

Kinesiology (KIN)

KINESIOLOGY AND HEALTH STUDIES

Head of the Department:	Professor Watts
Professors:	Baker, Kraemer, Lee, McGehee, Neal
Associate Professors:	Acevedo, Ashy, Fellom, Gibson, Tryniecki, Walkwitz
Assistant Professors:	Gillan, Harper, Hebert, Naquin, Shim, Synovitz
Instructors:	Brewer, Daigle, Jacobsen, Lew, Metoyer, Raymond

The Kinesiology and Health Studies Department recommends that each student obtain a medical examination and be covered by an adequate accident and hospital insurance policy before participating in any of the programs of the department or the University.

KINESIOLOGY (KIN)

191. Introduction to Health Studies and Kinesiology. Credit 1 hour. A basic orientation and introduction to health studies and kinesiology with emphasis upon interpretation, opportunities and obligations, and the development of the basic concepts that are pertinent to the profession. Twelve hours lecture and nine hours laboratory for nine weeks.

203. Foundations of Athletic Training. Credit 2 hours. Prerequisites: Formal acceptance for progression into the athletic training curriculum. Explores the primary concepts and principles of the injury response process. Emphasizes the centrality of critical thinking to clinical reasoning. Provides scientific principles for application of clinical skills.

241. Prevention and Management of Motor Performance Injuries. Credit 3 hours. Prerequisite: A study of basic prevention, evaluation and management of motor performance injuries.

243. Athletic Taping and Protective Equipment. Credit 2 hours. Prerequisites: Registration in or prior credit for KIN 241. A study of the concepts, application and procedures used in taping and protective equipment design and fitting. Emphasis on practical skills involved in design, construction and application. One hour lecture and two hours laboratory a week.

247. Athletic Training Practicum. Credit 3 hours each course. Prerequisite: Kinesiology 241, Kinesiology 243, Health Studies 131, 132, KINL 214 and permission of Department Head. Instruction in and practice of skills and competencies of athletic training. Nine hours of laboratory

per week, per course.

275. Anatomy and Anatomical Kinesiology. Credit 3 hours. A study of basic anatomy and physiological principles with practical application to motor performance. Emphasis on analysis of motor performance and development of therapeutic exercise programs.

276. Practicum in Sport Management. Credit 3 hours. Prerequisites: Sophomore standing (30 hours), 2.0 overall grade point average and permission of the Department Head. Provides student with sport management experience in an assignment approved by the University with a cooperating sport business firm. Only kinesiology majors in the Sport Management Option can receive credit for this course. Grades are assigned on a Pass/Fail basis.

321. Motor Learning. Credit 3 hours. Prerequisite: Junior standing. Basic principles and theories of learning and their application to the teaching of motor skills. Emphasis on perception, preparation for a signal, memory, feedback, timing, transfer of learning, practice conditions, individual differences, and motivation. Lecture and laboratory experiences.

331. Physical Education for the Elementary School Teacher. Credit 3 hours. Prerequisites: KINL 261, Registration in EDUC 410. A course for elementary education majors. Principles of program planning and the development of skills and techniques for presentation of units of teaching. Two hours lecture and two hours laboratory a week.

341. Athletic Training Practicum. Credit 3 hours each course. Prerequisites: Kinesiology 241, Kinesiology 243, Health Studies 131, 132, KINL 214 and permission of Department Head. Instruction in and practice of skills and competencies of athletic training. Nine hours of laboratory per week, per course.

343. Athletic Training Practicum. Credit 3 hours each course. Prerequisites: Kinesiology 241, Kinesiology 243, Health Studies 131, 132, KINL 214 and permission of Department Head. Instruction in and practice of skills and competencies of athletic training. Nine hours of laboratory per week, per course.

351. Physical Education in the Elementary School. Credit 3 hours. Prerequisites: Kinesiology major, Junior standing, Kinesiology 191, 321, and KINL 214. Application of knowledge and theory to the development of physical education curriculum and instruction for children in the elementary school. The course includes one hour of supervised teaching in the elementary school each week. Two hours lecture, two hours laboratory a week.

360. Clinical Competency Lab I. Credit 3 hours. Prerequisite: Junior Standing, concurrent enrollment in KIN 363 or approval of Department Head. Guides students in the application of theory to clinical practice in the prevention, assessment, and rehabilitation of athletic injuries. Particular emphasis will be placed on injury management of the ankle, foot, and lower leg.

