



KINE 101: Foundations of Kinesiology

Term: Fall 2026

Credits: 3.0

Lecture Times & Location: Tuesday & Thursday 4:00–5:15 p.m., Calder Health Sciences Building 160

Modality: In-Person

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Instructor Information

- **Instructor:** Dr. Tyler Harwood (Assistant Teaching Professor of Kinesiology)
- **Email:** tharwood@university.alkimi.ai
- **Office:** Calder Health Sciences Building 322
- **Office Hours:**
 - Tuesday & Thursday: 11:30 a.m.–1:00 p.m. (In person, Calder Health Sciences Building 322)
 - Wednesday: 10:00–11:00 a.m. (Virtual via Zoom; link posted in Canvas)
 - Also available by appointment.

Course Description

The subdisciplines of kinesiology, the history and philosophy of physical activity, careers in health and fitness, and physical activity guidelines across the lifespan. KINE 101 introduces students to the interdisciplinary study of human movement and physical activity. We examine the core subdisciplines—including exercise physiology, biomechanics, motor behavior, and sport psychology—while exploring professional career pathways such as physical therapy, occupational therapy, athletic training, and clinical exercise physiology. Students analyze the evolution of physical activity across cultures and apply evidence-based national physical activity guidelines across the human lifespan to promote health and prevent chronic disease.

Prerequisites

None.

Measurable Student Learning Outcomes

Upon successful completion of KINE 101, students will be able to:

1. **Differentiate Kinesiology Subdisciplines:** Identify and explain the scope, methodology, and primary research questions of major kinesiology subdisciplines, including exercise physiology, biomechanics, and motor control.
2. **Analyze the History and Philosophy of Movement:** Trace historical developments, sociocultural values, and ethical frameworks that have shaped contemporary physical culture, sports, and exercise science.
3. **Apply Lifespan Physical Activity Guidelines:** Interpret and apply evidence-based physical activity guidelines from the ACSM and CDC to children, adolescents, adults, older adults, and clinical populations.

4. **Explore Professional Career Pathways and Credentials:** Examine prerequisites, certification standards, professional competencies, and graduate training pathways for careers in allied health, clinical rehabilitation, and fitness.
5. **Synthesize and Communicate Kinesiology Research:** Locate, critically appraise, and synthesize peer-reviewed literature in exercise science to communicate movement science concepts clearly in writing and discussion.

Required Course Materials & Approximate Costs

1. **Hoffman, Shirl J., and Duane V. Knudson. *Introduction to Kinesiology: Studying Physical Activity*. 6th ed., Human Kinetics, 2023.** Approx. \$85 print, \$50 digital rental.
2. **American College of Sports Medicine. *ACSM's Guidelines for Exercise Testing and Prescription*. 11th ed., Wolters Kluwer, 2021.** Approx. \$55 print or digital.
3. **Total estimated cost:** \$105 to \$140.

Generative AI Policy (AI Level 2: AI Permitted with Disclosure for Specified Tasks)

In accordance with Alkimi University Academic Policies (Student Handbook §5.8), KINE 101 operates under **AI Level 2**.

- **What is permitted:** You may use generative AI tools (such as Alkimi AI or Claude) to brainstorm career interview questions, explore prospective professional certifications, find ideas for physical activity case scenarios, and review your own drafted writing for grammar and conciseness.
- **What is prohibited:** You may not use generative AI to write draft text or final submissions for the career interview paper, generate case study analyses, or produce responses for exams and quizzes. Submitting AI-generated text as your own constitutes academic dishonesty.
- **Disclosure:** All submitted papers and project assignments must include an AI-use disclosure statement specifying the tool consulted and the prompt or purpose of the query. If no generative AI tools were used, state: 'No generative AI tools were used in preparing this work.'

Grading Components and Weights

- **Midterm Examination 1:** 15% (In class, Thursday, October 1)
- **Midterm Examination 2:** 15% (In class, Thursday, November 12)
- **Career Exploration & Professional Interview Paper:** 20% (Due Friday, October 23 at 11:59 p.m.)
- **Lifespan Physical Activity Case Analysis:** 15% (Due Friday, November 20 at 11:59 p.m.)
- **Weekly Quizzes and Reading Reflections:** 15% (Due Mondays at 11:59 p.m. in Canvas; lowest quiz score dropped)
- **Final Examination:** 20% (Thursday, December 17, 2026, 3:30–5:30 p.m.)

Grading Scale (Alkimi University Standard)

- **A:** 93–100% | **A-:** 90–92%
- **B+:** 87–89% | **B:** 83–86% | **B-:** 80–82%
- **C+:** 77–79% | **C:** 73–76% | **C-:** 70–72%
- **D+:** 67–69% | **D:** 60–66% | **F:** Below 60%
- **Extra credit:** No individual extra credit assignments are offered in this course.

