

# KINESIOLOGY (KINE)

## KINE 1101 Aerobic Activities

A variety of activities to strengthen the heart, lungs, and vascular system. One hour lecture and one hour laboratory per week. This course is interchangeable with EDFS 1101.

## KINE 1102 Team Activities

This course explores psycho-social concepts such as team work, effective communication and problem solving skills through a series of physical activities. One hour lecture and one hour laboratory per week.

## KINE 1103 Rhythmic Movement

Scope, content and skill practice of rhythmic movement will be explored. The candidate will have the opportunity to demonstrate effective teaching strategies to include class organization, skill development and methods. Emphasis is placed on planning and organizing activities in grades K-12.

## KINE 1104 Beginner Swimming

Instruction in the fundamentals of swimming for beginners. Two class hours per week.

## KINE 1111 Weight Training&Conditioning

Individualized conditioning programs to improve muscle strength, flexibility, and endurance. Cardiopulmonary endurance will be developed through exercises. One hour lecture and one hour laboratory per week. This course is interchangeable with EDFS 1111.

## KINE 1152 Health and Wellness

This course will discuss health issues relevant to students which include mental health, stress, fitness, weight control, use and abuse of drugs, human sexuality, communicable and infectious diseases, environmental and consumer health.

## KINE 2224 Team and Individual Sports

This course will provide students with the opportunity to participate in and teach a variety of team and individual sports. The course will introduce students to the idea of activity modification and will emphasize the tactical games approach to teaching sports.

## KINE 2225 First Aid

This course trains students in American Red Cross First Aid/Cardiopulmonary Resuscitation (CPR)/Automated External Defibrillation (AED) procedures. Students will learn how to respond to common first aid emergencies, including burns, cuts, head, neck and back injuries and more. Additionally, students will learn how to respond to cardiac and breathing emergencies. Upon completion of the course, students will have the option to earn the American Red Cross First Aid/AED certificate and/or a CPR certificate.

TCCN: PHED 1306

## KINE 2300 Physical Fitness

This course focuses on total fitness of the individual, including physical and health related fitness, weight control, and personal wellness. This course is interchangeable with EDFS 2300.

## KINE 2301 Foundations of Fitness&Sports

This course gives students an overview of physical education/kinesiology, including current and historical concepts of the psychological, and sociological concepts related to fitness and sports. This course is interchangeable with EDFS 2301.

TCCN: PHED 1301

## KINE 2303 Care & Preven of Athl Injuries

This course involves units dealing with the organization and administration of athletic training facilities. It also deals with prevention, care, and rehabilitation of athletic injuries. This course is 2 hours of theory and 1 hour of laboratory per week.

Prerequisites: BIOL 1371 or BIOL 2301.

## KINE 2312 Anatomical Kinesiology

This course introduces students to the structure of the human body with particular emphasis on the skeletal and muscular systems, their function in the mechanics of human movement, and their application to performance-based human movement. This base knowledge in movement anatomy will provide a foundation for more advanced work in biomechanics and exercise physiology.

## KINE 2316 Motor Development & Learning

This course introduces the candidate to the development and process of motor skill acquisition in students and methods to promote movement in the classroom.

## KINE 2322 Pathophysiology Allied Health

This course focuses on the fitness of individuals with acute and chronic medical conditions. This course is 3 hours of theory per week.

## KINE 3207 Hlth&Phys Ed for Elem Sch

This course focuses on developmentally appropriate programs and instructional strategies for teaching health and physical education to elementary school aged children. Fundamental motor skills, health-related physical fitness, safety and healthy lifestyles will be emphasized.

Prerequisites: PSYC 2314; admitted to and in good standing in the College of Education.

## KINE 3301 Coaching

This course is a comprehensive introduction to the coaching profession. Emphasis is placed on sport at the high school and club levels. Consideration is also given to coaching at other levels, such as youth, recreational, and intercollegiate sport programs. The primary goal of the course is to develop and enhance students' knowledge and understanding of concepts and techniques of coaching and their application to achieving important objectives in working with athletes.

Prerequisites: Junior standing.

