

DEPARTMENT OF KINESIOLOGY

Chair: Dr. Emily A. Roper, 936-294-1169

Website: Department of Kinesiology (<http://www.shsu.edu/academics/health-sciences/kinesiology/>)

Mission

The mission of the Department of Kinesiology is to advance students' understanding of relationships among movement, exercise, and skill that occur in the contexts of development, learning, rehabilitation, production, and training. The Kinesiology programs seek to prepare future professionals for movement-related fields such as athletic training, teaching, coaching, sport management, and careers in the fitness and wellness industries. Learning occurs through the study of movement, exercise processes, and/or sport industry settings within a framework that emphasizes the clinical and practical implications of theory and research.

Highlights

- Nationally recognized (CAEP-SHAPE America) teacher certification program
- Nationally accredited Bachelor of Science in Athletic Training by the Commission on Accreditation of Athletic Training Education (CAATE)
- Successful completion of the BS in Athletic Training degree prepares students to sit for the National Certification Exam from the Board of Certification (<https://bocatc.org/>)
- Outstanding faculty with experience working in their respective fields related to their academic expertise

Suggested Minors and Elective Blocks

- Physical Education Teacher Education (PETE) students will minor in secondary education, but are also highly encouraged to select a second minor in another content area which is taught within the public schools.
- BS in Kinesiology students can choose any content area for a minor.
- Clinical Exercise Science, Human Performance and Wellness Management, Applied Exercise Science, and Athletic Training majors do not have to choose a minor, but can if they are interested in one.
- Clinical Exercise Science students interested in Physical Therapy recommended to take PHYS 1302, PHYS 1102, and PSYC 3374 and may need 1-3 hours of medical terminology.
- Clinical Exercise Science students interested in Occupational Therapy recommended to take SOCI 1301, PSYC 3331 PSYC 3374, and PSYC 3333 may need 1-3 hours of medical terminology.
- Applied Exercise Science students interested in Occupational Therapy recommended to take SOCI 1301, PSYC 3331 PSYC 3374 and PSYC 3333 may need 1-3 hours of medical terminology.
- Human Performance and Wellness Management students interested in Occupational Therapy recommended to take SOCI 1301, PSYC 3331 PSYC 3374 and PSYC 3333 may need 1-3 hours of medical terminology

Career Opportunities

- Corporate fitness specialist
- Commercial fitness specialist
- Hospital-based wellness coordinator
- Allied health pre-professional graduate programs in Occupational Therapy (masters level degree) and Physical Therapy (doctoral level degree)
- Cardiac rehabilitation specialist
- Physical therapy assistance and chiropractic assistant
- Recreational specialists in camps, communities and YMCA's
- Personal trainer - with completed certification
- All levels Physical Education Teacher Education Certification - as a PETE major
- Athletic trainer (with successful completion of the Athletic Training degree (<http://www.shsu.edu/academics/health-sciences/kinesiology/undergraduate/pre-professional-athletic-training-students.html>))

Program Specific Requirements

Those seeking Teacher Certification must have a minimum GPA of 2.75 (includes transfer and SHSU hours) and must earn a "C" or better in their Kinesiology and Education courses.

All Kinesiology majors must earn a "C" or better in their Kinesiology upper level (3000 and 4000 level) courses.

Curriculum

The curriculum integrates the physiological, biomechanical, and psycho-social bases of movement. Students develop their own movement skills, which transition into a focus on movement analysis, physiological function, and skill assessment. Students gain greater depth as they consider problems related to exercise, fitness, and motor skill development within the context of lifestyle physical activity (i.e. play, games, sport, and other forms of human motor behavior). Students finish the program with strong theoretical and problem solving skills based on a comprehensive knowledge of movement and exercise science. It is expected that graduates will be able to apply their knowledge and skills to a wide variety of movement-related problems and career possibilities.

