

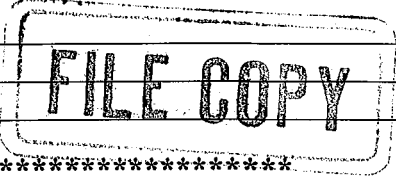
CONTENT REVIEW CHECKLIST

Course Name and Number:

Kinesiology 201

Date of Content Review:

10/16/2012



*****SIGNATURES*****

Department Chair:

[Handwritten Signature]

Date:

10/29/12

DIC Chair:

[Handwritten Signature]

Date:

11/2/12

Division Dean:

[Handwritten Signature]

Date:

11/6/12

CIC Chair:

[Handwritten Signature]

Date:

6/5/13

VP of Instruction or Designee:

[Handwritten Signature]

Date:

6/10/13

Please check this box if there has not been any substantial change to the current course outline, and this course has gone through Content Review since Spring 2000. If you have checked this box, only submit this signature page together with an updated course outline (in approved format), the current (old) outline, and the course-level SLO.

Reviewed by:

Dept.	DIC	Step	Documentation
✓		1. Involvement of faculty with appropriate expertise;	List names of faculty involved in performing content review of this course.
✓		2. Consideration of course objectives as set by the relevant departments;	List on separate attached sheet (objectives should be on official course outline form)
✓		3. Review based on a detailed course syllabus and outline of record, tests, related instructional materials, method of instruction, type and number of examinations, and grading criteria; IF COURSE BEING REVIEWED DOES NOT HAVE A PRE/CO-REQUISITE, OR ADVISORY, YOU NEED ONLY DO STEPS 1 - 5.	Provide copies of: (in this order) Content Review Audit Procedure Form (for DIC/CIC review) This Checklist (with signatures) Documentation of steps 1-5 or steps 1-9 and include: Justification Statement for offering course Dept. Justification Statement (in relationship to Dept. goals) Cultural Pluralism (if applicable) Content Review Validation Form and include: Pre/Co-requisite/Advisory documentation (if applicable) Challenge process (if applicable) New Course Outline Old Course Outline Updated Syllabus Updated sample test and sample assignment Course-level SLO Distance Ed Supplementary Form (if applicable) Outline on disk (or sent as attachment to CIC office)
✓		4. Identify procedures used to verify that the necessary content and/or skills are being taught, and that they're taught consistently across sections of the same course;	Provide narrative and/or documentation as to how your department verifies this.
✓		5. Maintenance of documentation by the Instruction Office that all steps were taken;	Provide required documentation to Instruction Office where it will be kept on file.

**REMINDER: ANY MINOR CHANGES REQUIRES A SUBMISSION OF A COURSE/CATALOG CHANGE FORM
ANY MAJOR CHANGES REQUIRES A SUBMISSION OF A COURSE REVISION FORM**

		6. Specification of the knowledge and/or skills which are deemed necessary at entry and/or concurrently;	Provide explicit and detailed narrative description of knowledge and/or skills.
		7. Identification and review of the pre/co-requisite which develops the above-mentioned body of knowledge and/or skills.	Provide copies of course objectives, content, etc. which identifies the knowledge and/or skills.
		8. Matching of the knowledge and skills in the targeted course with those developed or measured by the pre/co-requisite (compare #6 with #7);	Show matches via chart, narrative or other explicit method.
		9. Provide process by which student may challenge a pre/co-requisite.	A challenge process is already in place, but department needs to define acceptable proof for challenging a particular pre/co-requisite: transcript from another school, audition, exam, etc.

JUSTIFICATION FOR OFFERING

This course meets one of the Physical Education department's goals, to provide the community with courses to enhance learning, physical fitness and life learning skills to promote health and well-being.

Department Goal Justification
Kinesiology 201

Kinesiology 201 is an important part of our PE major. It is taught both in a traditional format and an online format. The online format expands our course offerings to students who are unable to attend the traditional lecture course. The PE department has been able to capture additional FTES as the result of this course format.

Health, Kinesiology, Dance and Athletics

Cultural Pluralism Statement

All courses in the Department of Health, Physical Education & Athletics present a multi-cultural perspective. The application of applying positive cultural variations to individual and group cultural differences within and between ethnic groups is covered.

