

# Kinesiology Courses (KINES)

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## Courses

### **KINES 2015. Teaching Team/Individual Sports — 3 hrs.**

Primarily for majors in Physical Education- Teaching with an emphasis on developing skills related to teaching team and individual sports. (Fall)

### **KINES 2016. Teaching Lifetime Activities — 3 hrs.**

Primarily for majors in Physical Education- Teaching with an emphasis on developing skills related to teaching lifetime activities. (Spring)

### **KINES 2019. First Aid and CPR for Physical Educators — 1 hr.**

First aid skills for injuries and sudden illness, CPR for adult, child, and infant and AED to prepare physical education major students to teach these in K-12 schools. (Variable)

### **KINES 2021. Teaching Movement and Rhythmic Activities for Children — 3 hrs.**

Developmentally-appropriate physical activities designed to promote the development, refinement, and utilization of fundamental movement actions and concepts during the early through late childhood years. Strategies for selecting and delivering appropriate activities to children. Prerequisite(s) or corequisite(s): TEACHING 2017; EDPSYCH 2030. (Spring)

### **KINES 2025. Conditioning Theory and Practice — 3 hrs.**

Theory and practice in training and conditioning of athletes, dynamic warm up and training schedule development. (Variable)

### **KINES 2030. Teaching Physical Education For Learning — 3 hrs.**

The major purpose of this course is to develop knowledge and competence in the generic aspects of effective instruction in physical education as well as to begin to develop effective instructional skills through micro-peer teaching. The student will also learn the historical foundations and significance of physical education and how these have impacted the profession's current goals. Prerequisite(s) or corequisite(s): EDPSYCH 2030. (Fall)

### **KINES 2031. Teaching Physical Education with Technology — 3 hrs.**

Familiarization and enhancement of technology skills specific to supporting physical education instruction in a PK-12 setting. Course focuses on technologies closely aligned with the physical education learning environment (i.e. pedometers, accelerometers, heart rate monitors) to facilitate instruction and assess student performance. Also included are additional technologies related to physical education software and hardware on personal computers use in creating materials for the K-12 student. (Fall)

### **KINES 2036. Dance Performance — 1-2 hrs.**

Credit for performance in approved dance choreography. May be repeated for credit. Prerequisite(s): consent of instructor. (Variable)

### **KINES 2037. Applied Choreography — 1-2 hrs.**

Credit for approved choreography for dance performances and productions. May be repeated for credit. Prerequisite(s): consent of instructor. (Variable)

### **KINES 2050. Anatomy and Physiology of Human Movement — 3 hrs.**

Anatomy and physiology of the human body focusing on the muscular and skeletal systems. (Fall and Spring)

### **KINES 2053. Physical Activity and Nutrition for Health and Fitness — 3 hrs.**

Identification and programming of physical activities and nutrition lifestyle practices. Emphasis on the role of physical activity and nutrition in the enhancement of health and fitness in others. Integration of experiential learning activities with cognitive subject matter. (Fall and Spring)

### **KINES 2056. Motor Learning and Development — 3 hrs.**

Introduction to the developmental and learning factors which influence the capability to move effectively throughout the life span. (Fall and Spring)

### **KINES 2060. Lifeguard Training and Instruction — 2 hrs.**

American Red Cross material in Basic Water Safety, Emergency Water Safety Lifeguard Training, and Lifeguard Instruction. Opportunity provided to become certified in the American Red Cross Lifeguarding, Lifeguard Instruction, and Health Services Program which is a prerequisite to becoming an instructor in any area of certification for the American Red Cross. (Variable)

### **KINES 2061. Water Safety Instruction — 2 hrs.**

Materials related to the certification of instructors for water safety instruction. Any person wishing to teach aquatics is required to complete this course. Certification is possible through this course. (Variable)

### **KINES 2062. Developmental Trends in Physical Activity & Sport — 3 hrs.**

Developmental Trends in Physical Activity and Sport focuses on physical, mental, and emotional developmental changes from early childhood through adolescence in relation to the physical domain. Topics include: theoretical perspectives of human development, development of self-perceptions, influence of significant others throughout childhood and adolescence, effective communication skills for the developmental age, factors that influence motivation and continued participation, emotional experiences in youth sport, and self-regulation skills. (Fall)

