

KINESIOLOGY (KIN)

NOTE: All prerequisites for Kinesiology (KIN) courses must be completed with a grade of "C-" or better.

Kinesiology (KIN) Courses

KIN 1001. Individual Physical Activities. (0-3) 1 Credit Hour.

Practice in the techniques of individual physical activities. Sections focus on particular sports or fitness activities as indicated in the Schedule of Classes. May be repeated for credit, but not more than 6 semester credit hours of KIN 1001 alone or in combination with KIN 1101 will apply to a bachelor's degree. Course Fee: LRHC \$10; PAG1 \$20; STHC \$6.

KIN 2123. Exercise as Medicine. (3-0) 3 Credit Hours. (TCCN = KINE 1338)

Prerequisite: KIN 2303 or consent of instructor. This course is designed to provide students with developmentally appropriate knowledge and skills in health and fitness. The course will address health-related issues in personal, interpersonal, and community settings. An individual fitness requirement may be required. May be applied toward the Core Curriculum requirement in Social and Behavioral Sciences. Course Fees: DL01 \$75; LRHC \$10; PAG1 \$20; STHC \$18.

KIN 2141. Medical Terminology. (1-0) 1 Credit Hour.

This course examines the word roots, prefixes, suffixes and terms used in medicine and clinical exercise. A major focus will be on the terms used in the major organ systems of the body, diseases, injuries, and medical treatments. Course Fee: DL01 \$25; LRHC \$10; STHC \$6.

KIN 2211. Basic Life Support and Advanced First Aid. (1-1) 1 Credit Hour.

A study of advanced first aid procedures, cardiopulmonary resuscitation (CPR), and automated external defibrillation (AED) for health care providers. Upon successful completion of this course, students become eligible to obtain certification in advanced first aid from the American Academy of Orthopedic Surgeons and Basic Life Support from the American Heart Association. (Formerly titled "First aid and CPR". Formerly KIN 3213. Credit cannot be earned for both KIN 2211 and KIN 3213). Course Fee: KSM1 \$10; LRHC \$10; STHC \$6; DL01 \$25.

KIN 2303. Foundations of Kinesiology. (3-0) 3 Credit Hours. (TCCN = KINE 1301)

Study of the history and philosophy of physical activity, and an introduction to anatomy, physiology, biomechanics, motor behavior, and psychology of exercise and sport. This course will also introduce careers in kinesiology and the requirements for graduation with a degree in kinesiology. (Formerly titled "Cultural and Scientific Foundations of Kinesiology.") Course Fee: LRHC \$10; STHC \$18; DL01 \$75.

KIN 2403. Statistics for Sports and Human Performance. (3-0) 3 Credit Hours.

Prerequisite: MAT 1023 or MAT 1073. This course is designed to provide students with knowledge and skills to use descriptive and inferential statistics to summarize, analyze, and interpret data in the field of Kinesiology. Emphasis will be placed on the selection of appropriate statistics based on the purpose of the analysis, the use of statistical analysis software to conduct data analysis, and the interpretation and discussion of the results.

KIN 2441. Management in Kinesiology. (1-0) 1 Credit Hour.

Prerequisite: KIN 2303. Introduction to concepts and skills that will prepare the student to become an effective leader of physical fitness, including program and facility organization, administration, and oversight. Course Fee: DL01 \$25; LRHC \$10; STHC \$6.

KIN 3013. Theory of Coaching. (3-0) 3 Credit Hours.

This course will discuss the principles and philosophies of coaching sports in a modern environment. Domains will remain consistent with that of the National Standards for Sport Coaches. Areas of focus: The study of professional and development of personal coaching philosophies, understanding and implementing mission-vision-values, mindset, awareness, and effective feedback. Student coaches will also gain certification through the NFHS coaching diploma. This course qualifies as part of the Athletic Coaching Certificate. Course Fee: LRHC \$10; STHC \$18.

KIN 3053. Fitness Instruction. (2-3) 3 Credit Hours.

