

# 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.

### KIN112 Pilates II

Hours 1

This course builds on the skills and knowledge covered in Pilates I to enable the student to develop a more advanced Pilates practice. Focus will be on learning upper-level mat exercises, refining skills, and furthering an understanding of Pilates principles, history and anatomy.

Prerequisite(s): KIN 109 or permission of instructor

### KIN113 Introduction to Paralympic Sport

EXP

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.

Experiential Learning

### KIN114 Pickleball

Hours 1

This course will provide students with knowledge of the game of pickleball and the application of fundamental rules, basic strategies, and court positioning for singles and doubles play. Technical skills include forehand and backhand groundstrokes, volleys, serves, lobs, dinks, overheads, and proper footwork.

### 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.

**KIN201 Introduction to Exercise Science**

FYC

Hours 3

This course is an introduction to the field of Exercise Science. Students will be exposed to the history of, key terms, and testing procedures utilized in the field as well as educational, certification, career, and professional development opportunities. Students will learn about campus resources and how to successfully navigate the Exercise Science concentration within the Kinesiology major. Required during the first year of program enrollment for all students majoring in Kinesiology with a concentration in Exercise Science and recommended for any student considering this major.

First-Year Compass

**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): 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***EXP*

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.

Experiential Learning

**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.

**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): 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): 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.

**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.

**KIN371 Coaching Wheelchair Basketball**

Hours 3

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

Prerequisite(s): corequisite: KIN 113

**KIN372 Coaching Wheelchair Tennis**

Hours 3

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

Prerequisite(s): corequisite: KIN 113

**KIN373 Coaching Para Track and Field**

Hours 3

This course is designed to provide students with the skills and knowledge to coach para track and field.

Prerequisite(s): corequisite: KIN 113

**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**

*EXP*

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

Experiential Learning

**KIN388 Professional Development in Fitness**

*EXP*

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.

Experiential Learning

**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.

**KIN468 Adapted Physical Education***EXP, PWGE, 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.

Experiential Learning, PW: Global Engagement, Writing

**KIN486 Internship in Adapted 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.

Prerequisite(s): KIN 305, KIN 306, KIN 307, KIN 310, KIN 350, KIN 351, KIN 360, KIN 361, KIN 366. Admission to Teacher Education Program.

**KIN488 Internship in Kinesiology***EXP*

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.

Experiential Learning

**KIN491 Sport Exercise & Social Scienc***PWES, 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.

PW: Exec Systems Structures, 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 to apparently healthy and 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***SP*

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.

Special Topics Course

**KIN497 Internship Phys Education***EXP*

Hours 3-12

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-. Admission to Teacher Education Program.

Experiential Learning