

# DEPARTMENT OF KINESIOLOGY

Students pursuing a Bachelor of Science degree in Kinesiology may select a concentration in athletic training, rehabilitation science, exercise science, physical education, or strength and conditioning. Students with a concentration in athletic training are prepared to pursue state licensure in athletic training careers. The student must be admitted into the Athletic Training Apprenticeship Program within the UTSA Athletic Department in order to pursue this concentration. National certification in athletic training requires additional academic training in an accredited graduate program. Students with a concentration in rehabilitation science are prepared to pursue careers in health care such as physical therapy and/or occupational therapy. Physical and/or occupational therapy licensure requires additional academic training in an accredited graduate program. Students with a concentration in exercise science are trained for careers in exercise science, clinical exercise, and fitness programming in corporate, commercial, medical, and public settings. Graduates of this concentration are prepared for professional certifications in fitness and exercise physiology. The physical education concentration provides students the academic and professional experience required by the State Board for Educator Certification. To be certified as a teacher by the State of Texas, a student must complete their coursework, have practical teaching experience (student teaching), and pass the Texas Examinations of Educator Standards (TExES). The graduate of this program will then be certified to teach physical education in grades pre-kindergarten–12. Prior to starting the practical teaching experience, a student must be accepted into the Teacher Certification Program. Please refer to the section on Teacher Certification Program in the catalog for more information. Students who graduate from the strength and conditioning concentration will be prepared to earn strength and conditioning specialist certification (CSCS) from the National Strength and Conditioning Association (NSCA).

## Department Honors

The Department of Kinesiology awards Department Honors to certain outstanding students and provides the opportunity for advanced study under close faculty supervision.

Selection of honors designation is based on the student's academic performance and recommendation by the faculty of the student's major discipline. To be eligible for the program, students must have a minimum overall grade point average of 3.0 at UTSA and a minimum grade point average of 3.5 in their major at UTSA. The minimum grade point averages must be maintained for students to receive the approval of the Department Honors Committee and the discipline faculty. Students applying for Department Honors are expected to enroll in the appropriate honors thesis course during their final two semesters. The completed thesis must be approved by the supervising faculty sponsor and another departmental faculty member. Students interested in this program should contact their professors for additional information.

- B.S. degree in Kinesiology (p. 1)
  - Athletic Training Concentration (p. 3)
  - Exercise Science Concentration (p. 5)
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  - Physical Education Concentration (p. 9)
  - Strength and Conditioning Concentration (p. 11)

## Bachelor of Science Degree in Kinesiology

This program provides students with the opportunity to pursue a Bachelor of Science (B.S.) degree in Kinesiology. Kinesiology degree offers concentrations in Athletic Training, Exercise Science, Rehabilitation Science, Physical Education, and Strength and Conditioning. Students are encouraged to pursue one of the concentrations, although they may pursue the major without a concentration. All required Kinesiology (KIN) courses and support work must be completed with a grade of "C-" or better.

Academic advising for students seeking the Kinesiology degree is available in the Life and Health Sciences Advising Center. Students who wish to pursue teacher certification will be advised in the Interdisciplinary Education Advising Center.

The minimum number of semester credit hours for this degree, including the Core Curriculum requirements, is 120, of which at least 39 must be at the upper-division level. All candidates seeking this degree must fulfill the Core Curriculum requirements and the degree requirements, which are listed below.

### Core Curriculum Requirements (42 semester credit hours)

Students seeking the B.S. degree in Kinesiology must fulfill University Core Curriculum requirements in the same manner as other students. If courses are taken to satisfy both degree requirements and Core Curriculum requirements, then students may need to take additional courses in order to meet the minimum number of semester credit hours required for this degree.

MAT 1023 College Algebra with Applications should be used to satisfy the core requirement in Mathematics. MAT 1073 Algebra for Scientists and Engineers may be taken in place of MAT 1023 College Algebra with Applications to satisfy the core and degree requirements. BIO 1233 Contemporary Biology I and NDT 2043 Introduction to Nutritional Sciences should be used to satisfy the core requirements in Life and Physical Sciences. BIO 1203 Biosciences I for Science Majors and BIO 1201 Biosciences I Laboratory for Science Majors may be taken in place of BIO 1233 Contemporary Biology I if biology lab courses are required for graduate school applications. KIN 2123 Exercise as Medicine should be taken to satisfy the core requirement in Social and Behavioral Sciences. COM 2113 Public Speaking should be taken to satisfy the core requirement in the Component Area Option.

### Core Curriculum Component Area Requirements (<http://catalog.utsa.edu/undergraduate/bachelorsdegreeregulations/degree requirements/corecurriculumcomponentarearequirements/>)

|                                   |           |
|-----------------------------------|-----------|
| First Year Experience Requirement | 3         |
| Communication                     | 6         |
| Mathematics                       | 3         |
| Life and Physical Sciences        | 6         |
| Language, Philosophy and Culture  | 3         |
| Creative Arts                     | 3         |
| American History                  | 6         |
| Government-Political Science      | 6         |
| Social and Behavioral Sciences    | 3         |
| Component Area Option             | 3         |
| <b>Total Credit Hours</b>         | <b>42</b> |

## Gateway Course

Students pursuing the B.S. degree in Kinesiology must successfully complete the following Gateway Course with a grade of “C-” or better in no more than two attempts. A student who is unable to successfully complete this course within two attempts, including dropping the course with a grade of “W” or taking an equivalent course at another institution, will be required to change their major.

| Code     | Title                      | Credit Hours |
|----------|----------------------------|--------------|
| KIN 2303 | Foundations of Kinesiology |              |

## Degree Requirements

Students in the Kinesiology major are required to successfully complete all required KIN courses and select elective courses based on their post-graduate goals.

| Code | Title | Credit Hours |
|------|-------|--------------|
|------|-------|--------------|

### A. Required KIN courses 36

|                     |  |  |
|---------------------|--|--|
| KIN 2123            | Exercise as Medicine (Social and Behavioral Sciences Core)                                   |  |
| KIN 2303            | Foundations of Kinesiology   |  |
| KIN 2403            | Statistics for Sports and Human Performance  |  |
| KIN 3103            | Motor Development  |  |
| KIN 3313 & KIN 3311 | Anatomy and Physiology for Kinesiology and Anatomy and Physiology for Kinesiology Laboratory |  |
| KIN 3323 & KIN 3321 | Biomechanics and Biomechanics Laboratory   |  |
| KIN 3433 & KIN 3431 | Exercise Physiology and Exercise Physiology Laboratory                                       |  |
| KIN 3463            | Musculoskeletal Anatomy  |  |
| KIN 4113            | Evaluation   |  |
| KIN 4123            | Introduction to Sport Psychology   |  |
| KIN 4403            | Motor Learning   |  |

### B. Support courses 12

|          |  |  |
|----------|--|--|
| BIO 1233 | Contemporary Biology I (Life and Physical Sciences core )              |  |
| COM 2113 | Public Speaking (Component Area core)                                  |  |
| MAT 1023 | College Algebra with Applications (Mathematics core)                   |  |
| NDT 2043 | Introduction to Nutritional Sciences (Life and Physical Sciences Core) |  |

### C. Experiential Learning Courses 3

Students are required to complete at least 3 credit hours of experiential learning by taking one or more of the following courses.

|          |                                   |  |
|----------|-----------------------------------|--|
| KIN 4903 | Service Learning in Kinesiology   |  |
| KIN 4911 | Independent Study                 |  |
| KIN 4912 | Independent Study                 |  |
| KIN 4913 | Independent Study                 |  |
| KIN 4916 | Independent Study                 |  |
| KIN 4923 | Practicum in Kinesiology Research |  |
| KIN 4926 | Practicum in Kinesiology Research |  |
| KIN 4943 | Athletic Coaching Practicum       |  |

|                     |  |  |
|---------------------|--|--|
| KIN 4963            | Internship in Kinesiology                                    |  |
| KIN 4966            | Internship in Kinesiology                                    |  |
| PAD 2073 & PAD 3073 | Foundations of Civic Engagement and Civic Leadership Seminar |  |

### D. Electives 42

All candidates for this degree must complete 42 hours of free electives to meet the 120-hour minimum for the degree, including enough electives at the upper-division level to meet the UTSA minimum of 39 upper-division hours. Unless the student completes a minor, 30 credit hours must be from the KIN courses that are not already part of the degree requirements. The student completing a minor must take at least 24 credit hours of KIN courses that are not already part of the degree requirement.