### **KINES 3101. Coaching Theory and Skill Technique - Baseball/ Softball — 3 hrs.**

To provide practical knowledge and develop basic skills necessary for becoming a successful baseball and/or softball coach. (Variable)

### **KINES 3102. Coaching Theory and Skill Technique - Basketball — 3 hrs.**

To provide practical knowledge and develop basic skills necessary for becoming a successful basketball coach. (Variable)

### **KINES 3104. Coaching Theory and Skill Technique - Football — 3 hrs.**

To provide practical knowledge and develop basic skills necessary for becoming a successful football coach. (Variable)

### **KINES 3107. Coaching Theory and Skill Technique -- Soccer — 3 hrs.**

To provide practical knowledge and develop basic skills necessary for becoming a successful soccer coach. (Variable)

### **KINES 3111. Coaching Theory and Skill Technique - Track and Field — 3 hrs.**

To provide practical knowledge and develop basic skills necessary for becoming a successful track and field coach. (Variable)

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### **KINES 3112. Coaching Theory and Skill Technique - Volleyball — 3 hrs.**

To provide practical knowledge and develop basic skills necessary for becoming a successful volleyball coach. (Variable)

### **KINES 3113. Coaching Theory and Skill Technique - Individual Sports — 3 hrs.**

To provide practical knowledge and develop basic skills necessary for becoming a successful individual sport coach (e.g., swimming, wrestling, tennis). (Variable)

### **KINES 3118. Practicum in Coaching — 1-2 hrs.**

Practical experience working with high school coaches; includes planning and conducting all phases of the program. May be repeated in a different sport for a total of two sports. Prerequisite(s): junior standing; consent of department. (Variable)

### **KINES 3120. Certified Pool Operators — 2 hrs.**

Administration of programs, personnel, and facilities; includes pool management and maintenance. (Variable)

### **KINES 3121. Sociology and Psychology of Physical Activity — 3 hrs.**

Introduction to the sociological and psychological issues related to physical activity. Behavior change and motivational strategies to facilitate healthy active lifestyles for youth through adulthood are discussed and applied. Practical information for professionals working in either school or non-school settings dealing with persons involved in physical activity. (Variable)

### **KINES 3122. Psycho-Social Aspects of Competitive Sport — 3 hrs.**

Introduction to the psychological and sociological dimensions of competitive sport with an emphasis on mental skills training for performance enhancement. (Fall and Spring)

### **KINES 3125. Introduction to Sport Administration — 3 hrs.**

Introduction to Sport Administration is designed to provide the foundations of the management, marketing, financial, and legal principles regarding sport facilities, events, tourism, and organizations within interscholastic, intercollegiate, professional and international sport industries. Further, the conduct of amateur and professional sports is addressed. (Fall and Spring)

### **KINES 3126. Sport Marketing — 3 hrs.**

The purpose of this course is to introduce an overview of various aspects of sport marketing and the application of basic principles of sport marketing to the managed sport industry with emphasis on intercollegiate athletics, professional sport, and multi-sport club operations. This course will provide students with an up-to-date understanding of marketing concepts as they are currently being applied in various sectors of the sport industry. Prerequisite(s): KINES 3125. (Variable)

### **KINES 3127. Practicum in Sport Administration — 1 hr.**

This course is the last course to be taken after other required courses are completed in the Sports Administration minor. Students gain comprehensive practical experience in sport administration in a sport setting/organization. The experience will build on knowledge and skills learned in the classroom and provide enhanced learning opportunities through hands-on experiences. The practicum experience will assist in further development of a professional portfolio and provide the experience needed for success in the competitive job market. Prerequisite(s): Completion of all coursework in the Sports Administration minor; consent of instructor. (Fall, Spring, Summer)

### **KINES 3140. Practicum in Strength and Conditioning — 1 hr.**

Experiences working in strength and conditioning settings. May be repeated for a maximum of 3 credits. Prerequisite(s): consent of instructor. (Fall, Spring, Summer)

