

## Kinesiology 119

### Course Description:

This course is intended to introduce students to the field of Kinesiology and the Department of Kinesiology at the University of Wisconsin-Madison. Introductory material about physical activity and health will be provided, and departmental faculty and invited speakers will discuss their areas of expertise. In addition, career opportunities in Kinesiology will be discussed.

### Course Objectives:

Each assignment is associated with one or more of the course objectives: **Course Objectives** **Assignment**

#### *Knowledge (absorb):*

Defend the broad integrative nature of the field of Kinesiology and the disciplines that contribute to it	Exam
Examine their own characteristics, values, skills and goals	Self-Assessment
Identify the nature and demands of professional occupations, the career options available to students graduating from departments of kinesiology, and the qualifications associated with each	Career Paper and Speaker Chart
Explain the importance of physical activity in daily life and the implications of this for the discipline of kinesiology	Exam
Explain the rationale for a discipline of kinesiology, how it is structured, and the types of knowledge studied by its scholars and applied in professional practice	Weekly Homework
Explain how various professionals approach research, applied and clinical problems in kinesiology	Research Assignment

#### *Do:*

Demonstrate an ability to honestly self-assess personal strengths, interests, values and goals as they relate to career selection	Self-Assessment
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Demonstrate an appreciation for the influence this field can have on personal and societal wellness

Exam

Demonstrate an appreciation for the power of subjective experiences on behavior

Exam

Demonstrate a recognition and appreciation for the many careers within the field

Career Paper and Speaker Chart

Demonstrate an ability to listen critically and identify the characteristics, skills, values and goals of speakers

Speaker Chart

Examine the questions and problems currently being explored in the field of kinesiology

Research Assignment

*Connect:*

Carry out appropriate searches of peer-reviewed literature on topics related to the field of kinesiology

Research Assignment

Evaluate research for patterns and implications

Research Assignment

Employ an honest assessment of the best match between a career and personal characteristics, values, skills and goals

Self-Assessment and Career Paper