

# **SYLLABUS**

**SUBJECT**      Kinesiology

**TEACHER**     PhD Grzegorz Domino

## **COURSE DESCRIPTION**

This course explains the evolving discipline of kinesiology, demonstrating how its many subject areas integrate into a unified body of knowledge.

The Kinesiology outlines the principles of motor skill learning, develops a conceptual model of human performance, and shows students how to apply the concepts of motor learning and performance to teaching, coaching or rehabilitation.

## **LEARNING OUTCOMES**

At the completion of this course it is desired that each student be able to:

- use of the terms related Physical Fitness
- use of the terms related Human Motor Development
- diagnosis and selection of appropriate physical activity to shape the different components of physical fitness

## **GRADING POLICY**

Each of our class sessions will be devoted to a combination of lectures, case discussions, class exercises, and group work. Every student is expected to come to class prepared and to actively participate in our learning environment.

Written test (60% of final grade); Class participation (40% of final grade); Attendance will be taken every laboratory meeting. There are no excused absences.

## **LECTURE TIMETABLE**

	<b>Theme</b>	<b>Lecture Hours</b>
1	INTRODUCTION TO KINESIOLOGY	2
2	HUMAN MOTOR	2
3	SKILLS AND ABILITIES	2
4	CONCEPTION HEALTH-RELATED FITNESS	2
5	DETERMINANTS OF HUMAN MOTOR	2
	FINAL EXAM	

## **WORKSHOP TIMETABLE**

	<b>Theme</b>	<b>Class Hours</b>
1	INTRODUCTION TO MOTOR DEVELOPMENT	4
2	GENETIC DETERMINANTS OF HUMAN MOTOR	3
3	LEARNING AND TEACHING MOVEMENT ACTIVITIES	2

4	MOTOR SKILLS - STRENGTH	2
5	MOTOR SKILLS - DURABILITY	2
6	MOTOR SKILLS - QUICKNESS , AGILITY AND FLEXIBILITY	3
7	MOTOR SKILLS - COORDINATION	4
8	MEASUREMENT OF MOTOR SKILLS IN RESEARCH	2
9	TESTING AND TRAINING OF THE BASIC COMPONENTS	4
10	THE SYMMETRY AND ASYMMETRY	2
11	BASIC DESIGN OF PHYSICAL ACTIVITY PROGRAMS	2
	CLASS TEST	

### **TEXTBOOK AND REQUIRED MATERIALS**

1. Hoffman S. J., (2008): Introduction to Kinesiology: Studying Physical Activity, Third Edition. Publisher: Human Kinetics.
2. Payne G. V., Isaacs L. (2007): Human Motor Development: A Lifespan Approach. Publisher: McGraw-Hill Humanities.
3. Schmidt R. A., Wrisberg C. A. (2007): Motor Learning and Performance w/Web Study Guide - 4th Edition: A Situation-Based Learning Approach. Publisher: Human Kinetics.

### **PREREQUISITES:**

Secondary school course in biology.