CONTRA COSTA COLLEGE CONTENT REVIEW FORM VALIDATION FORM

[Use one validation form per pre/co-requisite, advisory
except when Pre/Co-requisites are linked by "or" statements]
Pre/Co-requisites must have Challenge policies

Course & number:	Kin 201		
Course title:	Kinesiology and Applied Anatomy		
Pre/co-requisite to be validated:			
Challenge Policy:			
Advisory:			
Prepared by:	Beth Goehring	Date:	10/16/2012

Content review is required for any prerequisite, co-requisite, or advisory to determine whether students who do not meet the specified standard are highly unlikely to receive a satisfactory grade in the course [Title 5, Section 55201 (b) (1)]. This validation is separate from course approval. Additional scrutiny may be required, depending on the type of pre/co-requisite. See the indicated page numbers of the District Model Policy for more information.

Directions: Circle one of the following and attach required justification AND content review documentation.

This course has no co-requisite, pre/co-requisites, or advisories.

2. The listed pre/co-requisite is advisory only.
3. This is a lab course. The primary course, _____, will have the validation evidence.
4. This pre/co-requisite is required in order to make the course acceptable for transfer by the UC or CSU systems. Attach documentation (catalog descriptions) from three or more UC/CSU campuses.
5. This course is part of a sequence of courses within and/or across disciplines. Attach a copy of the course outline that includes a list of the specific skills and knowledge that the student must possess to be ready to take the course.
6. The prerequisite is required for enrollment in a program.
Program name: _____ Program prerequisite(s) must be approved as provided for at least one required course in the program, of which this is one. Attach copy of course outline specifying skills and/or knowledge that student must possess.
7. This prerequisite is required for the health or safety of the students in the course; students who lack this prerequisite might endanger themselves or other students. Attach a copy of the course outline that specifically lists what the student must possess before entering the course.
8. This pre/co-requisite is required by law or government regulation. Attach a copy of pertinent law or regulation.
9. This pre/co-requisite is one of recency or another measure of readiness. Attach both a copy of the course outline listing the specific skills student must possess AND data gathered as directed by the District Model Policy.
10. This prerequisite involves a limitation on enrollment. This includes auditions for performance courses, honors courses or sections, and blocks of courses or sections created to set up a cohort of students (such as PACE). Attach documentation as directed by pertinent sections of the District Model Policy.

*** **NOTE:** *In addition to rigorous content review*, an instructor may request a study of the empirical relationship between a prerequisite course (or placement tool) and subsequent student performance in the targeted course. The rigor of content review will be established on a college-wide basis in conjunction with District research requirements.



**Contra Costa College
Course Outline**

Department & Number	Kines 201	Number of Weeks	18
Course Title	Kinesiology & Applied Anatomy	Lecture Hours	54
Prerequisite		Lab Hours	
Co-requisite		Hours By Arrangement	
		Activity Hours	
		Units	3

COURSE/CATALOG

This course introduces the foundations of kinesiology, i.e., structure and function of skeletal-muscular anatomy, physiology of muscle contraction, and neurology and servomotor control over the lifespan. Basic skeletal-muscular anatomy, biomechanics of specific structures, and analysis and assessment of human movement performance will be discussed as they relate to psychological and social development. Approximately 75 muscle pairs will be discussed.

COURSE OBJECTIVE

At the completion of the course the student will be able to:

- | |
|--|
| 1) Discuss the structure, function, and physiology of skeletal muscle. |
| 2) Demonstrate knowledge of basic skeletal muscular anatomy |
| 3) Critically analyze the biomechanics of specific joint structures |
| 4) Relate kinesiology, psychological, and social development throughout the lifespan |

COURSE CONTENT: (In detail; attach additional information as needed and include percentage breakdown)

25	%	Foundations of Kinesiology
25	%	Basic Anatomy and Biomechanics of Specific Structures
25	%	Movement Analysis, and Principles of Training
25	%	Kinesiological, Psychological and Social Integrated Development

METHODS OF INSTRUCTION

- 1) Videos/Lecture/Demonstration
- 2) Online Instruction
- 3) Multimedia Presentations
- 4) Individual Projects

INSTRUCTIONAL

Textbook Title: Manual of Structural Kinesiology
Author: R.T. Floyd
Publisher: McGraw Hill
Edition/Date: 18th Ed 2012