361. International Sport. Credit 3 hours. A study of sport in selected regions and countries around the world. Topics include the role of sport in modern society in each area studied, international competition, including the Olympic Games, and the nature of selected sports commonly practiced in other countries, but relatively unknown in the United States. Laboratories involve active participation in some of these sports (possibly including cricket, field hockey, team handball, and lacrosse). Two hours lecture and two hours laboratory a week.

362. History of Sport and Physical Education. Credit 3 hours. Historical development of sport and physical education from ancient societies to the present. Political, social, economic and religious factors that have shaped the history of sport and physical education. History and contemporary status of sport and physical education in the U.S. and selected countries around the world.

363. Sports Injury Management I. Credit 3 hours. Prerequisites: Formal acceptance for progression into the athletic training curriculum and concurrent enrollment in KIN 360. A systematic examination of the fundamental principles and concepts of athletic training. Students will develop knowledge in the prevention, assessment, and rehabilitation of athletic injuries. Particular emphasis will be placed on injury management of the ankle, foot and lower leg.

364. Clinical Competency Lab II. Credit 3 hours. Prerequisite: Junior Standing, concurrent enrollment in KIN 367 or approval of Department Head. Guides students in the application of theory to clinical practice in the prevention, assessment, and rehabilitation of athletic injuries. Particular emphasis will be placed on the injury management of the thigh, knee, hip and pelvis.

367. Sports Injury Management II. Credit 3 hours. Prerequisites: Formal acceptance for progression into the athletic training curriculum and concurrent enrollment in KIN 364. A systematic examination of the fundamental principles and concepts of athletic training. Includes the opportunity to develop knowledge and skills in prevention, assessment, rehabilitation of athletic injuries. Particular emphasis will be placed on injury management of the knee, thigh, hip and pelvis.

372. Biomechanics. Credit 3 hours. Prerequisite: Junior standing. A study of the basic laws and principles of Physics with specific application to the analysis of motor performance and sport skills.

380. Legal - Ethical Implications for Sport. Credit 3 hours. Prerequisite: Management 232. An examination of laws and policies governing the various aspects of sport and sport business and their relationship to personal and professional ethics. The role of regulatory commissions and organizations in sport will be explored.

392. Physiology of Exercise. Credit 2 hours. Prerequisites: Registration for KIN 393 Laboratory, Junior standing, and ZOO 250/252 or ZOO 251/253 or consent of Department Head.

Neuromuscular, cardiorespiratory, hormonal and environmental responses and adaptations to exercise are covered with an emphasis on bioenergetics.

393. Physiology of Exercise. Credit 1 hour. Prerequisites: Registration for KIN 392, Junior standing, ZOO 250/252 or ZOO 251/253, or consent of Department Head. Laboratory experiments which reveal the principles of exercise physiology.

401. Internship. Credit 1 hour. Prerequisites: Junior standing, permission of department, completion of major laboratory requirements for laboratory internship assignment.

402. Internship. Credit 1 hour. Prerequisites: Junior standing, permission of department, completion of major laboratory requirements for laboratory internship assignment.

403. Internship. Credit 1 hour. Prerequisites: Junior standing, permission of department, completion of major laboratory requirements for laboratory internship assignment.

404. Internship. Credit 1 hour. Prerequisites: Junior standing, permission of department, completion of major laboratory requirements for laboratory internship assignment.

410. Practicum in Alternate Careers. Credit 3-12 hours. Prerequisites: Senior standing, 2.00 overall GPA, and permission of Department Head. During the senior year, all students in Sport Management or Dance Studio Management will be given actual experience in the field.

414. Athletic Training Practicum. Credit 3 hours each course. Prerequisite: Kinesiology 241, Kinesiology 243, Health Studies 131, 132, KINL 214 and permission of Department Head. Instruction in and practice of skills and competencies of athletic training. Nine hours of laboratory per week, per course.

424. Exercise Testing and Prescription. Credit 3 hours. Prerequisites: Kinesiology 392/393. A presentation of the basic techniques in exercise testing and prescription. Includes information pertinent for Health Fitness Instructor certification by the American College of Sports Medicine.

431. Measurement and Evaluation. Credit 3 hours. Terminology and evaluation procedures appropriate to health and physical education. Special attention to applications of the criterion-referenced evaluation model to tests, ratings and grading procedures.