## KINE 3305 Teaching Phys Ed in Elem Sch

This course prepares physical education teachers to teach in elementary school settings, including the application of fundamental principles of human motor development, physical fitness, manipulative skills, and rhythmical activities with children.

Prerequisites: Junior Standing

## KINE 3308 Lifetime Sports & Activities

Candidates will learn the fundamentals of a variety of recreational and leisure sports and activities.

Prerequisites: Admitted to and in good standing in the College of Education or department approval.

## KINE 3309 Health & Safety for Yng Child

This course focuses on developmentally effective programs and strategies designed to promote and maintain healthy and safe practices in programs serving young children. The course also addresses strategies for promoting health, wellness, nutrition, and fitness lifestyles for young children and their families.

Prerequisites: EDYC 1304, 1308 and 2324.

**KINE 3310 Teaching Phys Ed in Sec Schools**

This course prepares physical education teachers to teach in the secondary school setting, including a variety of methods designed to improve students' fitness and performance, teamwork, and skill combinations in games and sports. Prerequisites: Junior Standing.

**KINE 3311 Physiology of Exercise**

The focus of the course is on the basic physiological adaptations to exercise. This course is 3 hours of theory per week. Prerequisites: BIOL 1371 or BIOL 2301.

**KINE 3312 Principles of Health Promo-WIN**

This course introduces candidates to the theory, processes, activities, settings, and applications for health promotion practice in community and school settings. This course is 3 hours of theory per week.

**KINE 3313 Essentials of Persnl Training**

This course will help candidates prepare for the National Strength and Conditioning Association certified personal trainer exam. Candidates will learn how to enhance an individual's quality of life by improving fitness, performance and promoting lifelong health behavior change. Prerequisites: KINE 1101, KINE 1111, and KINE 2300.

**KINE 3314 Tests and Evaluation**

This course is designed to provide the student information and skills necessary for measuring and evaluating a variety of physical fitness components. This course is 2 hours of theory and 1 hour of laboratory per week. Prerequisites: KINE 3311 or concurrent enrollment.

**KINE 3315 Scien Prin of Strength & Cond**

A course designed to examine the scientific basis of exercise related to health, physical fitness, and athletic performance. This course is 2 hours of theory and 1 hour of laboratory per week. Prerequisites: KINE 1101, KINE 1111, and KINE 3311.

**KINE 3316 Psych Aspects of Sport&Exercis**

This course introduces various theories and concepts from developmental, social, cognitive psychology to students to understand the effects of 1) psychological variables on performance in sport/exercise settings and 2) participation in sport/exercise on psychological development, health, and well-being. As the psychological interventions, basic concepts of psychological skills training are introduced for optimal performance and psychological well-being. This course is 2 hours of theory and 1 hour of laboratory per week. Prerequisites: PSYC 2301 or PSYC 2314.

**KINE 3317 Nutrition for Exercise&Sports**

This course is designed to examine the different physiological relationships between exercise and nutrition and how they relate to metabolism. Emphasis is placed on the body's metabolic response to a wide range of stresses that occur in different sports and activities, at different intensities, and within different environments. In addition, this course will study the methods of assessing an athlete's nutritional needs and status. This course is 3 hours of theory per week. Prerequisites: KINE 3311 or concurrent enrollment.

**KINE 3318 Fundamentals of Biomechanics**

This course provides students with a scientific basis of biomechanical concepts, especially those associated with muscular activity, and their application to human movement and sport skills. This course is 3 hours of theory per week. Prerequisites: KINE 3311 or concurrent enrollment.

**KINE 3319 Research Methods**

This course introduces basic concepts in quantitative research methods and process including the identification of a research problem, the design of experimental and non-experimental strategies, terminology, and instruments used in measurement and analysis in Kinesiology.

**KINE 4309 Exercise and Aging**

This course addresses current theories of biological aging, the physiological alterations associated with age and chronic disease, and benefits of physical activity and exercise in the aging process. It examines the physiological, psychological and socio-economic issues affecting fitness levels of older adults. It explores how to screen and assess health status and fitness level in order to develop exercise recommendations. Further exploration will include the basic pathophysiology of common age-related diseases/conditions and appropriate exercise tests and programs for older adults with diseases/conditions. Prerequisites: KINE 3300.