COURSE EXPECTATIONS (List estimated average number of hours per week)

2 hrs weekly reading assignments
2 hours weekly writing assignments
1 hour weekly software application

STUDENT EVALUATION: (Show percentage breakdown for evaluation instruments)

50	%	Written Exams
25	%	Project
25	%	Skill demonstration
	%	

GRADING POLICY (Choose LG, CR/NC, or SC)

90% - 100% = A
80% - 89% = B
70% - 79% = C
60% - 69% = D
Below 60% = F

70% and above = Credit
Below 70% = No Credit

90% - 100% = A
80% - 89% = B
70% - 79% = C
60% - 69% = D
Below 60% = F
70% and above = Credit
Below 70% = No Credit

Date: Semester/Year

Beth Goehring
Fall 2012

Revised 11/01



OLD

Contra Costa College Course Outline

Department & Number	Kines 201	Number of Weeks	18
Course Title	Kinesiology & Applied Anatomy	Lecture Hours	3
Prerequisite		Lab Hours	
Co-requisite		Hours By Arrangement	
		Activity Hours	
		Units	3

COURSE/CATALOG

This course introduces the foundations of kinesiology, i.e., structure and function of skeletal-muscular anatomy, physiology of muscle contraction, and neurology and servomotor control over the lifespan. Basic skeletal-muscular anatomy, biomechanics of specific structures, and analysis and assessment of human movement performance will be discussed as they relate to psychological and social development. Approximately 75 muscle pairs will be discussed.

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25	%	Foundations of Kinesiology
25	%	Basic Anatomy and Biomechanics of Specific Structures
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METHODS OF INSTRUCTION

- 1) Videos/Lecture/Demonstration
- 2) Online Instruction
- 3) Multimedia Presentations
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INSTRUCTIONAL

Textbook Title: Manual of Structural Kinesiology
Author: R.T. Floyd
Publisher: McGraw Hill
Edition/Date: 2007

COURSE EXPECTATIONS (List estimated average number of hours per week)

2 hrs weekly reading assignments
2 hours weekly writing assignments
1 hour weekly software application

STUDENT EVALUATION: (Show percentage breakdown for evaluation instruments)

50	%	Written Exams
25	%	Project
25	%	Skill demonstration
	%	

GRADING POLICY (Choose LG, CR/NC, or SC)

90% - 100% = A
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80% - 89% = B
70% - 79% = C
60% - 69% = D
Below 60% = F
70% and above = Credit
Below 70% = No Credit

Date: Semester/Year

Beth Goehring
Spring 2010

Course Syllabus

PE 201

Kinesiology & Applied Anatomy

Instructor: Beth Goehring

Office: GA 70

Office Hours: mw 12-115 tth 9-930 & 12-1240

Phone: 510-235-7800 ext 4203

bgoehring@contracosta.edu

COURSE/CATALOG

This course introduces the foundations of kinesiology, i.e., structure and function of skeletal-muscular anatomy, physiology of muscle contraction, and neurology and servomotor control over the lifespan. Basic skeletal-muscular anatomy, biomechanics of specific structures, and analysis and assessment of human movement performance will be discussed as they relate to psychological and social development. Approximately 75 muscle pairs will be discussed.

COURSE OBJECTIVE

At the completion of the course the student will be able to:

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25	%	Foundations of Kinesiology
25	%	Basic Anatomy and Biomechanics of Specific Structures
25	%	Movement Analysis, and Principles of Training
25	%	Kinesiological, Psychological and Social Integrated Development

Student Learning Outcomes:

- 1) Students will demonstrate knowledge of structure, function, and physiology of skeletal muscle.
- 2) Students will demonstrate the ability to analyze the biomechanics of specific joint structure.
- 3) Students will demonstrate knowledge of basic skeletal-muscular anatomy.

Course Methods

Students will attend an one-hour orientation class for the PE 201 on-line course, or contact the instructor via email (bgoehring@contracosta.edu) to receive course information. This is a distance ed course and will require you to visit the website, to download audio lectures, watch posted videos, and read various articles pertaining to the course. Read the text, complete posted all assignments, complete all posted exams.

The instructor will guide the student through the process of attaining a “username” and “password” which will enable the student to access the course web sites.

