

# KINESIOLOGY (KINE)

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## **KINE 1110. Racquet Sports. 1 Hour.**

This course will include fundamental skill development, knowledge on rules, strategies, and techniques specific to two or more racquet-related activities that may include badminton, pickle ball, raquetball, and/or tennis. This course includes physical activity and demonstration of skill learning.

## **KINE 1113. Basketball and Soccer. 1 Hour.**

This course will include fundamental skill development, knowledge on rules, strategies, and techniques specific to basketball and soccer, presented at either the beginning of intermediate level. This course includes physical activity and demonstration of skill learning.

## **KINE 1114. Rhythmic Activities & Dance. 1 Hour.**

This course introduces students 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). This course includes physical activity and demonstration of skill learning. Required for BS in KINE and Education Double Majors. This course is offered in Spring only.

## **KINE 1115. Track & Field. 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 Physical Activities. 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 exploration and identification.

## **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. This course includes physical activity and demonstration of skill learning.

## **KINE 2113. Softball and Volleyball. 1 Hour.**

This course will include fundamental skill development, knowledge on rules and strategies, and techniques specific to softball and volleyball at the beginning level. This course includes physical activity and demonstration of skill learning.

## **KINE 2114. Weight Training and Physical Conditioning. 1 Hour.**

Experiences in this course will include skills, knowledge, techniques, and safety procedures of weight training and physical conditioning at the beginning level. This course includes physical activity and demonstration of skill learning.

## **KINE 2115. Lifetime Health and Wellness. 1 Hour. [TCCN: PHED 1164]**

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 and CPR - American 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.) Course Equivalents: HLTH 2330 .

**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 3100. Fundamentals of Basketball Coaching. 1 Hour.**

Students study the fundamental preparation, operation, expertise and management necessary to coach and conduct a basketball program. Students will learn about rules, techniques, tactics, season planning, strategy, and applications related to the coaching of basketball. This course is offered online only. Semester: 5A/5B/5C.

**Prerequisite:** 45 hours.

**KINE 3101. Fundamentals of Volleyball Coaching. 1 Hour.**

Students study the fundamental preparation, operation, expertise, and management necessary to coach and conduct a volleyball program. Students learn about rules, techniques, tactics, season planning, strategy, and applications related to the coaching of volleyball. This course is offered online only. Semester: 5A/5B/5C.

**Prerequisite:** 45 hours.

**KINE 3102. Fundamentals of Football Coaching. 1 Hour.**

Students study the fundamental preparation, operation, expertise, and management necessary to coach and conduct a football program. Students will learn about rules, techniques, tactics, season planning, strategy, and applications related to the coaching of football. This course is offered online only. Semester: 5A/5B/5C.

**Prerequisite:** 45 hours.

**KINE 3103. Fundamentals of Track & Field/Cross Country Coaching. 1 Hour.**

Students study the fundamental preparation, operation, expertise, and management necessary to coach and conduct a track field/cross country program. Students learn about rules, techniques, tactics, season planning, strategy, and applications related to the coaching of track field/cross country. This course is offered online only. Semester: 5A/5B/5C.

**Prerequisite:** 45 hours.

**KINE 3104. Fundamentals of Baseball and Softball Coaching. 1 Hour.**

Students study the fundamental preparation, operation, expertise, and management necessary to coach and conduct a baseball and softball program. Students will learn about rules, techniques, tactics, season planning, strategy, and applications related to the coaching of baseball and softball. This course is offered online only. Semester: 5A/5B/5C.

**Prerequisite:** 45 hours.

**KINE 3105. Fundamentals of Soccer Coaching. 1 Hour.**

Students study the fundamental preparation, operation, expertise, and management necessary to coach and conduct a soccer program. Students learn about rules, techniques, tactics, season planning, strategy, and applications related to the coaching of soccer. This course is offered online only. Semester: 5A/5B/5C.

**Prerequisite:** 45 hours.

**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. Enrollment limited to BS in KINE and Education Double Majors. This course is offered in the Fall only.

**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. Required for KINE-CES and HPWM majors.

**Prerequisite:** KINE 2115 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 and the United States Council for Coaching Excellence.

**Prerequisite:** 45 credit hours.

**KINE 3321. Applied Kinesiology. 3 Hours.**

Students analyze human movement in order to understand and apply exercise and sport training principles for improved human performance. This course is designed for students preparing to be coaches, physical educators, or teachers of sport, exercise, or physical activity. Required for Sport Coaching Minors and BS in KINE and Education Double Majors. Advanced Elective for all other majors.