The course will discuss how to design, choreograph and lead a group fitness class, training on modalities (including walking/jogging, hiking, strength and resistance, HIIT and interval, boot camp, yoga, cycling, and more), essentials of exercise and physiology, foundations of nutrition and healthy eating, how to adapt for special populations like pregnant and senior participants, business skills, and professional responsibilities. (Same as KIN 3051 + KIN 2111. This course satisfies the requirement for both KIN 3051 and KIN 2111; credit may only be earned for one of the following: KIN 3051, KIN 2111, or KIN 3053.) Course Fee: LRHC \$10; KSM1 \$10; PAG1 \$20; STHC \$18.

KIN 3073. Principles of Strength and Conditioning. (3-0) 3 Credit Hours.

Prerequisite: KIN 3433. Analysis of exercise techniques and technical considerations of assessing, designing, and implementing strength training and conditioning programs. Includes the concepts of program design for resistance, plyometric, speed, agility, and aerobic endurance training. Also includes the concepts of periodization to improve sports performance. (Same as KIN 3071. This course satisfies the requirement for KIN 3071; credit cannot be earned for both KIN 3071 and KIN 3073.) Course Fee: LRHC \$10; PAG1 \$20; STHC \$18.

KIN 3083. Practical Applications of Strength and Conditioning. (2-3) 3 Credit Hours.

Prerequisite: KIN 3463. Analysis of practical implementation of strength and conditioning training and assessment modalities, including the application of warm-up and flexibility training and exercise technique analysis for resistance, speed, agility, plyometrics, and aerobic endurance training concepts.

KIN 3103. Motor Development. (3-0) 3 Credit Hours.

A study of motor, physical, and neuromuscular development across the human life span. Effects of social, cognitive, growth and maturation, and aging factors on motor development will be addressed. Course Fee: LRHC \$10; STFK \$57; STHC \$18; DL01 \$75.

KIN 3223. Coaching Leadership. (3-0) 3 Credit Hours.

This course will discuss an athletic principled leadership model and decision-making and problem-solving techniques used by modern coaches. The student will learn to lead the team as a head coach through discussion of leadership scenarios. KIN 3013 is highly recommended as a prerequisite. This course qualifies as part of the Athletic Coaching Certificate. Course fees: LRHC \$10; KSM1 \$10; PAG1 \$20; STHC \$18.

KIN 3303. Care and Prevention of Athletic Injuries. (3-0) 3 Credit Hours.

Prerequisite: KIN 3463. Prevention and care of athletic injuries. A study of training and conditioning for the team and individual. Techniques and procedures for emergencies: diagnostic, preventive, and remedial measures. Organization of the training room facility. Directed field experience may be required. (Formerly titled "Athletic Injuries and Training Procedures.") Course Fee: KSM1 \$10; LRHC \$10; STHC \$18; DL01 \$75.

KIN 3311. Anatomy and Physiology for Kinesiology Laboratory. (1-1) 1 Credit Hour.

Prerequisite: KIN 2303; completion of or concurrent enrollment in KIN 3313. This laboratory-based course will use 3D anatomical models to study human anatomical systems and physiological processes. This lab will complement the content covered in KIN 3313.

KIN 3313. Anatomy and Physiology for Kinesiology. (3-0) 3 Credit Hours.

Prerequisite: KIN 2303; and completion of or concurrent enrollment in KIN 3311. This course is designed to provide students with fundamental knowledge of anatomy and physiology with an emphasis on cardiovascular, respiratory, endocrine, digestive, lymphatic/immune, muscular, nervous, and renal systems. Course Fee: KSM1 \$10; LRHC \$10; STHC \$18; DL01 \$75.

KIN 3321. Biomechanics Laboratory. (1-1) 1 Credit Hour.

Prerequisite: KIN 3313 or BIO 2053; completion of or concurrent enrollment in KIN 3323. Quantitative and qualitative evaluation of human movement through analysis of video and biomechanical data. Application of Biomechanics to sports performance enhancement and injury prevention. This lab will complement the content covered in KIN 3323. Course Fee: KSM1 \$10; LRHC \$10; STHC \$6; DL01 \$25.