- Bachelor of Science, Major in Human Performance and Wellness Management (<http://catalog.shsu.edu/archives/2020-2021/undergraduate/colleges-academic-departments/health-sciences/kinesiology/bs-human-performance-and-wellness-management/>)
- Bachelor of Science, Major in Kinesiology (<http://catalog.shsu.edu/archives/2020-2021/undergraduate/colleges-academic-departments/health-sciences/kinesiology/bs-kinesiology/>)
- Bachelor of Science, Double Major in Education and Kinesiology (<http://catalog.shsu.edu/archives/2020-2021/undergraduate/colleges-academic-departments/education/school-of-teaching-and-learning/bs-education-and-kinesiology/>)
- Bachelor of Science, Major in Kinesiology (Applied Exercise Science) (<http://catalog.shsu.edu/archives/2020-2021/undergraduate/colleges-academic-departments/health-sciences/kinesiology/bs-kinesiology-applied-exercise-science/>)
- Bachelor of Science, Major in Kinesiology (Clinical Exercise Science) (<http://catalog.shsu.edu/archives/2020-2021/undergraduate/colleges-academic-departments/health-sciences/kinesiology/bs-kinesiology-clinical-exercise-science/>)
- Bachelor of Science, Major in Athletic Training (<http://catalog.shsu.edu/archives/2020-2021/undergraduate/colleges-academic-departments/health-sciences/kinesiology/bs-athletic-training/>)
- Minor in Kinesiology (<http://catalog.shsu.edu/archives/2020-2021/undergraduate/colleges-academic-departments/health-sciences/kinesiology/minor-kinesiology/>)

Student Organizations

KHRASH – Kinesiology, Health, & Recreation of Sam Houston – Serves to promote opportunities for networking with professionals in sought-after careers in Kinesiology and Health; open to all SHSU students.

Athletic Training Student Organization – Serves to further the education and professional development of Pre-professional and Professional Athletic Training students interested in the field of Athletic Training.

Internships

Students completing the Applied Exercise Science, Clinical Exercise Science, Human Performance and Wellness Management, and Athletic Training degree plans complete a 6-credit, 400-hour internship at a site which is aligned with their career aspirations under the instruction and supervision of a qualified and experienced professional in the field.

Scholarships

Please, visit SHSU Scholarship (<https://www.shsu.edu/dept/financial-aid/scholarships/>) for more information on available scholarships for Kinesiology students.

Athletic Training

ATTR 2110. Taping and Bandaging. 1 Hour.

This skills-based course explores the appropriate utilization and application of preventative, therapeutic, and rehabilitative taping and bandaging used in the athletic training profession. The wrapping and bandaging of various extremities susceptible to injury in sport and activity are emphasized in this course.

ATTR 2300. Intro to Athletic Training. 3 Hours.

This course is an introduction to the profession of Athletic Training. Topics include methods of care, treatment, and rehabilitation of athletic injuries. Laboratory experiences are provided to assist the student with athletic injury scenarios.

Prerequisite: Department Approval.

ATTR 3169. Therapeutic Interv I Lab. 1 Hour.

This course will include hands-on application of skills in the areas of therapeutic modalities and manual therapies used to treat impairments due to injury or illness. This laboratory includes instruction, practice, and evaluation of clinical skills related therapeutic interventions (e.g. cryotherapy, thermotherapy, electrical stimulation, ultrasound, intermittent compression, and manual therapies). Commission on Accreditation of Athletic Training Education (CAATE) 5th edition competencies in the domain areas of Evidence-Based Practice, Therapeutic Interventions, and Healthcare Administration will be included in this course. Concurrent enrollment with ATTR 3369. Credit 1

Prerequisite: Admission to the Athletic Training Program, ATTR 3370; must be taken concurrently with ATTR 3369.

ATTR 3170. Prevention and Care of Injuries LAB. 1 Hour.

This course will include hands-on application of skills in the prevention and care of injuries and illness in sport. This course will include practice of skills related to emergency and acute care of injuries, care of the equipment-laden athlete, environmental illnesses, and prevention of injury and illnesses. Commission on Accreditation of Athletic Training Education (CAATE) 5th edition competencies in the domain areas of Acute Care, and Prevention and Health Promotion will be included in this course. Concurrent enrollment with ATTR 3370. Credit 1

Prerequisite: Admission to the Athletic Training Program and Department Approval; must be taken concurrently with ATTR 3370.

ATTR 3291. Clinical Experiences in Athletic Training I. 2 Hours.

This course includes professional experience which provides students with the opportunity to apply basic knowledge and theory related to the philosophy, principles, and competencies of the athletic training profession in real-patient settings under the supervision of a Clinical Preceptor. Clinical experience sites include both on-campus and off-campus healthcare settings. Clinical experiences are coordinated through the Athletic Training Program. Credit 2

Prerequisite: Admission to the Athletic Training Program AND Department Approval.

