

COURSES FOR KINESIOLOGY

Kinesiology Courses

KIN100 Physical Conditioning Yoga

Hours 1

The purpose of this course is to provide the student with knowledge and skills that will assist an individual in participating in safe and effective yoga practices.

KIN101 Physical Conditioning

Hours 1

The purpose of this course is to introduce the student to the knowledge base underlying proper physical conditioning of the body and appropriate techniques for participation.

KIN102 Horseback Riding

Hours 1-3

The purpose of this course is to provide students with the knowledge and skills needed to participate in horseback riding.

KIN103 Soccer

Hours 1

The purpose of this course is to provide the student with the knowledge and skills necessary for participation in the sport of soccer.

KIN104 Basketball

Hours 1

The purpose of this course is to provide the student with the knowledge and skills necessary for participation in basketball.

KIN105 Softball

Hours 1

The purpose of this course is to provide the student with the knowledge and skills necessary for skilled participation in the sport of softball.

KIN106 Beginning Golf

Hours 1

The purpose of this course is to provide students with the knowledge and skills to participate in a basic game of golf.

KIN107 Intermediate Golf

Hours 1

The purpose of this course is to provide students with the knowledge and skills necessary to participate at an intermediate level in the game of golf.

KIN108 Beginning Tennis

Hours 1

The purpose of this course is to provide students with the necessary knowledge and skills to motivate participation in tennis.

KIN109 Physical Condition: Pilates

Hours 1

The purpose of this course is to provide the student with knowledge and skills that will assist an individual in participating in safe and effective pilates practices.

KIN110 Indoor Rock Climbing

Hours 1

The purpose of this course is to help students understand and demonstrate proper risk management and safety techniques, as well as proper technical skills, in order to safely enjoy the activity of indoor rock climbing.

KIN111 Intermediate Tennis

Hours 1

The purpose of this course is to provide students with the knowledge and skills necessary for the development of intermediate skills with an emphasis on individual stroke analysis, playing strategy and match play, both singles and doubles.

KIN113 Introduction to Paralympic Sport

Hours 1

This course will introduce students to a variety of adapted sports. The sports covered will vary based on participants and available equipment. Example of sports which may be played or reviewed are wheelchair basketball, sitting volleyball, goalball, beep baseball, wheelchair tennis, rowing, golf, boccia, and table tennis. This class will be activity based with some lecture.

KIN117 Volleyball

Hours 1

The purpose of this course is to provide the student with the knowledge and skills necessary for participation in volleyball.

KIN118 Water Aerobics

Hours 1

This course is designed to enhance cardio-respiratory fitness through the medium of water aerobics and physical conditioning.

KIN119 Indoor Cycling

Hours 1

This course is designed to enhance cardio-respiratory function through the medium of stationary bike group cycling.

KIN120 Aerobics

Hours 1

This course is designed to enhance cardiorespiratory fitness through the medium of aerobic dance and physical conditioning.

KIN121 Beginning Social Dance

Hours 1

The purpose of this course is to introduce the student to the basic dances that are performed in a social situation.

KIN122 Aerobics

Hours 1

This course is designed to enhance cardio-respiratory fitness through the medium of aerobic dance and physical conditioning.

KIN131 Beginning Swimming

Hours 1

The purpose of this course is to provide students with the knowledge and skills necessary for participation in basic aquatic activities.

KIN132 Intermediate Swimming

Hours 1

The purpose of this course is to provide students with the knowledge and skills necessary for participation in more advanced aquatic activities.

KIN138 Lifeguarding

Hours 3

The purpose of this course is to prepare the student both mentally and physically to supervise, coordinate, and successfully control an aquatic emergency.

KIN140 Water Safety Instruct

Hours 3

The purpose of this course is to provide knowledge of water safety instruction so that the student will be able to instruct groups and individuals in this discipline.

KIN145 Beginning Racquetball

Hours 1

The purpose of this course is to provide students with the knowledge and skills necessary to participate in the game of racquetball.

KIN155 Self Defense for Women

Hours 1

The purpose of this course is to provide the student with the knowledge and skills that will enhance the student's ability to defend herself in case of physical or sexual assault as well as to enhance her overall personal safety.

