

College of Nursing and Health Sciences

DEPARTMENT OF KINESIOLOGY & HEALTH STUDIES

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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.

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KINESIOLOGY LABORATORY ¹ (KINL)

Basic Courses Basic courses are open to all students, and provide a lifetime 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.)

¹ Kinesiology Laboratory Courses (except 261) may be taken for a regular grade or Pass-Fail as an option for non-majors.

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.

COACHING (COAC)

301. Care and Prevention of Motor Performance Injuries. Credit 2 hours. A course designed to develop knowledge and skills in techniques of training, care, and prevention of motor performance injuries. Includes practical experiences in taping and bandaging, hydrotherapy, diathermy, and basic training procedures. Two hours lecture a week.

302. Coaching of Football. Credit 2 hours. Prerequisite: KINL 205 or equivalent. Theory of coaching football to include emphasis on how to teach basic fundamentals, setting up team practices, offensive and defensive styles and strategies, and establishing conditioning and off-season programs. Specific problems related to football coaching and team management will be included. One hour lecture and two hours laboratory a week.

303. Coaching of Basketball. Credit 2 hours. Prerequisite: KINL 203 or proficiency. Theories of coaching, coaching problems, individual and team strategy, styles of individual and team offense and defense, scouting, planning and organizing practice and methods of teaching skills. One hour lecture and two hours laboratory a week.

304. Coaching of Soccer. Credit 2 hours. Prerequisite: KINL 204 or proficiency. Methods and techniques of coaching soccer. Special attention will be given to individual position plan and team strategy. One hour lecture and two hours laboratory a week.

305. Coaching of Baseball/Softball. Credit 2 hours. Prerequisite: KINL 205 or proficiency. Methods of coaching and teaching softball and baseball. Special attention to theory and styles of individual techniques and team offense and defense. One hour lecture and two hours laboratory a week.

306. Coaching of Track and Field. Credit 2 hours. Prerequisite: KINL 206 or proficiency. Methods and techniques of coaching and teaching track and field. Special attention given to the mechanics of and training for the skills of track and field. One hour lecture and two hours laboratory a week.

- 307. Coaching of Volleyball.** Credit 2 hours. Prerequisite: KINL 207 or proficiency. Methods of coaching volleyball. Special attention to theory and styles of individual techniques and team offense, defense, and conditioning. One hour lecture and two hours laboratory a week.
- 308. Coaching of Gymnastics.** Credit 2 hours. Prerequisite: KINL 108 or proficiency. Teaching of intermediate gymnastics skills for men and women. Age group Junior Olympic compulsory program. Routine composition for optional competition. Safety considerations, mechanical principles, conditioning. Elements of gymnastics judging. One hour lecture and two hours laboratory a week.
- 351. Officiating and Scouting.** Credit 2 hours. Techniques and procedure in officiating and scouting in athletics. One hour lecture and two hours laboratory, and one hour laboratory TBA a week. 401. Practicum. Credit 1-3 hours. Prerequisite: Permission of the Department Head. Practical experience in coaching under the supervision of a secondary or college coach. Variable credit depending on contact hours and the level and complexity of the assignment.
- 411. Athletic Management.** Credit 3 hours. A course dealing with the problems of management involving high school or college athletic, physical education, and intramural programs. Emphasis on the roles of the coach and athletic director.
- HEALTH STUDIES (HS)**
- 131. Emergency Health Care.** Credit 2 hours. A course dealing with the cause and prevention of accident; the acquisition of sufficient knowledge to determine the nature and extent of injury; and sufficient skill to administer proper first aid. Includes a study of the American Red Cross program and the American Medical Association Medical Self-Help Training Course.
- 132. Personal Health.** Credit 2 hours. A survey course covering various aspects of physical, mental, and social well-being. Attempts to create greater appreciation and understanding of individual health principles which should be reflected in a more intelligent self-directed health behavior.
- 133. Healthy Lifestyles for the 21st. Century.** Credit 3 hours. Prerequisite: Permission of the Department Head. Course is designed so that students learn the importance of identifying and applying steps for making decisions and taking responsibility for their own health-related learning and behaviors. Knowledge recall as well as more advanced learning skills are addressed in assignments and examinations. Students also become aware of a wide range of health resources, support services, and technology. May only be repeated once as topics vary.
- 162. Drugs and Society.** Credit 3 hours. Students will know the incidence of drug use and abuse in society, pharmacology of selected drugs and principles of altering one's state of consciousness; will know where they stand as to their own drug use, be able to communicate attitudes about drugs; explore alternatives to substance abuse, and approaches to prevention and community resource.