434. Special Considerations for Exercise Testing and Prescription. Credit 3 hours. Prerequisite: Kinesiology 392/393 or permission of Department Head. Selection and implementation of tests for health-related fitness levels in a variety of populations. Includes methods for designing and administering exercise programs for people with special medical conditions.

436. Psychosocial Dimensions of Physical Activity. Credit 3 hours. An examination of psychosocial

theories and research related to sport and exercise behavior. Consists primarily of lectures and discussion activities aimed at clarifying, exemplifying, and expanding upon the assigned readings.

443. Organization and Administration. Credit 3 hours. A study of policies and procedures essential to program development and implementation of health, physical education, intramurals and athletics. Emphasis on problems dealing with leadership, curriculum development, facilities and public relations.

451. Sport Administration. Credit 3 hours. Prerequisites: Senior standing, KIN 276, KIN 380, and 12 hours of Business courses. A critical examination of sport business administrative principles. The competencies and responsibilities of administrators in the organizations, administration and management of sport businesses will be emphasized.

462. Administration of Athletic Training Programs. Credit 3 hours. Prerequisites: Senior standing, Kinesiology 367, or permission of Department Head. A course designed to provide the athletic training student with competencies needed to plan, coordinate and supervise administrative components of an athletic training organization including those pertaining to health care, financial, personnel and facilities management, and public relations.

468. Clinical Competency Lab III. Credit 3 hours. Prerequisite: Junior Standing, concurrent enrollment in KIN 469 or approval of Department Head. Guides students in the application of theory to clinical practice in prevention, assessment, rehabilitation, and therapeutic modalities. Particular emphasis will be placed on injury management of the shoulder, upper arm, elbow, wrist and hand.

469. Sports Injury Management III. Credit 3 hours. Prerequisites: Formal acceptance for progression into the athletic training curriculum and concurrent enrollment in KIN 468. A systematic examination of the fundamental principles and concepts of athletic training. Includes the opportunity to develop knowledge and skills in prevention, assessment, rehabilitation of athletic injuries. Particular emphasis will be placed on injury management of the shoulder, upper arm, elbow, forearm, wrist and hand.

470. Clinical Competency Lab IV. Credit 3 hours. Prerequisites: Senior Standing, concurrent enrollment in KIN 471 or approval of Department Head. Guides students in the application of theory to clinical practice in the prevention, assessment, and rehabilitation of athletic injuries. Particular emphasis will be placed on injury management of the facial, spine, throat, thorax and visceral areas.

471. Advanced Athletic Training. Credit 3 hours. Prerequisites: Formal acceptance for progression into the athletic training curriculum and concurrent enrollment in KIN 470. A systematic examination of the fundamental principles and concepts of athletic training. Includes the opportunity to develop knowledge and skills in prevention, assessment, rehabilitation of

athletic injuries. Particular emphasis will be placed on injury management of the head, face, spine, throat, thorax, and visceral areas of the body.

491/591. Physical Education for the Exceptional Individual. Credit 3 hours. Prerequisites: Junior or Senior standing. The focus of this survey course is on handicapped children who will be mainstreamed for physical education. Other topics include: federal and state legislation, handicapping conditions, similarities between handicapped and non-handicapped children in growth, fitness, learning and performance, and psycho-social variables. Three hours lecture per week.

492/592. Perceptual Motor Development. Credit 3 hours. Prerequisite: Junior or Senior standing. This course was designed for those certifying in Adapted Physical Education and Special Education Mild/Moderate. The most frequent handicapping conditions (multi/moderate mental retardation, learning disability, and emotional/behavioral disorder) are the focus of this class. Topics include: neurological, sensory, perceptual, perceptual-motor, memory, learning, performance, assessment. Two hours lecture, two hours laboratory a week.

493/593. Physical Education for the Physically Disabled or Handicapped. Credit 3 hours. Prerequisite: Junior or Senior standing. This course is designed for those certifying in Adapted Physical Education and Severe/Profound Impairments. Severe motor deficits resulting from Severe/Profound Mental Retardation, Orthopedically Handicapped, Other Health Impaired, Sensory Handicapped, Multihandicapped conditions are the focus of this course. Analysis of movement, assessment, treatment and long range planning are covered in terms of theory, school programs and recreation. Two hours lecture and two hours laboratory a week.

494/594. Curriculum Development for Adapted Physical Education. Credit 3 hours. Prerequisites: KIN 491 or 591, KIN 492 or 592, and KIN 493 or 593, or permission of the instructor. Theory of curriculum design is translated into practical programs. Special emphasis is placed on the similarity between physical education and adapted physical education, I. E. P. development, and program evaluation (curriculum and instruction). Three hours lecture a week.