KIN157 Beg Weight Training

Hours 1

The purpose of this course is to provide students with the knowledge and skills necessary to design and follow a basic weight-training program.

KIN167 Running

Hours 1

The purpose of this course is to provide the student with the knowledge and skills necessary to design and follow a basic running program.

KIN170 Beginning Karate

Hours 1

The purpose of this course is to provide the student with the knowledge and skills necessary for participation in the sport of karate.

KIN199 Ecol Appr Hlth & Fitness

Hours 3

This introductory course examines the basis for and interrelationships among the six aspects of wellness: social, physical, emotional, intellectual, spiritual, and environmental. The course addresses issues of physical fitness, wellness, and personal safety applicable to the college age group.

KIN200 Weight Mgt Principles

Hours 3

This course is designed around successful weight management concepts and pitfalls. Topics include physical activity, behavior, and lifestyle modification. Hands-on activities include measures of daily energy expenditure, personal fitness, target body weight, and development of a personalized exercise plan.

KIN300 Intro to Kinesiology

Hours 3

A critical analysis of socio-cultural issues of the body throughout history and an in-depth study of physical education, fitness, and sport programs and professions.

KIN303 Physiology of Exercise

Hours 3

This course examines the human physiological response to exercise.

Prerequisite(s): BSC 215 or BSC 216

KIN305 Dance & Gymnastics

Hours 3

The purpose of this course is to improve students' performance and knowledge of skills and strategies in gymnastics and dance and to acquaint them with effective teaching behaviors appropriate for these activities.

Prerequisite(s): None. Corequisites: KIN 350 and KIN 351

KIN306 Analysis & Teaching Movement I: Teaching Invasion, Striking/Fielding, and Target Games

Hours 3

The purpose of this course is to improve students' performance and knowledge of skills and strategies in invasion, striking/fielding and target games, and acquaint them with effective teaching behaviors appropriate for these same types.

KIN307 Teach Trk & Fld/Net Game

Hours 3

The purpose of this course is to improve students' performance and knowledge of skills and strategies in track and field and net/wall games, and acquaint them with effective teaching behaviors appropriate for these activities.

KIN310 Teaching Swimming

Hours 3

The purpose of this course is to improve students' swimming skills and knowledge of water safety and to acquaint them with effective teaching behaviors appropriate for this activity.

KIN311 Tch Hlth Related Fitness

Hours 3

The purpose of this course is to improve students' knowledge of the basic principles of health-related fitness and acquaint them with effective teaching behaviors appropriate for fitness instruction.

KIN330 Introduction to Horses in the Equine Industry

Hours 3

The purpose of this course is to provide students with a basic background knowledge in horses, to include: history, breeds, basic care and health, use, management, selection and behavior. Students in equine management related fields will require this knowledge in their professional fields to be knowledgeable caretakers and successful in business.

KIN335 Professional Development & Career Preparation for the Equine Industry

Hours 3

In addition to supervised professional experience in the equine industry through observation/participation under the direction of a professional within the community, students will learn valuable professional development tools such as writing a resume, cover letter, and thank you letter, as well as preparing for a professional interview.

KIN350 Secondary Curriculum

Hours 3

The purpose of this course is to provide students with knowledge of current curricular and instructional practices for secondary physical education programming.

Prerequisite(s): None. Corequisites: KIN 305 and KIN 351

KIN351 Secondary Clinical Experience

Hours 3

The purpose of this clinical experience is to provide students with the opportunity to teach secondary students in a public school setting.

Prerequisite(s): None. Corequisites: KIN 305 and KIN 350.

KIN352 Psychology of Coaching

Hours 3

This course is designed to introduce students to the psychology of coaching.

KIN360 Subj Matter Elem Physical Educ

Hours 3

Provides knowledge of subject matter for elementary physical education and a comprehensive K-5 curriculum. Concurrent enrollment in KIN 361 is required.