ATTR 3292. Clinical Experiences in Athletic Training II. 2 Hours.

This course includes professional experience which provides students with the opportunity to apply intermediate knowledge and theory related to the philosophy, principles, and competencies of the athletic training profession in real-patient settings under the supervision of a Clinical Preceptor. Clinical experience sites include both on-campus and off-campus healthcare settings. Clinical experiences are coordinated through the Athletic Training Program.

Prerequisite: Admission to the Athletic Training Program, ATTR 3370, ATTR 3170, ATTR 3291 and Department Approval.

ATTR 3300. Admin of Athletic Training. 3 Hours.

This course provides students with an overview of the organizational, professional, and management skills required to work in the Athletic Training field. Course content includes: standards of practice, ethical issues, emergency preparedness, resource activation, community relationships, and conflict management.

Prerequisite: ATTR 2300.

ATTR 3369. Therapeutic Interventions I. 3 Hours.

A study of the theories and principles involved in the use of therapeutic modalities in treating injuries to the physically active, providing students with the necessary skills and theoretical knowledge to formulate treatment plans for injuries.

Prerequisite: ATTR 3370 or Departmental Approval.

ATTR 3370. Prevention & Care of Injuries. 3 Hours.

This course includes instruction and laboratory work in the care and prevention of injuries. It is designed to meet the needs of the athletic coach and physical education teacher.

Prerequisite: BIOL 2401 or BIOL 2403 and 60 Credit Hours.

ATTR 3383. Head & Face Injuries in Sport. 3 Hours.

This course will examine common head and facial injuries in sport and physical activity. Emphasis will be placed on guiding laws, rules and current evidence used for effective evaluation, diagnosis, care, referral, and return-to-activity guidelines.

Prerequisite: ATTR 2300, ATTR 3370, OR Department Approval.

ATTR 4100. Lower-Extremity Injuries Lab. 1 Hour.

This course will include hands-on application of skills in the evaluations, care, diagnosis, and referral of lower-extremity injuries. Commission on Accreditation of Athletic Training Education (CAATE) 5th edition competencies in the domain areas of Evidence-Based Practice; Clinical Examination and Diagnosis; and Healthcare Administration will be included in this program.

Prerequisite: Admission to the Athletic Training Program, ATTR 3370 and ATTR 3170; must be taken concurrently with ATTR 4300.

ATTR 4110. Upper-Extremity Injuries Lab. 1 Hour.

This course will include hands-on application of skills in the evaluation, care, diagnosis, and referral of upper-extremity injuries. Commission on Accreditation of Athletic Training Education (CAATE) 5th edition competencies in the domain areas of Evidence-Based Practice; Therapeutic Interventions, and Healthcare Administration will be included in this program. Concurrent enrollment with ATTR 4310.

Prerequisite: Admission to the Athletic Training Program, ATTR 3370, ATTR 3170, ATTR 4300 and ATTR 4100; must be taken concurrently with ATTR 4310.

ATTR 4169. Therapeutic Interventions II Lab. 1 Hour.

This course will include hands-on application of skills in the areas of therapeutic exercise and therapeutic medications used to treat impairments due to injury or illness. This laboratory includes instruction, practice, and evaluation of clinical skills related therapeutic interventions in the treatment of pain, and deficiencies in movement, strength, endurance, speed, neuromuscular control, coordination, agility, cardiorespiratory fitness, and activity specific skills. Commission on Accreditation of Athletic Training Education (CAATE) 5th edition competencies in the domain areas of Evidence-Based Practice, Therapeutic Interventions, and Healthcare Administration will be included in this course. Concurrent enrollment with ATTR 4369.

Prerequisite: Admission to the Athletic Training Program, ATTR 3370, ATTR 3369, and ATTR 3169; must be taken concurrently with ATTR 4369.

ATTR 4175. Gen Med Conditions Lab. 1 Hour.

This course will include hands-on application of skill in the evaluation, care, diagnosis and referral of general medical conditions often seen in an active population. Commission on Accreditation of Athletic Training Education (CAATE) 5th edition competencies in the domain areas of Evidence-Based Practice; Clinical Examination and Diagnosis; Healthcare Administration; and Psychosocial Strategies and Referral will be included in this course. Concurrent enrollment with ATTR 4375.