### Total Credit Hours 93

## B.S. in Kinesiology – Recommended Four-Year Academic Plan

| First Year                             |  | Credit Hours |
|--|--|--------------|
| <b>Fall</b>                            |  |              |
| AIS 1263                               | AIS: Life and Health Sciences  | 3            |
| KIN 2303                               | Foundations of Kinesiology   | 3            |
| WRC 1013                               | Freshman Composition I (Communication core)  | 3            |
| University core in LPC, CA, AH, or GPS |  | 3            |
| University core in LPC, CA, AH, or GPS |  | 3            |
| <b>Credit Hours</b>                    |  | <b>15</b>    |
| <b>Spring</b>                          |  |              |
| WRC 1023                               | Freshman Composition II (Communication core)   | 3            |
| BIO 1233                               | Contemporary Biology I (Life and Physical Sciences core)                                     | 3            |
| MAT 1023                               | College Algebra with Applications (Mathematics core)   | 3            |
| KIN 2123                               | Exercise as Medicine (Social and Behavioral Sciences core)                                   | 3            |
| University core in LPC, CA, AH, or GPS |  | 3            |
| <b>Credit Hours</b>                    |  | <b>15</b>    |
| <b>Second Year</b>                     |  |              |
| <b>Fall</b>                            |  |              |
| COM 2113                               | Public Speaking  | 3            |
| NDT 2043                               | Introduction to Nutritional Sciences (Life and Physical Sciences core)                       | 3            |
| KIN 3313 & KIN 3311                    | Anatomy and Physiology for Kinesiology and Anatomy and Physiology for Kinesiology Laboratory | 4            |
| University core in LPC, CA, AH, or GPS |  | 3            |
| University core in LPC, CA, AH, or GPS |  | 3            |
| <b>Credit Hours</b>                    |  | <b>16</b>    |
| <b>Spring</b>                          |  |              |
| KIN 3103                               | Motor Development  | 3            |
| KIN 3463                               | Musculoskeletal Anatomy  | 3            |
| University core in LPC, CA, AH, or GPS |  | 3            |
| Elective                               |  | 3            |
| Elective                               |  | 3            |
| <b>Credit Hours</b>                    |  | <b>15</b>    |

**Third Year****Fall**

|                     |  |           |
|---------------------|--|-----------|
| KIN 2403            | Statistics for Sports and Human Performance            | 3         |
| KIN 3433 & KIN 3431 | Exercise Physiology and Exercise Physiology Laboratory | 4         |
| Elective            |  | 3         |
| Elective            |  | 3         |
| Elective            |  | 3         |
| <b>Credit Hours</b> |  | <b>16</b> |

**Spring**

|                     |  |           |
|---------------------|--|-----------|
| KIN 3323 & KIN 3321 | Biomechanics and Biomechanics Laboratory | 4         |
| Elective            |  | 3         |
| <b>Credit Hours</b> |  | <b>16</b> |

**Fourth Year****Fall**

|                     |                                  |           |
|---------------------|----------------------------------|-----------|
| KIN 4123            | Introduction to Sport Psychology | 3         |
| KIN 4403            | Motor Learning                   | 3         |
| Elective            |                                  | 3         |
| Elective            |                                  | 3         |
| Elective            |                                  | 3         |
| <b>Credit Hours</b> |                                  | <b>15</b> |

**Spring**

|                              |            |            |
|------------------------------|------------|------------|
| KIN 4113                     | Evaluation | 3          |
| Elective                     |            | 3          |
| Elective                     |            | 3          |
| Experiential learning course |            | 3          |
| <b>Credit Hours</b>          |            | <b>12</b>  |
| <b>Total Credit Hours</b>    |            | <b>120</b> |

## Bachelor of Science Degree in Kinesiology (Athletic Training Concentration)

This program provides students with the opportunity to pursue a Bachelor of Science (B.S.) degree in Kinesiology with a concentration in Athletic Training. Students must be accepted into the Athletic Training Apprenticeship Program to pursue this concentration. Students become eligible to apply for the Texas state licensure upon completing 1800 hours of clinical internship over a minimum of five semesters. All required kinesiology courses and support courses must be completed with a grade of "C-" or better.

### Admission Policy

Kinesiology majors can declare a concentration in Athletic Training upon earning a C- or higher in KIN 2303 Foundations of Kinesiology and acceptance into the Athletic Training Apprenticeship Program. Students must also have an overall cumulative GPA above 2.75 to be in the concentration.

The minimum number of semester credit hours for this degree, including the Core Curriculum requirements, is 120, of which at least 39 must be at the upper-division level. All candidates seeking this degree must fulfill

the Core Curriculum requirements and the degree requirements, which are listed below.

### Core Curriculum Requirements (42 semester credit hours)

Students seeking the B.S. degree in Kinesiology with a concentration in Athletic Training must fulfill University Core Curriculum requirements in the same manner as other students. The courses listed below satisfy both degree requirements and Core Curriculum requirements. If courses are taken to satisfy both degree requirements and Core Curriculum requirements, then students may need to take additional courses in order to meet the minimum number of semester credit hours required for this degree.

MAT 1023 College Algebra with Applications should be used to satisfy the core requirement in Mathematics. MAT 1073 Algebra for Scientists and Engineers may be taken in place of MAT 1023 College Algebra with Applications to satisfy the core and degree requirements. BIO 1203 Biosciences I for Science Majors and NDT 2043 Introduction to Nutritional Sciences should be used to satisfy the core requirements in Life and Physical Sciences. KIN 2123 Exercise as Medicine should be taken to satisfy the core requirement in Social and Behavioral Sciences. COM 2113 should be taken to satisfy the core requirement in the Component Area Option.

For a complete listing of courses that satisfy the Core Curriculum requirements, see Core Curriculum Component Area Requirements above.

### Gateway Course

Students pursuing the Bachelor of Science degree in Kinesiology must successfully complete the following Gateway Course with a grade of "C-" or better in no more than two attempts. A student who is unable to successfully complete this course within two attempts, including dropping a course with a grade of "W" or taking an equivalent course at another institution, will be required to change their major.

| Code     | Title                      | Credit Hours |
|----------|----------------------------|--------------|
| KIN 2303 | Foundations of Kinesiology |              |

### Degree Requirements

Students in the Athletic Training concentration are required to successfully complete all required KIN courses, support courses, experiential learning courses, and electives.

| Code                           | Title  | Credit Hours |
|--------------------------------|--|--------------|
| <b>A. Required KIN courses</b> |  | <b>50</b>    |
| KIN 2141                       | Medical Terminology  |              |
| KIN 2211                       | Basic Life Support and Advanced First Aid                  |              |
| KIN 2123                       | Exercise as Medicine (Social and Behavioral Sciences core) |              |
| KIN 2303                       | Foundations of Kinesiology                                 |              |
| KIN 2403                       | Statistics for Sports and Human Performance                |              |
| KIN 3103<br>or KIN 4403        | Motor Development<br>Motor Learning                        |              |
| KIN 3303                       | Care and Prevention of Athletic Injuries                   |              |
| KIN 3323<br>& KIN 3321         | Biomechanics<br>and Biomechanics Laboratory                |              |

|                     |  |
|---------------------|--|
| KIN 3433 & KIN 3431 | Exercise Physiology and Exercise Physiology Laboratory                                     |
| KIN 3443 & KIN 3441 | Assessment of Fitness and Performance and Assessment of Fitness and Performance Laboratory |
| KIN 3463            | Musculoskeletal Anatomy  |
| KIN 4043            | Therapeutic Modalities   |
| KIN 4113            | Evaluation   |
| KIN 4123            | Introduction to Sport Psychology   |
| KIN 4143            | Evaluation of Athletic Injuries  |
| KIN 4243            | Musculoskeletal Rehabilitation   |
| KIN 4253            | Exercise Nutrition   |

**B. Support courses 32**

|                     |  |
|---------------------|--|
| BIO 1203 & BIO 1201 | Biosciences I for Science Majors and Biosciences I Laboratory for Science Majors (Life and Physical Sciences core) |
| BIO 2053 & BIO 2051 | Human Anatomy and Physiology I and Human Anatomy and Physiology Laboratory I                                       |
| BIO 2063 & BIO 2061 | Human Anatomy and Physiology II and Human Anatomy and Physiology Laboratory II                                     |
| CHE 1004            | Chemistry for Allied Health Sciences   |
| COM 2113            | Public Speaking (Component Area Option core)   |
| HTH 3003            | Survey of Drugs and Health   |
| MAT 1023            | College Algebra with Applications (Mathematics core)   |
| NDT 2043            | Introduction to Nutritional Sciences (Life and Physical Sciences core)   |
| PHY 1603 & PHY 1611 | Algebra-based Physics I and Algebra-based Physics I Laboratory   |

**C. Experiential learning courses 3-5**

Students are required to complete at least 3 credit hours of experiential learning by taking at least 3 semesters of KIN 4931 Clinical Applications of Athletic Injuries.

|          |   |
|----------|---|
| KIN 4931 | Clinical Applications of Athletic Injuries (repeated for 3-5 semester credit hours) |
|----------|---|

**D. Electives 6-8**

All candidates for this degree must complete 6-8 Kinesiology elective credits to meet the 120-hour minimum for the degree, including a sufficient number of electives at the upper-division level to meet the UTSA minimum of 39 upper-division hours. Students can choose from any KIN courses that are not already part of the degree requirements. The recommended electives are KIN 3053 Fitness Instruction, KIN 3073 Scientific Principles of Strength and Conditioning, KIN 3083 Practical Applications of Strength and Conditioning, KIN 3013 Coaching Theory, and KIN 4423 Developmental/Adapted Physical Activity.