Prerequisite(s): KIN 305, KIN 350, KIN 351

Prerequisite(s) with concurrency: KIN 361

KIN361 Elem Phys Ed Curr Phil Theory

W

Hours 3

This course is designed to help students improve their abilities to teach elementary physical education and to plan and reflect on lessons, units and a comprehensive K-5 curriculum. This course must be taken concurrently with KIN 360. Writing proficiency is required for a passing grade in this course. A student who does not write with the skill normally required of an upper-division student will not earn a passing grade, no matter how well the student performs in other areas of the course.

Prerequisite(s): KIN 305, KIN 350, KIN 351

Prerequisite(s) with concurrency: KIN 360

Writing

KIN362 Motor Development

Hours 3

Study of growth in phylogenetic and ontogenetic sequence, and the motor development sequence across the lifespan; integration of movement skill and knowledge development. A field experience is required.

KIN364 P E Elem Sch Elem Ed Maj

Hours 3

This course is designed to provide students with knowledge of current curricular and instructional practices in elementary physical education and to provide them with opportunities to practice-teach in a public-school setting.

Prerequisite(s): CEE 491 with a minimum passing grade of C-

Prerequisite(s) with concurrency: CEE 365 and CEE 370 and CEE 380 and CEE 401 and CEE 495

KIN365 Applied Biomechanics

Hours 3

Review of basic anatomy, especially the muscular system, and examination of the relationship of fundamental laws of physics to human movement. Includes mechanical principles of skill instruction and analysis.

Prerequisite(s): BSC 215 or BSC 216

KIN366 Evaluation and Measurement

Hours 3

Study of the administration and evaluation of test batteries in physical education, fitness management, and personal training.

KIN367 Exercise is Medicine

Hours 3

Public health guidelines, epidemiological evidence, and biological mechanisms related to physical activity and exercise-induced enhancement of physical and mental health (e.g. obesity, cardiovascular disease, diabetes, anxiety, depression) are covered. Personal exercise and health data are collected to engage in scientific inquiry and communication.

Prerequisite(s): KIN 303

KIN370 Coaching Soccer

Hours 3

This course is designed to provide students with the skills and knowledge to coach the game of soccer.

KIN380 Coaching Officials

Hours 3

The purpose of this course is to help students understand and demonstrate various aspects of sports officiating, including knowledge of the basic rules in specific sport activities.

KIN381 Coaching Football

Hours 3

This course is designed to provide students with the skills and knowledge to coach football.

KIN382 Coaching Basketball

Hours 3

This course is designed to provide students with the skills and knowledge to coach the game of basketball.

KIN383 Coaching Baseball

Hours 3

This course is designed to provide students with the skills and knowledge to coach the game of baseball.

KIN386 Coaching Volleyball

Hours 3

This course is designed to provide students with the skills and knowledge to coach the game of volleyball.

KIN387 Adapted Sports Professional Development

Hours 1-3

Supervised professional experience in a fitness or related setting; observation and participation under the direction of a professional at the site.

Prerequisite(s) with concurrency: KIN 113

KIN388 Professional Development in Fitness

Hours 3

In addition to supervised professional experience in fitness through observation/participation under the direction of a professional within the community, students will learn valuable professional development tools such as writing a resume, cover letter, and thank you letter, as well as preparing for a professional interview.

KIN392 Clinical Exercise Physiology

Hours 3

This course explores recent advances in exercise physiology for "clinical" populations. Particular emphasis is placed on the acute and chronic responses to exercise in patients at risk for or having cardiac, pulmonary, and metabolic diseases.

Prerequisite(s): KIN 303

KIN401 Sport Administration: Principles and Practice

Hours 3

This course provides an overview of the sport industry, and helps orient students to the field of sport administration. Sport administration content areas discussed in detail include the history of sport administration, and how management principles relating to organizational behavior, leadership styles, finance, facility and event management, media relations, and sports broadcasting are applied. Contemporary trends in professional, intercollegiate, interscholastic, and international athletics will be discussed.

KIN402 Sport Marketing

Hours 3

This course examines sport marketing and sport consumer behavior. All aspects of a sound sport marketing plan will be addressed in addition to contemporary trends that effect sport marketing efforts.