600. Historical Foundations of Physical Education and Sport. Credit 3 hours. A study of sport and physical education from the ancient Greek period to the present. Special attention will be given to the formation of various systems of physical education, the growth of sport through the years, and to the persons most responsible for these developments.

601 [501]. Statistical Methods in Kinesiology. Credit 3 hours. Special parametric and non-parametric statistics applicable to research techniques in kinesiology.

602 [502]. Contemporary Problems and Issues in Kinesiology. Credit 3 hours. Identification and study of current problems and issues in kinesiology. Extensive reading and critical analysis of literature required.

604 [504]. Advanced Measurement and Evaluation in Kinesiology. Credit 3 hours. Prerequisite: KIN 431 or equivalent. An extensive study of motor fitness, educability, and motor capacity, social, physiological, anthropometrical, neuromuscular skill and kinesthetic perception tests. Emphasis on practical application in physical education.

605. Professional Development in Athletic Training: Lower Body I. Credit 3 hours. Prerequisite: Department Head Approval. A systematic examination of the theories and research related to athletic training and sports medicine. Students will develop knowledge in the pathology/epidemiology of human performance injuries. Particular emphasis will be placed on injury management of the ankle, foot, and lower leg.

606 [506]. Introduction to Research. Credit 3 hours. Prerequisite: KIN 601. Principles, procedures, and techniques of research with an intensive survey of current scientific investigations in the areas of kinesiology. Special attention is given to practical application.

607 [507]. Research Designs. Credit 3 hours. Simple and complex research designs with emphasis on the selection of a hypothesis and a corresponding sampling and research design that will permit effective inference.

609. Professional Development in Athletic Training: Lower Body II. Credit 3 hours. Prerequisite: Department Head Approval. A systematic examination of the theories and research related to athletic training and sports medicine. Students will develop knowledge in the theories of pain transmission and the medical illnesses associated with the integumentary and respiratory systems as it relates to the physically active individual. Particular emphasis will be placed on the injury management of the knee, thigh, hip and pelvis.

610 [510]. Therapeutic Principles of Sport Related Injuries. Credit 3 hours. Course objectives include: Instruction and practice in the care, prevention, treatment and rehabilitation of injuries commonly encountered in the recognition of injury signs, stabilization techniques, prosthetic strapping techniques and the use of selected therapeutic modalities.

611. Professional Development in Athletic Training: Upper Body I. Credit 3 hours. Prerequisite: Department Head Approval. A systematic examination of the theories and research related to athletic training and sports medicine. Students will develop knowledge in environmental and nutritional considerations of the physically active individual as well as the medical illnesses associated with the cardiovascular and gastrointestinal systems. Particular emphasis will be placed on the injury management of the shoulder, upper arm, elbow, forearm, wrist and hand.

612 [512]. Motor Learning. Credit 3 hours. Factors involved in the acquisition and performance of motor skills. Major motor learning theories. Reading of research literature and participation in experiments.

613 [513]. Physical Education in the Elementary School. Credit 3 hours. An overview including foundations and appropriate methodology and materials for elementary school physical education. Emphasis on the movement education approach and curriculum development.

614. Principles and Theories of Motor Development. Credit 3 hours. Focuses on the theories and principles of motor development. The course will cover aspects of motor development across the lifespan from infancy through elderly populations. The course will also relate motor development to cognitive and social development, especially during early childhood.

620 [520]. Curriculum Development in Physical Education. Credit 3 hours. Theory and techniques of program construction in physical education.

621 [521]. Mechanical Analysis of Motor Performance. Credit 3 hours. Prerequisite: KIN 372. The mechanical analysis of motor skill with special reference to the use of photographic and mechanical aids.

622 [522]. Implementation of Physical Education Programs. Credit 3 hours. A study of the group dynamics problems encountered in enacting education change. Emphasis is placed on development of administrative philosophy, understanding of group processes, and resolution of case incidents.

623. Human Behavior in Exercise and Sport. Credit 3 hours. An examination of theories and research related to Exercise and Sport Psychology. Including individual differences, motivation, social influence processes, psychophysiological aspects and behavior change technique applied to exercise and sport.

