

DEPARTMENT OF KINESIOLOGY

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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, training and research. The degree programs in the Department of Kinesiology seek to prepare future professionals for movement-related fields such as athletic training, physical education, sport coaching, sport management, athletic performance coaching and training, sport science, performance sport specialization training, fitness training, researching, medical and equipment sales specific to exercise science, and other careers in the fitness and wellness industries and allied health. Learning occurs through the study of movement, injury prevention, injury rehabilitation, exercise processes, and/or sport industry settings within a framework that emphasizes the clinical and practical implications of theory and research.

Highlights

- Nationally recognized and accredited (CAEP-SHAPE America) teacher certification double major program with the Sport Coaching Certification embedded into the degree program.
- Nationally accredited (CAATE) Masters of Athletic Training 3+2 program allows students to earn two degrees in 5 years (Pursue the BS in Kinesiology - Clinical Exercise Science if interested in this option).
- Our Human Performance and Wellness Management degree (HPWM) is one of NSCA Education Recognition Programs (https://www.nsca.com/education/education-recognition-program-erp/?srsltid=AfmBOooBNihWsEUMnCHJnq4ikk2AeVsRU_Yv5nSmyekDMzAVvYz2ENG-) (ERP). The ERP program recognizes and distinguishes programs with approved and standardized strength and conditioning or personal training curricula. Recognized programs are designed to prepare students for the NSCA-Certified Personal Trainer® (NSCA-CPT®) or NSCA Certified Strength and Conditioning Specialist® (CSCS®) certifications.
- We are an Exercise is Medicine (<https://www.acsm.org/>) (EIM) On Campus (EIM-OC) recognized university and partner across campus and in the community to promote physical activity.
- Outstanding faculty with experience working in their respective fields related to their academic expertise
- The Department of Kinesiology is now located on the first floor of the Lee Drain Building and has 4 new research labs and 2 teaching labs.
- The research labs include the:
 - Motor Behavior/Biomechanics Lab,
 - Sport and Human Performance Lab,
 - Muscle Physiology/Exercise Biochemistry Lab, and
 - Strength Training Lab.
- The teaching labs include the:
 - Exercise Science Teaching Lab is adjacent to a Wellness Center and seats 24 students with access to bikes, treadmills, plyometrics equipment, etc...
 - Athletic Training Teaching and Research lab includes a simulation room, large teaching spaces for hands-on learning, exam prep rooms, a wet area, and more.
- Courses in the KINE department include:
 - Excellent field-based opportunities through community-engaged courses and internships.
 - Wide variety of laboratory and practical experiences.
 - Extensive professional networks in many different sub-fields in Kinesiology.
 - Online courses are available for many of the courses.
 - Quality instructors, many of whom have been awarded for their teaching excellence.
 - Outstanding faculty and staff with extensive experience in their professional fields.
- *Newly added* Minor in Sport Coaching

SHSU Graduate School Opportunities in Related Disciplines

College of Health Sciences (<https://catalog.shsu.edu/archives/2025-2026/graduate-and-professional/college-departments/health-sciences/>)

- Master of Science in Athletic Training (MSAT) (<https://catalog.shsu.edu/archives/2025-2026/graduate-and-professional/college-departments/health-sciences/physician-assistant-studies-and-athletic-training/ms-athletic-training/>)
- Master of Science (MS) in Kinesiology - Sport and Human Performance (SHP) (<https://catalog.shsu.edu/archives/2025-2026/graduate-and-professional/college-departments/health-sciences/kinesiology/kinesiology-ma/>)

- Master of Science (MS) in Sport Management (<https://catalog.shsu.edu/archives/2025-2026/graduate-and-professional/college-departments/health-sciences/kinesiology/ms-sport-management/>)
- Master of Public Health (MPH) (<https://catalog.shsu.edu/archives/2025-2026/graduate-and-professional/college-departments/health-sciences/public-health/ MPH/>)

College of Osteopathic Medicine (<https://catalog.shsu.edu/archives/2025-2026/graduate-and-professional/college-departments/osteopathic-medicine/>)

- Doctorate in Osteopathic Medicine (<https://www.shsu.edu/academics/osteopathic-medicine/>) (DO)

Additional graduate program opportunities outside of SHSU may include Masters or Doctorate in Occupational Therapy, Masters in Orthotics and Prosthetics, Doctorate in Physical Therapy, Doctorate in Osteopathic Medicine, Doctorate in Chiropractic Medicine, Doctorate in Pharmacy, Masters in Physician Assistant and many other allied health and exercise science-related areas at other institutions (currently not offered at SHSU).