**Total Credit Hours 91-95**

**B.S. in Kinesiology, Athletic Training Concentration – Recommended Four-Year Academic Plan**

**First Year**

| Fall     |                               | Credit Hours |
|----------|-------------------------------|--------------|
| AIS 1263 | AIS: Life and Health Sciences | 3            |
| KIN 2303 | Foundations of Kinesiology    | 3            |

|          |   |   |
|----------|---|---|
| WRC 1013 | Freshman Composition I (Communication core) | 3 |
|          | University core in LPC, CA, AH, or GPS      | 3 |
|          | University core in LPC, CA, AH, or GPS      | 3 |

**Credit Hours 15**

**Spring**

|                     |   |   |
|---------------------|---|---|
| BIO 1203 & BIO 1201 | Biosciences I for Science Majors and Biosciences I Laboratory for Science Majors (Life and Physical Science core) | 4 |
|---------------------|---|---|

|          |                     |   |
|----------|---------------------|---|
| KIN 2141 | Medical Terminology | 1 |
|----------|---------------------|---|

|          |                      |   |
|----------|----------------------|---|
| KIN 2123 | Exercise as Medicine | 3 |
|----------|----------------------|---|

|          |   |   |
|----------|---|---|
| KIN 2211 | Basic Life Support and Advanced First Aid | 1 |
|----------|---|---|

|          |  |   |
|----------|--|---|
| MAT 1023 | College Algebra with Applications (Mathematics core) | 3 |
|----------|--|---|

|          |  |   |
|----------|--|---|
| WRC 1023 | Freshman Composition II (Communication core) | 3 |
|----------|--|---|

**Credit Hours 15**

**Second Year**

**Fall**

|                     |  |   |
|---------------------|--|---|
| BIO 2053 & BIO 2051 | Human Anatomy and Physiology I and Human Anatomy and Physiology Laboratory I | 4 |
|---------------------|--|---|

|          |                                       |   |
|----------|---------------------------------------|---|
| COM 2113 | Public Speaking (Component Area core) | 3 |
|----------|---------------------------------------|---|

|          |                         |   |
|----------|-------------------------|---|
| KIN 3463 | Musculoskeletal Anatomy | 3 |
|----------|-------------------------|---|

|          |  |   |
|----------|--|---|
| NDT 2043 | Introduction to Nutritional Sciences (Life and Physical Sciences core) | 3 |
|----------|--|---|

|  |  |   |
|--|--|---|
|  | University core in LPC, CA, AH, or GPS | 3 |
|--|--|---|

**Credit Hours 16**

**Spring**

|                     |  |   |
|---------------------|--|---|
| BIO 2063 & BIO 2061 | Human Anatomy and Physiology II and Human Anatomy and Physiology Laboratory II | 4 |
|---------------------|--|---|

|          |                                      |   |
|----------|--------------------------------------|---|
| CHE 1004 | Chemistry for Allied Health Sciences | 4 |
|----------|--------------------------------------|---|

|          |  |   |
|----------|--|---|
| KIN 3303 | Care and Prevention of Athletic Injuries | 3 |
|----------|--|---|

|          |  |   |
|----------|--|---|
| KIN 4931 | Clinical Applications of Athletic Injuries | 1 |
|----------|--|---|

|          |   |   |
|----------|---|---|
| KIN 2403 | Statistics for Sports and Human Performance | 3 |
|----------|---|---|

**Credit Hours 15**

**Third Year**

**Fall**

|                     |  |   |
|---------------------|--|---|
| PHY 1603 & PHY 1611 | Algebra-based Physics I and Algebra-based Physics I Laboratory | 4 |
|---------------------|--|---|

|                     |  |   |
|---------------------|--|---|
| KIN 3433 & KIN 3431 | Exercise Physiology and Exercise Physiology Laboratory | 4 |
|---------------------|--|---|

|          |                                 |   |
|----------|---------------------------------|---|
| KIN 4143 | Evaluation of Athletic Injuries | 3 |
|----------|---------------------------------|---|

|          |  |   |
|----------|--|---|
| KIN 4931 | Clinical Applications of Athletic Injuries | 1 |
|----------|--|---|

|  |   |
|--|---|
| University core in LPC, CA, AH, or GPS | 3   |
| <b>Credit Hours</b>                    | <b>15</b>   |
| <b>Spring</b>                          |   |
| KIN 3323<br>& KIN 3321                 | Biomechanics<br>and Biomechanics Laboratory 4   |
| KIN 4043                               | Therapeutic Modalities 3  |
| KIN 4243                               | Musculoskeletal Rehabilitation 3  |
| KIN 4931                               | Clinical Applications of Athletic<br>Injuries 1   |
| University core in LPC, CA, AH, or GPS | 3   |
| <b>Credit Hours</b>                    | <b>14</b>   |
| <b>Fourth Year</b>                     |   |
| <b>Fall</b>                            |   |
| HTH 3003                               | Survey of Drugs and Health 3  |
| KIN 3103<br>or KIN 4403                | Motor Development<br>or Motor Learning 3  |
| KIN 3443<br>& KIN 3441                 | Assessment of Fitness and<br>Performance<br>and Assessment of Fitness and<br>Performance Laboratory 4 |
| KIN 4253                               | Exercise Nutrition 3  |
| KIN 4931                               | Clinical Applications of Athletic<br>Injuries 1   |
| <b>Credit Hours</b>                    | <b>14</b>   |
| <b>Spring</b>                          |   |
| KIN 4113                               | Evaluation 3  |
| KIN 4123                               | Introduction to Sport Psychology 3  |
| KIN 4931                               | Clinical Applications of Athletic<br>Injuries 1   |
| Elective                               | 3   |
| Elective                               | 3   |
| University core in LPC, CA, AH, or GPS | 3   |
| <b>Credit Hours</b>                    | <b>16</b>   |
| <b>Total Credit Hours</b>              | <b>120</b>  |

## Bachelor of Science Degree in Kinesiology (Exercise Science Concentration)

This program provides students with the opportunity to pursue a Bachelor of Science (B.S.) degree in Kinesiology with a concentration in Exercise Science. Students are trained for careers in exercise science. All kinesiology degree core and support work must be completed with a grade of "C-" or better.

### Admission Policy

Kinesiology majors can declare a concentration in Exercise Science upon earning a C- or higher in KIN 2303 Foundations of Kinesiology. Student must also have an overall cumulative GPA above 2.50 to be in the concentration.

The minimum number of semester credit hours for this degree, including the Core Curriculum requirements, is 120, of which at least 39 must be at the upper-division level. All candidates seeking this degree must fulfill the Core Curriculum requirements and the degree requirements, which are listed below.

### Core Curriculum Requirements (42 semester credit hours)

Students seeking the B.S. degree in Kinesiology with a concentration in Exercise Science must fulfill University Core Curriculum requirements in the same manner as other students. The courses listed below satisfy both degree requirements and Core Curriculum requirements. If courses are taken to satisfy both degree requirements and Core Curriculum requirements, then students may need to take additional courses in order to meet the minimum number of semester credit hours required for this degree.

