Course Description: Kinesiology as an academic field investigates human movement from various disciplinary perspectives such as physiology, psychology and sociology. Professionals apply this knowledge to promote quality physical activity experiences. Kinesiology practitioners not only need to know about proper body mechanics, nutrition, and training techniques, but they also need to know strategies to create meaningful and satisfying physical activity opportunities for all people. This course explores ways in which we can promote more humane, socially just, and democratic forms of physical activity so that all are given opportunities to gain the benefits of physical activity.

Course Objectives:
1. The student will be able to identify and describe common barriers to participation and retention in physical activity
2. The student will be able to identify and describe strategies that support inclusive and democratic physical activity environments
3. The student will be able to use basic research skills to identify and describe patterns of physical activity participation
4. The student will be able to use systematic observation techniques to assess inclusive practices of both formal and informal physical activity environments
5. The student will develop and present a report on the degree of inclusiveness of a particular physical activity environment.
6. The student will be able to identify and describe best practices of physical activity and inclusiveness.

Potential Course Assignments
1. Personal mapping of their physical activity patterns (goal is to raise awareness that spaces have meanings, and those meanings can vary for different people)
   a. They need to physically map as well as explain meanings of those spaces for them
   b. They can then read others maps and try to explain why there may be similarities or differences in patterns and meanings
2. Assess particular physical activity spaces on campus for participation patterns and inclusive practices
   a. Observation of those spaces at different times
   b. Interview/survey supervisors and participants of those spaces
3. Develop tools that would be useful for campus community
   a. Ex: report card
   b. Ex: video of best practices
4. Report back to the campus community about their findings
   a. Ex: student government
   b. Ex: RAW
   c. Ex: KIN department