Courses

KIN 104. Aquatics I. 1 Credit.
These courses are designed for beginners. They include instruction in various aquatics-related activities (e.g., swimming, diving, etc.). For specific course content, see the current schedule of classes. Repeatable to 4 credits. F.S.SS.

KIN 105. Combative Sports I. 1 Credit.
These courses are designed for beginners. They include instruction in various combative sports (e.g., boxing, kickboxing, etc.). For specific course content, see the current schedule of classes. Repeatable to 4 credits. On demand.

KIN 107. Dance I. 1 Credit.
These courses are designed for beginners. They include instruction in various dance types (e.g., ballroom, hip-hop, etc.). For specific course content, see the current schedule of classes. Repeatable to 4 credits. On demand.

KIN 108. Fitness and Conditioning I. 1 Credit.
These courses are designed for beginners. They include instruction in various fitness and conditioning activities (e.g., aerobic exercise, pilates, yoga, etc.). For specific course content, see the current schedule of classes. Repeatable to 4 credits. On demand.

KIN 110. First Aid and CPR. 1 Credit.
Recommended First Aid and CPR practices for the care of persons who have been injured or suddenly become ill. Qualifying students will have the option to become certified in CPR, AED and First Aid. F.S.

KIN 111. Individual Sports/Activities I. 1 Credit.
These courses are designed for beginners. They include instruction in various individual sports and activities (e.g., golf, ice skating, track and field events, etc.). For specific course content, see the current schedule of classes. Repeatable to 4 credits. On demand.

KIN 112. Outdoor Pursuits I. 1 Credit.
These courses are designed for beginners. They include instruction in various outdoor pursuit activities (e.g., camping, cycling, cross-country skiing, etc.). For specific course content, see the current schedule of classes. Repeatable to 4 credits. On demand.

KIN 113. Racquet Sports I. 1 Credit.
These courses are designed for beginners. They include instruction in various racquet sports (e.g., badminton, racquetball, tennis, etc.). For specific course content, see the current schedule of classes. Repeatable to 4 credits. On demand.

KIN 114. Strength Training I. 1 Credit.
These courses are designed for beginners. They include instruction in various types of strength training (e.g., body building, power lifting, weight training, etc.). For specific course content, see the current schedule of classes. Repeatable to 4 credits. On demand.

KIN 115. Target Sports I. 1 Credit.
These courses are designed for beginners. They include instruction in various target sports (e.g., trapshooting, skeet, etc.). For specific course content, see the current schedule of classes. Repeatable to 4 credits. On demand.

KIN 116. Team Sports I. 1 Credit.
These courses are designed for beginners. They include instruction in various team sports (e.g., baseball, basketball, football, ice hockey, soccer, volleyball, etc.). For specific course content, see the current schedule of classes. Repeatable to 4 credits. On demand.

KIN 117. Gymnastics I. 1 Credit.
These courses are designed for beginners. They include instruction in various types of gymnastics (e.g., artistic, trampolining, tumbling, etc.). For specific course content, see the current schedule of classes. Repeatable to 4 credits. On demand.

KIN 118. Military Conditioning I. 1 Credit.
This course is designed for beginners. It includes instruction in military conditioning. Repeatable to 4 credits. On demand.

KIN 118A. Air Force Conditioning I. 1 Credit.
This course is designed for beginners, emphasizing on the Air Force components of physical fitness: cardiorespiratory endurance, muscular strength, muscular endurance, flexibility and body composition. A key objective is for each student achieve a minimum score of 180 points total, in four events of the Air Force Personal Fitness Assessment (AFPA): push-ups, sit-ups, a 1.5 mile run and waist measurement. Repeatable to 4 credits. F.

KIN 124. Aquatics II. 1 Credit.
Prerequisite: KIN 104 in the same activity or consent of the instructor. These courses provide intermediate level instruction in various aquatics-related activities (e.g., swimming, diving, etc.). For specific course content, see the current schedule of classes. Repeatable to 4 credits. On demand.

KIN 125. Combative Sports II. 1 Credit.
Prerequisite: KIN 105 in the same activity or consent of the instructor. These courses provide intermediate level instruction in various combative sports (e.g., boxing, kickboxing, etc.). For specific course content, see the current schedule of classes. Repeatable to 4 credits. On demand.

KIN 127. Dance II. 1 Credit.
Prerequisite: KIN 107 in the same activity or consent of the instructor. These courses provide intermediate level instruction in various dance types (e.g., ballroom, hip-hop, etc.). For specific course content, see the current schedule of classes. Repeatable to 4 credits. On demand.

KIN 128. Fitness and Conditioning II. 1 Credit.
Prerequisite: KIN 108 in the same activity or consent of the instructor. These courses provide intermediate level instruction in various fitness and conditioning activities (e.g., aerobic exercise, pilates, yoga, etc.). For specific course content, see the current schedule of classes. Repeatable to 4 credits. On demand.