MAT 1023 College Algebra with Applications should be used to satisfy the core requirement in Mathematics. MAT 1073 Algebra for Scientists and Engineers may be taken in place of MAT 1023 College Algebra with Applications to satisfy the core and degree requirements. BIO 1233 Contemporary Biology I and NDT 2043 Introduction to Nutritional Sciences should be used to satisfy the Life and Physical Sciences core requirements. BIO 1203 Biosciences I for Science Majors and BIO 1201 Biosciences I Laboratory for Science Majors may be taken in place of BIO 1233 Contemporary Biology I if biology lab courses are required for graduate school applications. KIN 2303 Foundations of Kinesiology should be taken to satisfy the core requirement in Social and Behavioral Sciences. COM 2113 Public Speaking should be used to satisfy the Component Area Option requirement.

For a complete listing of courses that satisfy the Core Curriculum requirements, see Core Curriculum Component Area Requirements above.

### Gateway Course

Students pursuing the B.S. degree in Kinesiology must successfully complete the following Gateway Course with a grade of "C-" or better in no more than two attempts. A student who is unable to successfully complete this course within two attempts, including dropping a course with a grade of "W" or taking an equivalent course at another institution, will be required to change their major.

| Code     | Title                      | Credit Hours |
|----------|----------------------------|--------------|
| KIN 2303 | Foundations of Kinesiology |              |

### Degree Requirements

Students in the Exercise Science concentration are required to successfully complete all required KIN courses, support courses, an experiential learning course, and electives.

| Code                           | Title   | Credit Hours |
|--------------------------------|---|--------------|
| <b>A. Required KIN courses</b> |   | <b>57</b>    |
| KIN 2123                       | Exercise as Medicine (Social and Behavioral Science core) |              |
| KIN 2141                       | Medical Terminology                                       |              |
| KIN 2303                       | Foundations of Kinesiology                                |              |
| KIN 2403                       | Statistics for Sports and Human Performance               |              |
| KIN 2441                       | Management in Kinesiology                                 |              |
| KIN 3053                       | Fitness Instruction                                       |              |
| KIN 3073                       | Principles of Strength and Conditioning                   |              |
| KIN 3103                       | Motor Development   |              |
| or KIN 4403                    | Motor Learning  |              |

|  |  |           |
|--|--|-----------|
| KIN 3313 & KIN 3311  | Anatomy and Physiology for Kinesiology and Anatomy and Physiology for Kinesiology Laboratory |           |
| KIN 3323 & KIN 3321  | Biomechanics and Biomechanics Laboratory   |           |
| KIN 3433 & KIN 3431  | Exercise Physiology and Exercise Physiology Laboratory                                       |           |
| KIN 3443 & KIN 3441  | Assessment of Fitness and Performance and Assessment of Fitness and Performance Laboratory   |           |
| KIN 3453   | Exercise Prescription  |           |
| KIN 3463   | Musculoskeletal Anatomy  |           |
| KIN 4023   | Exercise Psychology  |           |
| KIN 4113   | Evaluation   |           |
| KIN 4123   | Introduction to Sport Psychology   |           |
| KIN 4253   | Exercise Nutrition   |           |
| KIN 4233   | Advanced Exercise Physiology   |           |
| <b>B. Support courses</b>  |  | <b>12</b> |
| BIO 1233   | Contemporary Biology I (Life and Physical Sciences Core)                                     |           |
| or BIO 1203  | Biosciences I for Science Majors   |           |
| COM 2113   | Public Speaking (Component Area Option Core)   |           |
| MAT 1023   | College Algebra with Applications (Mathematics core)   |           |
| NDT 2043   | Introduction to Nutritional Sciences (Life and Physical Science core)                        |           |
| <b>C. Experiential learning courses</b>  |  | <b>3</b>  |
| Students are required to complete at least 3 credit hours of experiential learning by taking one or more of the following courses.   |  |           |
| KIN 4903   | Service Learning in Kinesiology  |           |
| KIN 4911   | Independent Study  |           |
| KIN 4912   | Independent Study  |           |
| KIN 4913   | Independent Study  |           |
| KIN 4916   | Independent Study  |           |
| KIN 4923   | Practicum in Kinesiology Research  |           |
| KIN 4926   | Practicum in Kinesiology Research  |           |
| KIN 4943   | Athletic Coaching Practicum  |           |
| KIN 4963   | Internship in Kinesiology  |           |
| KIN 4966   | Internship in Kinesiology  |           |
| PAD 2073 & PAD 3073  | Foundations of Civic Engagement and Civic Leadership Seminar                                 |           |
| <b>D. Electives</b>  |  | <b>21</b> |
| All candidates for this degree must take 21 Kinesiology elective credits to meet the 120-hour minimum for the degree, including enough electives at the upper-division level to meet the UTSA minimum of 39 upper-division hours. Students can choose from any KIN courses that are not already part of the degree requirements. |  |           |
| <b>Total Credit Hours</b>  |  | <b>93</b> |

**B.S. in Kinesiology, Exercise Science Concentration – Recommended Four-Year Academic Plan**

| <b>First Year</b>                      |  | <b>Credit Hours</b> |
|--|--|---------------------|
| <b>Fall</b>                            |  |                     |
| AIS 1263                               | AIS: Life and Health Sciences  | 3                   |
| KIN 2303                               | Foundations of Kinesiology   | 3                   |
| WRC 1013                               | Freshman Composition I (Communication core)  | 3                   |
| University core in LPC, CA, AH, or GPS |  | 3                   |
| University core in LPC, CA, AH, or GPS |  | 3                   |
| <b>Credit Hours</b>                    |  | <b>15</b>           |
| <b>Spring</b>                          |  |                     |
| BIO 1233                               | Contemporary Biology I (Life and Physical Science core)                                      | 3                   |
| KIN 2123                               | Exercise as Medicine (Social and Behavioral Science core)                                    | 3                   |
| KIN 2141                               | Medical Terminology  | 1                   |
| KIN 2441                               | Management in Kinesiology  | 1                   |
| MAT 1023                               | College Algebra with Applications (Mathematics core)   | 3                   |
| WRC 1023                               | Freshman Composition II (Communication core)   | 3                   |
| <b>Credit Hours</b>                    |  | <b>14</b>           |
| <b>Second Year</b>                     |  |                     |
| <b>Fall</b>                            |  |                     |
| COM 2113                               | Public Speaking (Component Area core)  | 3                   |
| NDT 2043                               | Introduction to Nutritional Sciences (Life and Physical Sciences core)                       | 3                   |
| KIN 3313 & KIN 3311                    | Anatomy and Physiology for Kinesiology and Anatomy and Physiology for Kinesiology Laboratory | 4                   |
| University Core in LPC, CA, AH, or GPS |  | 3                   |
| University Core in LPC, CA, AH, or GPS |  | 3                   |
| <b>Credit Hours</b>                    |  | <b>16</b>           |
| <b>Spring</b>                          |  |                     |
| KIN 3053                               | Fitness Instruction  | 3                   |
| KIN 3433 & KIN 3431                    | Exercise Physiology and Exercise Physiology Laboratory                                       | 4                   |
| KIN 3463                               | Musculoskeletal Anatomy  | 3                   |
| University Core in LPC, CA, AH, or GPS |  | 3                   |
| University Core in LPC, CA, AH, or GPS |  | 3                   |
| <b>Credit Hours</b>                    |  | <b>16</b>           |
| <b>Third Year</b>                      |  |                     |
| <b>Fall</b>                            |  |                     |
| KIN 3073                               | Principles of Strength and Conditioning  | 3                   |
| KIN 3323 & KIN 3321                    | Biomechanics and Biomechanics Laboratory   | 4                   |
| KIN 3443 & KIN 3441                    | Assessment of Fitness and Performance and Assessment of Fitness and Performance Laboratory   | 4                   |

|                              |   |            |
|------------------------------|---|------------|
| Elective                     |   | 3          |
| <b>Credit Hours</b>          |   | <b>14</b>  |
| <b>Spring</b>                |   |            |
| KIN 2403                     | Statistics for Sports and Human Performance | 3          |
| KIN 3103<br>or KIN 4403      | Motor Development<br>or Motor Learning      | 3          |
| KIN 3453                     | Exercise Prescription                       | 3          |
| KIN 4253                     | Exercise Nutrition                          | 3          |
| Elective                     |   | 3          |
| <b>Credit Hours</b>          |   | <b>15</b>  |
| <b>Fourth Year</b>           |   |            |
| <b>Fall</b>                  |   |            |
| KIN 4123                     | Introduction to Sport Psychology            | 3          |
| KIN 4233                     | Advanced Exercise Physiology                | 3          |
| KIN 4023                     | Exercise Psychology                         | 3          |
| Elective                     |   | 3          |
| Elective                     |   | 3          |
| <b>Credit Hours</b>          |   | <b>15</b>  |
| <b>Spring</b>                |   |            |
| KIN 4113                     | Evaluation                                  | 3          |
| Experiential learning course |   | 3          |
| Elective                     |   | 3          |
| Elective                     |   | 3          |
| Elective                     |   | 3          |
| <b>Credit Hours</b>          |   | <b>15</b>  |
| <b>Total Credit Hours</b>    |   | <b>120</b> |

## Bachelor of Science Degree in Kinesiology (Rehabilitation Science Concentration)

This program provides students with the opportunity to pursue a Bachelor of Science (B.S.) degree in Kinesiology with a concentration in Rehabilitation Science. This concentration is suited for students who are taking prerequisite courses for medical schools or graduate programs in health professions (e.g., Physical Therapy, Occupational Therapy, and Physician Assistant, etc.). Students who are interested in applying to these programs are encouraged to meet with their academic advisor and consult with the UTSA Health Professions Office. All required kinesiology courses and support courses must be completed with a grade of "C-" or better.