251. Health and Human Sexuality-Contemporary Perspectives. Credit 3 hours. Emphasis will be placed on the relationship between personal health and human sexuality. The understanding of human sexuality through self-awareness, value clarification and decision-making will also be a concern. Students will be encouraged to reflect critically upon their feelings and attitudes toward their own sexuality and the sexuality of others in their cultural setting.

252 [452]. Health and Stress. Credit 3 hours. Students will explore health problems related to stress and tension through analysis of causative and psycho-social stresses and intervening physiological mechanism. Particular emphasis is placed on prevention and control of stress through techniques such as exercise, neuro-muscular relaxation, biofeedback, and meditation.

312. Community Health. Credit 3 hours. A course concerned with the important aspects of human ecology and conservation of human resources, environmental health, disease prevention and control, and community resources available to the population. Emphasis is placed upon major health problems of college years and early adulthood.

320. Health Promotion Program Planning. Credit 3 hours. Prerequisite: HS 132 or HS 133, Junior standing and permission of Department Head. A course for the individual desiring to become a health educator. An exploration of the knowledge and skills required for effective professional health education practice. Includes an introduction to current theory, and concept; methods of assessing, planning, implementing, and evaluating health education/promotion programs; ethical issues; plus professional competence and credentialing.

331. Health Information and the Media. Credit 3 hours. Prerequisite: Computer literacy. Design and production of education materials. Review fundamentals of computer multimedia presentations. Methods of planning, implementing, and evaluating multimedia presentations.

332. The Health Education Program in the Elementary School. Credit 2 hours. Prerequisite: HS 132 or 133 and completion of 45 semester hours. A course designed primarily for elementary education majors. Consideration is given to the many aspects of the eight component Coordinated School Health Program.

341. Emergency Health Care for the Athletic Trainer. Credit 3 hours. The purpose of this course is to provide the athletic trainer with the knowledge necessary to help sustain life, reduce pain, and minimize the consequences of sudden injury or illnesses of the physically active individual.

344. Emergency Health Care for the Athletic Trainer Lab. Credit 3 hours. Prerequisites: Formal acceptance into the athletic training curriculum and concurrent enrollment in HS 341. The purpose of this course is to provide the athletic trainer with the skills necessary in order to sustain life, reduce pain, and minimize the consequences of sudden injury or illness of the physically active individual. Nine hours of laboratory a week.

351 [451]. Health Problems of the Aging and Aged. Credit 3 hours. Students will examine the psychological, physiological and socio-economic aspects of aging; sexuality; death, dying, and bereavement; self-actualization and creativity; health needs and crisis; and medical-care programs.

355. Medical Aspects of Sports Related Injuries/Illnesses I. Credit 3 hours. Prerequisites: MIC 223/224, ZOO 250/252, & ZOO 251/253 and approval of Department Head. Focuses on the identification and treatment of medical conditions of the respiratory, gastrointestinal, cardiovascular, and integumentary system associated with the physically active individual. Emphasis is given on what role the athletic trainer has in the assessment and treatment of these conditions as directed by a team physician.

360. Introduction to Epidemiology. Credit 3 hours. An introduction to the study of distribution of health events in human populations. Methods of assessing health states in populations by the use of morbidity and mortality data. Includes disease tracking and control methods for use in health care decisions. Major types of epidemiological investigations are also studied.

362. Promoting Health in the Worksite. Credit 3 hours. Prerequisites: Junior standing and HS 320. Introduction to the design and implementation of health programs in a variety of worksite settings. Attention to concerns of administrative and staff support, recidivism, specific interventions, and policy.

366. Medical Aspects of Sports Related Injuries/Illnesses II. Credit 3 hours. Prerequisites: MIC 223/224, ZOO 250/252, & ZOO 251/253 and approval of Department Head. Focuses on the identification and treatment of medical conditions of the nervous, urinary, endocrine, and reproductive systems associated with the physically active individual. Emphasis is given on what role the athletic trainer has in the assessment and treatment of these conditions as directed by a team physician.

382. Family Health and Sex Education. Credit 2 hours. This course is concerned with the basic information regarding the physical, psychological, social and comparative cultural aspects of family health, sexual behavior, and sex education. The development and adjustment needs of children and adults during the course of maturing and aging are studied; consideration is given to the family health and sex education program in schools.

401. Health Instruction. Credit 3 hours. Prerequisite: HS 131 and 132. Consideration is given to elementary and secondary school as well as adult content selection; implementation, and evaluation procedures. Includes preparation and presentation of selected health topics. Teaching strategies and basic principles of health education are emphasized.

410. Practicum in Health/Fitness Promotion. Credit 3-12 hours. Prerequisites: Senior standing, 2.00 adjusted GPA, HS 453 and 454, Kinesiology 392/393 and permission of Department Head. During the senior year, all students in health/fitness promotion will be given actual practice in the field.