**KINE 4311 Advanced Exercise Physiology**

An advanced study of exercise physiology as it relates to human movement. Topics covered will consist of physiological responses to exercise training, environmental influences on performance, and optimizing performance in sport. This course is 3 hours of theory per week. Prerequisites: KINE 3311.

**KINE 4312 Adv Care & Prevn of Athl Injur**

This course will introduce the student to evaluation of orthopedic athletic injuries. The course will be taught as a combination of lecture and hands-on laboratory instruction. This course is 2 hours of theory and 1 hour of laboratory per week. Prerequisites: KINE 2303 or equivalent course approved by advisor.

**KINE 4313 Therap Modali for Ath Trainers**

This course will introduce the student to the therapeutic modalities used to treat injuries. Students will learn the theory, practice, indications, and contraindications of the various treatment modalities available to the Athletic Trainer. This course is 2 hours of theory and 1 hour of laboratory per week. Prerequisites: KINE 2303 or equivalent course approved by advisor.

**KINE 4314 Psychology of Health**

This course introduces students to theories of health and exercise psychology for understanding and predicting health-oriented exercise behavior and to the applications of the theories for health behavior and behavior change as well as active exercise participation and adherence. This course is 3 hours of theory per week. Prerequisites: KINE 3316.

**KINE 4315 Sport & Adapted Phys Activity**

The course deals with the identification of problems within the psychomotor domain and the development of strategies for remediating these problems. This course is 3 hours of theory per week.

**KINE 4316 Princ of Motor Learn&Control**

This course is designed to provide students with an overview of the essential theories, research, and practices related to motor learning and motor control. Students develop an understanding of the cognitive, behavioral, neurophysiological and biomechanical approaches to motor skill learning. Special attention is given to the relationship between motor skill acquisition, motor skill learning, and motor control theories. This course is 3 hours of theory per week. Prerequisites: KINE 3316.

**KINE 4317 Foundations of Sports Mgt**

This course deals with the development of local, state, and national policies concerning athletic eligibility, contest management, and other managerial concerns. This course is 3 hours of theory per week.

**KINE 4318 Exercise Prescription**

This class is designed to provide an in-depth study of the theories, concepts, procedures and techniques of exercise stress testing. It includes instruction in pre-exercise screening/evaluation, and instruction and practice in the administration and interpretation of graded exercise tests with 12-lead electrocardiography. Particular emphasis is given to the assessment of acute and chronic physiological responses arising from exercise training programs. Application and evaluation of test results are used to develop exercise prescriptions for individuals participating in specific sports and training programs. This course is 2 hours of theory and 1 hour of laboratory per week. Prerequisites: KINE 3311.

**KINE 4319 Practicum in Kinesiology**

This course will provide valuable field experience where the student can apply theoretical knowledge gained in the classroom to real-world settings. This course is 1 hour of theory and 2 hours of laboratory per week. Prerequisites: KINE 1101, KINE 1111, KINE 3311, and KINE 3316

**KINE 4320 Special Topics in Kinesiology**

This course is a problem-centered study of perspectives on a topic of current interest in human performance. It is designed to provide students with an opportunity to demonstrate synthesis and application of their knowledge gained through a culminating project. Format consists of lecture/discussion; development and presentation of an approved culminating project. This course is 3 hours of theory per week. Prerequisites: KINE 3311 and KINE 3316.

**KINE 4336 Psys of Sport Injury&Rehab WIN**

This course provides the basic understanding, identification, and influences of psychological factors involved in sport-related injuries and the rehabilitation process. Relevant theories and practical applications will be discussed, and relevant research associated with the topic of the psychology of sports injury will be synthesized and discussed. This course is 3 hours of theory per week. Prerequisites: KINE 3316

**KINE 4399 Topics in Kinesiology**

Current topics in kinesiology will be examined. Prerequisites: Senior standing, KINE 3300 and KINE 3306.