### Accelerated advanced degree programs

Through UTSA's partnership with UT Health San Antonio, Kinesiology major students in the Rehabilitation Science Concentration are eligible to apply to the 3+2 M.S. in Respiratory Therapy Program and 3+3 Physical Therapy Early Acceptance Program (PREAP). The 3+2 M.S. in Respiratory Therapy Program allows students to complete B.S. in Kinesiology from UTSA and M.S. in Respiratory Therapy from UT Health San Antonio in 5 years. The 3+3 Physical Therapy Early Acceptance Program allows students to complete B.S. in Kinesiology from UTSA and Doctorate in Physical Therapy from UT Health San Antonio in 6 years. Students interested in applying to these programs are encouraged to meet with their academic advisor and consult with the UTSA Health Professions Office.

## Admission Policy

Kinesiology majors can declare a concentration in Rehabilitation upon earning a C- or higher in KIN 2303 Foundations of Kinesiology. Students must also have an overall cumulative GPA above 3.00 to be in the concentration.

The minimum number of semester credit hours for this degree, including the Core Curriculum requirements, is 120, of which at least 39 must be at the upper-division level. All candidates seeking this degree must fulfill the Core Curriculum requirements and the degree requirements, which are listed below.

## Core Curriculum Requirements (42 semester credit hours)

Students seeking the B.S. degree in Kinesiology with a concentration in Rehabilitation Science must fulfill University Core Curriculum requirements in the same manner as other students. The courses listed below satisfy both degree requirements and Core Curriculum requirements. If courses are taken to satisfy both degree requirements and Core Curriculum requirements, then students may need to take additional courses in order to meet the minimum number of semester credit hours required for this degree.

MAT 1073 Algebra for Scientists and Engineers should be used to satisfy the core requirement in Mathematics. BIO 1203 Biosciences I for Science Majors and NDT 2043 Introduction to Nutritional Sciences should be used to satisfy the core requirement in Life and Physical Sciences. KIN 2123 Exercise as Medicine should be used to satisfy the core requirement in Social and Behavioral Sciences. COM 2113 Public Speaking should be used to satisfy the core requirement in the Component Area Option. KIN 2403 Statistics for Sports and Human Performance may be substituted with STA 1053 Basic Statistics for students needing to take BIO 2313 Genetics.

For a complete listing of courses that satisfy the Core Curriculum requirements, see Core Curriculum Component Area Requirements above.

## Gateway Course

Students pursuing the B.S. degree in Kinesiology must successfully complete the following Gateway Course with a grade of "C-" or better in no more than two attempts. A student who is unable to successfully complete this course within two attempts, including dropping the course with a grade of "W" or taking an equivalent course at another institution, will be required to change their major.

| Code     | Title                      | Credit Hours |
|----------|----------------------------|--------------|
| KIN 2303 | Foundations of Kinesiology |              |

## Degree Requirements

Students in the Rehabilitation Science concentration are required to successfully complete all required KIN courses, support courses, an experiential learning course, and electives based on their post-graduate goals. Students interested in applying to graduate programs in health professions (ex. Physical Therapy, Occupational Therapy, and Physician's Assistant) are encouraged to meet with their academic advisor and consult with the UTSA Health Professions Office.

| Code   | Title  | Credit Hours |
|--|--|--------------|
| <b>A. Required KIN courses</b>   |  | <b>26</b>    |
| KIN 2123   | Exercise as Medicine (Social and Behavioral Sciences core)   |              |
| KIN 2303   | Foundations of Kinesiology   |              |
| KIN 2403   | Statistics for Sports and Human Performance  |              |
| KIN 3323 & KIN 3321  | Biomechanics and Biomechanics Laboratory   |              |
| KIN 3433 & KIN 3431  | Exercise Physiology and Exercise Physiology Laboratory   |              |
| KIN 3103 or KIN 4403   | Motor Development<br>Motor Learning  |              |
| KIN 4113   | Evaluation   |              |
| KIN 3463   | Musculoskeletal Anatomy  |              |
| <b>B. Support courses</b>  |  | <b>29</b>    |
| BIO 1203 & BIO 1201  | Biosciences I for Science Majors and Biosciences I Laboratory for Science Majors (Life and Physical Sciences core) |              |
| BIO 2053 & BIO 2051  | Human Anatomy and Physiology I and Human Anatomy and Physiology Laboratory I                                       |              |
| BIO 2063 & BIO 2061  | Human Anatomy and Physiology II and Human Anatomy and Physiology Laboratory II                                     |              |
| CHE 1103 & CHE 1121  | General Chemistry I and General Chemistry I Laboratory   |              |
| COM 2113   | Public Speaking (Component Area Option Core)   |              |
| MAT 1073   | Algebra for Scientists and Engineers (Mathematics core)  |              |
| NDT 2043   | Introduction to Nutritional Sciences (Life and Physical Sciences core)   |              |
| PHY 1603 & PHY 1611  | Algebra-based Physics I and Algebra-based Physics I Laboratory   |              |
| <b>C. Experiential learning courses</b>  |  | <b>3</b>     |
| Students are required to complete at least 3 credit hours of experiential learning by taking one or more of the following courses. |  |              |
| KIN 4903   | Service Learning in Kinesiology  |              |
| KIN 4911   | Independent Study  |              |
| KIN 4912   | Independent Study  |              |
| KIN 4913   | Independent Study  |              |
| KIN 4916   | Independent Study  |              |
| KIN 4923   | Practicum in Kinesiology Research  |              |
| KIN 4926   | Practicum in Kinesiology Research  |              |
| KIN 4943   | Athletic Coaching Practicum  |              |
| KIN 4963   | Internship in Kinesiology  |              |
| KIN 4966   | Internship in Kinesiology  |              |
| PAD 2073 & PAD 3073  | Foundations of Civic Engagement and Civic Leadership Seminar   |              |
| <b>D. Electives</b>  |  | <b>20</b>    |

All candidates for this degree must complete 20 elective credits to meet the 120-hour minimum for the degree, including enough electives at the upper-division level to meet the UTSA minimum of 39 upper-division hours. Students can choose from any of the courses listed below to prepare for the application to graduate programs in health professions (e.g., physical therapy, occupational therapy, physician assistant/associate, respiratory therapy) or take any KIN courses that are not already part of the degree requirements.

|                     |   |
|---------------------|---|
| BIO 1221            | Biosciences II Laboratory for Science Majors                        |
| BIO 1223            | Biosciences II for Science Majors (Life and Physical Sciences Core) |
| BIO 2313            | Genetics  |
| MMI 3713 & MMI 3722 | Microbiology and Microbiology Laboratory                            |
| CHE 1073            | Basic Chemistry   |
| CHE 1113 & CHE 1131 | General Chemistry II and General Chemistry II Laboratory            |
| CHE 2603 & CHE 2612 | Organic Chemistry I and Organic Chemistry I Laboratory              |
| PHY 1623 & PHY 1631 | Algebra-based Physics II and Algebra-based Physics II Laboratory    |
| PSY 1013            | Introduction to Psychology  |
| PSY 2513            | Introduction to Psychopathology                                     |
| PSY 2503            | Lifespan Developmental Psychology                                   |
| SOC 1013            | Introduction to Sociology   |