Students will log-in on the following web site to complete course requirements

- 1) <http://contracosta.edu> webct online learning
Your username is your first letter first name, and complete last name
Your password will be determined.
 - a. syllabus and course requirements
 - b. course assignments
 - c. course exams
 - d. submit and return student work
 - e. on-line discussion boards
 - f. critical thinking questions
 - g. study tools
 - h. practice tests

Research Project

- 1) Choose a Kinesiology topic of interest to you
- 2) Find 3 articles on your topic
- 3) Read, summarize, critically analyze your topic
- 4) Write a 5-7 page paper
- 5) Format typed, double spaced
- 6) Bibliography
APA referencing

You will submit your research project in the student drop box. Once you are in webct

Instructions to follow

The Rehabilitation Act of 1973, Section 504, requires CCC to make all programs accessible to qualified individuals with learning, physical, psychological disabilities. Students who would like to receive accommodations for their learning, physical, or psychological disabilities should contact both the instructor and the Disabled Students Programs & Services (DSPPS) office to schedule an appointment 510-235-7800 ext 7220.

The instructor reserves the right to alter this syllabus during the course of the semester

METHODS OF INSTRUCTION

- 1) Lecture/ Online Demonstration
- 2) Online webct
- 3) Multimedia Presentations
- 4) Individual and Group Projects

INSTRUCTIONAL

Textbook :	Manual of Structural Kinesiology
Author:	R.T. Floyd
Publisher:	McGraw Hill
Edition/Date:	Ed. 18th, 2012

STUDENT EVALUATION: (Show percentage breakdown for evaluation instruments)

50	%	Written Exams
25	%	Project
25	%	Skill demonstration
	%	

GRADING POLICY (Choose LG, CR/NC, or SC)

- 90-100% A
- 80-89% B
- 70-79% C
- 60-69% D
- Below 60% F

Reading Schedule:

Jan 25 & Jan 27 Orientation & ch 1
Feb 1 & 3 Chapter 1
Feb 8 & 10 chapter 1
Feb 15 & 17 ch 2
Feb 22 & 24 Ch 2
March 1 & 3 Ch 3
March 8 & 10 Ch 4
Postural alignment reading
March 15 & 17 ch 5
March 22 & 24 ch 6
March 29 & 30 ch 7
April 5 & 7 Ch 8
April 12 & 14 Ch 9
April 19 & 21 Spring Break
April 26 & 28 ch 10
May 3 & 5 Ch 12
May 10 & 12 Ch 13
May 17 & 19 Gate analysis reading
May 23 Monday Last day to submit work
12:00 midnight pacific standard time.

Ch 2 Instructor Posted Exam

Name: Beth Goehring (Preview)

Start time: October 16, 2012 3:15pm

Time allowed: 45 minutes

Number of questions: 20

 Question 1 (1 point)**Chapter 02 #029**

Which of the following is not a shape by which muscles are categorized?

- a. sphincter b. radial c. strap d. fusiform

Question 2 (1 point)**Chapter 02 #001**

The shape and arrangement of muscle fibers affect the muscle's ability to relax.

- a. TRUE b. FALSE

Question 3 (1 point)**Chapter 02 #007**

There are two major types of fiber arrangements which are parallel and pennate.

- a. TRUE b. FALSE

Question 4 (1 point)**Chapter 02 #019**

The term "isokinetics" describes a type of dynamic exercise that uses concentric and/or eccentric muscle contractions.

- a. TRUE b. FALSE

Question 5 (1 point)**Chapter 02 #042**

Which of the following is a true statement regarding synergist muscles?

- a. assist in action of antagonists b. are always considered to be prime movers for the action c. known as guiding muscles d. assist in refined movement and cause undesired motions

Question 6 (1 point)**Chapter 02 #034**

Which of the following is not true regarding concentric muscle contractions?

- a. a muscle develops tension as it shortens
- b. contractions occur when the muscle develops enough force to overcome applied resistance
- c. contractions cause movement against gravity or resistance
- d. commonly described as being a negative type of contraction

Save answer

Question 7 (1 point)

Chapter 02 #003

Each muscle in the human body may be innervated by a single nerve or multiple nerves.

- a. TRUE
- b. FALSE

Save answer

Question 8 (1 point)

Chapter 02 #031

Which of the following is not true with respect to an isometric muscle contraction?