KIN 131. Individual Sports/Activities II. 1 Credit.
Prerequisite: KIN 111 in the same activity or consent of the instructor. These courses provide intermediate level instruction in various individual sports and activities (e.g., golf, ice skating, track and field events, etc.). For specific course content, see the current schedule of classes. Repeatable to 4 credits. On demand.

KIN 132. Outdoor Pursuits II. 1 Credit.
Prerequisite: KIN 112 in the same activity or consent of the instructor. These courses provide intermediate level instruction in various outdoor pursuit activities (e.g., camping, cycling, cross-country skiing, etc.). For specific course content, see the current schedule of classes. Repeatable to 4 credits. On demand.

KIN 133. Racquet Sports II. 1 Credit.
Prerequisite: KIN 113 in the same activity or consent of the instructor. These courses provide intermediate level instruction in various racquet sports (e.g., badminton, racquetball, tennis, etc.). For specific course content, see the current schedule of classes. Repeatable to 4 credits. On demand.

KIN 134. Strength Training II. 1 Credit.
Prerequisite: KIN 114 in the same activity or consent of the instructor. These courses provide intermediate level instruction in various types of strength training (e.g., body building, power lifting, weight training, etc.). For specific course content, see the current schedule of classes. Repeatable to 4 credits. On demand.

KIN 135. Target Sports II. 1 Credit.
Prerequisite: KIN 115 in the same activity or consent of the instructor. These courses provide intermediate level instruction in various target sports (e.g., trapshooting, skeet, etc.). For specific course content, see the current schedule of classes. Repeatable to 4 credits. On demand.

KIN 136. Team Sports II. 1 Credit.
Prerequisite: KIN 116 in the same activity or consent of the instructor. These courses provide intermediate level instruction in various team sports (e.g., baseball, basketball, football, ice hockey, soccer, volleyball, etc.). For specific course content, see the current schedule of classes. Repeatable to 4 credits. On demand.

KIN 137. Gymnastics II. 1 Credit.
Prerequisite: KIN 117 in the same activity or consent of the instructor. These courses provide intermediate level instruction in various types of gymnastics (e.g., artistic, trampolining, tumbling, etc.). For specific course content, see the current schedule of classes. Repeatable to 4 credits. On demand.

KIN 138. Military Conditioning II. 1 Credit.
This course provides intermediate level instruction in military conditioning. Prerequisite: The course is for AFROTC enrolled students only. F.S.
KIN 138A. Air Force Conditioning II. 1 Credit.
This course is designed for intermediate level instruction, emphasizing on the Air Force components of physical fitness; cardiorespiratory endurance, muscular strength, muscular endurance, flexibility and body composition. A key objective is for each student achieve a minimum score of 180 points total, in four events of the Air Force Personal Fitness Assessment (AFPFA): push-ups, sit-ups, a 1.5 mile run and waist measurement. Repeatable to 4 credits. S.

KIN 144. Aquatics III. 1 Credit.
Prerequisite: KIN 124 in the same activity or consent of the instructor. These courses provide advanced level instruction in various aquatics-related activities (e.g., swimming, diving, etc.). For specific course content, see the current schedule of classes. Repeatable to 4 credits. On demand.

KIN 145. Combative Sports III. 1 Credit.
Prerequisite: KIN 125 in the same activity or consent of the instructor. These courses provide advanced level instruction in various combative sports (e.g., boxing, kickboxing, etc.). For specific course content, see the current schedule of classes. Repeatable to 4 credits. On demand.

KIN 147. Dance III. 1 Credit.
Prerequisite: KIN 127 in the same activity or consent of the instructor. These courses provide advanced level instruction in various dance types (e.g., ballroom, hip-hop, etc.). For specific course content, see the current schedule of classes. Repeatable to 4 credits. On demand.

KIN 148. Fitness and Conditioning III. 1 Credit.
Prerequisite: KIN 128 in the same activity or consent of the instructor. These courses provide advanced level instruction in various fitness and conditioning activities (e.g., aerobic exercise, pilates, yoga, etc.). For specific course content, see the current schedule of classes. Repeatable to 4 credits. On demand.

KIN 151. Individual Sports/Activities III. 1 Credit.
Prerequisite: KIN 131 in the same activity or consent of the instructor. These courses provide advanced level instruction in various individual sports and activities (e.g., golf, ice skating, track and field events, etc.). For specific course content, see the current schedule of classes. Repeatable to 4 credits. On demand.

KIN 152. Outdoor Pursuits III. 1 Credit.
Prerequisite: KIN 132 in the same activity or consent of the instructor. These courses provide advanced level instruction in various outdoor pursuit activities (e.g., camping, cycling, cross-country skiing, etc.). For specific course content, see the current schedule of classes. Repeatable to 4 credits. On demand.