**Total Credit Hours** **78**

**B.S. in Kinesiology, Rehabilitation Science Concentration – Recommended Four-Year Academic Plan**

| <b>First Year</b>                      |  | <b>Credit Hours</b> |
|--|--|---------------------|
| <b>Fall</b>                            |  |                     |
| AIS 1263                               | AIS: Life and Health Sciences  | 3                   |
| KIN 2303                               | Foundations of Kinesiology   | 3                   |
| WRC 1013                               | Freshman Composition I (Communication core)  | 3                   |
| University core in LPC, CA, AH, or GPS |  | 3                   |
| University core in LPC, CA, AH, or GPS |  | 3                   |
| <b>Credit Hours</b>                    |  | <b>15</b>           |
| <b>Spring</b>                          |  |                     |
| BIO 1203 & BIO 1201                    | Biosciences I for Science Majors and Biosciences I Laboratory for Science Majors (Life and Physical Sciences core) | 4                   |
| CHE 1103 & CHE 1121                    | General Chemistry I and General Chemistry I Laboratory   | 4                   |
| KIN 2141                               | Medical Terminology  | 1                   |
| MAT 1073                               | Algebra for Scientists and Engineers (Mathematics core)  | 3                   |
| WRC 1023                               | Freshman Composition II (Communication core)   | 3                   |
| <b>Credit Hours</b>                    |  | <b>15</b>           |

**Second Year****Fall**

|                        |  |           |
|------------------------|--|-----------|
| PHY 1603<br>& PHY 1611 | Algebra-based Physics I<br>and Algebra-based Physics I<br>Laboratory | 4         |
| KIN 2123               | Exercise as Medicine (Social and<br>Behavioral Sciences core)        | 3         |
| KIN 2211               | Basic Life Support and Advanced<br>First Aid                         | 1         |
| Elective               |  | 4         |
| Elective               |  | 4         |
| <b>Credit Hours</b>    |  | <b>16</b> |

**Spring**

|                        |  |           |
|------------------------|--|-----------|
| BIO 2053<br>& BIO 2051 | Human Anatomy and Physiology I<br>and Human Anatomy and<br>Physiology Laboratory I | 4         |
| KIN 2403               | Statistics for Sports and Human<br>Performance                                     | 3         |
| KIN 3463               | Musculoskeletal Anatomy  | 3         |
| Elective               |  | 4         |
| <b>Credit Hours</b>    |  | <b>14</b> |

**Third Year****Fall**

|                        |  |           |
|------------------------|--|-----------|
| BIO 2063<br>& BIO 2061 | Human Anatomy and Physiology II<br>and Human Anatomy and<br>Physiology Laboratory II | 4         |
| KIN 3303               | Care and Prevention of Athletic<br>Injuries  | 3         |
| KIN 3323<br>& KIN 3321 | Biomechanics<br>and Biomechanics Laboratory  | 4         |
| NDT 2043               | Introduction to Nutritional Sciences<br>(Life and Physical Sciences core)            | 3         |
| <b>Credit Hours</b>    |  | <b>14</b> |

**Spring**

|  |   |           |
|--|---|-----------|
| KIN 4143                               | Evaluation of Athletic Injuries                           | 3         |
| COM 2113                               | Public Speaking (Component Area<br>Option core)           | 3         |
| KIN 3433<br>& KIN 3431                 | Exercise Physiology<br>and Exercise Physiology Laboratory | 4         |
| Elective                               |   | 3         |
| University core in LPC, CA, AH, or GPS |   | 3         |
| <b>Credit Hours</b>                    |   | <b>16</b> |

**Fourth Year****Fall**

|  |  |           |
|--|--|-----------|
| KIN 3103<br>or KIN 4403                | Motor Development<br>or Motor Learning | 3         |
| KIN 4253                               | Exercise Nutrition                     | 3         |
| KIN 4243                               | Musculoskeletal Rehabilitation         | 3         |
| University core in LPC, CA, AH, or GPS |  | 3         |
| University core in LPC, CA, AH, or GPS |  | 3         |
| <b>Credit Hours</b>                    |  | <b>15</b> |

**Spring**

|          |                        |   |
|----------|------------------------|---|
| KIN 4113 | Evaluation             | 3 |
| KIN 4043 | Therapeutic Modalities | 3 |

|  |   |            |
|--|---|------------|
| Experiential learning course           | 3 |            |
| Elective                               | 3 |            |
| University core in LPC, CA, AH, or GPS | 3 |            |
| <b>Credit Hours</b>                    |   | <b>15</b>  |
| <b>Total Credit Hours</b>              |   | <b>120</b> |

## Bachelor of Science Degree in Kinesiology (Physical Education Concentration)

This program provides students with the opportunity to pursue a Bachelor of Science (B.S.) degree in Kinesiology with a concentration in Physical Education. The physical education concentration provides students the academic and professional experience as required by the State Board for Educator Certification. To be certified as a teacher by the State of Texas, a student must complete their coursework, have practical teaching experience (student teaching), and pass the Texas Examinations of Educator Standards (TExES). The graduate of this program will then be certified to teach physical education in grades pre-kindergarten - 12. Prior to starting the practical teaching experience, a student must be accepted into the Teacher Certification Program. The requirements for acceptance into the Teacher Certification Program include a 2.75 cumulative grade point average. Please refer to the section on Teacher Certification Program in the catalog for more information. All required kinesiology courses and support courses must be completed with a grade of "C-" or better.

Academic advising for students seeking the Physical Education concentration is available in the Interdisciplinary Education Advising Center.

The minimum number of semester credit hours for this degree, including the Core Curriculum requirements, is 120, of which at least 39 must be at the upper-division level. All candidates seeking this degree must fulfill the Core Curriculum requirements and the degree requirements, which are listed below.

### Core Curriculum Requirements (42 semester credit hours)

Students seeking the B.S. degree in Kinesiology with a concentration in Physical Education must fulfill University Core Curriculum requirements in the same manner as other students. The courses listed below satisfy both degree requirements and Core Curriculum requirements. If courses are taken to satisfy both degree requirements and Core Curriculum requirements, then students may need to take additional courses in order to meet the minimum number of semester credit hours required for this degree.

MAT 1023 College Algebra with Applications should be used to satisfy the core requirement in Mathematics. MAT 1073 Algebra for Scientists and Engineers may be taken in place of MAT 1023 College Algebra with Applications to meet the core and degree requirements. BIO 1233 Contemporary Biology I and NDT 2043 Introduction to Nutritional Sciences should be used to satisfy the core requirements in Life and Physical Sciences. KIN 2123 Exercise as Medicine should be taken to satisfy the core requirement in Social and Behavioral Sciences. COM 2113 Public Speaking should be taken to satisfy the core requirement in the Component Area Option.

For a complete listing of courses that satisfy the Core Curriculum requirements, see Core Curriculum Component Area Requirements above.

## Gateway Course

Students pursuing the B.S. degree in Kinesiology must successfully complete the following Gateway Course with a grade of “C-” or better in no more than two attempts. A student who is unable to successfully complete this course within two attempts, including dropping a course with a grade of “W” or taking an equivalent course at another institution, will be required to change their major.

| Code     | Title                      | Credit Hours |
|----------|----------------------------|--------------|
| KIN 2303 | Foundations of Kinesiology |              |

## Degree Requirements

Students in the Physical Education concentration are required to successfully complete all required KIN courses, support courses, teacher certification courses, and electives.

| Code | Title | Credit Hours |
|------|-------|--------------|
|------|-------|--------------|

### A. Required KIN courses 37

|                     |  |  |
|---------------------|--|--|
| KIN 2123            | Exercise as Medicine (Social and Behavioral Sciences core)                                   |  |
| KIN 2211            | Basic Life Support and Advanced First Aid  |  |
| KIN 2303            | Foundations of Kinesiology   |  |
| KIN 2403            | Statistics for Sports and Human Performance  |  |
| KIN 3103            | Motor Development  |  |
| KIN 3313 & KIN 3311 | Anatomy and Physiology for Kinesiology and Anatomy and Physiology for Kinesiology Laboratory |  |
| KIN 3323 & KIN 3321 | Biomechanics and Biomechanics Laboratory   |  |
| KIN 3413            | Instruction of Sports Activities and Games   |  |
| KIN 3433 & KIN 3431 | Exercise Physiology and Exercise Physiology Laboratory                                       |  |
| KIN 4113            | Evaluation   |  |
| KIN 4343            | Fundamental Motor Skills   |  |
| KIN 4423            | Developmental/Adapted Physical Activity  |  |

### B. Support courses 12

|          |  |  |
|----------|--|--|
| BIO 1233 | Contemporary Biology I (Life and Physical Sciences core)               |  |
| COM 2113 | Public Speaking (Component Area core)                                  |  |
| MAT 1023 | College Algebra with Applications (Mathematics core)                   |  |
| NDT 2043 | Introduction to Nutritional Sciences (Life and Physical Sciences core) |  |

