



Health and Sports Science Module Handbook
Faculty of Sports Science Universitas Negeri Makassar

Module designation		<i>Foundations of Kinesiology</i>				
Semester(s) in which the module is taught		5				
Person responsible for the module		Etno Setyagraha, S.Or., M.Or				
Language		Bilingual (Bahasa and English)				
Relation to curriculum		Compulsory				
Teaching methods		3 parallel classes consist of 35 students/class: 1) Lecture (Face to face lecture): 2 hours x 14 weeks 2) Practical class: -				
Workload	Total workload	88 hours				
		Face to face teaching	Structured activities	Independent study	Exam	total
	Lecture	28	28	28	4	88
	Practical class					
	Total					88
Credit points		2 credits				
Required and recommended prerequisites for joining the module		None				
Module objectives / intended learning outcomes		<p>This course is designed to enable students to:</p> <ol style="list-style-type: none"> 1. Examine the historical and cultural aspects of kinesiology. 2. Understand the pervasiveness and importance of physical activity, not only in sport and exercise but also in work, rehabilitation, daily living, and other spheres of existence. 3. Understand the academic subdisciplines of kinesiology (the biophysical, sociocultural, and behavioral spheres). 4. Identify the various career opportunities within the profession. 5. Examine the future development of the kinesiology field. 				



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<p>Content</p>	<ol style="list-style-type: none">1. Introduction to kinesiology and physical activity (what is physical activity, what is kinesiology, experiencing physical activity).2. The spheres of physical activity experience.3. The importance of physical activity experiences.4. The importance of subjective experiences in physical activity.5. History and philosophy of kinesiology and physical activity.6. Sociocultural issues in kinesiology.7. Motor behavior.8. Sport & exercise psychology.9. Biomechanics of physical activity.10. Sport & exercise physiology.11. Professions in Kinesiology (careers in health and fitness, therapeutic exercise, coaching and sport instruction, and sport management).
<p>Exams and assessment formats</p>	<p>Assignments</p> <ul style="list-style-type: none">• Group Project Presentations: In groups of 4-5 students, students will create a Power point presentation on the topic of their choosing from a list provided on the first day of class. Each presentation must include a Power point presentation equipped with an oral report. Each group member must have a speaking part. Weight: 20%• Research paper: Students will write a 3–5-page paper regarding a career profession in the field of their choosing. Students must include a work cited page with at least five outside resources. Weight: 20% <p>Final Exam</p> <p>There will be one exam that will take place following the last meeting of the course. The exam will consist of 20 multiple-choice, true/false, and short answer questions. Weight: 60%</p>



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Study and examination requirements	Students are expected to attend all classes unless circumstances prevent them from attending and an email or notification was sent prior to class. Final grading will be based on students' attendance, their participation in the assignments (group presentation and research paper), and their scores in the final exam.
Reading list	<p>Hoffman, S. J., Knudson, D. V. (2017). Introduction to Kinesiology: Studying Physical Activity, 5th Edition. Human Kinetics.</p> <p>American Kinesiology Association. (2011). Careers in Sport, Fitness, and Exercise. Human Kinetics.</p>