Prerequisite: Admission to the Athletic Training Program, ATTR 3370, ATTR 3170, ATTR 4300, ATTR 4100, ATTR 4310 and ATTR 4110.

ATTR 4291. Clinical Experiences in Athletic Training III. 2 Hours.

This course includes professional experience which provides students with the opportunity to apply intermediate knowledge and theory related to the philosophy, principles, and competencies of the athletic training profession in real-patient settings under the supervision of a Clinical Preceptor. Clinical experience sites include both on-campus and off-campus healthcare settings. Clinical experiences are coordinated through the Athletic Training Program.

Prerequisite: Admission to the Athletic Training Program, ATTR 3369, ATTR 3169, ATTR 3291, ATTR 3292, ATTR 4300, ATTR 4100 and Department Approval.

ATTR 4292. Clinical Experiences in Athletic Training IV. 2 Hours.

This course includes professional experience which provides students with the opportunity to apply advanced knowledge and theory related to the philosophy, principles, and competencies of the athletic training profession in real-patient settings under the supervision of a Clinical Preceptor. Clinical experience sites include both on-campus and off-campus healthcare settings. Clinical experiences are coordinated through the Athletic Training Program.

Prerequisite: Admission to the Athletic Training Program, ATTR 4310, ATTR 4110, ATTR 4369, ATTR 4169, ATTR 3291, ATTR 3292, and Department Approval.

ATTR 4300. Care of the Lower Extremity. 3 Hours.

This course is designed to educate Athletic Training students regarding the anatomical lower extremity including the hip, thigh, knee, calf, ankle, and foot. Evaluation of injuries occurring in the athletic setting will be emphasized, as well as orthopedic tests to determine injury in joints and tissue of the lower body.

Prerequisite: ATTR 3370 AND BIOL 2401 OR BIOL 2403 or Departmental Approval.

ATTR 4310. Care of the Upper Extremity. 3 Hours.

This course is designed to educate Athletic Training students regarding the anatomical upper extremities including the head, spine, thoracic region, shoulder, elbow, wrist, and hand. Evaluation of injuries in the athletic setting are emphasized, as well as orthopedic tests to determine pathology in joints and tissue of the upper body.

Prerequisite: ATTR 3370 AND ATTR 4300 AND BIOL 2401 or Departmental Approval.

ATTR 4369. Therapeutic Interventions II. 3 Hours.

This course will focus on therapeutic exercise for a variety of injuries and conditions common in sport and exercise settings. Emphasis will be placed on timing and healing phases as indicators of appropriate interventions. Indications, contraindications, and precautions of various interventions will be included.

Prerequisite: ATTR 3370 and BIOL 2403 or BIOL 2401.

ATTR 4375. Gen Med Conditions in Sport. 3 Hours.

Students will review the body systems and various injuries and illnesses commonly sustained during sport and physical activity. Emphasis will be placed on medical terminology, effective evaluation, diagnosis, care, referral, and return-to-activity guidelines.

Prerequisite: ATTR 3370.

Kinesiology

KINE 1110. Racquet Sports. 1 Hour.

Instruction is provided in skills, knowledge, and strategies in one or more of the racquet-related activities listed in the class schedule.

KINE 1113. Basketball And Soccer. 1 Hour.

This course will offer skills, knowledge, and techniques presented at either the beginning or intermediate level in each of these activities. Enrollment limited to Kinesiology majors and minors.

KINE 1114. Rhythmic Activities & Dance. 1 Hour.

This course introduces kinesiology majors to the skills, concepts and knowledge necessary for teaching development and performance sequences in various rhythmic activities (creative rhythms, routines with small hand apparatus, and novelty dances) and dance forms (folk, social, square, contra, and line).

KINE 1115. Track & Field-Gymnastics. 1 Hour.

The student will gain proficiency in fundamental skills in gymnastics and track and field events, as well as an understanding of basic terminology associated with judging and spotting. Enrollment limited to Kinesiology majors and minors.

KINE 1116. Student-Athlete Affairs. 1 Hour.