KIN 153. Racquet Sports III. 1 Credit.
Prerequisite: KIN 133 in the same activity or consent of the instructor. These courses provide advanced level instruction in various racquet sports (e.g., badminton, racquetball, tennis, etc.). For specific course content, see the current schedule of classes. Repeatable to 4 credits. On demand.

KIN 154. Strength Training III. 1 Credit.
Prerequisite: KIN 134 in the same activity or consent of the instructor. These courses provide advanced level instruction in various types of strength training (e.g., body building, power lifting, weight training, etc.). For specific course content, see the current schedule of classes. Repeatable to 4 credits. On demand.

KIN 155. Target Sports III. 1 Credit.
Prerequisite: KIN 135 in the same activity or consent of the instructor. These courses provide advanced level instruction in various target sports (e.g., trapshooting, skeet, etc.). For specific course content, see the current schedule of classes. Repeatable to 4 credits. On demand.

KIN 156. Team Sports III. 1 Credit.
Prerequisite: KIN 136 in the same activity or consent of the instructor. These courses provide intermediate level instruction in various team sports (e.g., baseball, basketball, football, ice hockey, soccer, volleyball, etc.). For specific course content, see the current schedule of classes. Repeatable to 4 credits. On demand.

KIN 157. Gymnastics III. 1 Credit.
Prerequisite: KIN 137 in the same activity or consent of the instructor. These courses provide advanced level instruction in various types of gymnastics (e.g., artistic, trampolining, tumbling, etc.). For specific course content, see the current schedule of classes. Repeatable to 4 credits. On demand.

KIN 158. Military Conditioning III. 1 Credit.
This course provides advanced level instruction in military conditioning. Prerequisite: KIN 138 or consent of instructor. Repeatable to 4 credits. On demand.

KIN 158A. Air Force Conditioning III. 1 Credit.
This course is designed for advanced level instruction, emphasizing on the Air Force components of physical fitness; cardiorespiratory endurance, muscular strength, muscular endurance, flexibility and body composition. A key objective is for each student achieve a minimum score of 180 points total, in four events of the Air Force Personal Fitness Assessment (AFPFA): push-ups, sit-ups, a 1.5 mile run and waist measurement. Repeatable to 4 credits. S.

KIN 207. Prevention, Care and Legal Issues for Injury. 3 Credits.
A study of the prevention, care and legal aspects of injuries incurred by individuals in physical activity settings across the lifespan. Includes recommended first aid and CPR practices for the care of persons who have been injured. Prerequisite: KIN Majors, Health Education Minors Athletic Coaching Minors only. F,S.

KIN 207L. Prevention And Care Of Injuries Lab. 1 Credit.
Corequisite: KIN 207.

Course may be repeated as long as content varies, to a maximum of 12 credits for the KIN 220-239 series. These courses focus on the development of performance, performance analysis and knowledge in various aquatic-related activities (e.g., swimming, diving, etc.). These are professional preparation courses for KIN majors. For specific course content, see the current schedule of classes. Prerequisite or Corequisite: KIN 104, KIN 124, or KIN 144; or performance equivalent in same area. Repeatable to 12 credits. On demand.

Course may be repeated as long as content varies, to a maximum of 12 credits for the KIN 220-239 series. These courses focus on the development of performance, performance analysis and knowledge in various combative sports (e.g., boxing, kickboxing, etc.). These are professional preparation courses for KIN majors. For specific course content, see the current schedule of classes. Prerequisite or Corequisite: KIN 105, KIN 125, or KIN 145; or performance equivalent in same area. Repeatable to 12 credits. On demand.

KIN 227. Dance: Movement Performance and Analysis (MP&A). 1 Credit.
Course may be repeated as long as content varies, to a maximum of 12 credits for the KIN 220-239 series. These courses focus on the development of performance, performance analysis and knowledge in various dance types (e.g., ballroom, hip-hop, etc.). These are professional preparation courses for KIN majors. For specific course content, see the current schedule of classes. Prerequisite or Corequisite: KIN 107, KIN 127, or KIN 147; or performance equivalent in same area. Repeatable to 12 credits. On demand.

KIN 228. Fitness & Conditioning: Movement Performance and Analysis (MP&A). 1 Credit.
Course may be repeated as long as content varies, to a maximum of 12 credits for the KIN 220-239 series. These courses focus on the development of performance, performance analysis and knowledge in various fitness and conditioning activities (e.g., aerobic exercise, pilates, yoga, etc.). These are professional preparation courses for KIN majors. For specific course content, see the current schedule of classes. Prerequisite or Corequisite: KIN 108, KIN 128, or KIN 148; or performance equivalent in same area. Repeatable to 12 credits. On demand.

