

KINESIOLOGY (KIN)

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.

190. Introduction to the Health and Physical Education Teacher Education Profession. Credit 1 hour. A basic orientation and introduction to the health and physical education profession. Emphasis will be on interpretation, opportunities and obligations, and the development of the basic concepts that are pertinent to the profession. Three hours of observation in the public schools are required. This is a nine week course.

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.

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.

232. Introduction to Sport Management. Credit 3 hours. This course is designed to prepare the individual for the academic and professional field of sport management. An introductory course concerned with the disciplinary foundations of sport and physical activity, opportunities available in various segments of the sport industry, and professional preparation and development.

235. Foundations of Coaching. Credit 3 hours. Special attention to issues related to the coaching field. Topics include but are not limited to developing a coaching philosophy, coaching constituents, team unity, sport psychology, legal issues, and the coach as administrator.

251. Motor Development and Movement. Credit 3 hours. Focuses on stage theories and developmental task analysis of motor skill acquisition. A study of motor development, movement and the child-centered approach to teaching movement in grades K-6. Develops understanding and skills concerning the broad concept of motor development across the life span. This course will provide experience in classroom observation and supervised teaching.

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 or more hours), 2.0 grade point average. Provides student with sport management experience in an assignment approved by the instructor. Enrollment is limited to students majoring in Sport Management.

300. Mitigating Risk and Minimizing Injuries in Athletic Competition. Credit 3 hours. This course focuses on prevention and care of sports injuries and risk reduction in the sports arena. Special attention is given to factors related to liability and other legal issues associated with the coaching profession, as well as the recognition and appropriate response to injuries and illnesses common to sports.

301. Coaching Baseball and Softball. Credit 3 hours. Prerequisite: KIN 235 or permission of department head. Focuses on theory and methods of coaching baseball and softball. Includes rules of the sport, individual and team skills, offensive and defensive strategies, development of practice schedules and sport-specific training and conditioning. Expertise in sport is expected of students enrolling in the course.

302. Coaching Basketball. Credit 3 hours. Prerequisite: KIN 235 or permission of department head. Focuses on theory and methods of coaching basketball. Includes rules of the sport, individual and team skills, offensive and defensive strategies, development of practice schedules and sport-specific training and conditioning. Expertise in sport is expected of students enrolling in the course.

303. Coaching Football. Credit 3 hours. Prerequisite: KIN 235 or permission of department head. Focuses on theory and methods of coaching football. Includes rules of the sport, individual and team skills, offensive and defensive strategies, development of practice schedules and sport-specific training and conditioning. Expertise in sport is expected of students enrolling in the course.

304. Coaching Volleyball. Credit 3 hours. Prerequisite: KIN 235 or permission of department head. Focuses on theory and methods of coaching volleyball. Includes rules of the sport, individual and team skills, offensive and defensive strategies, development of practice schedules and sport-specific training and conditioning. Expertise in sport is expected of students enrolling in the course.

305. Coaching Cross Country and Track & Field. Credit 3 hours. Prerequisite: KIN 235 or permission of department head. Focuses on theory and methods of coaching track & field and cross country. Includes rules of the sport, individual and team skills, offensive and defensive strategies, development of practice schedules and sport-specific training and conditioning. Expertise in sport is expected of students enrolling in the course.

306. Special Topics in Coaching. Credit 3 hours. Selected topic in coaching that are not covered in existing courses. This course may be repeated as topics vary.

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.

332. Sport Information and Media Relations. Credit 3 hours. Prerequisites: ENGL 322, Junior Standing or permission of the Department Head. The course is designed to introduce students to the role of effective communication in the sport industry. The nature and function of communication will be examined in a variety of settings. Emphasis will be placed on interpersonal communications, public relations, mass media relations, media promotion techniques and innovative technology within the sport industry.

333. Governance in Sport. Credit 3 hours. Prerequisite: Junior Standing. This course is designed to examine the various governing bodies in professional and amateur sport. Students will study how the governing bodies involved affect the structure, organization, and delivery of sport.

