

California State University, Northridge
Department of Kinesiology

KIN 201/201L - Movement Forms Sport, Dance, and Exercise

Course Information:

Units: 2/1
Semester/Year: Spring 2008
Location: RE 159
Course #/Time: TR 11:00-12:50 am

Instructor Information:

Instructor: Douglas McLaughlin
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Office Hours: Monday, Tuesday, and Wednesday 1:00-2:00 or by appointment

Description: Introduction for the major student to various movement forms (sport, dance, and exercise) from the perspective of performer, practitioner and researcher. A core course which serves as a base for continued study of the knowledge and applications of kinesiology.

Sport Section - Every class meeting be prepared to be physically active.

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

Sport

1. Identify and describe conceptual nature of games and sport.
2. Demonstrate basic movement patterns that are fundamental to performance in sport activities
3. Demonstrate an understanding of the relevance of the sub-disciplines of kinesiology to skillful performance and the avoidance of injury in sport activities.

Dance

4. Recognize dance as an art form with its own body of knowledge and its relationship to other art forms and sport.
5. Develop an understanding of time (rhythm, beat, accent), space (level, direction, pathway), and energy (flow, weight) as basic elements of all movement forms.
6. Explain and demonstrate through dance basic biomechanical principles/concepts.

Fitness/Wellness

7. Demonstrate an understanding of the principles of fitness and wellness (as they relate to disease prevention).
8. Develop understanding of his/her own needs, strengths, and weaknesses in movement fundamentals and wellness.
9. Practice and administer various fitness/wellness tests.

General/Integrated

10. Articulate and apply basic theoretical concepts of the sub-disciplines of kinesiology to the acquisition of appropriate and skillful performance behaviors in the movement forms of sport, dance and exercise.
11. Demonstrate an awareness of and ability to access the research basis for theory in the sub-disciplines of kinesiology.
12. Recognize barriers to initiation and continuation of participation in various forms of movement.

Departmental Student Learning Objectives assessed during this course:

1. Demonstrate an understanding of the multi-disciplinary and integrated nature of kinesiology.
2. Apply, integrate and communicate kinesiological principles and movement-related knowledge across diverse settings and populations to enhance quality of life and encourage adoption of healthy lifestyles.
3. Apply innovative technology to understand and enhance human movement.
5. Demonstrate reasoning, problem solving, critical thinking, and reflective strategies in the pursuit and application of movement related knowledge.

Make Up Exams: In the case of a medical or family emergency, a make-up exam can be scheduled ONLY if the professor is notified prior to the class in which the exam is scheduled. This requires that we meet and discuss the issue, I agree that your reason for missing the assignment is valid, **AND** I excuse you from the exam. You will receive a 0 (ZERO) for the exam if this procedure is not followed.

Personal Communication Devices: All personal communication devices (i.e., pagers, cell phones, etc.) will be turned off and put away while in class. Ten (5) points will be deducted from your final grade on each occasion that your communication device is activated in class. This policy may be modified on an individual basis if the need is warranted. Personal communication devices may not be used as calculators during an exam.

Cheating: Any student caught cheating will automatically fail the examination or assignment, the course and may be subject to more severe University discipline. All students should know, understand, adhere to and enforce the California Code of Regulations, Section 41301, Title 5 as found in the university catalog. You must abide by the policies stated in the code.

Assessment:

Test (67 points): There will be one test in the Sport section which will assess your knowledge of the material that was covered in class as well as the readings.

Lab write-ups (33 points): There will be several lab activities that will be accompanied with questions. You will be responsible for answering these questions and turning them in on the next to last class of your sport section.

Grading		Grade Scale			
Exercise Section	66 points	A	94-100%	C	70-73
Dance Section	67	A-	89-93	C-	67-69
Sport Section	67	B+	84-88	D+	64-66
Total	200	B	80-83	D	60-63
		B-	77-79	D-	57-59
		C+	74-76	F	<56

Course Rotation: Please note the rotation start dates below:

January 22 – First Day of Rotation 1, February 26 – First Day of Rotation 2, April 8 – First Day of Rotation 3

Sport Schedule

Week 1	Sport, the primacy of movement and the pursuit of happiness Reading: Declaration of Independence and Sheets-Johnstone Lab: Identifying the elements of sporting possibility
Week 2	Play as a precursor to sport Reading: Huizinga and Meier Lab: Identifying the problems of sporting practices
Week 3	What is sport? How does it inform the practice of kinesiology and how do kinesiologists inform the practice of sport? Reading: Suits and Kretchmar Lab: Identifying the solutions of sporting problems
Week 4	Sporting narratives, the sub-disciplines and the good life Reading: Tinley and Sheehan Lab: Identifying the unity of sporting solutions
Week 5	Sporting horizons Lab: Discovering new sporting horizons

Course Reader: The course readings are available online through the library. Instructions will be given in class on how to access the course materials.

Schedule for Course Reader

Week 1:	Sheets-Johnstone: “Introduction” and “The Primacy of Movement.” The Declaration of Independence	2-27 28
Week 2:	Huizinga: “Nature and Significance of Play as a Cultural Phenomenon.” Meier: “An Affair of Flutes: An Appreciation of Play.”	29-43 44-59
Week 3:	Suits: “What is a Game?” Kretchmar: “From Test to Contest: An Analysis of Two Kinds Of Counterpoint in Sport.”	60-68 69-74
Week 4:	Tinley: Selected readings from <u>Finding the Wheel’s Hub: tales and thoughts from the endurance athletic lifestyle.</u> Sheehan: Selected readings from <u>Running and Being: the total experience.</u>	75-87 88-117