### C. Teacher certificate courses 32-33

|                   |  |  |
|-------------------|--|--|
| CI 4273           | Methods of Teaching Content in the Elementary School- Physical Education <sup>1</sup>        |  |
| CI 4203           | Teaching and Learning in the Secondary Classroom   |  |
| CI 4313           | Methods of Teaching Content in the Secondary School- Physical Education <sup>1</sup>         |  |
| CI 4711 & CI 4721 | All Level EC12 Yearlong Clinical Teaching I and All Level EC12 Yearlong Clinical Teaching II |  |
| or CI 4713        | Clinical Teaching: All Level EC12  |  |

|           |  |  |
|-----------|--|--|
| EED 2013  | Introduction to Teaching and Learning in a Culturally and Linguistically Diverse Society |  |
| EDP 3203  | Learning and Development in the Secondary School Adolescent                              |  |
| EDP 4203  | Assessment and Evaluation  |  |
| EDU 2103  | Social Foundations for Education in a Diverse U.S. Society                               |  |
| ESL 3083  | Second Language Teaching and Learning for Grades 7-12                                    |  |
| LTED 3773 | Reading and Writing Across the Disciplines-Grades 7–12 <sup>1</sup>                      |  |
| SPE 3603  | Introduction to Special Education  |  |

### D. Electives 11-12

All candidates for this degree must take at least 11-12 credit hours in the secondary teaching area or complete the Athletic Coaching certificate to meet the graduation requirement.

**Total Credit Hours 92-94**

<sup>1</sup> These courses require an advisor code and are restricted to students who have applied and been accepted into the Teacher Certification Program.

All the courses listed for the Physical Education Concentration (84 hours) are required for teacher certification in physical education. Only the courses marked with an asterisk are restricted and require an advisor code and acceptance into the Teacher Certification Program. Advisor codes for these classes will be issued only if all prerequisites have been completed.

## B.S. in Kinesiology, Physical Education Concentration – Recommended Four-Year Academic Plan

### First Year

| Fall                                   |   | Credit Hours |
|--|---|--------------|
| AIS 1263                               | AIS: Life and Health Sciences               | 3            |
| KIN 2303                               | Foundations of Kinesiology                  | 3            |
| WRC 1013                               | Freshman Composition I (Communication core) | 3            |
| University core in LPC, CA, AH, or GPS |   | 3            |
| University core in LPC, CA, AH, or GPS |   | 3            |
| <b>Credit Hours</b>                    |   | <b>15</b>    |

### Spring

|  |  |           |
|--|--|-----------|
| BIO 1233                               | Contemporary Biology I (Life and Physical Sciences core)   | 3         |
| KIN 2123                               | Exercise as Medicine (Social and Behavioral Sciences core) | 3         |
| WRC 1023                               | Freshman Composition II (Communication core)               | 3         |
| University core in LPC, CA, AH, or GPS |  | 3         |
| University core in LPC, CA, AH, or GPS |  | 3         |
| <b>Credit Hours</b>                    |  | <b>15</b> |

### Second Year

| Fall     |  | Credit Hours |
|----------|--|--------------|
| COM 2113 | Public Speaking (Component Area core)                | 3            |
| MAT 1023 | College Algebra with Applications (Mathematics core) | 3            |

|  |  |           |
|--|--|-----------|
| KIN 2211                               | Basic Life Support and Advanced First Aid                              | 1         |
| KIN 3413                               | Instruction of Sports Activities and Games                             | 3         |
| NDT 2043                               | Introduction to Nutritional Sciences (Life and Physical Sciences core) | 3         |
| University core in LPC, CA, AH, or GPS |  | 3         |
| <b>Credit Hours</b>                    |  | <b>16</b> |

**Spring**

|  |  |           |
|--|--|-----------|
| KIN 3313 & KIN 3311                    | Anatomy and Physiology for Kinesiology and Anatomy and Physiology for Kinesiology Laboratory | 4         |
| KIN 3103                               | Motor Development  | 3         |
| KIN 4343                               | Fundamental Motor Skills   | 3         |
| EDU 2103                               | Social Foundations for Education in a Diverse U.S. Society                                   | 3         |
| University core in LPC, CA, AH, or GPS |  | 3         |
| <b>Credit Hours</b>                    |  | <b>16</b> |

**Third Year****Fall**

|                     |  |           |
|---------------------|--|-----------|
| EED 2013            | Introduction to Teaching and Learning in a Culturally and Linguistically Diverse Society | 3         |
| EDP 3203            | Learning and Development in the Secondary School Adolescent                              | 3         |
| SPE 3603            | Introduction to Special Education  | 3         |
| Elective            |  | 3         |
| Elective            |  | 3         |
| <b>Credit Hours</b> |  | <b>15</b> |

**Spring**

|                     |  |           |
|---------------------|--|-----------|
| KIN 3433 & KIN 3431 | Exercise Physiology and Exercise Physiology Laboratory | 4         |
| KIN 4423            | Developmental/Adapted Physical Activity                | 3         |
| EDP 4203            | Assessment and Evaluation                              | 3         |
| CI 4203             | Teaching and Learning in the Secondary Classroom       | 3         |
| Elective            |  | 3         |
| <b>Credit Hours</b> |  | <b>16</b> |

**Fourth Year****Fall**

|                     |  |           |
|---------------------|--|-----------|
| KIN 2403            | Statistics for Sports and Human Performance                              | 3         |
| KIN 3323 & KIN 3321 | Biomechanics and Biomechanics Laboratory                                 | 4         |
| CI 4273             | Methods of Teaching Content in the Elementary School- Physical Education | 3         |
| LTED 3773           | Reading and Writing Across the Disciplines-Grades 7-12                   | 3         |
| CI 4711             | All Level EC12 Yearlong Clinical Teaching I                              | 1         |
| <b>Credit Hours</b> |  | <b>14</b> |

**Spring**

|                           |   |            |
|---------------------------|---|------------|
| KIN 4113                  | Evaluation  | 3          |
| CI 4313                   | Methods of Teaching Content in the Secondary School- Physical Education | 3          |
| ESL 3083                  | Second Language Teaching and Learning for Grades 7-12                   | 3          |
| CI 4721                   | All Level EC12 Yearlong Clinical Teaching II                            | 1          |
| Elective                  |   | 3          |
| <b>Credit Hours</b>       |   | <b>13</b>  |
| <b>Total Credit Hours</b> |   | <b>120</b> |

## Bachelor of Science Degree in Kinesiology (Strength and Conditioning Concentration)

This program provides students with the opportunity to pursue a Bachelor of Science (B.S.) degree in Kinesiology with a concentration in Strength and Conditioning. Students are trained for careers in strength and conditioning. All kinesiology degree core and support work must be completed with a grade of "C-" or better.

### Admission Policy

Kinesiology majors can declare a concentration in Strength and Conditioning upon earning a C- or higher in KIN 2303 Foundations of Kinesiology. Students must also have an overall cumulative GPA above 2.50 to be in the concentration.

The minimum number of semester credit hours for this degree, including the Core Curriculum requirements, is 120, of which at least 39 must be at the upper-division level. All candidates seeking this degree must fulfill the Core Curriculum requirements and the degree requirements, which are listed below.

### Core Curriculum Requirements (42 semester credit hours)

Students seeking a B.S. degree in Kinesiology with a concentration in Strength and Conditioning must fulfill University Core Curriculum requirements in the same manner as other students. The courses listed below satisfy both degree requirements and Core Curriculum requirements. If courses are taken to satisfy both degree requirements and Core Curriculum requirements, then students may need to take additional courses in order to meet the minimum number of semester credit hours required for this degree.

MAT 1023 College Algebra with Applications should be used to satisfy the core requirement in Mathematics. MAT 1073 Algebra for Scientists and Engineers may be taken in place of MAT 1023 to satisfy the core and degree requirements. BIO 1233 Contemporary Biology I and NDT 2043 Introduction to Nutritional Sciences should be used to satisfy the Life and Physical Sciences core requirements. BIO 1203 Biosciences I for Science Majors and BIO 1201 Biosciences I Laboratory for Science Majors may be taken in place of BIO 1233 if biology lab courses are required for graduate school applications. KIN 2123 Exercise as Medicine should be taken to satisfy the core requirement in Social and Behavioral Sciences. COM 2113 Public Speaking should be used to satisfy the Component Area Option requirement.

See Core Curriculum Component Area Requirements above for a complete listing of courses that satisfy the Core Curriculum requirements.