KIN 3323. Biomechanics. (3-0) 3 Credit Hours.

Prerequisite: KIN 3463 and an anatomy course (KIN 3313 or BIO 2053); Students in KIN-Physical Education concentration must submit a prerequisite override to take the course without KIN 3463; Completion of or concurrent enrollment in KIN 3321 for Kinesiology majors. The study of the human body in sports motion and sport objects in motion. The application of mechanical principles, kinematics, and kinetics. Course Fee: LRHC \$10; STHC \$18; DL01 \$75.

KIN 3413. Instruction of Sports Activities and Games. (3-0) 3 Credit Hours.

Development, organization, and delivery of appropriate physical activities for children through the adolescent stage. Some practicum teaching experience is required. Course Fee: LRHC \$10; PAG1 \$20; STHC \$18.

KIN 3431. Exercise Physiology Laboratory. (1-1) 1 Credit Hour.

Prerequisite: KIN 3313 or BIO 2063; Completion of or concurrent enrollment in KIN 3433. Laboratory exercises demonstrating principles of exercise physiology. Topics include metabolic, cardiorespiratory, and neuromuscular responses to physical activity and exercise. This lab will complement the content covered in KIN 3433. Course Fee: KSM1 \$10; LRHC \$10; STHC \$6; DL01 \$25.

KIN 3433. Exercise Physiology. (3-0) 3 Credit Hours.

Prerequisite: KIN 3313 or BIO 2063; Completion of or concurrent enrollment in KIN 3431 for Kinesiology majors. A study of the adaptation and effects of the body to physiological stress. Emphasis will be placed on the physiology of training, metabolism and work capacity, and electrocardiography. Course Fee: LRHC \$10; STHC \$18; DL01 \$75.

KIN 3441. Assessment of Fitness and Performance Laboratory. (1-1) 1 Credit Hour.

Prerequisite: KIN 3433; Completion of or concurrent enrollment in KIN 3443. This course includes laboratory, measurements, and evaluation of aerobic capacity, body composition, flexibility, muscular strength/endurance, power, and agility. Students are required to demonstrate competence in administering fitness tests. This lab will complement the content covered in KIN 3443. (Formerly titled "Graded Exercise Testing and Fitness Assessment Lab"). Course Fee: KSM1 \$10; LRHC \$10; STHC \$6; DL01 \$25.

KIN 3443. Assessment of Fitness and Performance. (3-0) 3 Credit Hours.

Prerequisite: KIN 3433; Completion of or concurrent enrollment in KIN 3441. Study of the principles and concepts of measurement and evaluation of fitness and athletic performance. Topics include graded exercise testing, assessment of aerobic capacity, body composition, flexibility, muscular strength/endurance, power, and agility. (Formerly titled "Graded Exercise Testing and Fitness Assessment.") Course Fee: LRHC \$10; STHC \$18; DL01 \$75.

KIN 3453. Exercise Prescription. (3-0) 3 Credit Hours.

Prerequisite: KIN 3433. A study and application of principles and concepts related to designing exercise programs. The target population includes apparently healthy adults and individuals with special considerations, including cardiovascular disease, pulmonary disease, obesity, diabetes, pregnancy, and children. Course Fee: KSM1 \$10; LRHC \$10; STHC \$18; DL01 \$75.

KIN 3463. Musculoskeletal Anatomy. (3-0) 3 Credit Hours.

Prerequisite: Completion of or concurrent enrollment in KIN 3313 or BIO 2053. A detailed examination of the musculoskeletal system. This course focuses on bones, bone markings, articulations, and origins, insertions, actions, and innervations of the muscles. The course is designed to provide students with knowledge of musculoskeletal anatomy that is fundamental to understanding sports, exercise, and rehabilitation sciences. Course Fee: KSM1 \$10; LRHC \$10; STHC \$18; DL01 \$75.