KIN403 Legal Issues in Sport

Hours 3

An analysis of legal issues affecting the delivery of sport services focusing on liability in sport activities and the recognition of social problems in American sport.

KIN404 Financial Issues in Sport

Hours 3

This course is designed to provide students with an introduction to financial analysis and budgeting techniques essential for tracking an organization's revenues and expenses.

KIN405 Sports Management: Trends and Issues

Hours 3

This course is designed to provide students with an opportunity to engage with, explore, and immerse themselves in the extant contemporary literature relating to trends and issues in interscholastic and intercollegiate athletics, as well as youth, professional sports and recreation.

KIN420 Issues in Athletics Coaching

Hours 3

This course is designed to examine current issues, controversies, trends, and problems in the field of coaching.

KIN430 Issues in the Equine Industry

Hours 3

The purpose of this course is to incorporate information gained in the classroom with a real-world perspective on the state of the equine industry. A wide variety of current topics will be discussed by industry leaders who will act as guest lecturers. Students in equine management related fields will require this knowledge in their professional fields to be knowledgeable caretakers and successful in business.

KIN435 Equine Business Management

Hours 3

This course examines the equine industry from a business management perspective and provides an opportunity to analyze the external environmental factors involved in opening and managing an equine business.

KIN468 Adapted Physical Education

W

Hours 3

The course includes basic information on disability sport and physical education programs. It focuses on the roles of various service agencies and organizations, on state and federal legislation and on various inclusion strategies. A clinical experience is required. Writing proficiency is required for a passing grade in this course. A student who does not write with the skill normally required of an upper-division student will not earn a passing grade, no matter how well the student performs in other areas of the course.

Writing

KIN486 Internships-Disability Sport

Hours 3-12

Directed internship in an area of specialization, completed in cooperation with a community agency or business, clinical, or other appropriate organization. Observation and on-the-job experience through direct participation in ongoing programs.

KIN487 Physical Educ Teach Pract

Hours 3

This course is designed to provide students with the knowledge and skills to implement additional curricular models at both the elementary- and secondary-school levels. Admission to Teacher Education Program is required.

Prerequisite(s): KIN 305, KIN 306, KIN 307, KIN 310, KIN 350, KIN 351, KIN 360, KIN 361, KIN 366

KIN488 Internships-Fitness

Hours 1-12

Directed internship in an area of specialization, completed in cooperation with a community agency or business, clinical, or other appropriate organization. Observation and on-the-job experience through direct participation in ongoing programs.

KIN491 Sport Exercise & Social Scienc

W

Hours 3

This course explores the major issues that occupy social sciences involved in the study of sport and exercise. Writing proficiency is required for a passing grade in this course. A student who does not write with the skill normally required of an upper-division student will not earn a passing grade, no matter how well the student performs in other areas of the course.

Writing

KIN492 Advanced Physiology of Exercise

Hours 4

This course explores advanced concepts involving integrated human physiological responses to exercise. Laboratory activities expand concepts discussed in lecture. Students in KIN 492 will receive one overall grade in the course that encompasses both the lecture and the laboratory components (i.e. separate grades will not be posted for the lecture and laboratory components of the course).

Prerequisite(s): KIN 303

KIN493 Fitness Appraisal and Exercise Prescription

Hours 3

A study of the application of exercise testing and prescription principles as it applies to apparently healthy and alternatively diseased populations.

Prerequisite(s): KIN 303

KIN494 Scientific Principles of Strength and Conditioning

Hours 3

This course is designed to provide a comprehensive overview of strength and conditioning. Emphasis is placed on the exercise sciences (including anatomy, exercise physiology, and biomechanics) and nutrition, exercise technique, program design, organization and administration, and testing and evaluation. The course is designed to prepare students for the nationally accredited CSCS certification exam.

Prerequisite(s): KIN 303

KIN496 Independent Study

Hours 1-6

The purpose of this course is to provide the student an opportunity to further develop their skills/knowledge/instructional techniques in the area of kinesiology.