Suggested Minors and Elective Blocks

- Students in the KINE/EDUC double major will automatically earn the Sport Coaching Certification upon completion of the degree.
- BS in Kinesiology students who choose the minor in Sport Coaching will work with their advisor or faculty mentor with their electives to ensure they meet the 120 credit hour requirement for the degree.
- BS in Kinesiology students can choose any content area for a minor (except for KINE).
- Clinical Exercise Science and Human Performance and Wellness Management majors do not have to choose a minor, but can if they are interested in one.
- Elective Hours are in place to allow students to take the courses necessary to meet necessary prerequisites for future schooling or career goals. Work with your career mentor and professors to select the correct electives. Students should ensure that the courses meet professional career goals and/or advanced degree prerequisites for all Prescribed Electives. Research and review professional schools of interest and the FAQ sections of ATCAS, PTCAS, OTCAS, and OPCAS, and specific program requirements and university websites, based on your professional goals. Examples of typical elective courses for those interested in the following graduate degree fields include: (*note nursing is the only undergraduate degree program listed below)

- **(a) Nursing***: BIOL 2420 and PSYC 3374 are prerequisites.
- **(b) Athletic Training**: students should select the Clinical Exercise Science (CES) 3+2 degree track; elective SCH will be taken at the graduate level in the MSAT program, refer to the catalog (<https://catalog.shsu.edu/archives/2025-2026/graduate-and-professional/college-departments/health-sciences/kinesiology/ms-athletic-training/#admissiontext>) for specific pre-requisites.
- **(c) Physical Therapy**: PHYS 1302, PHYS 1102, PSYC 3374, CHEM 1412, BIOL 1407;
- **(d) Occupational Therapy (OT)**: KINE 3367, PSYC 3331, PSYC 3333, PSYC 3374, SOCI 1301
- **(e) Prosthetics and Orthotics**: ATTR 4369, KINE 4117 or KINE 4392, KINE 5387
- **(f) Physician Assistant**: CHEM 2323 CHEM 2123, BIOL 2420, BIOL 2440, BIOL 3450, all science courses must be 'for science majors'.
- **(g) Chiropractic**: ATTR 4369, KINE 4314, and KINE 5387.
- **(h) Medical School (DO)**: PHYS 1302, PHYS 1102, CHEM 2323 and CHEM 2123, CHEM 2325 and CHEM 2125 or CHEM 3438.
- **(i) Pharmacy**: PHYS 1302, PHYS 1102, CHEM 2323 and CHEM 2123, CHEM 2325 and CHEM 2125 or CHEM 3438.
- Some programs may also need 1-3 hours of medical terminology.
- Other suggested electives include: ATTR 4369 & KINE 4369; and KINE 4314. Students wanting to gain research experience can take KINE 4117 and /or KINE 4392.
- Major electives can be selected from: ATTR, BIOL, CHEM, HLTH, KINE, PHYS, PSYC, & SOCI.

Program Specific Requirements

1. 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. Additionally, the degree program is now an Education/Kinesiology (<https://catalog.shsu.edu/archives/2025-2026/undergraduate/colleges-academic-departments/education/school-of-teaching-and-learning/bs-education-and-kinesiology/>) double major, with an embedded Sport Coaching Certification (<https://catalog.shsu.edu/archives/2025-2026/undergraduate/colleges-academic-departments/health-sciences/kinesiology/undergraduate-certificate-sport-coaching/>). Please, visit BS in Education and Kinesiology (<https://catalog.shsu.edu/archives/2025-2026/undergraduate/colleges-academic-departments/education/school-of-teaching-and-learning/bs-education-and-kinesiology/>) to learn more about the program.
2. All Kinesiology majors must earn a "C" or better in their ATTR, KINE, and SPMT courses.
3. Sam Houston State University offers three paths for students seeking entrance into the Master of Science in Athletic Training program (<https://catalog.shsu.edu/archives/2025-2026/graduate-and-professional/college-departments/health-sciences/physician-assistant-studies-and-athletic-training/ms-athletic-training/>):

If you are currently enrolled at SHSU in either the BS in Kinesiology with Concentration in Clinical Exercise Science (<http://catalog.shsu.edu/undergraduate/colleges-academic-departments/health-sciences/kinesiology/bs-kinesiology-and-msat-athletic-training/#text>) or BS in Health Sciences (<http://catalog.shsu.edu/undergraduate/colleges-academic-departments/health-sciences/population-health/bs-health-sciences-and->

msat-athletic-training/) program, you are eligible to apply to the MSAT upon completion of the prescribed 95-96 credit hours on the associated 3+2 MSAT degree plan:

In the 3+2 degree options, students must apply to the graduate MSAT program (<https://catalog.shsu.edu/archives/2025-2026/graduate-and-professional/college-departments/health-sciences/physician-assistant-studies-and-athletic-training/ms-athletic-training/>) and be accepted to the MSAT program to complete the dual degree. Students who are not accepted to the MSAT should complete the associated BS degree. Students who complete the MSAT 3+2 dual degrees are awarded both the BS and MSAT degrees upon completion of the 3+2 degree requirements. Applications can be submitted once the prescribed courses and application requirements are completed.