KIN 4023. Exercise Psychology. (3-0) 3 Credit Hours.

Prerequisite: KIN 2303. An investigation of psychological processes and behaviors related to participation in exercise and physical activities. Psychological effects of exercise, motives for fitness, exercise adherence, and fitness counseling. Course Fee: LRHC \$10; STHC \$18; DL01 \$75.

KIN 4043. Therapeutic Modalities. (3-0) 3 Credit Hours.

Prerequisites: KIN 3303, KIN 3463, KIN 4143, and admission to one of the following concentrations: Athletic Training, Kinesiology and Health Science, or Rehabilitation Science. This course is designed to introduce students to a variety of therapeutic modalities currently used in clinical rehabilitation. Students will learn the theoretical basis and application procedures for a variety of modalities including therapeutic heat and cold, electrotherapy, therapeutic massage, ultrasound, and laser/light therapy. Course Fees: KSM1 \$10; LRHC \$10; STHC \$18.

KIN 4113. Evaluation. (3-0) 3 Credit Hours.

Prerequisite: KIN 2403. Application of test, measurement, and evaluation theory. Emphasis is on proper selection and administration of tests, appropriate evaluation of test results using basic statistical procedures, and assignment of grades. Course Fee: DL01 \$75; LRHC \$10; PAG1 \$20; STHC \$18.

KIN 4123. Introduction to Sport Psychology. (3-0) 3 Credit Hours.

Prerequisite: KIN 2303. This course involves an in-depth study of the psychological factors that underlie and support human behavior and performance, particularly as it relates to sports. This course introduces contemporary and practical theories regarding mental processes and applicable uses for this information. (Formerly titled "Psychosocial Aspects of Exercise and Sport.") Generally offered: Fall, Spring. Course Fees: DL01 \$75; LRHC \$10; STHC \$18.

KIN 4143. Evaluation of Athletic Injuries. (3-1) 3 Credit Hours.

Prerequisite: KIN 3303 and KIN 3463, and admission to one of the following concentrations: Athletic Training, Kinesiology and Health Science, or Rehabilitation Science. The course is designed to provide students with knowledge of the etiology and pathophysiology of common musculoskeletal injuries occurring in sport and exercise, clinical assessment of injuries, and proper taping and wrapping techniques. One-hour labs are required each week in addition to the lecture hours. (Formerly titled "Advanced Athletic Training.") Course Fee: KSM1 \$10; LRHC \$10; STHC \$18; DL01 \$75.

KIN 4233. Advanced Exercise Physiology. (3-0) 3 Credit Hours.

Prerequisite: KIN 3433. In-depth study of exercise physiology, emphasizing application of physiological principles of training for physical fitness and sport performance, graded exercise testing, and professional issues. This course includes introduction to research in exercise physiology. Course Fees: KSM1 \$10; LRHC \$10; STHC \$18.

KIN 4243. Musculoskeletal Rehabilitation. (3-0) 3 Credit Hours.

Prerequisite: KIN 4143 and admission to one of the following concentrations: Athletic Training, Kinesiology and Health Science, or Rehabilitation Science. This course examines various therapeutic exercises and programs used in the treatment and rehabilitation of exercise-related injuries. Course Fee: KSM1 \$10; LRHC \$10; STHC \$18; DL01 \$75.

KIN 4253. Exercise Nutrition. (3-0) 3 Credit Hours.

Prerequisite: KIN 3433 or NDT 2043. This course will address the basic concepts of nutrition from a scientific basis, applying these concepts to understanding of food nutritional labeling, dietary recommendations for health and fitness, as well as exercise or sport performance enhancement. Course Fee: KSM1 \$10; LRHC \$10; STHC \$18; DL01 \$75.

KIN 4263. Clinical Exercise Physiology. (3-1) 3 Credit Hours.