KIN497 Internship Phys Education

Hours 3-12

Prerequisites: Senior standing and admission to the Teacher Education Program, KIN 350, KIN 351, KIN 360, KIN 361, KIN 487, a minimum GPA of 2.5 for all work attempted, and a minimum GPA of 2.5 in the major. Full-time supervised teaching experience in elementary and secondary schools. Includes a weekly one-hour seminar. Student teaching cannot be completed during the summer term. Application for student teaching must be made the semester prior to student teaching (excluding summer term) through the Office of Clinical Experience. Formal application meetings are held and their times will be posted in Autherine Lucy Hall and announced in the Crimson White prior to the meetings.

Prerequisite(s): KIN 305, KIN 306, KIN 307, KIN 311, KIN 350, KIN 360 and KIN 366 with a minimum passing grade of C-

KIN500 Sociology of Sport

Hours 3

Examines the institution of sport from a sociological perspective. Provides an opportunity to critically analyze the assumptions surrounding the social significance of sport through a process of reflective thought.

KIN506 Techniques of Research

Hours 3

Designed to acquaint the student with the types of research and the methods and materials necessary for scientific inquiry. Includes the development of a research proposal, with emphasis on form and style.

KIN507 Lab Techniques in Kinesiology

Hours 3

This course covers the theoretical and practical understanding of physiological instrumentation and measurement in Kinesiology. The work includes practical laboratory experiences that are preparatory for graduate level research and other research and clinical career settings.

KIN510 Tchg & Supervg Elem PE

Hours 3

Open to elementary education and physical education majors. Reviews the essential concepts for successfully teaching grades 1-6; learning, function and duties of consultant.

KIN511 Readings in Sport Management: Trends and Issues

Hours 3

Online course. This course is designed to provide students with an opportunity to immerse themselves in the extant literature relating to trends and issues in sport and recreation management. Emphasis will be placed on approaches to proactively implement the contemporary trends.

KIN512 PE Curriculum

Hours 3

Program content and curriculum planning in grades 1-12 and higher education; includes developing curriculum plan applicable to one's need.

KIN538 Adv Adapted Phys Ed.

Hours 3

Pertinent information concerning legislation, mainstreaming, the physical education IEP, and movement problems of individuals who deviate from the norm. A clinical experience is required.

KIN551 Sport Management Internship

Hours 3

This course provides students with the opportunity to gain applied, practical experience in a suitable sport management related setting.

KIN552 Legal Issues in Sport

Hours 3

Legal Issues in Sport provides an overview of legal issues that frequently arise in the context of sport and physical activity. Emphasis will be placed on how sport managers should respond to specific situations based on the law.

KIN553 Sport Facility and Event Management

Hours 3

This course will provide students with an understanding of the factors involved in planning, designing, equipping, and managing sport facilities and event logistics.

KIN555 Sport Finance

Hours 3

An overview of the budgeting process, sources of revenue, types of expenditures, issued and innovations in financing for sport management.

KIN562 Admin Sports Programs

Hours 3

Problems and issues in organizing and administering secondary and college athletic programs.

KIN566 Evaluation in Kinesiology

Hours 3

The course covers practical aspects of measurements and evaluation as they relate to the school and college experience. A practical measurement/evaluation project is expected to be completed.

KIN585 Lab & Field Experience

Hours 3,6

Provides for teaching laboratory, internship, and/or practicum experiences, according to individual needs and goals.

KIN588 Marketing and the Media

Hours 3

This course examines the various components of sport marketing and consumer culture. Particular emphasis is given to the influence of the media in promoting sporting goods and products.

KIN590 Sports/Dance Workshop

Hours 1-6

In-depth study of physical education subject matters (gymnastics, dance, fitness, aquatics, track and field, and sports/games) focusing on content, theoretical frameworks, and educational perspectives. Students enroll in 1-credit-hour workshops according to individual needs and certification requirements.

KIN592 Physiology of Exercise

Hours 3

Designed to be an overview of the human physiological response to exercise.

KIN593 Advanced Fitness Testing and Exercise Prescription

Hours 3

Explores advanced fitness testing and exercise prescription techniques using practical experiences.