Course Schedule (Fall 2026)

Week	Dates	Topics & Readings	Assignments & Deadlines
Week 1	Aug 27	Welcome to Kinesiology: Course orientation, definitions of physical activity and movement, nature of kinesiology as an academic discipline. <i>Reading: Hoffman & Knudson, Ch. 1</i>	<i>First day of classes: Wed Aug 26.</i>

Week	Dates	Topics & Readings	Assignments & Deadlines
Week 2	Sep 1, 3	Experiencing Physical Activity: Direct participation, subjective experiences of movement, intrinsic and extrinsic values of play and exercise. <i>Reading: Hoffman & Knudson, Ch. 2–3</i>	<i>Wed Sep 2: Add/section change deadline.</i>
Week 3	Sep 8, 10	Historical Foundations of Physical Activity: Evolution of physical education, collegiate athletics, modern fitness movements, and the emergence of exercise science. <i>Reading: Hoffman & Knudson, Ch. 4</i>	<i>Mon Sep 7: Labor Day (no classes). Wed Sep 9: Census date (last day to drop without a W).</i>
Week 4	Sep 15, 17	Philosophy and Ethics in Physical Activity: Ethical frameworks, sportsmanship, fair play, equity in athletics, and philosophical perspectives on the active human body. <i>Reading: Hoffman & Knudson, Ch. 5</i>	—
Week 5	Sep 22, 24	Sociology and Culture of Physical Activity: Social determinants of physical activity, cultural diversity in sport, socioeconomic disparities, and gender equity. <i>Reading: Hoffman & Knudson, Ch. 6</i>	—
Week 6	Sep 29, Oct 1	Motor Behavior: Control, Learning, and Development: Foundations of motor skill acquisition, neural control of movement, developmental stages of motor skill; Midterm Examination 1 in class. <i>Reading: Hoffman & Knudson, Ch. 7</i>	Midterm Examination 1 (in class).
Week 7	Oct 6, 8	Biomechanics of Human Movement: Basic mechanical principles, levers, balance, forces acting on the musculoskeletal system, and injury prevention mechanisms. <i>Reading: Hoffman & Knudson, Ch. 8</i>	—
Week 8	Oct 15	Physiology of Physical Activity: Acute responses and chronic adaptations to cardiovascular and resistance training; bioenergetic energy systems. <i>Reading: Hoffman & Knudson, Ch. 9</i>	<i>Oct 12–Oct 13: Fall break (no classes). Fri Oct 16: Midterm grades due.</i>
Week 9	Oct 20, 22	Sport and Exercise Psychology: Motivation, self-efficacy, stress and arousal control, behavior change models, and adherence to physical activity. <i>Reading: Hoffman & Knudson, Ch. 10</i>	Career Exploration & Professional Interview Paper due Fri Oct 23 at 11:59 p.m.
Week 10	Oct 27, 29	National Physical Activity Guidelines across the Lifespan: ACSM and federal physical activity recommendations for youth, adults, older adults, and special populations. <i>Reading: ACSM Guidelines, Ch. 1–2</i>	—
Week 11	Nov 3, 5	Physical Activity and Chronic Disease Prevention: Role of physical activity in mitigating cardiovascular disease, type 2 diabetes, obesity, metabolic syndrome, and mental health disorders. <i>Reading: ACSM Guidelines, Ch. 3</i>	<i>Fri Nov 6: Last day to withdraw (W) or elect Pass/No Pass.</i>
Week 12	Nov 10, 12	Health and Fitness Professions: Personal training, strength and conditioning, wellness coaching, and clinical fitness facility roles; Midterm Examination 2 in class. <i>Reading: Hoffman & Knudson, Ch. 11</i>	Midterm Examination 2 (in class).
Week 13	Nov 17, 19	Therapeutic Exercise and Allied Health Pathways: Physical therapy, occupational therapy, athletic training, and clinical exercise physiology scopes of practice and graduate preparation. <i>Reading: Hoffman & Knudson, Ch. 12</i>	Lifespan Physical Activity Case Analysis due Fri Nov 20 at 11:59 p.m.
Week 14	Nov 24	Teaching and Coaching Physical Activity: Pedagogical principles, physical education standards, youth sports coaching ethics, and youth athletic development models. <i>Reading: Hoffman & Knudson, Ch. 13</i>	<i>Nov 25–Nov 27: Thanksgiving break (no classes).</i>
Week 15	Dec 1, 3	Professional Organizations and Credentialing: Professional credentials (ACSM, NSCA), code of ethics, continuing education, and emerging trends in technology and wearable fitness sensors. <i>Reading: Hoffman & Knudson, Ch. 14</i>	—
Week 16	Dec 8	Course Synthesis and Capstone Reflection: Integration of kinesiology subdisciplines, future directions in human	<i>Wed Dec 9: Last day of classes. Thu Dec 10: Reading Day.</i>

Week	Dates	Topics & Readings	Assignments & Deadlines
		movement science, and comprehensive final exam review. <i>Reading: Course review packet</i>	
Finals	Dec 17	Final Examination: Thursday, December 17, 2026, 3:30–5:30 p.m., Calder Health Sciences Building 160.	Comprehensive exam covering subdisciplines, historical foundations, and lifespan physical activity guidelines.