- a. tension is developed within muscle but joint angles remain constant
- b. considered to be a static contraction
- c. is considered to be a dynamic contraction
- d. joint angle may be maintained in a relatively stable position

Save answer

Question 9 (1 point)

Chapter 02 #040

Which of the following is not a true statement regarding antagonist muscles?

- a. muscle is typically located on opposite side of the joint from agonist
- b. when activated these muscles have the opposite concentric action
- c. also known as contralateral muscles
- d. these muscles work against agonist muscles by contracting and preventing movement

Save answer

Question 10 (1 point)

Chapter 02 #026

Muscles provide all of the following except?

- a. protection
- b. posture and support
- c. produce a major portion of total body heat
- d. attachment points for other muscles

Save answer

Question 11 (1 point)

Chapter 02 #047

Which of the following do not result in the contraction of the muscle fibers in a particular motor unit?

- a. maximal stimulus
- b. submaximal stimuli.
- c. threshold stimulus
- d. subthreshold stimulus

Save answer

Question 12 (1 point)

Chapter 02 #043

Which of the following is the basic functional unit of the nervous system responsible for generating and transmitting nervous impulses?

- a. dendrite b. neuron c. ganglion d. dermatome

Save answer

Question 13 (1 point)

Chapter 02 #011

It is not possible for a muscle to cause more than one action in an associated joint.

- a. TRUE b. FALSE

Save answer

Question 14 (1 point)

Chapter 02 #023

The conscious awareness of the position and movement of the body in space is kinesthesia.

- a. TRUE b. FALSE

Save answer

Question 15 (1 point)

Chapter 02 #032

The pennate type of muscle fiber arrangement may be classified by the following terms except?

- a. Unipennate b. Bipennate c. Tripennate d. Multipennate

Save answer

Question 16 (1 point)

Chapter 02 #028

Which of the following is affected by the shape and size of a muscle?

- a. rate of muscle contraction b. bony structure c. ability of a muscle to produce force d. location of the associated nerve

Save answer

Question 17 (1 point)

Chapter 02 #006

Isokinetic muscle contractions involve a dynamic movement wherein the speed of movement is variable.

- a. TRUE b. FALSE

Save answer

Question 18 (1 point)

Chapter 02 #038

Which of the following is not a true statement regarding isokinetic exercise?

- a. the speed or velocity of movement is constant b. muscular contraction occurs only through part of the movement c. is not another type or classification of muscle contraction d. can only be performed on machines such as Biodex, Cybex, and Lido.

Save answer

Question 19 (1 point)**Chapter 02 #017**

Joint movement may occur without any muscle contraction.

- a. TRUE b. FALSE

Save answer

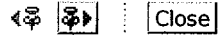
Question 20 (1 point)**Chapter 02 #048**

_____ occurs when an antagonistic muscle becomes stretched to the point at which it can no longer lengthen and allow movement.

- a. Active insufficiency b. Countercurrent movement c. Passive insufficiency d. Reciprocal innervation


Save answer

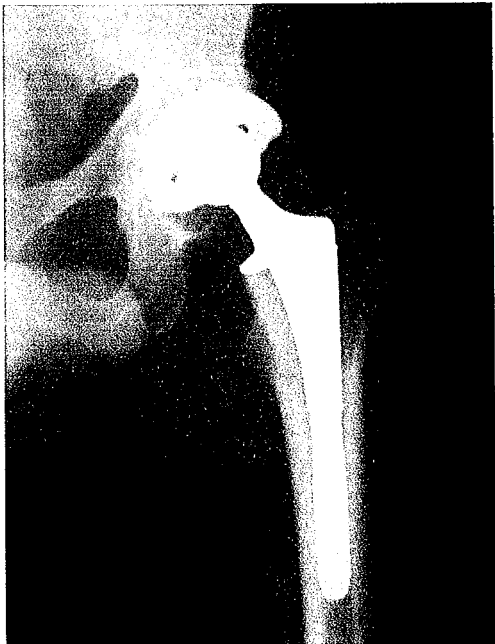
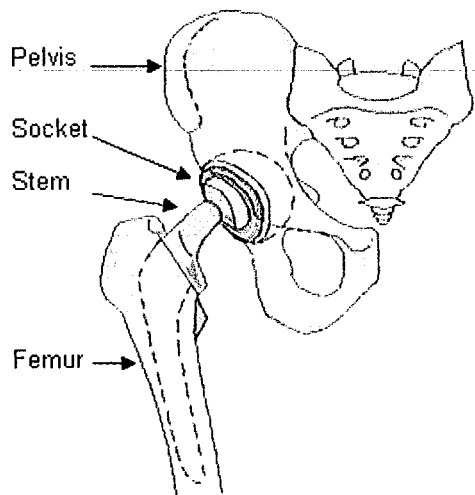
Finish Help