KIN595 Workshop Physical Education

Hours 1-6

This course is designed to help students improve their ability to teach elementary, secondary, and/or college physical education and understand theory and research as it is applied in each setting.

KIN596 Independent Study

Hours 1-3

Designed to provide the opportunity for independent study in a specific area of Kinesiology.

KIN598 Non-Thesis Research

Hours 3

Experimental or analytical investigation of problems in Kinesiology.

KIN599 Thesis Research

Hours 1-6

This independent research course partially fulfills required master's-level research thesis hours toward the master's degree in Kinesiology. The course is conducted under the guidance of the thesis advisor. Material covered will be of an advanced nature and aimed at providing master's students with an understanding of the latest research and current developments within the field. Discussion and advisor guidance will be directed towards readings of research articles and development of research methodology, with the goal of producing an original research contribution that represents a novel development in the field, or a novel perspective on a pre-existing topic in the field.

KIN602 Readings in Kinesiology

Hours 3

An independent readings course for doctoral students.

KIN603 Special Projects in Kinesiology

Hours 3

Experimental and analytical investigations of problems in Kinesiology, arranged on an independent basis for doctoral students.

KIN604 Sem in Physical Education

Hours 3

Critical issues in athletics, curriculum, instruction, evaluation, research, fitness, individual differences, and financial support.

KIN612 Res Phys Ed Teach Education

Hours 3

An examination of the development, design, and application of research in physical education/teacher education.

KIN615 Organizational Behavior & Theory Development in Sport

Hours 3

The purpose of this course is to introduce the student to critical areas of sport management and the theories associated with organizational behavior and theory development.

KIN622 Analy Res Teach Phys Ed

Hours 3

A thorough analysis of published research on teaching in physical education.

KIN632 System Observ Phys Educ

Hours 3

An examination of analytical techniques used to collect and evaluate data related to teacher and student behaviors. Instruction in the development and use of systematic observation instruments is provided.

KIN642 Instrct Design PE High Ed

Hours 3

An examination of methods, applications, and current research related to instructional design.

KIN651 Integrative Systems Physiology I

Hours 3

This course will focus on the detailed physiological processes that occur in the major systems of the human body. The course will cover content related to cell physiology, fluid physiology, skeletal muscle physiology, cardiac physiology and function, nervous system physiology, and circulatory physiology.

KIN652 Integrative Systems Physiology II

Hours 3

This course will focus on the detailed physiological processes that occur in the major systems of the human body. The content of the course will cover acid/base and renal physiology, gastrointestinal physiology, pulmonary physiology and neural regulation, physiology of hematopoiesis and immunology, endocrine physiology, and metabolic regulation.

KIN670 Biochemical and Molecular Aspects of Exercise

Hours 3

This course focuses on the biochemical and molecular changes resulting from acute and chronic exercise training. Primary areas emphasized include metabolism, DNA/RNA, and cell signaling mechanisms.

KIN685 Field & Lab Experience

Hours 3

Arranged on an independent basis for doctoral students. Participation and research in schools and agencies.

KIN690 Exercise Health Disease

Hours 3

Designed to acquaint the student with the health benefits of regular physical activity and exercise. The most recent research literature is critically analyzed.

KIN691 Res Sociology Human Perf

Hours 3

Provides students with an in-depth understanding of the literature on the occupational socialization of physical education teachers.

KIN692 Sem Exercise Physiology

Hours 3

Provides an opportunity to study in depth the scientific literature related to various exercise physiology topics. May be taken more than once.

KIN698 Non-Dissertn Research

Hours 3

Experimental or analytical investigation of problems in kinesiology.

KIN699 Dissertation Research

Hours 1-15

This independent research course partially fulfills required doctoral level research dissertation hours towards the PhD in Kinesiology. The course is conducted under the guidance of the dissertation advisor. Material covered will be of an advanced nature aimed at providing doctoral students with an understanding of the latest research and current developments within the field. Discussion and advisor guidance will be directed towards readings of research articles and development of research methodology, with the aim of producing an original research contribution that represents a novel development in the field, or a novel perspective on a pre-existing topic in the field.