Course Policies

Attendance Policy

Attendance and active participation in lecture sessions are vital for mastering kinesiology foundations and engaging in collaborative case discussions. Students who miss more than three unexcused classes may see their final grade lowered by one letter step. Please inform Dr. Harwood in advance if university athletics or illness causes an unavoidable absence. Students who miss the first two class meetings without notifying the instructor may be dropped. Students may miss class for religious observance without penalty if they notify the instructor in writing within the first two weeks of the semester (by Wednesday, September 9, 2026). Absences for university-sponsored activities (athletics, performances, conferences) are excused with a letter from the sponsoring office at least one week in advance.

Late Work Policy

Written assignments submitted after the deadline will incur a deduction of 10% per 24-hour period late, up to three calendar days. After 72 hours, late submissions will no longer be accepted without prior documentation from Academic Advising or Student Health Services.

Professionalism and Academic Integrity

Students are expected to adhere to the university honor code and demonstrate professional etiquette in all communications, peer discussions, and submitted assignments. All work must reflect original student synthesis.

Final Exam Policy

The final examination (Thursday, December 17, 2026, 3:30–5:30 p.m.) is scheduled by the University Registrar and can't be moved without the Dean's written approval (Faculty Handbook §5.5). A student with three or more final exams on the same calendar day may reschedule one of them. Requests go to the instructor of the middle exam by the last day of classes. For this term, send the request by Wednesday, December 9, 2026 (Student Handbook §6.4).

Academic Integrity

Alkimi University is an academic community devoted to rigorous scholarship, open intellectual inquiry, and uncompromising ethical conduct. All students are subject to the regulations of the Alkimi University Academic Integrity Policy. Academic dishonesty—including plagiarism, cheating on examinations, unauthorized collaboration, fabrication of empirical data, and unauthorized submission of academic work generated by artificial intelligence—undermines the integrity of the university and carries severe disciplinary sanctions. Sanctions range from a failing grade on an assignment or exam to an administrative course failure recorded as an 'XF' on the official transcript, academic suspension, or expulsion. Suspected violations are formally investigated and resolved through the Office of Academic Integrity in accordance with Faculty Handbook §6. For detailed information, consult the Office of Academic Integrity, Lovell Hall 315, (555) 555-0163, integrity@university.alkimi.ai.

Accessibility Services

Alkimi University is committed to providing equitable educational access and reasonable accommodations for all students with documented disabilities, including physical, sensory, psychological, learning, and chronic health conditions. Students requesting academic accommodations must formally register with the Office of Accessibility Services, Harlan Hall 204, (555) 555-0155, access@university.alkimi.ai. Once approved, students will receive an official Faculty Accommodation Letter detailing approved accommodations. Students should present this letter to the instructor as early in the semester as possible, and at least one week prior to any exam or assignment requiring accommodation. Accommodations cannot be applied retroactively.

Student Wellness and Mental Health

Your physical health, psychological well-being, and mental health are essential to your academic success. If you experience heightened stress, anxiety, depressive symptoms, personal trauma, or academic burnout, free, confidential counseling and medical care are available through the Hollis Health & Counseling Center, located in the Hollis Center. Routine appointments are available Monday–Friday 8:00 a.m.–6:00 p.m. and Saturday 10:00 a.m.–2:00 p.m. during the semester by calling (555) 555-0190 or emailing health@university.alkimi.ai. Urgent, 24/7 crisis psychological counseling is accessible immediately at (555) 555-0199.

Campus Student Support Services

- **Academic Advising Center:** Lovell Hall 101 | (555) 555-0158 | advising@university.alkimi.ai
- **Writing Center:** Whitcombe Library 3rd Floor | Free consultations on papers, reports, and research projects at any stage.
- **Whitcombe Library:** Whitcombe Library, Main Floor | (555) 555-0170 | askalibrarian@university.alkimi.ai
- **Hollis Health & Counseling Center:** Hollis Center | (555) 555-0190 | 24/7 Counseling Line: (555) 555-0199 | health@university.alkimi.ai
- **Kinesiology Learning & Career Mentorship:** Calder Health Sciences Building 322 | Drop-in advising on certification pathways, graduate school prep, and professional development with Dr. Harwood.