Prerequisites: KIN 3441, KIN 3443, and KIN 3453. This course will examine the essential knowledge, skills, and abilities necessary for exercise physiology practiced in clinical settings. Topics will include diseases of the cardiovascular, pulmonary, and metabolic systems. Skills in administering graded exercise testing with ECG monitoring, pulmonary function testing, and screening for metabolic disease will be emphasized in laboratory settings. Additionally, exercise prescription and programming will be studied for persons with chronic disease. Course Fees: KSM1 \$10; LRHC \$10; STHC \$18.

KIN 4343. Fundamental Motor Skills. (3-0) 3 Credit Hours.

Provide instruction in facilitating motor skills, which provide the basis for all movement capacities and their application in specialized activities geared to the early childhood through adolescent stages. Some practicum teaching experience is required. Course Fee: LRHC \$10; PAG1 \$20; STHC \$18.

KIN 4403. Motor Learning. (3-0) 3 Credit Hours.

Prerequisite: KIN 3313 or BIO 2053. Functional applications of motor control and learning theory in skill instruction and sports performance. Course Fee: DL01 \$75; LRHC \$10; STHC \$18.

KIN 4413. Coaching Methods. (3-0) 3 Credit Hours.

This course studies the physical application, planning, and practical implementation of different coaching methodologies in modern sporting environments. It will provide students with the necessary craft and skillsets to teach, assess, and self-evaluate their athletes through LTAD (Long Term Athletic Development) and relative age effect developmental models. This class will be approximately 30% theory and 70% practical format. KIN 3013 is highly recommended as a pre-req. This course qualifies as part of the Athletic Coaching Certificate. Course Fee: LRHC \$10; PAG1 \$20; STHC \$18.

KIN 4423. Developmental/Adapted Physical Activity. (3-0) 3 Credit Hours.

Prerequisite: KIN 3103. A developmental and functional approach to the study of disabilities in physical activity. Legislation, pathologies, and adaptation principles. Off-campus service-learning experience is required throughout the course. Course Fee: DL01 \$75; LRHC \$10; PAG1 \$20; STHC \$18.

KIN 4903. Service Learning in Kinesiology. (3-0) 3 Credit Hours.

Prerequisite: KIN 2303 and junior or senior status. This course is designed to provide students with knowledge and skills related to community engagement through education and promotion of physical activity and healthy lifestyle. The course will address the development of professional skills and identities in areas of civic engagement, social justice, and working with multicultural communities through group projects and service-learning that aim to improve knowledge, access, and participation in physical activity. 50 hours of service-learning hours are required. Restricted to Kinesiology majors.

KIN 4911. Independent Study. (0-0) 1 Credit Hour.

Prerequisite: Permission in writing (form available) from the instructor, the student's advisor, the Department Chair, and the Dean of the College in which the course is offered. Independent reading, research, discussion, and/or writing under the direction of a faculty member. Student must dedicate 50 hours to complete the 1-credit hour independent study. May be repeated for credit, but not more than 6 semester credit hours of independent study, regardless of discipline, will apply to a bachelor's degree. Course Fee: STHC \$6; LRHC \$10.

KIN 4912. Independent Study. (0-0) 2 Credit Hours.

Prerequisite: Permission in writing (form available) from the instructor, the student's advisor, the Department Chair, and the Dean of the College in which the course is offered. Independent reading, research, discussion, and/or writing under the direction of a faculty member. Student must dedicate 100 hours to complete the 2-credit hour independent study. May be repeated for credit, but not more than 6 semester credit hours of independent study, regardless of discipline, will apply to a bachelor's degree. Course Fee: STHC \$12; LRHC \$10.

KIN 4913. Independent Study. (0-0) 3 Credit Hours.

Prerequisite: Permission in writing (form available) from the instructor, the student's advisor, the Department Chair, and the Dean of the College in which the course is offered. Independent reading, research, discussion, and/or writing under the direction of a faculty member. Student must dedicate 150 hours to complete the 3-credit hour independent study. May be repeated for credit, but not more than 6 semester credit hours of independent study, regardless of discipline, will apply to a bachelor's degree. Course Fee: STHC \$18.

