KSS 1595 - Introduction to Kinesiology and Sport Science

Fall 2026 Syllabus, Section 01, CRN 42004,

Credit hours: 2

Instructor

Christopher Costa

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Public Instructor Information

Instructor Title: Assistant Professor
Instructor Professional Qualifications:

Hartwell Fellow, Cole Eye Clinic, Cleveland Clinic

Phd Exercise Physiology, Kent State University

MS Adapted Physical Activity, Slippery Rock University

BS Exercise Science, Slippery Rock University

Instructor Office Location: Beeghley Center 307E
Instructor Office Phone: 330-941-1900

Course Description

1595. Introduction to Kinesiology and Sport Science. Introduction to physical education, exercise science and related professions. Includes exploration of the general concepts, goals, aims, objectives, professional organizations, scholarly literature, sub-disciplines within the field, and career employment opportunities. 2 s.h.

Course Readings

Group	Title	Author	ISBN
Optional	Introduction to Exercise Science		9781975209131

All course readings will be PDF's available via blackboard.

The course readings are subject to change in the event of extenuating circumstances, research developments, current events, and/or to ensure better learning.

Intro to Kinesiology

Week of	Reading(s)	Proposed Topic	Due/To Prepare for Class
8/24		Syllabus/Expecations Introduce semester long projects	Physical Activity/Exercise Logging
8/31		Guest Lecture: Dr. Learman Guest Lecture: Erin Mellinger	
9/7		What is exercise? Health versus Skill Exercise Testing, Validity, and Reliability	
9/14		Exercise Philosophy Outline v1: Prompt 1 Introduction to Research and Design	Exercise Philosophy Outline v1: Prompt 1
9/21		Information Literacy: Library Workshop Introduction to Research and Design	

9/28	Exam 1 Exercise Philosophy Outline v2: Prompt 2	Exercise Philosophy Outline v2: Prompt 2
10/5	Public Health, Physical Activity and Exercise Guidelines Future-Self Project	Future-Self Part 1
10/12	Future-Self Project	Future-Self Part II
10/19	Future-Self Project Scope of practice, licenses and certifications, working in a multidisciplinary team	Future-Self Part III Create a four-year pathway of courses to get you to your next step
10/26	Attend writing center	Scanned copy of writing center edits
11/2	The heart	
11/9	The muscles The brain and mind	
11/16	How to coach exercise and behavior change Behavior change ethics	-Quiz on the heart, lungs, muscles, and brain
11/23	In Class Work Time: Exercise Philosophy	
11/30	Environmental Health	Exercise Philosophy Final Draft
12/7	Final Exam	

The course schedule, policies, procedures, and assignments in this course are subject to change in the event of extenuating circumstances, by mutual agreement, and/or to ensure better learning.