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 and 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 (<https://catalog.shsu.edu/archives/2025-2026/undergraduate/colleges-academic-departments/health-sciences/kinesiology/bs-human-performance-and-wellness-management/>)
- Bachelor of Science, Major in Kinesiology (<https://catalog.shsu.edu/archives/2025-2026/undergraduate/colleges-academic-departments/health-sciences/kinesiology/bs-kinesiology/>)
- Bachelor of Science, Double Major in Education and Kinesiology (<https://catalog.shsu.edu/archives/2025-2026/undergraduate/colleges-academic-departments/education/school-of-teaching-and-learning/bs-education-and-kinesiology/>) (with embedded Sport Coaching Certificate (<https://catalog.shsu.edu/archives/2025-2026/undergraduate/colleges-academic-departments/health-sciences/kinesiology/undergraduate-certificate-sport-coaching/>))
- Bachelor of Science, Major in Kinesiology (Clinical Exercise Science) (<http://catalog.shsu.edu/undergraduate/colleges-academic-departments/health-sciences/kinesiology/bs-kinesiology-clinical-exercise-science/>)
- Bachelor of Science, Major in Kinesiology (Clinical Exercise Science), 3+2 MSAT (<https://catalog.shsu.edu/archives/2025-2026/undergraduate/colleges-academic-departments/health-sciences/kinesiology/bs-kinesiology-and-msat-athletic-training/#text>)
- Undergraduate Certificate in Sport Coaching (<https://catalog.shsu.edu/archives/2025-2026/undergraduate/colleges-academic-departments/health-sciences/kinesiology/undergraduate-certificate-sport-coaching/>)
- Minor in Kinesiology (<https://catalog.shsu.edu/archives/2025-2026/undergraduate/colleges-academic-departments/health-sciences/kinesiology/minor-kinesiology/>)
- Minor in Sport Coaching (<https://catalog.shsu.edu/archives/2025-2026/undergraduate/colleges-academic-departments/health-sciences/kinesiology/minor-sport-coaching/>)

Career Opportunities

- Corporate fitness specialist
- Commercial fitness specialist
- Performance Sports Specialist
- Sport Scientist
- Biomechanist
- Hospital-based wellness coordinator
- Cardiac rehabilitation specialist
- Physical therapy assistant
- Occupational Therapy assistant
- Chiropractic assistant
- Strength and Conditioning Coach (with completed CSCS certification)
- Medical Sales and Specialty Equipment Sales and Equipment Trainer
- Recreational specialists in camps, communities, and YMCA's
- Personal trainer - with completed certification
- All levels Physical Education Teacher Education Certification - as an Education/Kinesiology double major (<https://catalog.shsu.edu/archives/2025-2026/undergraduate/colleges-academic-departments/education/school-of-teaching-and-learning/bs-education-and-kinesiology/>)
- Aids to chiropractors, occupational therapists, and physical therapists
- Collegiate, community, and/or professional sport industry support professionals
- Event management, marketing, and sales positions with professional sport franchises

- Event management and marketing within college athletics
- Program management, marketing, community relations, and event management with community sport organization

SHSU Graduate School Opportunities

- Doctor of Osteopathic Medicine (<https://catalog.shsu.edu/archives/2025-2026/graduate-and-professional/college-departments/osteopathic-medicine/osteopathic-medicine-do/>) (DO)
- Doctorate of Physical Therapy (DPT) (Fall 2027; proposed; pending accreditation)
- Master of Physician Assistant Studies (MPAS) (proposed; pending accreditation)
- Master of Public Health (MPH) (<https://catalog.shsu.edu/archives/2025-2026/graduate-and-professional/college-departments/health-sciences/public-health/mph/>)
- Master of Science in Athletic Training (MSAT) (<https://catalog.shsu.edu/archives/2025-2026/graduate-and-professional/college-departments/health-sciences/physician-assistant-studies-and-athletic-training/ms-athletic-training/>)
- Master of Science in Kinesiology - Sport and Human Performance (SHP) (<https://catalog.shsu.edu/archives/2025-2026/graduate-and-professional/college-departments/health-sciences/kinesiology/kinesiology-ma/>)
- Master of Science in Sport Management (<https://catalog.shsu.edu/archives/2025-2026/graduate-and-professional/college-departments/health-sciences/kinesiology/ms-sport-management/>)

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Student Organizations

KHRASH — Kinesiology, Health, & Recreation of Sam Houston (<https://shsu.campuslabs.com/engage/organization/khrash/>) — Serves to promote opportunities for networking with professionals in sought-after careers in Kinesiology and Health; open to all SHSU students.

