

Spring 2008

**California State University, Northridge
Department of Kinesiology**

**KIN 201 - Movement Forms Sport Dance and Exercise
TTR 11:00-1:00PM
Ticket #**

Carolyn Barbian
Office: RE 292D
Office Hours: MW 9-10 A.M.; TR 10-11 A.M.
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Description: Introduction for the major student to various movement forms (sport, dance, 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.

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 her/hers 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.

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Exams: There will be exams associated with each section of the course. Each instructor will determine the content and type of examination for that section.

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.

Course Structure: During this course, you will rotate through three sections, Dance, Sport and Exercise. The rotations are five weeks in length, and during each rotation, you will participate in the associated lecture and laboratory. Each faculty member will explain the grading procedures for that 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

Lecture Schedule

Week 1 Lecture	Overview of dance which includes definition, scope, brief history, purposes and relationship of dance to other art forms and sport.
Week 2 Lecture	Elements of movement related to dance and sport: understanding of time, space and energy.
Week 3 Lecture	Continued from week 2
Week 4 Lecture	Overview of the principles of dance choreography and how it is applicable to all forms of dance including indigenous cultural dances, ballroom dance, concert dance forms (ballet, modern, jazz, etc)
Week 5 Lecture	Integration of music and dance and analysis of dance movement. Final dance written examination.
Week 6 Lecture	Development, meaning and significance of a variety of sport forms Individual/team sports; rhythmic, convergence, competitive, cooperative forms; recreational/nontraditional forms
Week 7	Continued from Week 6

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Lecture	
Week 8	Biomechanical principles of motion, force and leverage
Lecture	
Week 9	Motor behavior principles- learning and development
Lecture	
Week 10	Continued from week 9
Lecture	
Week 11	Health Benefits of Activity and Fitness, Chapter 1 Activity and Personal Health, Chapter 2
Lecture	
Week 12	Understanding Aerobic Fitness, Chapter 4 Aerobic Training Effect, Chapter 5
Lecture	
Week 13	Improving Aerobic Fitness, Chapter 6 Implementing an Aerobic Fitness Program, Chapter 7
Lecture	
Week 14	Understanding Muscular Fitness, Chapter 8 Benefits of Muscular Fitness, Chapter 9 Improving Muscular Fitness, Chapter 10
Lecture	
Week 15	Age, Activity and Vitality, Chapter 17 Examination, Exercise Section
Lecture	
Final Exam	Assessment Activity

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

Assessment for Dance:

Final Examination 40 points
Dance Critique 27 points

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14. Demonstrate basic movement patterns that are fundamental to performance in sport activities
15. Demonstrate an understanding of the relevance of the sub-disciplines of kinesiology to skillful performance and the avoidance of injury in sport activities.

Dance

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

Fitness/Wellness

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

General/Integrated

22. 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.
23. Demonstrate an awareness of and ability to access the research basis for theory in the sub-disciplines of kinesiology.
24. Recognize barriers to initiation and continuation of participation in various forms of movement.

Departmental Student Learning Objectives assessed during this course:

2. 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.
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Lab Schedule

Week 1 Lab	Introduction to the basic elements of dance. Students will experience the basic concepts of dance including space, time, and force.
Week 2 Lab	Continuation of activities that explore space, time, and force. Basic dance techniques that incorporate the skills of traveling movements, turning, balancing, leaping, axial movements, etc.
Week 3 Lab	Choreographing a group sequence that incorporates traveling movements, turning, balancing, axial movements, created in an ABA form.
Week 4 Lab	Introduction and exploration of dance forms—cultural, ballroom, and concert dance forms.
Week 5 Lab	Review of skills and concepts of basic dance technique. Analysis of tape of Alvin Ailey's dance, <i>Revelation</i> .

Dance Section - Please note that the lecture and laboratory will be integrated.

Assessment: Dance Section

23 Points Laboratory activities including movement sequences created

10 Points Analysis of tape of Alvin Ailey's dance, *Revelation*.

Grading		Grade Scale			
Exercise Section	34 points	A	94-100%	C	70-73
Dance Section	33	A-	89-93	C-	67-69
Sport Section	33	B+	84-88	D+	64-66
Total	100	B	80-83	D	60-63
		B-	77-79	D-	57-59
		C+	74-76	F	<56