This course is based upon the National Collegiate Athletic Association CHAMPS/Life Skills Program and is designed to assist the student-athlete in developing skills in the areas of academics, personal growth, career choice, and commitment to service. Enrollment is limited to members of athletic teams. Substitution of this class for the University's activity requirement is not permitted. No more than four hours of KINE 1116 can be counted toward the degree. Approval for enrollment must be obtained from the student's coach prior to registration.

KINE 1117. Lifetime & Individual Sports. 1 Hour.

Each class will have skills, knowledge and techniques presented at either the beginning or intermediate level in one or more of the lifetime and individual sports.

KINE 1120. Martial Arts. 1 Hour.

This course will introduce the student to basic martial arts concepts, principles, terminology, safe practices, and applied execution of skills and strategies. An emphasis will be placed on teaching the student basic self-defense techniques and their application in a variety of situations. The student will improve their general physical fitness and skill performance.

KINE 1331. Foundations Of Kinesiology. 3 Hours.

This course serves as a base for all kinesiology courses. Units will include historical development, philosophical implications, physical fitness, scientific bases of movement, and educational values of kinesiology and career path options.

KINE 2110. Scuba/Diving. 1 Hour.

This course will be offered for all levels of swimming (beginning through advanced), diving, synchronized swimming, or scuba diving. For advanced life saving and water safety instructors see KIN 232.

KINE 2111. Golf & Recreational Activities. 1 Hour.

This course presents rules, knowledge and skills in golf, archery and another leisure time activity selected on a rotational basis. Half a semester is devoted to golf, with equal time allotted to archery and the other named activity. Enrollment limited to Kinesiology majors and minors.

KINE 2113. Softball And Volleyball. 1 Hour.

The student will gain skills, knowledge, and techniques of softball and volleyball at the beginning level. Enrollment limited to Kinesiology majors and minors.

KINE 2114. Wgt Train & Phy Conditioning. 1 Hour.

Experiences in this course will include skills, knowledge and techniques of weight training and physical conditioning at the beginning level.

KINE 2115. Lifetime Health and Wellness. 1 Hour.

Students will gain an understanding of physical conditioning and wellness pertaining to the five components of health-related fitness. Students will develop an understanding of lifestyle related diseases and behavior modification techniques. In addition, there will be opportunities to participate in a variety of movement experiences related to fitness.

KINE 2119. Kinesiology Activities. 1 Hour.

Activities can include special or unique areas as instructors are available. This will include those activities which are not offered on a regular basis including aerobic dance, aquatic exercise, etc.

KINE 2330. First Aid & CPR - Am Red Cross. 3 Hours.

A course for those who wish to acquire a knowledge of Red Cross emergency and preventive measures. Successful completion leads to CPR and first aid certification. Students may become instructors through additional American Red Cross training. (Also listed as HLTH 2330.)

KINE 2365. Coachng-Track,Baseball,Softball. 3 Hours.

This course includes a study of the skills and techniques used in coaching baseball/softball and track and field in the schools. The skills and techniques are demonstrated and performed on the baseball/softball field and track.

KINE 2366. Coaching Of Football. 3 Hours.

The latest techniques of offensive and defensive football are stressed with emphasis on the problems that will confront high school coaches. Some techniques are demonstrated and performed on the football field.

KINE 2367. Coaching Of Basketball. 3 Hours.

A study is made of the fundamental preparation, operation, expertise and management necessary to coach and conduct a basketball program.

KINE 2368. Coaching Of Volleyball. 3 Hours.

A study is made of the individual fundamentals, strategy, scouting, practice preparation and administrative duties associated with coaching a volleyball program.

KINE 2388. Officiating Sports. 3 Hours.

This course includes a study of the rules, interpretations, and the mechanics of officiating. The course is designed to develop the skills and knowledge required in the officiating of football, basketball, baseball, soccer, track and field, and other interscholastic sports.

KINE 3117. Competency in Motor Skills. 1 Hour.

This basic skills course is designed to equip prospective physical education teachers with the motor skill competencies necessary to teach physical education in EC-12 schools. Prospective physical education teachers will be assessed on skills in tennis, volleyball, soccer, and other sports.

KINE 3173. Exercise Physiology Laboratory. 1 Hour.

Students apply content knowledge of exercise physiology through various lab-based assessments. Each of the components of health-related fitness (cardiovascular endurance, body composition, flexibility, muscle strength, and muscle endurance) will be addressed. Co-requisite: KINE 3373.