453. Health Assessment and Promotion. Credit 3 hours. Prerequisite: HS 132. An examination of the cause, identification and control of selected lifestyle diseases. Emphasis is placed on risk factor assessment and health screening methodologies.

454. Health Behavior Change. Credit 3 hours. Prerequisite: Junior standing. Students will explore and apply principles of modifying health behaviors on an individual, group, and community level for the prevention of health problems or the adoption of healthy lifestyles. Partial emphasis is placed on

improving student competency in communication, decision making and counseling skills for assisting others in confronting personal health concerns.

461. The School Health Program. Credit 3 hours. Prerequisites: HS 131 and 132 or 133 and Junior standing. A study of administrative policies, procedures and principles essential to the development and implementation of a comprehensive school health program.

462. Health Seminar. Credit 3 hours. Prerequisite: Junior standing. Course identified by description each semester offered. An in-depth study of assigned topics will be required.

463. Health Seminar. Credit 3 hours. Prerequisite: Junior standing. Course identified by description each semester offered. An in-depth study of assigned topics will be required.

464. Health Seminar. Credit 3 hours. Prerequisite: Junior standing. Course identified by description each semester offered. An in-depth study of assigned topics will be required.

601 [501]. Statistical Methods in Health Studies. Credit 3 hours. Special parametric and non-parametric statistics applicable to research techniques in health studies.

603 [503]. Contemporary Problems and Issues in Health. Credit 3 hours. Identification and study of current problems and issues in health and health education. Extensive reading and critical analysis of literature required.

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

618 [518]. School Health Services. Credit 3 hours. Development, maintenance and protection of the health of students including appraisals, screening, communicable disease control, emergency care, school health records, health counseling, follow-up, health of school personnel, legal aspects and special services.

620. Drug Education Programming. Credit 3 hours. A study of overall drug use and abuse in our society, especially among youth. Particular attention will be given to the historical foundations of prevention and review of successful drug prevention programs. Includes drug education curriculum development and evaluation strategies.

621. Sexuality Education Programming. Credit 3 hours. The acquisition of human sexuality information and an exploration of personal values and current sexuality research. Includes sexuality education curriculum development and evaluation strategies.

622. Stress Management Programming. Credit 3 hours. Of importance will be the mind-body connection and the psycho-physiological effects of stress on health. Emphasis will be placed on prevention of stress and demonstration of a variety of strategies to control stress and tension.

Includes stress management program development and evaluation strategies.

624. Health Counseling. Credit 3 hours. To provide health care providers, educators and counselors the opportunity to develop skills and knowledge to advise students and clients confronted with personal health concerns.

626. Health Aspects of Aging, Death and Dying. Credit 3 hours. Students will examine the physiological, psychological, and socioeconomic aspects of aging, death and dying. Special consideration will be given to health needs and crisis, medical-care programs, wellness lifestyles, self-actualization and creativity, death, dying, and bereavement.

627. Current Health Practices and Preventive Medicine. Credit 3 hours. This course will apply unified concepts of health and disease, including the body, mind and spirit, to a sound philosophy of the personal obligation to preserve one's own health; examine holistic approaches to health care and delivery and health behavior by addressing the biological, psycho-social, and environmental factors which emphasize the prevention of disease and maintenance of optimum health; analyze the application of wellness programs to business, industrial and educational settings.

628. Health Seminar. May be repeated as topics vary. Credit 3 hours. Course identified by description each semester offered. 629. Health Seminar. May be repeated as topics vary. Credit 3 hours. Course identified by description each semester offered.

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 health. May be repeated as topics vary. A maximum of 6 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 health not covered in other courses. May be repeated as topics vary. A maximum of six hours may be used in a degree plan.

635. Worksite Health Promotion. Credit 3 hours. An analysis of strategies for planning, implementation, and evaluation of health promotion programs in worksite settings. Topics include: successful worksite models, assessing corporate culture, screening approaches, and legal issues.

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 and prevention of disease. Development of nutritional plans 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.

637. Epidemiology of Chronic Disease. Credit 3 hours. Prerequisite: HS/KIN 601 or permission of Department Head. An introduction to the principles and practices of epidemiologic methods used in chronic disease investigations. Selected disease will be examined to clarify the role of epidemiology in understanding disease processes across populations. Specific application will be made concerning the prevention of disease and promotion of behavior change.

638. Program Planning and Evaluation. Credit 3 hours. Analysis of planning models and diagnostic techniques used to design programs in a variety of settings. Emphasis on systematic analysis of needs, establishment of objectives and development of evaluation strategies.