624. Applied Research in Exercise and Sport Behavior. Credit 3 hours. This course will examine the need for and purpose of applied Exercise and Sport Psychology research, outline the area of study, and examine the research on interventions used to address behavioral issues in sport and exercise.

625 [525]. Cardio-Respiratory Aspects of Exercise. Credit 3 hours. Prerequisites: KIN 392 and 393 or permission of Department Head. A study of alterations in cardiovascular and pulmonary function from exercise with a focus on physiological mechanisms. Laboratory experiences included.

626 [526]. Strength Development and Conditioning Programs. Credit 3 hours. Prerequisites: KIN 392 and 275 or consent of the department. Isotonic and isometric programs for the development of muscular strength and endurance including background neuromuscular physiology. A study of other types of conditioning methods for the development of general fitness.

627. The History of Sport in American Life. Credit 3 hours. A study of the development of sport in

the United States from colonial times to the present. Sociological, economic, religious, and political factors affecting sport.

628 [528]. Kinesiology Seminar. Credit 3 hours. May be repeated as topics vary. Course identified by description each semester offered.

629 [529]. Kinesiology Seminar. Credit 3 hours. May be repeated as topics vary. Course identified by description each semester offered.

630. The Olympics: Ancient and Modern. Credit 3 hours. A study of the ancient and modern Olympic Games. Emphasis will be placed on the political, economic, educational, and social significance of the Games.

632 [532]. Independent Research. Credit 3 hours. Prerequisite: Permission of the Department Head. An in-depth study of an experimental or an analytical nature in kinesiology. May be repeated as topics vary. A maximum of six hours may be used in a degree plan.

634. Independent Reading. Credit 3 hours. Prerequisite: Permission of the Department Head. Directed study of the professional and research literature in an area of kinesiology not covered in other courses. May be repeated as topics vary. A maximum of six hours may be used in a degree plan.

636. Nutrition for Health and Physical Performance. Credit 3 hours. Prerequisite: Basic Nutrition or consent of Department Head. Principles of nutrient metabolism and their role and function in the maintenance of health prevention of disease. Development of nutritional plan for specific conditioning, including dietary concerns for those in physical performance programs. Credit may not be received for both Health Studies 636 and Kinesiology 636.

638. Neuromuscular Aspects of Exercise. Credit 3 hours. Prerequisites: KIN 392 and 393 or consent of instructor. The course emphasizes current understanding of effects of exercise on skeletal muscle and nervous tissue structure and function with some application to training.

644. Advanced Exercise Testing and Prescription. Credit 3 hours. Prerequisites: KIN 392/393, KIN 424, and KIN 434 or consent of Department Head. A study of the proper method for exercise testing and prescription with emphasis on risks and benefits. Includes preparation for clinical experiences with rehabilitative fitness agencies for advanced certification. Some laboratory required.

710. Internship in Exercise Science. Credit 3-6 hours. Prerequisite: Permission of the Department Head. A field work experience that provides an opportunity for students to perform fitness/exercise science related activities that a regularly-employed staff member would be expected to perform. The purpose is to prepare professionals with practical skills in a preventive/rehabilitative

fitness setting.

770. Thesis. Credit 1-6 hours each semester, with six hours needed for graduation. The student must enroll in the thesis course each semester the thesis is in progress. The thesis is graded Pass/Fail. Prerequisites: Kinesiology 601 and 606 or 607.

KINESIOLOGY LABORATORY1 (KINL)

BASIC COURSES

Basic courses are open to all students, and provide a life-time activity program with primary emphasis on the acquisition of motor skills, physical fitness, knowledge, and appreciation. Students needing two required activity courses may select any two of the basic laboratory courses. If additional courses are required or needed for electives, the additional courses may be selected from the basic laboratory courses or from the major laboratory courses. (Only 100, 101, 200, and 201 are for handicapped students.)

100. Adaptive I. Credit 1 hour. Therapeutic exercise for handicapped students. Requires physician's referral and permission of the department. Three hours a week.

101. Adaptive II. Credit 1 hour. Therapeutic exercise for handicapped students. Requires physician's referral and permission of the department. Three hours a week.

102. Beginning Badminton. Credit 1 hour. Basic skills, strategies, rules and procedures. Instruction and practice of short and deep serves, clears, drops and smash. Singles and doubles play. Three hours a week.

103. Jogging. Credit 1 hour. Aerobic conditioning using long distance running. Principles and techniques of endurance training are studied. Three hours a week.