Subject: Instructor posted discussion topic

 Message no. 225**Author:** Beth Goehring (kines201-2474-sp12)**Date:** Thursday, February 2, 2012 1:25pm

Please reaveiw the attached file and describe what you see in kinesiological terms.

 See Attached



CONTRA COSTA COLLEGE

Course-Level

Student Learning Outcomes with Assessment Methods and Criteria

Department Name: Course Number:

Course Title:

Is this course required for completion of a degree, major(s), or certificate program(s)? Yes No

If yes, which degree/major(s)/certificate program(s)?

Degree: AA AS

Major(s):

PE/Kinesiology

Certificate of Achievement? Yes No
 Certificate of Achievement? Yes No
 Certificate of Achievement? Yes No

Certificate(s) of Completion:

Does this course satisfy a GE requirement(s)? Yes No

If yes, which requirement(s)?

- | | | |
|--|---|---|
| <input type="checkbox"/> A. Language & Rationality | <input type="checkbox"/> English Composition | <input type="checkbox"/> Oral Communication & Critical Thinking |
| <input type="checkbox"/> B. Natural Science w/ Lab | <input type="checkbox"/> H. Physical Education Activity | |
| <input type="checkbox"/> C. Arts and Humanities | <input type="checkbox"/> I. Mathematics Proficiency | |
| <input type="checkbox"/> D. Social Sciences | <input type="checkbox"/> J. Computer Literacy | |
| <input type="checkbox"/> F. American Institutions | <input type="checkbox"/> K. Cultural Pluralism | |
| <input type="checkbox"/> G. Health Education | <input type="checkbox"/> L. Information Competency | |

Intended Outcome

Assessment Method

Assessment Criteria

1.	Students will demonstrate knowledge of structure, function, and physiology of skeletal muscle.	Demonstration	5. Demonstration exhibits great skill/mastery in biomechanics of the skeletal structure. 4. Demonstration exhibits proficiency in biomechanics of the skeletal structure. 5. Demonstration exhibits some degree of skill in biomechanics of the skeletal structure 2. Demonstration exhibits less than average ability or skill in biomechanics of the skeletal structure. 1. Demonstration exhibits little or no apparent skill or development in biomechanics of the skeletal structure
2.	Students will demonstrate the ability to analyze the biomechanics of specific joint structure.	Demonstration	5. Demonstration exhibits great skill/mastery in biomechanics of the skeletal structure. 4. Demonstration exhibits proficiency in biomechanics of the skeletal structure. 3. Demonstration exhibits some degree of skill in biomechanics of the skeletal structure 2. Demonstration exhibits less than average ability or skill in biomechanics of the skeletal structure. 1. Demonstration exhibits little or no apparent skill or development in biomechanics of the skeletal structure

3. Students will demonstrate knowledge of basic skeletal-muscular anatomy.	Demonstration	5 Demonstration exhibits great skill/mastery in biomechanics of the skeletal structure. 4 Demonstration exhibits proficiency in biomechanics of the skeletal structure. 3 Demonstration exhibits some degree of skill in biomechanics of the skeletal structure 2 Demonstration exhibits less than average ability or skill in biomechanics of the skeletal structure. 1. Demonstration exhibits little or no apparent skill or development in biomechanics of the skeletal structure
4.		
5.		

You may have more (or fewer) than five outcomes. Attach separate pages as needed. See following document for examples and definitions.

Rubric:

- 5 Demonstration exhibits great skill/mastery in Kinesiology 201 material
- 4 Demonstration exhibits proficiency in Kinesiology 201 material
- 3 Demonstration exhibits some degree of skill development in Kinesiology 201
- 2 Demonstration exhibits less than average ability or skill in Kinesiology 201
- 1 Demonstration exhibits little or no apparent skill development in Kinesiology 201 material

03/26/07 CIC approved