ATSO - Athletic Training Student Organization (<https://shsu.campuslabs.com/engage/organization/1876/>) — Serves to further the education and professional development of Pre-professional and Professional Master in Athletic Training students interested in the field of Athletic Training.

RESTORE - Pre-Physical Therapy and Pre-Occupational Therapy (<https://shsu.campuslabs.com/engage/organization/restore/>) student organization to help you prepare for the best application as you progress through your undergraduate degree.

Internships

Students completing the Clinical Exercise Science and Human Performance and Wellness Management degree plans complete a 6-semester credit hour (KINE 4394 and KINE 4395), 400-contact hour internship at an approved site(s) that is aligned with their career aspirations under the instruction and supervision of a qualified and experienced professional in the field.

Scholarships

College of Health Sciences

- Cady/Huskey-Health Scholarship: \$2,000
- COHS Bridge Scholarship: \$2,000
- Crowley/Gilbert Family Scholarship: \$1,000
- William (Al) and Elizabeth Rampmeier Endowed Scholarship: \$1,000

Department of Kinesiology

- Carolyn Cannata Endowed Scholarship \$5000
- Betty Alexander Scholarship: \$1,000
- H O Crawford Scholarship or H.O. "Molly" Crawford Memorial Scholarship: \$1,000
- Joe and Mary Kirk Endowed Scholarship: \$1,000
- Margaret Powell Scholarship Award: \$1,000
- Robert L. Case Health & Kinesiology Wellness Endowed Scholarship: \$1,000
- Sam Houston Athletic Training Alumni & Friends Scholarship: \$1,500
- Robert J. Wagner Scholarship: \$1,000

Please visit SHSU Scholarships (<https://www.shsu.edu/cost-aid/types-of-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. Course Equivalents: ATTR 2310 .

ATTR 2300. Introduction 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. This course is offered in the Fall only.

Prerequisite: Department 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. Course Equivalents: KINE 3370

Prerequisite: BIOL 2401 or BIOL 2403 or KINE 3321, and 45 Credit Hours or Department Approval.

ATTR 4369. Therapeutic Exercise Interventions. 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. This course is recommended for those students pursuing the allied health fields (e.g. physical and occupational therapy, athletic training, chiropractic, etc...)

Prerequisite: ATTR 3370 and BIOL 2403 or BIOL 2401.

Kinesiology

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. KINE-CES and HPWM majors must co-enroll in KINE 3373.

Prerequisite: KINE 2115.

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: 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 fitness professional with the tools and knowledge to establish special programs, which promote fitness, wellness, and health promotion in corporate, occupational, private, 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 or Instructor approval.

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.

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.

Sport Management

SPMT 3301. Professional Development in Sports. 3 Hours.

Students engage in an applied study of professional career development in the sport industry. Students will prepare for their chosen careers within the sport industry by developing decision-making strategies, interviewing skills, networking opportunities, and effective leadership behaviors.

Prerequisite: 45 hours.

SPMT 3302. Introduction to Sport Marketing. 3 Hours.

Students acquire a fundamental understanding of the marketing of sport events, products, and services to professional, collegiate, and community sport consumers. Planning and organization of appropriate marketing strategies to meet sport consumers' needs are addressed. Elementary electronic and social media marketing methods and their role in sport organization marketing strategy development are also discussed.

Prerequisite: 45 hours.

SPMT 4300. Leadership in Sport Management. 3 Hours.

Students examine leadership theory and its application to the sport industry. Students will study leadership theory and practice within the context of administering athletic departments or programs, directing sport-related businesses, and managing community sport environments. Students employ the tools necessary to handle the challenges and complexities of leadership, including data-informed problem solving, creating and implementing a shared vision, and responsive strategic thinking.

Prerequisite: 75 hours.

SPMT 4302. Principles of Sport Finance. 3 Hours.

Students analyze the financial tools that sport managers employ within the sport industry. Financial planning and forecast processing with sport organizations will be explored. Strategy development will also be examined within the context of both traditional and innovative financial methods that examine dynamic financial structure changes in the sport industry.

Prerequisite: 75 hours.

SPMT 4303. Principles of Sport Analytics. 3 Hours.

Students are introduced to the role of data analytics and its application within the sport industry. Students collect, sort, assess, and analyze data for the purposes of improving decision-making, increasing productivity, and maximizing profits.

Prerequisite: 75 hours.

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