334. Social Aspects of Sport. Credit 3 hours. Prerequisite: Junior Standing. This course is designed to provide an introduction to sociological issues, practices and phenomena associated with sport. Course content explores such areas as social theories, the social significance of sport in society, social problems related to sport, the interaction of sport and other social institutions, and international cultures and sport.

335. Special Topics in Sport Management. Credit 3 hours. Prerequisite: Junior Standing. May be repeated one time as topics vary. Course identified by description each semester offered. This course provides an opportunity for in-depth study of selected topics in sport management.

351. Physical Education in the Elementary School. Credit 3 hours. Prerequisites: Health and Physical Education major, Junior standing, 2.5 GPA, EDUC 203, EDUC 212, and KINL 221. 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.

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.

365. Behavioral Aspects of Physical Activity. Credit 3 hours. Prerequisites: HS 132, KIN 191, PSYC 204, and Junior standing or approval of Department Head. A presentation of the basic concepts related to exercise behavior. The content will include a variety of topics related to the psychosocial dimensions of exercise behavior to include participation, motivation, and adherence. Theoretical models of exercise adoption and behavior change will also be presented.

366. Facility and Event Management. Credit 3 hours. Prerequisites: KIN 232 and Junior standing, or permission of Department Head. This course is designed to assist the sport management major with acquiring the necessary knowledge and skills needed to manage a sport facility and to plan a sporting event. The course will provide information concerning the planning, organization, and administration of sport facilities and event management. A key component of the course is the planning and organizing of an event. Field-based practicum hours are included. This course is limited to students majoring in Sport Management.

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: Junior Standing or permission of the Department Head. 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 3 hours. Prerequisites: Junior standing, and ZOO 250/252 or ZOO 251/253 or permission of the Department Head. Neuromuscular, cardiorespiratory, hormonal and environmental responses and adaptations to exercise are covered with an emphasis on bioenergetics. Laboratory experience will include experiments which reveal the principles of exercise physiology. Two hours of lecture and two hours of lab per week.

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.

405. Health and Physical Education Methods in the Elementary School. Credit 3 hours. Prerequisites: HS 232 and current enrollment in EDUC 415. A course for elementary education majors. Health and physical education curriculum for the elementary school. Includes study of principles of lesson development and demonstration of health and physical education teaching techniques to elementary school children. Two hours lecture and two hours laboratory per week.

406. Sport Promotion and Fundraising. Credit 3 hours. Prerequisites: KIN 232 and MRKT 303 and Junior standing, or permission of Department Head. This course is designed to study the areas of marketing,

promotion, and fundraising within the context of interscholastic, intercollegiate, amateur, and professional sports. The course will include a general introduction to the history of sport marketing, promotions in the sport industry, sponsorships, trends, event management, booster clubs, and fundraising. Field-based practicum hours are included. This course is limited to students majoring in Sport Management.

410. Internship in Exercise Science, Fitness or Sport Management. Credit 3-6 hours. A senior-level internship during which students engage in practical experience in the field. A minimum of 320 field-based hours is required for course completion. Detailed requirements are provided in the catalogue in the Department of Kinesiology and Health Studies section. May be repeated for a total of six hours.

424. Fitness Testing and Prescription. Credit 3 hours. Prerequisites: Kinesiology 392. 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. Two hours of lecture and two hours of laboratory each week.

426 [326]. Strength Development and Conditioning Program. Credit 3 hours. Prerequisites: KIN 392. Instruction in basic physiological adaptations to strength and speed development, exercise prescription and testing for athletes, and facility design and safety.

431. Measurement and Evaluation. Credit 3 hours. Prerequisites: Junior Standing and EDUC 201 or 203 or permission of the Department Head. 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. Clinical Aspects of Exercise Testing and Prescription. Credit 3 hours. Prerequisite: Kinesiology 392, Junior standing, 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. Two hours of lecture and two hours of laboratory each week.