KINE 3320. Foundations of Sport Coaching. 3 Hours.

Students in this course focus on sport science principles associated with the coaching profession. Course material adheres to the objectives created by the National Standards for Athletic Coaches.

KINE 3362. Functional Kinesiology. 3 Hours.

A study of human motion in two broad areas: the neurological and mechanical aspects of human movement, as well as muscle structure and functions. Application of these two areas to motor skills analysis is emphasized.

Prerequisite: BIOL 2401 or BIOL 2403 and 60 Credit Hours.

KINE 3363. Assessment In Kinesiology. 3 Hours.

This course presents information on the construction and administration of tests evaluating fitness and motor skills used in sports. Issues in grading and evaluation are also addressed. Previously KIN 321.

Prerequisite: 60 + hours.

KINE 3364. Motor Learning. 3 Hours.

This course is designed for students who are preparing for a variety of professions in which the teaching, training, or rehabilitation of motor skills is involved. The goal of this course is to provide a theory-based foundation about the learning of motor skills to facilitate implementation of appropriate strategies and techniques for instructional, training, and rehabilitation applications. Previously KIN 322.

Prerequisite: 60 Credit Hours.

KINE 3365. Sport Law. 3 Hours.

Students in this course develop a comprehensive and systematic overview of fundamental legal issues in sport. Topics in this course are intended to introduce students to the legal issues that are most critical to the management of sport including liability, gender equity, risk management, tort law, labor law, and collective bargaining.

KINE 3367. Lifespan Motor Development. 3 Hours.

This course explores the theories of motor development and the applications of these theories to identify continuous processes of motor behavior across the lifespan. The factors mediating human growth and development will be applied. The course focuses on the relationships among growth, gender, maturation, motor performance and the person's context. The critical developmental considerations, with respect to planning and directing movement experiences for individuals across the lifespan, will be emphasized in the course.

Prerequisite: 60 + hours.

KINE 3368. Skill Themes & Mvmt Concepts. 3 Hours.

This course is designed to help the future teacher of physical education for elementary grade children, understand the "skill theme approach" to children's physical education curriculum, based on skill themes, movements concept and generic levels of skill proficiency.

KINE 3372. Team& Indv/Dual Sprt Skill Anal. 3 Hours.

This course will introduce the instructional process of analyzing and sequencing skill components and performance techniques found within team and individual/dual sports. The course is designed to allow the student to engage in individual and cooperative teaching experiences that utilize multiple instructional strategies. The student will investigate the process of a task analysis and other skill sequencing experiences. Aspects of lesson progression and construction will be incorporated throughout the course while maintaining a focus on motor skill acquisition.

KINE 3373. Physiology Of Exercise. 3 Hours.

This course is designed to develop an understanding of the manner in which the body reacts to the exacting requirements of activity and exercise.

Prerequisite: 60 Credit Hours and BIOL 2401 and BIOL 2402 or BIOL 2403 and BIOL 2404.

KINE 3375. Teaching Secondary Phys Educ. 3 Hours.

This course examines the designing of physical education programs, teaching of physical education programs, analysis of student performance in a physical education program, and implementation of a physical education program at the secondary level. Opportunities are provided to work with physical education students in the secondary setting.

Prerequisite: 60 + hours.

KINE 3378. Adm of Kinesiology & Sport. 3 Hours.

The purpose of this course will be to examine management theory and practice related to the sport industry. In addition, a variety of specializations associated with the field of sport management will be examined to help the student garner a better understanding of available career opportunities in this sector of business. The application of concepts to scholastic programs will also be discussed.

KINE 3388. Sports In Contemp Society. 3 Hours.

A study is made of sport and its impact upon society.

KINE 3389. Gender and Sport. 3 Hours.

This course offers an introduction to current scholarship and debates surrounding issues of gender in sport. The purpose of this course is to analyze the complex interactions of gender, race, sexuality, and class within sport. A critical perspective will be used to examine sport as a significant social institution and to explore its relationship to the cultural construction and interpretation of gender.

KINE 4117. Practicum. 1 Hour.

A course in which students serve as interns in a laboratory situation where emphasis is placed upon teaching skills. This provides a qualified student with an opportunity to gain teaching experience.

Prerequisite: Permission of department chair.

KINE 4314. Advanced Strength Training. 3 Hours.