### Gateway Course

Students pursuing the B.S. degree in Kinesiology must successfully complete the following Gateway Course with a grade of “C-” or better in no more than two attempts. A student who is unable to successfully complete this course within two attempts, including dropping a course with a grade of “W” or taking an equivalent course at another institution, will be required to change their major.

| Code     | Title                      | Credit Hours |
|----------|----------------------------|--------------|
| KIN 2303 | Foundations of Kinesiology |              |

### Degree Requirements

Students in the Strength and Conditioning concentration are required to successfully complete all required KIN courses, support courses, an experiential learning course, and electives.

| Code | Title | Credit Hours |
|------|-------|--------------|
|------|-------|--------------|

#### A. Required KIN courses

57

|                         |  |  |
|-------------------------|--|--|
| KIN 2123                | Exercise as Medicine (Social and Behavioral Science core)                                    |  |
| KIN 2211                | Basic Life Support and Advanced First Aid  |  |
| KIN 2303                | Foundations of Kinesiology   |  |
| KIN 2403                | Statistics for Sports and Human Performance  |  |
| KIN 2441                | Management in Kinesiology  |  |
| KIN 3053                | Fitness Instruction  |  |
| KIN 3073                | Principles of Strength and Conditioning  |  |
| KIN 3083                | Practical Applications of Strength and Conditioning  |  |
| KIN 3103<br>or KIN 4403 | Motor Development<br>Motor Learning  |  |
| KIN 3303                | Care and Prevention of Athletic Injuries   |  |
| KIN 3313<br>& KIN 3311  | Anatomy and Physiology for Kinesiology and Anatomy and Physiology for Kinesiology Laboratory |  |
| KIN 3323<br>& KIN 3321  | Biomechanics and Biomechanics Laboratory   |  |
| KIN 3433<br>& KIN 3431  | Exercise Physiology and Exercise Physiology Laboratory                                       |  |
| KIN 3443<br>& KIN 3441  | Assessment of Fitness and Performance and Assessment of Fitness and Performance Laboratory   |  |
| KIN 3453                | Exercise Prescription  |  |
| KIN 3463                | Musculoskeletal Anatomy  |  |
| KIN 4113                | Evaluation   |  |
| KIN 4123                | Introduction to Sport Psychology   |  |
| KIN 4253                | Exercise Nutrition   |  |

#### B. Support courses

12

|                         |  |  |
|-------------------------|--|--|
| BIO 1233<br>or BIO 1203 | Contemporary Biology I (Life and Physical Sciences Core)<br>Biosciences I for Science Majors |  |
|-------------------------|--|--|

|          |   |  |
|----------|---|--|
| COM 2113 | Public Speaking (Component Area Option Core)                          |  |
| MAT 1023 | College Algebra with Applications (Mathematics core)                  |  |
| NDT 2043 | Introduction to Nutritional Sciences (Life and Physical Science core) |  |

#### C. Experiential learning courses

6

Students are required to complete 6 credit hours of experiential learning from the following courses.

|          |   |  |
|----------|---|--|
| KIN 4963 | Internship in Kinesiology (Taken twice) |  |
| KIN 4966 | Internship in Kinesiology               |  |

#### D. Electives

18

All candidates for this degree must take 18 Kinesiology elective credits to meet the 120-hour minimum for the degree, including enough electives at the upper-division level to meet the UTSA minimum of 39 upper-division hours. Students can choose from any KIN courses that are not already part of the degree requirements.

#### Total Credit Hours

93

### B.S. in Kinesiology, Strength and Conditioning Concentration – Recommended Four-Year Academic Plan

#### First Year

|             |   | Credit Hours |
|-------------|---|--------------|
| <b>Fall</b> |   |              |
| AIS 1263    | AIS: Life and Health Sciences (First Year Experience Requirement) | 3            |
| KIN 2303    | Foundations of Kinesiology  | 3            |
| WRC 1013    | Freshman Composition I  | 3            |
|             | University core in LPC, CA, AH, or GPS                            | 3            |
|             | University core in LPC, CA, AH, or GPS                            | 3            |
|             | <b>Credit Hours</b>   | <b>15</b>    |

#### Spring

|          |   |           |
|----------|---|-----------|
| BIO 1233 | Contemporary Biology I (Life and Physical Science core)   | 3         |
| KIN 2123 | Exercise as Medicine (Social and Behavioral Science core) | 3         |
| KIN 2211 | Basic Life Support and Advanced First Aid                 | 1         |
| KIN 2441 | Management in Kinesiology                                 | 1         |
| MAT 1023 | College Algebra with Applications (Mathematics core)      | 3         |
| WRC 1023 | Freshman Composition II (Communication core)              | 3         |
|          | <b>Credit Hours</b>                                       | <b>14</b> |

#### Second Year

##### Fall

|                        |  |   |
|------------------------|--|---|
| COM 2113               | Public Speaking (Component Area core)  | 3 |
| NDT 2043               | Introduction to Nutritional Sciences (Life and Physical Sciences core)                       | 3 |
| KIN 3313<br>& KIN 3311 | Anatomy and Physiology for Kinesiology and Anatomy and Physiology for Kinesiology Laboratory | 4 |
| KIN 3463               | Musculoskeletal Anatomy  | 3 |
|                        | University Core in LPC, CA, AH, or GPS   | 3 |

#### Credit Hours

16

**Spring**

|  |  |           |
|--|--|-----------|
| KIN 2403                               | Statistics for Sports and Human Performance                              | 3         |
| KIN 3053                               | Fitness Instruction  | 3         |
| KIN 3303                               | Care and Prevention of Athletic Injuries                                 | 3         |
| KIN 3433 & KIN 3441                    | Exercise Physiology and Assessment of Fitness and Performance Laboratory | 4         |
| University Core in LPC, CA, AH, or GPS |  | 3         |
| <b>Credit Hours</b>                    |  | <b>16</b> |

**Third Year****Fall**

|  |  |           |
|--|--|-----------|
| KIN 3073                               | Principles of Strength and Conditioning  | 3         |
| KIN 3323 & KIN 3321                    | Biomechanics and Biomechanics Laboratory   | 4         |
| KIN 3443 & KIN 3441                    | Assessment of Fitness and Performance and Assessment of Fitness and Performance Laboratory | 4         |
| University core in LPC, CA, AH, or GPS |  | 3         |
| <b>Credit Hours</b>                    |  | <b>14</b> |

**Spring**

|  |   |           |
|--|---|-----------|
| KIN 3103 or KIN 4403                   | Motor Development or Motor Learning                 | 3         |
| KIN 3453                               | Exercise Prescription                               | 3         |
| KIN 3083                               | Practical Applications of Strength and Conditioning | 3         |
| University core in LPC, CA, AH, or GPS |   | 3         |
| Elective                               |   | 3         |
| <b>Credit Hours</b>                    |   | <b>15</b> |

**Fourth Year****Fall**

|                              |                                  |           |
|------------------------------|----------------------------------|-----------|
| KIN 4113                     | Evaluation                       | 3         |
| KIN 4123                     | Introduction to Sport Psychology | 3         |
| KIN 4253                     | Exercise Nutrition               | 3         |
| Experiential learning course |                                  | 3         |
| Elective                     |                                  | 3         |
| <b>Credit Hours</b>          |                                  | <b>15</b> |

**Spring**

|                              |  |            |
|------------------------------|--|------------|
| Experiential learning course |  | 3          |
| Electives                    |  | 3          |
| <b>Credit Hours</b>          |  | <b>15</b>  |
| <b>Total Credit Hours</b>    |  | <b>120</b> |

may be permitted with instructor approval. Students must report the completion of the certificate after fulfilling the requirements. Students must work with the instructor of the Athletic Coaching practicum to submit the proper paperwork to the Registrar's Office.

| Code                      | Title  | Credit Hours |
|---------------------------|--|--------------|
| KIN 3013                  | Theory of Coaching                                 | 3            |
| KIN 3073                  | Scientific Principles of Strength and Conditioning | 3            |
| KIN 3223                  | Coaching Leadership                                | 3            |
| KIN 4413                  | Coaching Methods                                   | 3            |
| KIN 4943                  | Athletic Coaching Practicum                        | 3            |
| <b>Total Credit Hours</b> |  | <b>15</b>    |

**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.

**Certificate in Athletic Coaching**

All students pursuing a Certificate in Athletic Coaching must complete the following 15 semester credit hours. The practicum should be taken after completing the coaching and support courses. Concurrent registration of one of the coaching/support courses with the practicum

**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.