104. American Folk Dance. Credit 1 hour. Techniques and brief history of popular folk and square dance. Three hours a week.

105. Modern Dance. Credit 1 hour. Movement techniques in modern dance, floor and center work with emphasis on alignment, rhythm and movement combinations on a beginning and/or intermediate level. Three hours a week.

106. Social Dance. Credit 1 hour. Techniques and brief history of basic ballroom dances such as waltz, foxtrot, swing, and cha-cha. Three hours a week.

107. Beginning Golf. Credit 1 hour. Putting, chipping, and the full swing with all clubs. Rules and procedures of play. Most classes are held at an off campus driving range, and students must

arrange for their transportation and pay a small fee for balls at the range. Three hours a week.

108. Beginning Gymnastics. Credit 1 hour. Beginning gymnastics skills. Men participate in floor exercise, vaulting, rings, high bar, parallel bars and pommel horse; women, in floor exercise, vaulting, uneven bars and balance beam. Three hours a week.

109. Swimming-Diving. Credit 1 hour. The basic swimming strokes: free style, elementary back stroke, back stroke, breast stroke, inverted breast stroke, side stroke, overarm side stroke, trudgen, trudgen crawl. Beginning diving technique. Three hours a week.

110. Beginning Tennis. Credit 1 hour. Basic skills, strategies, rules and procedures. Instruction and practice of the serve, groundstrokes and volleys. Singles and doubles play. Three hours a week.

111. Swim Fitness. Credit 1 hour. For experienced swimmers. Aerobic conditioning using long distance swimming and other endurance activities in the water. Includes the American Red Cross Swim and Stay Fit Program. Three hours a week.

112. Bowling. Credit 1 hour. Beginning bowling skills, scoring, procedures and terminology. Three hours a week. Laboratory fee required.

113. Weight Training. Credit 1 hour. Instruction in proper technique in strength conditioning using free weights and weight machines. Three hours a week.

115. Aerobic Dance. Credit 1 hour. Aerobic exercise activities with musical accompaniment. Three hours a week.

116. International Folk Dance. Credit 1 hour. Folk and ethnic dances from other countries. Three hours a week. Also offered as DNC 122. Credit cannot be given for both KINL 116 and DNC 122.

117. Tap Dance. Credit 1 hour. Beginning tap dance techniques progressing to more advanced skills. Three hours a week. Also offered as DNC 111. Credit cannot be given for both KINL 117 and DNC 111.

118. Classical Ballet. Credit 1 hour. Contemporary and classical barre techniques including French terminology and mechanics of movement. Three hours a week. Also offered as DNC 151. Credit cannot be given for both KINL 118 and DNC 151.

119. Jazz Dance. Credit 1 hour. Basic jazz dance with the study of characteristic syncopated rhythms. Three hours a week. Also offered as DNC 361. Credit cannot be given for both KINL 119 and DNC 361.

- 200. Adaptive III. Credit 1 hour. Therapeutic exercise for handicapped students. Required physician's referral and permission of the department. Three hours a week.**
- 201. Adaptive IV. Credit 1 hour. Therapeutic exercise for handicapped students. Required physician's referral and permission of the department. Three hours a week.**
- 202. Intermediate Badminton. Credit 1 hour. Prerequisite: KINL 102 or equivalent. Three hours a week.**
- 203. Basketball. Credit 1 hour. Individual skills and basic offensive and defensive patterns. Basic rules and strategies. Three hours a week.**
- 204. Soccer. Credit 1 hour. Fundamental skills and basic strategies of individual position play as well as team work. Three hours a week.**
- 205. Softball-Flag Football. Credit 1 hour. Basic skills and strategies of fastpitch and slowpitch softball, flag football, and flickerball. Rules and procedures of play. Three hours a week.**
- 206. Track and Field. Credit 1 hour. Rules and techniques in track and field skills. Three hours a week.**
- 207. Volleyball. Credit 1 hour. Basic skills and offensive and defensive team play. Rules, procedures and terminology. Three hours a week.**
- 211. Intermediate Tennis. Credit 1 hour. Prerequisite: KINL 110 or equivalent. Three hours a week.**
- 220. Physical Activity Workshop. Credit 1 hour. Course identified by description each semester offered. May be repeated as topics vary.**
- 232. Lifeguard Training. Credit 1 hour. Prerequisite: KINL 109 or the equivalent. Emphasis will be on all phases of aquatic safety. Successful completion of this course will satisfy the aquatic safety portion of the Red Cross requirements for life guard certification. Three hours a week. 242. Intermediate Women's Gymnastics. Credit 1 hour. Prerequisite: KINL 108 or equivalent. Three hours a week.**
- 262. Intermediate Men's Gymnastics. Credit 1 hour. Prerequisite: KINL 108 or equivalent. Three hours a week.**
- 311. Recreational Games. Credit 1 hour. Three hours a week.**