Students in this course focus on the fundamentals of strength and conditioning and are prepared for a career as a certified strength and conditioning specialist. This class prepares students to take the national strength and conditioning certification exam.

Prerequisite: KINE 2114 and KINE 3362.

KINE 4335. Sport and Exercise Psychology. 3 Hours.

This course deals with understanding of the psychological make-up of the athlete. It explores traditional myths, syndromes and stumbling blocks facing the modern day athlete and how these may be overcome. The course will focus on the dynamics of the coach/athlete relationship.

KINE 4361. Managing Health Promotion in the Workplace. 3 Hours.

A course designed to prepare the health educator to establish special programs, which promote health in corporate, occupational, or industrial settings.

KINE 4362. Biomechanical Analysis. 3 Hours.

This course focuses on the quantitative biomechanical analysis of human movement and its relationship to activity, performance, and injury causation and prevention. Students will also explore research methods and investigations in biomechanics.

Prerequisite: KINE 3362 with a minimum grade of C, and (PHYS 1305 and PHYS 1105 or PHYS 1301 and PHYS 1101), and 90 + hours.

KINE 4363. Elementary Physical Education. 3 Hours.

This course is concerned with a study of fine and gross-motor activities and developmental progressions of pre-school children. Opportunities are given for field-based experiences in teaching children motor skills.

Prerequisite: KINE 3368 with a minimum grade of C.

KINE 4364. Fitness Education. 3 Hours.

Students in this course are introduced to the foundations and components of health-related fitness, appropriate curriculum for children and adolescence (Pre-K through 12) programming, effective teaching principles, and assessment of physical activity and fitness. This course prepares students to sit for the Physical Best Health-Fitness Specialist Certification.

KINE 4365. Directing Wellness Programs. 3 Hours.

Students address the general administrative and daily operational skills required to direct a wellness program in corporate, institutional, and community settings. Emphasis is placed on the collaborative and professional skills that are needed to manage wellness programs.

Prerequisite: Junior Standing.

KINE 4369. Adapted Physical Activity. 3 Hours.

This course is designed to provide an introduction to adapted physical activity including sports and leisure for persons with disabilities across school, community, and clinical based programs. This course will provide information and knowledge on how to teach movement skills to persons with disabilities in various physical activity settings. Opportunities are provided to work with individuals with disabilities on-and off-campus.

KINE 4373. Adv Tpcs In Physlgy Of Exercis. 3 Hours.

This course bridges the gap between basic undergraduate and graduate physiology of exercise. This course draws upon current research to build upon the basic principles of exercise physiology to develop a more advanced understanding of how exercise affects the body.

Prerequisite: KINE 3373.

KINE 4375. Kinesiology Research Methods. 3 Hours.

Students in this course focus on basic, clinical, and applied research in kinesiology settings. Particular emphasis is given to understanding the body of work on a topic, experimental design, and the research process. Students participate in a research project related to kinesiology. Credit 3

Prerequisite: KINE 3362, KINE 3364, and KINE 3373.

KINE 4377. Prin Exer Testing/Prescription. 3 Hours.

This course is designed to provide the student with the theoretical background and practical experience necessary for the safe and scientific evaluation of physical fitness, particularly as it relates to health and disease and the development of programs for remediation, maintenance and enhancement of motor and health-related qualities.

Prerequisite: KINE 3362 and KINE 3373 with a minimum grade of C.

KINE 4392. Problems In Kinesiology. 3 Hours.

A directed individual study of an approved problem related to the field of kinesiology.

Prerequisite: 9 advanced hours in Kinesiology and permission of the department chair.

KINE 4393. Prncples& Prac Of Adlt Fit Mgt. 3 Hours.

This course is designed to provide the student with the theoretical background and practical experience necessary for a successful internship experience.

Prerequisite: 90 Credit Hours.

KINE 4394. Internship. 3 Hours.

This course provides the study with opportunities to demonstrate competencies developed in previous courses by working in an agency under the supervision of a qualified practitioner.

Prerequisite: KINE 4393, KINE 4377 with a minimum grade of C and senior standing.

Director/Chair: **Emily A Roper**

Patrick Rhodes Davis, PHD (davisp@shsu.edu), *Assistant Professor of Kinesiology, Department of Kinesiology*, PHD, East Carolina Univ; BS, Brigham Young University

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