710. Internship in Health Promotion. Credit 3-6 hours. Prerequisite: Permission of the Department Head. A field work experience that provides an opportunity for students to perform all the health promotion activities that a regularly-employed staff member would be expected to perform. The purpose is to prepare professionals with practical skills for promoting health-enhancing strategies in others.

770. Thesis. Credit 1-6 hours each semester, with 6 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: HS 601 and 606 or 607.

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.

230. Physical Fitness Concepts. Credit 3 hours. This course is designed to meet the needs of each individual in the knowledge, care and use of the body in attaining and maintaining physical fitness. This course will include laboratory experience.

241. Prevention and Management of Motor Performance Injuries. Credit 3 hours. 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.

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 cumulative 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, 243, Health Studies 132, 341, 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, 243, Health Studies 132, 341, 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.

395. Kinesiology Seminar. Credit 3 hours. Prerequisite: Junior or Senior standing and permission of Department Head. Examination of specialized topics in Kinesiology, Physical Education, and Exercise Science. Course identified by title and description of content covered. May be repeated one time as topics vary.

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 cumulative 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, 243, Health Studies 132, 341, 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 364 and 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, 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.

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 and 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.

RECREATION (REC)

202. Canoeing. Credit 1 hour. Prerequisites: Ability to swim and permission of the department (KINL 109 or equivalent). An elementary course involving the development of basic skills and knowledge in canoeing. Three hours a week.

271. Camp Leadership. Credit 3 hours. A course designed to familiarize the student with camping skills and a knowledge of camp organization and administration. Practical camping experience on at least one selected week-end. Two hours lecture and two hours laboratory a week.

291. School and Community Recreation. Credit 3 hours. An introductory course to the field of recreation with attention directed toward public and school sponsored recreation.

442/542. Recreation Leadership. Credit 3 hours. A course designed to prepare students for leadership in recreation. Practical applications in the areas of recreation. One hour lecture and four hours laboratory a week.

481. Field Work in Recreation. Credit 3 hours.

SAFETY EDUCATION (SAFT)

202. General Safety Education. Credit 3 hours. A comprehensive accident prevention program in school and public service. Consideration is given to the following areas: Safety as a social problem; the cause of accidents; the development of safety skills; teacher liability; and safety research.

203. Motorcycle Rider Workshop. Credit 3 hours, three week duration. For individuals interested in developing knowledge and skill in the proper methods of safe motorcycle riding. Students successfully completing the course will be recommended for the instructors certification course. Special attention is given to the motorcycle in the Highway Transportation System; Louisiana Laws; the State Department of Education and Cycle Safety; Teacher Liability and Insurance; Dealer-School Relations; the Cycle Loan Program; and Motorcycle Safety at the national level.

211. Driver Education and Traffic Safety. Credit 3 hours. Prerequisite: A student must have a current driver's license free from violations. Administrative problems and policies, instructional materials and content of the high school course in driver education. Two hours lecture and two hours laboratory a week.

311. Multi-Media Systems in Driver Education. Credit 2 hours. Prerequisite: Safety 211. An introduction to the unique adaptations of newer media systems to the broad problems in driver and traffic safety. The purpose of the course is to provide teachers and prospective teachers with practical experiences in development of media materials, to understand the proper use of media equipment, and to provide experience in media programming.

312. Simulation in Driver Education. Credit 2 hours. Prerequisite: Safety 211. Simulation is an audiovisual instructional method designed to complement and supplement other instructional techniques utilized in the driver education program. The basic purpose of the course is to introduce teachers and prospective teachers to driving simulation, proper use and maintenance of simulation equipment, and to provide experiences in driving simulation instruction.

411/511. Methods in Driver and Traffic Safety Education. Credit 4 hours. Prerequisites: Safety 211, 311 and 312. A student must have a current driver's license free from violation. Methods and techniques to develop competence in transferring knowledge and skills as well as inspiring satisfactory attitudes in driver and traffic safety. Organization and administration of the driver education program with emphasis on scheduling, financing, and public relations. Each student must demonstrate competency to teach beginners to drive. One hour lecture and eight hours laboratory a week.

601 [501]. Motorcycle Instructor's Workshop. Credit 3 hours. Three week duration. Prerequisite: Valid Louisiana Driver's License or equivalent and/or motorcycle endorsement. For teachers and individuals interested in developing an instructional program in motorcycle safety. Special attention given to the motorcycle in the highway transportation system; Louisiana Laws; the State Department

of Education and Cycle Safety; teacher liability and insurance; dealer-school relations; the cycle loan program; motorcycle safety at the national level; and basic instructional techniques for two-wheel vehicles.