

# Northern Marianas College

## CURRICULUM ACTION REQUEST

**Effective Semester / Session:** Spring 2026

**Type of Action:**

- New
- Modification
- Move to Inactive (Stop Out)
- Cancellation

**Course Alpha and Number:** KI 280

**Course Title:** Kinesiology

**Reason for initiating, revising, or canceling:**

This minor revision updates KI 280 to be offered in the Spring semester instead of the Fall semester.

Denise J Myers  11/09/25

Proposer Date

Velma C. Deleon Guerrero  9/11/2025

Academic Unit Head Date

Adam Walsh *Adam M Walsh* 11/09/25

Language and Format Review Specialist Date

Yunzi Zhang  11/09/25

Academic Council Chair Date

Lorraine Maui *Lorraine L. Maui* 12/09/25

Interim Dean of Academic Programs & Services Date

# Northern Marianas College

## Course Guide

Course : KI 280 Kinesiology

### 1. Department:

Science, Mathematics, Health and Athletics

### 2. Purpose

KI 280 introduces students to disciplines within kinesiology. This course will satisfy an elective credit and is a requirement for liberal arts kinesiology emphasis degree.

### 3. Description

#### A. Required/Recommended Textbook(s) and Related Materials

Recommended:

Murray, Tinker D., et al. *Foundations of Kinesiology a Modern Integrated Approach*. Cengage, 2019.

Readability level: Grade 12.5

#### B. Contact Hours

1. **Lecture:** 3 per week / 45 per semester
2. **Lab:** None
3. **Other:** 1 for field work per week / 15 per semester

#### A. Credits

1. **Number:** 4
2. **Type:** Regular Degree Credits

#### B. Catalogue Course Description

Kinesiology is the scientific study of movement and how physical activity affects, health, behavior, community, and quality of life. This course will provide basic principles and concepts related to motor behavior, sports and exercise psychology, biomechanics, public health, and exercise physiology. Prerequisites: HE150 and KI111. Concurrent course enrollment: BI251. (Offered in Spring)

#### C. Degree or Certificate Requirements Met by Course

This is a required course for a degree in Liberal Arts with an Emphasis in Kinesiology and can serve as an elective.

#### D. Course Activities and Design

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This course will offer a variety of lectures, classroom activities, class lab activities—all of which apply to the kinesiology field giving students a broad view of kinesiology.

#### **4. Course Prerequisite(s); Concurrent Course Enrollment**

Prerequisites: HE150 & KI111

Concurrent Course Enrollment: BI251

#### **Required English/Mathematics Placement Level(s)**

English Placement Level: EN202

Mathematics Placement Level: MA132

#### **5. Estimated Cost of Course; Instructional Resources Needed**

Cost to the Student: Tuition for a 4-credit course and cost of the textbook.

Cost to the College: Instructor's salary.

Instructional resources needed for this course include: white board and white board markers, projector, video analysis software, body composition measuring tools, various fitness equipment, library references materials, access to photocopying as well as supplies for this course.

#### **6. Method of Evaluation**

Students' grades will be based on assignments, projects, and tests. NMC's grading and attendance policies will be followed.

#### **7. Course Outline**

This is a topical outline and does not necessarily indicate the sequence in which the material will be presented.

1.0 Physical activity in society

2.0 Ethics

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- 3.0 Motor behavior
- 4.0 Sport and exercise psychology
- 5.0 Biomechanics
- 6.0 Exercise physiology
- 7.0 Public health
- 8.0 Evidence based practice

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## 8. Instructional Goals

This course will introduce students to:

- 1.0 Physical activity guidelines; 2.0 Scientific study in kinesiology;
- 3.0 Muscle anatomy and physiology;
- 4.0 Energy system physiology and training; 5.0 Biomechanics;
- 6.0 Components of fitness: body composition, cardiovascular endurance, muscular strength, muscular endurance, and flexibility;
- 7.0 Training principles; and
- 8.0 Ethics and ethical decision making as it relates to kinesiology.

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## 9. Student Learning Outcomes

Upon successful completion of this course, students will be able to:

- 1.0 Identify American College of Sports Medicine (ACSM) guidelines for physical activity; 2.0 Use the scientific method to study kinesiology;
- 3.0 Execute biomechanical analysis;
- 4.0 Compare muscle fiber types; 5.0 Interpret energy systems;
- 6.0 Utilize training principles to develop training programs;
- 7.0 Evaluate muscular strength and conditioning techniques;
- 8.0 Evaluate cardiovascular assessment techniques;
- 9.0 Evaluate body composition assessment techniques; and
- 10.0 Discuss ethics as it relates to kinesiology.

## 10. Assessment Measures of Student Learning Outcomes

Assessment of student learning may include, but not be limited to, the following:

- 1.0 Assignments;
- 2.0 Labs; and
- 3.0 Tests