313. Outdoor Leisure Pursuits. Credit 1 hour. A recreational laboratory class emphasizing introductory instruction and experience in a variety of outdoor leisure pursuits. Topics may be selected from but are not limited to the following: camping, bait casting, boating, backpacking, hiking. Three hours a week.

372. Water Safety Instructor Course. Credit 1 hour. Prerequisites: KINL 109 and 232 or the equivalent. Methodology in all phases of Red Cross aquatics programs. Successful completion fulfills Red Cross certification for teaching infant and preschool swimming, progressive swimming courses, and basic emergency water safety. One hour lecture and three hours laboratory a week.

LABORATORY COURSE FOR ELEMENTARY EDUCATION (KINL)

261. Laboratory in Elementary School Physical Education Content. Credit 1 hour. Prerequisite: Major in Elementary Education, sophomore standing, or permission of the department. Experiences in basic movement skill, games, gymnastics, and lead-up games and sports for majors in the elementary curriculum. Three hours of laboratory per week.

LABORATORY COURSES FOR MAJORS (KINL)

Students not majoring in Kinesiology and Health Studies must have permission of the department to schedule these classes.

208. Foundations of Athletic Training Lab I. Credit 1 hour. Prerequisites: Formal acceptance for progression into the athletic training curriculum and concurrent enrollment in KIN 203. Guides students in the application of theory to clinical practice. Focuses on the development of the cognitive, psychomotor, communication and therapeutic interventions as applied to the healthcare of the physically active individual.

209. Theories and Practice of Swimming. Credit 1 hour. Basic skills, standard strokes, and teaching methods of beginning swimming. Three hours a week.

210. Theories and Practice of Badminton-Tennis. Credit 1 hour. Skills, rules, strategies, and teaching methods of badminton and tennis. Three hours a week.

212. Theories and Practice of Recreational Games. Credit 1 hour. Skills, rules, strategies, and teaching methods of archery, bowling, stunts/tumbling, and pickleball. Three hours a week.

213. Theories and Practice of Golf and Outdoor Leisure Pursuits. Credit 1 hour. Skills, rules, strategies, and teaching methods of golf. A recreational laboratory class emphasizing introductory instruction and experience in a wide variety of outdoor leisure pursuits. Topics may be selected from but not limited to the following: camping, canoeing, boating, backpacking, dayhiking, water safety, fishing and hunting safety, and wilderness first aid. Three hours a week.

- 214. Fundamentals of Fitness and Conditioning. Credit 1 hour. Fundamentals of fitness and conditioning will be emphasized with kinesiological analysis of and laboratory experience in strength development. Three times a week.**
- 215. Theories and Practice of Modern and Creative Dance for Children. Credit 1 hour. General knowledge of the fundamentals of movement and creative dance. Three hours a week.**
- 216. Theories and Practice of Recreational Dance. Credit 1 hour. General knowledge, execution, and teaching methods of fundamentals in American square dance, international folk dance, and social dance. Three hours a week.**
- 217. Theories and Practice of Soccer-Track and Field. Credit 1 hour. Skills, rules, techniques, strategies, and teaching methods of soccer and track and field. Three hours a week.**
- 218. Theories and Practice of Flag Football-Softball. Credit 1 hour. Skills, rules, strategies, and teaching methods of flag football and softball. Three hours a week.**
- 219. Theories and Practice of Basketball-Volleyball. Credit 1 hour. Skills, rules, strategies, and teaching methods of basketball and volleyball. Three hours a week.**
- 225. Aquatic Therapy I. Credit 1 hour. Prerequisite: Approval of the Department Head. Instruction in basic principles and concepts of aquatic therapy. Emphasis is on developing basic skills and techniques using aquatic therapy equipment.**
- 355. Aquatic Therapy II. Credit 1 hour. Prerequisite: Approval of the Department Head. Instruction in advanced knowledge and skills in aquatic therapy techniques. Emphasis is placed on understanding the role of aquatic therapy in the overall treatment plan for the injured athlete.**
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