### **KINES 3151. Biomechanics — 3 hrs.**

Application of principles of mechanics to human movement. Prerequisite(s): KINES 2050 or AT 3020 or BIOL 3102. (Fall and Spring)

### **KINES 3153. Physiology of Exercise — 3 hrs.**

Acute and chronic responses and adaptations of the physiological systems to muscular activity and training. Prerequisite(s): KINES 2050; junior standing. Prerequisites for Athletic Training majors: KINES 2050 or AT 3020. Prerequisites for Movement and Exercise Science majors: KINES 2053. Prerequisite(s) or corequisite(s): KINES 3163. (Fall and Spring)

### **KINES 3154. Psychological Skills for Sport Participants — 3 hrs.**

Understanding of psychological factors which affect performance in competitive sport. Survey of and individualized practice with psychological techniques designed to enhance sport performance. (Fall and Spring)

### **KINES 3155/5155. Exercise Physiology: Applications for Health and Human Performance — 3 hrs.**

Applications in environmental influence on performance, body composition, ergogenic aids, age and gender considerations in sport and exercise, and exercise for special populations. Prerequisite(s): KINES 2050; KINES 3153 or equivalent; junior standing. (Variable)

### **KINES 3156. Fitness Assessment and Programming — 3 hrs.**

Assessment of fitness levels and application to fitness programming including remediation of dysfunction in rehabilitation. Prerequisite(s): KINES 3153. (Fall and Spring)

### **KINES 3157. Sports Nutrition — 3 hrs.**

Designed to help students understand the role of nutrition in enhancing athletic performance. Students will learn the impact nutrition has on cells and tissue that determine the physiological response to exercise. Prerequisite(s): KINES 2053; KINES 3153. Prerequisite for Athletic Training majors: AT 3020. (Fall and Spring)

### **KINES 3158. Clinical Biomechanics — 3 hrs.**

Application of principles of mechanics to human movement with special consideration to clinical applications. Prerequisite(s): KINES 2050 or equivalent. (Variable)

### **KINES 3160. Exercise for Clinical Populations — 3 hrs.**

This course addresses issues related to exercise programs for special populations such as older adults, children, and individuals with obesity, diabetes, CVD, cancer, anxiety, depression, osteoporosis, multiple sclerosis, COPD, PAD, arthritis, and musculoskeletal injuries. It also focuses on skills in basic electrocardiographic assessment and recording, particularly identification of arrhythmias and blockages. Prerequisite(s): KINES 3153. (Variable)

### **KINES 3163. Career and Professional Development — 3 hrs.**

This course will examine the field of movement and exercise science from a historical perspective, identify emerging trends and ethical behavior, and explore potential employment opportunities and professional associations. Professional development strategies throughout one's career are discussed and evaluated with the establishment of future career goals. This course will also develop the student's skills in writing resumes, creating portfolios and job interviewing in order to enhance employment opportunities. (Fall and Spring)

**KINES 3168. Assisting in Physical Activity and Wellness — 1 hr.**

Assisting departmental instructor in activity classes. May be repeated once for credit. Prerequisite(s): consent of department. (Fall and Spring)

**KINES 3174. Assessment Processes in Physical Education — 3 hrs.**

Concepts of measurement and evaluation; statistical analysis; construction of evaluative instruments; and application of written and performance tests. Physical Education majors may substitute KINES 3174 for MEASRES 3150. Prerequisite(s) or corequisite(s): EDPSYCH 3148. (Fall and Spring)

**KINES 3176. Administration and Curriculum Development in Physical Education — 3 hrs.**

Administration of programs in the elementary and secondary schools including budgeting, facilities, legal considerations, and support services. Design, development, and evaluation of curriculum content for grades K-12. Prerequisite(s): Prerequisite(s) or corequisite(s): TEACHING 2017; EDPSYCH 2030. (Spring)

**KINES 3185. Readings in Kinesiology — 1-4 hrs.**

Individual study in an area of physical education. Credit to be determined at time of registration and to be based on student's proposal. Primarily for majors and minors in Physical Education. Prerequisite(s): consent of department head. (Fall and Spring)