**Prerequisite:** 45 credit hours or instructor approval.

**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, (KINE 1331 or ATTR 2300 or HLTH 1360,) and 45 Credit Hours, or instructor approval.

**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. This course is offered in the Fall and Summer semesters.

**Prerequisite:** 45 credit hours or instructor approval.

**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.

**Prerequisite:** KINE 1331 or ATTR 2300 or HLTH 1360; and 45 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. This course is offered in the Spring only.

**Prerequisite:** 45 credit hours.

**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:** KINE 1331 or ATTR 2300 or HLTH 1360, and 45 credit hours.

**KINE 3368. Skill Themes and Movement 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. Required for BS in KINE and Education Double Majors. This course is offered in the Fall only.

**Prerequisite:** KINE 1331 or ATTR 2300, and 45 credit hours.

**KINE 3372. Sport Skills Analysis. 3 Hours.**

This course will introduce the instructional process of analyzing and sequencing skill components and performance techniques found within team and individual sports. 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. Required for Sport Coaching Minors.

**Prerequisite:** 45 credit hours.

**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. KINE-CES and HPWM majors must co-enroll in KINE 3173.

**Prerequisite:** 45 Credit Hours and BIOL 2401 and BIOL 2402 or BIOL 2403 and BIOL 2404, and KINE 1331 or ATTR 2300; or instructor approval.

**KINE 3378. Administration of Kinesiology and 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. This course is offered in Fall only.

**Prerequisite:** 45 credit hours or instructor approval.

**KINE 3388. Sports in Contemporary Society. 3 Hours.**

The content of the course will provide students with an introduction to the sociology of sport. This course focuses on the study of sport and the impact on society, including gender, and race. The study of sport from a socio-cultural perspective will implore students to make connections from sport and its relationship to historical and contemporary events, social and cultural structures, as well as political climate. Topics for discussion will include current sports-related controversies. This course is offered in the Spring and Summer semesters only.

**Prerequisite:** 45 credit hours or instructor approval.

**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. This course is offered in the Fall only.

**Prerequisite:** 45 credit hours.

**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. Student must have a professor who has agreed to supervise the project. Course Equivalents:

HLTH 4117

**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, KINE 2115, KINE 3362, KINE 3373, and 75 credit hours.

**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.

**Prerequisite:** 75 credit hours.

**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. Course Equivalents: HLTH 4361

**Prerequisite:** 75 credit hours or instructor approval.

**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 60 credit 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. Required for BS in KINE and Education Double Majors. This course is offered in the Spring only.

**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.

**Prerequisite:** KINE 3321 or KINE 3373.

**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. Course Equivalents: HLTH 4364

**Prerequisite:** 75 credit hours or instructor approval.

**KINE 4366. Teaching Secondary Physical Education. 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. Course Equivalents: KINE 3375

**Prerequisite:** KINE 3368, KINE 4363, and 60 Credit Hours.

**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.

**Prerequisite:** 60 credit hours.

**KINE 4373. Advanced Topics in Physiology of Exercise. 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 and 75 credit hours.

**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, KINE 3173, KINE 3373, and 75 credit hours or instructor approval.

**KINE 4377. Principles of Exercise Testing and 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; and 75 credit hours.

**KINE 4392. Problems in Kinesiology. 3 Hours.**

A directed individual study of an approved problem related to the field of kinesiology. Student must have a professor who has agreed to supervise the project.

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

**KINE 4393. Adult Fitness Management. 3 Hours.**

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

**Prerequisite:** KINE 2114, KINE 2115, ATTR 3370, KINE 3373, and KINE 3173; and 75 Credit Hours.

**KINE 4394. Internship. 3 Hours.**

This course provides the student with opportunities to demonstrate competencies developed in previous courses by working in an agency under the supervision of a qualified practitioner. This course requires 200 contact hours at the approved internship site to be completed within a single semester. The course can be completed concurrently with KINE 4395.

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

**KINE 4395. Internship II. 3 Hours.**

Students complete an additional 200 hours of an internship experience and serves as the second half of the 400-hour internship for undergraduate students. This course allows students to either gain experience in a new setting, or to delve deeper into the experiences gained in KINE 4394.

**Prerequisite:** KINE 4393 and KINE 4377.