KIN 4916. Independent Study. (0-0) 6 Credit Hours.

Prerequisite: Permission in writing (form available) from the instructor, the student's advisor, the Department Chair, and the Dean of the College in which the course is offered. Independent reading, research, discussion, and/or writing under the direction of a faculty member. Students must dedicate 300 hours to complete the 6-credit hour independent study. No more than 6 semester credit hours of independent study, regardless of discipline, will apply to a bachelor's degree. Course Fee: STHC \$36; LRHC \$10.

KIN 4923. Practicum in Kinesiology Research. (0-0) 3 Credit Hours.

Prerequisite: Admission to Kinesiology major and consent of Instructor. This course provides 150 hours of supervised research experience in various areas of Kinesiology. May be repeated for credit, but not more than 6 semester credit hours will apply to a bachelor's degree. (Same as KIN 4926. Formerly KIN 4933. Credit can only be earned for one of the following: KIN 4926, KIN 4933, or KIN 4923.) Course Fee: LRHC \$10; STHC \$18.

KIN 4926. Practicum in Kinesiology Research. (0-0) 6 Credit Hours.

Prerequisite: Consent of Instructor. This course provides 300 hours of supervised research experience in various areas of kinesiology. May not be repeated. (Same as KIN 4933 repeated twice. Credit can only be earned for KIN 4933 or KIN 4926.).

KIN 4931. Clinical Applications of Athletic Injuries. (1-0) 1 Credit Hour.

Prerequisite: Admission to the Athletic Training concentration. This course provides practical applications in prevention, diagnosis, treatment, and rehabilitation of athletic injuries, and includes a minimum of 150 hours of supervised field and clinical experiences in athletic training. May be repeated for credit for a maximum of 6 semester credit hours. Course Fee: LRHC \$10; STFK \$57; STHC \$6.

KIN 4943. Athletic Coaching Practicum. (0-0) 3 Credit Hours.

Prerequisite: KIN 3013, KIN 3223, and KIN 4413, one of the listed prerequisites may be taken concurrently with the practicum; instructor approval is required. Student will complete 150 hours of supervised coaching practicum with appropriate agency in the field of Kinesiology. Student must present the proof of first aid and CPR certification before starting the practicum. May be repeated for credit for a maximum of 6 semester credit hours. (Formerly titled "Practicum in Kinesiology.") Course Fee: LRHC \$10; STHC \$18.

KIN 4953. Special Studies. (3-0) 3 Credit Hours.

Organized course offering the opportunity for specialized study not normally or not often available as part of the regular course offerings. Special Studies may be repeated for credit when topics vary, but not more than 6 semester credit hours, regardless of discipline, will apply to a bachelor's degree. Course Fees: KSM1 \$10; LRHC \$10; STHC \$18; DL01 \$75.

KIN 4963. Internship in Kinesiology. (0-0) 3 Credit Hours.

Prerequisite: Student is required to have a cumulative grade point average of 2.75 or greater and must have junior or senior standing. The student will complete 150 hours of supervised internship with an appropriate agency in the field of kinesiology. May be repeated for credit for a maximum of 6 semester credit hours. (Same as KIN 4936 if repeated twice. Credit cannot be earned for KIN 4963 and KIN 4936.) Restricted to Kinesiology majors. Generally offered: Fall, Spring, Summer.

KIN 4966. Internship in Kinesiology. (0-0) 6 Credit Hours.

Prerequisite: Student is required to have a cumulative grade point average of 2.75 or greater and must have junior or senior standing. Student will complete 300 hours of supervised internship with appropriate agency in the field of Kinesiology. No more than 6 semester credit hours of internship will apply to a bachelor's degree. (Same as KIN 4936. KIN 4966 is equivalent to KIN 4963 repeated twice. Credit cannot be earned for KIN 4963, KIN 4936, and KIN 4966.) Course Fee: LRHC \$10; STFK \$57; STHC \$36.