**KINES 3191. Senior Project — 1-6 hrs.**

Individualized study and experiential learning under the supervision of qualified faculty and professionals in the field; Primarily for majors in physical education. May be repeated for a maximum of 6 hours. Prerequisite(s): consent of instructor. (Fall and Spring)

**KINES 3192. Internship in Kinesiology — 1-12 hrs.**

Comprehensive practical experience in physical education in which the student applies course work in an agency commensurate with degree option. Offered on credit/no credit basis only. May be repeated for maximum of 12 hours. Prerequisite(s): Completion of all course work in the major or minor; current certification in Standard First Aid and Community CPR; consent of Internship Coordinator. (Fall, Spring, Summer)

**KINES 3193. Research Experiences — 1-6 hrs.**

Conducting supervised research in a research team setting or mentoring setting with faculty, with presentation and publication of research as the goal. Topics for research may not duplicate a class project or the undergraduate thesis. May be repeated for maximum of 6 hours. Highly recommended for students planning to enter graduate programs. Primarily for majors in physical education. Prerequisite(s): sophomore standing; consent of instructor. (Fall and Spring)

**KINES 3201. Scientific Principles of Strength and Conditioning — 3 hrs.**

The course is designed to provide students with the underlying principles and concepts of strength and conditioning program development. Students will learn to utilize instrumentation and equipment for the monitoring and assessment of exercise clients, review, analyze and interpret information, and independently generate conclusions, and communicate knowledge through a variety of modalities. Students will learn to contextualize discipline knowledge to performance sports and / or health, disease and aging. Prerequisite(s): KINES 2050. (Variable)

**KINES 3202. Strength and Conditioning Programming and Technique — 3 hrs.**

This course is designed for students to apply scientific knowledge and information to design high quality strength and conditioning programs. Students will design different programs based on critical

factors related to a variety of clients, such as age, gender, sport experience, goals, and stage of development. This course has a hands-on component where students will learn safety and evaluation of movement form. Prerequisite(s): KINES 2050; KINES 3153. (Variable)

**KINES 4152. Adapted Physical Education — 3 hrs.**

This course is designed to provide basic knowledge of the history of adapted physical education; federal and state laws pertaining to the education of individuals with disabilities; psychomotor, social, and cognitive characteristics of students with disabilities; program planning that includes lesson plans, assessment, and behavior management. In addition, this course will prepare undergraduate students to implement specially designed physical education programs designed to meet the unique needs of students with disabilities through the use of hands-on experiences teaching students with disabilities. (Fall and Spring)

**KINES 4172. Elementary Physical Education Teaching Methods — 3 hrs.**

Review of philosophy, objectives, content, instructional practices, teaching strategies, and assessment practices appropriate for PK-6 elementary physical education. Laboratory experiences at the elementary level will be included. Prerequisite(s): EDPSYCH 3148. Prerequisite(s) or corequisite(s): KINES 2021; KINES 2056; KINES 3174; KINES 3176. (Fall and Spring)

**KINES 4173. Secondary Physical Education Teaching Methods — 3 hrs.**

Review of philosophy, objectives, content, instructional practices, teaching strategies, and assessment practices appropriate for secondary physical education. Laboratory experiences will be included at the junior high and high school levels. Prerequisite(s): EDPSYCH 3148. Prerequisite(s) or corequisite(s): KINES 2021; KINES 2056; KINES 3174; KINES 3176. (Fall and Spring)

**KINES 4194. Senior Thesis — 2-6 hrs.**

Individualized research involving the selection of an area of inquiry; collection, analysis, and interpretation of data; Primarily for majors in physical education. May be repeated for a maximum of 6 hours. Prerequisite(s): consent of instructor. (Fall and Spring)

**KINES 4198. Independent Study.**

Primarily for majors in physical education. (Fall, Spring, Summer)

**KINES 4217. Organization and Administration of Competitive Sports — 3 hrs.**

Organization, philosophy, administration, and management (e.g., budget, scheduling, designing) of interscholastic, intercollegiate, and intramural sports programs. Prerequisite(s): junior standing. (Fall and Spring)