436. Psychosocial Dimensions of Physical Activity. Credit 3 hours. Prerequisite: Junior standing or permission of the Department Head. 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. Prerequisite: Junior standing or permission of the Department Head. 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: Junior standing and KIN 232 and KIN 380, or permission of the Department Head. 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.

460. Teaching Physical Education in the Secondary Schools. Credit 3 hours. Prerequisites: Full SARTE status, KIN 351, KINL 209, 210, 212, 213, 214, 217, 218, 219, 221, 222, and completion or concurrent enrollment in KIN 431, or permission of the Department Head. A course that focuses on teaching methods and materials in secondary physical education settings (junior high/high school). Intended to be taken during the semester just prior to student teaching. Activities will primarily center on curricular issues and planning, teaching, and evaluating instruction. This course will provide experience in classroom observation and supervised teaching.

490. Internship in Sport Management. Credit 9 hours. Prerequisites: Senior standing, 2.0 GPA, completion of the majority of coursework required in the degree (no more than 6 hrs remaining), earning a grade of C or higher in all indicated courses, completion of KIN 332, 333, 334, 380, 406, 451, FIN 381 and MGMT 351. During the last semester of the senior year, a final field experience is required for all sport management students. Students will gain experience in methodologies, administration techniques, and programs specific to the internship site. Minimum of 400 hours (approximately 27 hours/wk for 15 weeks).

491/591. Introduction to Physical Education for Individuals with Disabilities. 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 of Individuals with Disabilities. 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 Individuals with Physical Disabilities and Other Impairments. 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 for KIN 494: KIN 491, Junior standing, or permission of Department Head. Prerequisites for KIN 594: KIN 491, or 591, or permission of Department Head. 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.

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

606. 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.

610. 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.

612. 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.

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.

621. 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.

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. Cardiorespiratory Aspects of Exercise. Credit 3 hours. Prerequisites: KIN 392 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. 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.

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

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

632. Independent Research. Credit 3 hours. Prerequisite: Must be a graduate student in the Health & Kinesiology Master of Arts program and have taken at least 9 hours of graduate course work including KIN 601 or 606 or permission of the Department Head. Student will demonstrate research design and literature review competency. If a research study is implemented, student must obtain appropriate IRB approval.

634. Independent Reading. Credit 3 hours. Prerequisite: Must be a graduate student in the Health & Kinesiology Master of Arts program and have taken at least 9 hours of graduate coursework or 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 permission of the 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 or permission of the Department Head. 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, KIN 424, and KIN 434 or permission of the 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.

646. Grant Proposal Writing. Credit 3 hours. Focuses on the necessary competencies and skills of writing and submitting proposals and evaluating and administering grants for health education, allied health, kinesiology and related fields including schools, communities and work sites.

693. Socio-Cultural Issues in Sport and Physical Activity. Credit 3 hours. The sport manager must understand people who engage in sport within their respective living environments, thus comprehending their interest and values for sport participation and/or their sport spectator interest. Social and cultural influences on sport, as well as those revealed through sport will be discussed.

695. Legal Issues in Sport and Fitness. Credit 3 hours. Study of the law and implications relative to sport and fitness. Emphasis on safety procedures, preventative measures, and legal responsibilities of the sport and fitness professional.

696. Managing Events and Facilities in Sport and Fitness. Credit 3 hours. This course is designed to provide the knowledge and skills needed for the sport and fitness professional to successfully manage sport and fitness facilities and events. Topics include planning facilities and events, staff management, marketing, scheduling, and event operations.

697. Financial Management in Sport. Credit 3 hours. Financial management, planning and budgetary components of the sport industry. Through this course students will obtain the problem solving and decision making abilities to maximize success in the sport industry.

710. Internship in Kinesiology. Credit 3-6 hours. Prerequisite: Permission of the Department Head. A field work experience offered at a setting that directly relates to the student's academic preparation and intended employment or area of interest. The purpose is to provide an opportunity for students to perform and demonstrate professional competencies that a regularly employed staff member would be expected to perform.

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.