHS Chair
5. Fri, 27 Sep 2019 20:37:05 GMT
Kisun Nam (knam): Rollback to KHS Chair for HHS College Committee Chair
6. Tue, 01 Oct 2019 20:44:35 GMT
Michael Wright (wrightm): Approved for KHS Chair
7. Tue, 01 Oct 2019 21:57:01 GMT
Kisun Nam (knam): Approved for HHS College Committee Chair
8. Tue, 01 Oct 2019 22:00:47 GMT
Mary Maguire (maguirem): Approved for HHS Dean

Date Submitted: Mon, 04 Mar 2019 15:55:39 GMT

Viewing: KINS 151D : Applied Kinesiology and Biomechanics

Last edit: Tue, 01 Oct 2019 20:42:50 GMT

Changes proposed by: Julie Kuehl-Kitchen (101050192)

Contact(s):

Name (First Last)	Email	Phone 999-999-9999
Julie Kuehl-Kitchen	jkitchen@csus.edu	916-221-8609

Catalog Title:

Applied Kinesiology and Biomechanics

Class Schedule Title:

Appl Kinesiology+Biomechanics

Academic Group: (College)

HHS - Health & Human Services

Academic Organization: (Department)

Kinesiology and Health Science

Will this course be offered through the College of Continuing Education (CCE)?

No

Catalog Year Effective:

Spring 2020 (2020/2021 Catalog)

Subject Area: (prefix)

KINS - Kinesiology

Catalog Number: (course number)

151D

Course ID: (For administrative use only.)

145081

Units:

3

In what term(s) will this course typically be offered?

Fall, Spring

Does this course require a room for its final exam?

Yes, final exam requires a room

Does this course replace an existing experimental course?

No

This course complies with the credit hour policy:

Yes

Justification for course proposal:

This proposal presents a change in the prerequisites for this course. The BS in Kinesiology currently requires Bio 30, but in order to comply with Executive Order 1071, we have created a 31 unit core and have included Bio 25 and Bio 26, which are now the appropriate prerequisites for this course.

There are no content or course changes.

Course Description: (Not to exceed 80 words and language should conform to catalog copy.)

Fundamentals of human movement patterns with an emphasis on applied anatomy, movement principles, movement sequences, applied biomechanics, developmental motor stages and basic movement analysis.

Are one or more field trips required with this course?

No

Fee Course?

No

Is this course designated as Service Learning?

No

Does this course require safety training?

No

Does this course require personal protective equipment (PPE)?

No

Course Note: (Note must be a single sentence; do not include field trip or fee course notations.)

Does not satisfy kinesiology or biomechanics requirements for Exercise Science majors

Does this course have prerequisites?

Yes

Prerequisite:

Bio 26 with a grade of C or better

Prerequisites Enforced at Registration?

Yes

Does this course have corequisites?

No

Graded:

Letter

Approval required for enrollment?

No Approval Required

Course Component(s) and Classification(s):Laboratory
Lecture**Laboratory Classification**

CS#16 - Science Laboratory (K-factor=2 WTU per unit)

Laboratory Units

1

Lecture Classification

CS#02 - Lecture/Discussion (K-factor=1 WTU per unit)

Lecture Units

2

Is this a paired course?

No

Is this course crosslisted?

No

Can this course be repeated for credit?

No

Can the course be taken for credit more than once during the same term?

No

Description of the Expected Learning Outcomes: Describe outcomes using the following format: "Students will be able to: 1), 2), etc."

Course Objectives:

1. The student will be able to identify all bones related to motion and the part of each bone that pertains to muscle attachment and angles of muscle pull.
2. The student will be able to apply the basic physical laws of motion (gravity, inertia, acceleration, action/re-action), perform beginning mathematical analyses of physical motion in regard to the body in motion, and motion created by interaction between the skeletal system and the muscular system at a joint.
3. The student will be able to identify a joint by name, classification, and types of motion and perform simple analysis of that motion at each joint in a kinetic chain.
4. The student will be able to identify a muscle, its specific bony attachments, and its specific roles of motion and how it will perform within a group of muscles on a human subject.
5. The student will understand the relationship between muscles, their bony attachments and their actions to analyze exercises for specific muscles, muscles groups, and the roles the muscles play within the exercise, and effectively analyze, identify, and relate efficient movement to a human subject.
6. The student will be able to analyze physical performance in relation to movement phases, target outcomes, efficiencies and inefficiencies, open and closed kinetic chain, and improvement objectives through application of peer reviewed literature regarding the specific movement of analysis.

Assessment Strategies: A description of the assessment strategies (e.g., portfolios, examinations, performances, pre-and post-tests, conferences with students, student papers) which will be used by the instructor to determine the extent to which students have achieved the learning outcomes noted above.

Assessment:

Lab Reports 500 pts/100 pts each
 Movement Project/Paper 100
 Midterm #1 100
 Midterm #2 100
 Final Exam 200 Comprehensive
 Total 1000 = 100%

Is this course required in a degree program (major, minor, graduate degree, certificate?)

Yes

Has a corresponding Program Change been submitted to Workflow?

No

Identify the program(s) in which this course is required:

Programs:

BS in Kinesiology (Physical Education Teacher Education)

BS in Kinesiology (Athletic Administration)

BS in Kinesiology (Athletic Care)

BS in Kinesiology (Athletic Coaching Education)

BS in Kinesiology (Physical Activity and Wellness)

Does the proposed change or addition cause a significant increase in the use of College or University resources (lab room, computer)?

No

Will there be any departments affected by this proposed course?

No

I/we as the author(s) of this course proposal agree to provide a new or updated accessibility checklist to the Dean's office prior to the semester when this course is taught utilizing the changes proposed here.

I/we agree

University Learning Goals

Undergraduate Learning Goals:

Competence in the disciplines
Intellectual and practical skills

Is this course required as part of a teaching credential program, a single subject, or multiple subject waiver program (e.g., Liberal Studies, Biology) or other school personnel preparation program (e.g., School of Nursing)?

No

GE Course and GE Goal(s)

Is this a General Education (GE) course or is it being considered for GE?

No

Please attach any additional files not requested above:

KINS 151D Syllabus Spring 2019 (1).docx

Reviewer Comments:

Kisun Nam (knam) (Tue, 07 May 2019 23:24:56 GMT):Rollback: Committee approved the form with pending changes. Please refer to the discussion during meeting. Committee members from the department will provide the detailed changes to the chair/author. Once re-submitted, the chair may approve the proposal immediately.

Kisun Nam (knam) (Fri, 27 Sep 2019 20:37:05 GMT):Rollback: Rolled back per request.

Key: 3048