**KINES 6222. Sport Psychology — 3 hrs.**

Current sport psychology research and its relevance to coaches and athletes. Emphasis on the areas of sport personality, competitiveness, motivation, attention, self-concept, attitudes, competitive anxiety, and goal-setting. Stress management techniques and other psychological skills applicable to the sport setting. (Variable)

**KINES 6230. Curriculum Theory and Design in Physical Education — 3 hrs.**

Investigation of the curriculum development process, standards based curriculum, contemporary models, selection and sequencing of developmentally appropriate content and activities K-college, and coaching curriculum. Intended to meet the needs and interests of K-12 teachers as well as college teacher/coaches. (Variable)

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### **KINES 6231. Effective Teaching and Behavioral Management in Physical Education — 3 hrs.**

Study of the skills and techniques that successful teachers use to make classes appropriate and beneficial for students. Discussion of effective discipline, motivation, and planning techniques. Includes techniques for self-study to determine teaching effectiveness and demonstrate student learning. Special focus on behavioral management strategies to enhance learning during physical education classes. (Variable)

### **KINES 6240. Advanced Adapted Physical Education — 3 hrs.**

This advanced course will explore how to create physical education programs for students with disabilities. The course will present students with information about legislation, a variety of disabilities, advanced topics in assessment and curriculum related to Adapted Physical Education. (Variable)

### **KINES 6241. Advanced Assessment in Physical Education — 3 hrs.**

This course will provide knowledge to students related to performance-based assessment in K-12 physical education. The course will focus on assessment driven instruction, different ways to measure student achievement in physical education, selection of a balanced and practical assessment approach in physical education classes. (Variable)

### **KINES 6251. Advanced Biomechanics — 3 hrs.**

Application of mechanical principles and concepts to human movement; emphasis on analysis of techniques employed in sports. Prerequisite(s): KINES 2050; KINES 3151; or equivalents. (Variable)

### **KINES 6253. Advanced Exercise Physiology — 3 hrs.**

Process of scientific inquiry into exercise physiology and the identification of basic principles to be applied for maximum performance without injury. Prerequisite(s): KINES 3153; KINES 3155/5155 or equivalent; BIOL 3101 or equivalent; BIOL 3102 or equivalent. (Variable)

### **KINES 6255. Motor Control and Learning — 3 hrs.**

Study and application of research findings to motor learning and the variables which influence it. (Variable)

### **KINES 6272. Principles of Sport Administration — 3 hrs.**

This graduate course provides an overview of the principles of sport administration from an interdisciplinary perspective including topics such as Management and Leadership in Sport Administration, Sport Marketing and Communication, and Sport Facility and Event Management. (Variable)

### **KINES 6273. Contemporary and Inclusive Issues in Physical Education — 3 hrs.**

Examination and analysis of continuing concerns and issues in the profession. Examination of strategies to fully engage all participants in physical education classes irrespective of a disability or any other attribute. (Variable)

### **KINES 6285. Readings in Kinesiology — 1-4 hrs.**

May be repeated for maximum of 6 hours. (Fall, Spring, Summer)

### **KINES 6289. Seminar in Kinesiology — 1-3 hrs.**

Special topics as indicated in the Schedule of Classes. May be repeated when topics vary up to a maximum of 12 credits. (Fall and Spring)

### **KINES 6293. Research Experience in Kinesiology — 1-2 hrs.**

Research on problems other than those for the thesis or in regular course offerings. May be repeated for maximum of 6 hours. Prerequisite(s): consent of instructor. (Fall, Spring, Summer)

### **KINES 6295. Internship — 1-4 hrs.**

Experience in non-school settings or agencies. May be repeated for maximum of 4 hours. Prerequisite(s): consent of Graduate Advisor. (Fall, Spring, Summer)

### **KINES 6297. Practicum — 1-4 hrs.**

Practical experience in teaching physical education and/or coaching at the college level and/or K-12 level. May be repeated for maximum of 6 hours. Prerequisite(s): consent of Graduate Advisor. (Fall, Spring, Summer)

### **KINES 6299. Research.**

Fee assessed separately for laboratory materials and/or binding of thesis/research paper. May be repeated for maximum of 6 hours. Prerequisite(s): consent of department. (Fall, Spring, Summer)