KIN 231. Individual Sports/Activities: Movement Performance and Analysis (MP&A). 1 Credit.
Course may be repeated as long as content varies, to a maximum of 12 credits for the KIN 220-239 series. These courses focus on the development of performance, performance analysis and knowledge in various individual sports and activities (e.g., golf, ice skating, track and field events, etc.). These are professional preparation courses for KIN majors. For specific course content, see the current schedule of classes. Prerequisite or Corequisite: KIN 111, KIN 131, or KIN 151; or performance equivalent in same area. Repeatable to 12 credits. On demand.

Course may be repeated as long as content varies, to a maximum of 12 credits for the KIN 220-239 series. These courses focus on the development of performance, performance analysis and knowledge in various outdoor pursuit activities (e.g., camping, cycling, cross-country skiing, etc.). These are professional preparation courses for KIN majors. For specific course content, see the current schedule of classes. Prerequisite or Corequisite: KIN 112, KIN 132, or KIN 152; or performance equivalent in same area. Repeatable to 12 credits. On demand.
Course may be repeated as long as content varies, to a maximum of 12 credits for the KIN 220-239 series. These courses focus on the development of performance, performance analysis and knowledge in various racquet sports (e.g., badminton, racquetball, tennis, etc.). These are professional preparation courses for KIN majors. For specific course content, see the current schedule of classes. Prerequisite or Corequisite: KIN 113, KIN 133, or KIN 153; or performance equivalent in same area. Repeatable to 12 credits. On demand.

KIN 234. Strength Training: Movement Performance and Analysis (MP&A). 1 Credit.
Course may be repeated as long as content varies, to a maximum of 12 credits for the KIN 220-239 series. These courses focus on the development of performance, performance analysis and knowledge in various types of strength training (e.g., body building, power lifting, weight training, etc.). These are professional preparation courses for KIN majors. For specific course content, see the current schedule of classes. Prerequisite or Corequisite: KIN 114, KIN 134, or KIN 154; or performance equivalent in same area. Repeatable to 12 credits. On demand.

KIN 235. Target Sports: Movement Performance and Analysis (MP&A). 1 Credit.
Course may be repeated as long as content varies, to a maximum of 12 credits for the KIN 220-239 series. These courses focus on the development of performance, performance analysis and knowledge in various target sports (e.g., trapshooting, skeet, etc.). These are professional preparation courses for KIN majors. For specific course content, see the current schedule of classes. Prerequisite or Corequisite: KIN 115, KIN 135, or KIN 155; or performance equivalent in same area. Repeatable to 12 credits. On demand.

KIN 236. Team Sports: Movement Performance and Analysis (MP&A). 1 Credit.
Course may be repeated as long as content varies, to a maximum of 12 credits for the KIN 220-239 series. These courses focus on the development of performance, performance analysis and knowledge in various team sports (e.g., baseball, basketball, football, ice hockey, soccer, volleyball, etc.). These are professional preparation courses for KIN majors. For specific course content, see the current schedule of classes. Prerequisite or Corequisite: KIN 116, KIN 136, or KIN 156; or performance equivalent in same area. Repeatable to 12 credits. F.S.

KIN 237. Gymnastics: Movement Performance and Analysis (MP&A). 1 Credit.
Course may be repeated as long as content varies, to a maximum of 12 credits for the KIN 220-239 series. These courses focus on the development of performance, performance analysis and knowledge in various types of gymnastics (e.g., artistic, trampolining, tumbling, etc.). These are professional preparation courses for KIN majors. For specific course content, see the current schedule of classes. Prerequisite or Corequisite: KIN 117, KIN 137, or KIN 157; or performance equivalent in same area. Repeatable to 12 credits. On demand.

KIN 240. Introduction to Wellness. 2 Credits.
Designed to encourage personal awareness and responsibility for the maintenance of health and well-being. This course will study the multidimensional nature of wellness and the pivotal role that each dimension plays in personal self-fulfillment. F.S.

KIN 241. Introduction to Coaching. 2 Credits.
An introduction and overview of relevant philosophy, sport psychology, sport pedagogy, sport physiology, sport medicine and sport management issues confronting coaches. Coaching is presented with emphasis on effective instructional techniques and coaching principles based upon scientific knowledge. F.

KIN 242. Introduction to Kinesiology. 2 Credits.
An introduction and overview of are as in Kinesiology. Includes information on the required preparation and training for careers in this area. On demand.

KIN 276. Motor Learning. 2 Credits.
Consideration of various factors which may affect learning and performance in human movement activities. Prerequisite: KIN majors only or consent of instructor. Corequisite: KIN 276L. S.

KIN 276L. Motor Learning Lab. 1 Credit.
Demonstration of various factors which may affect learning and performance in human movement activities. Prerequisite: KIN major only or consent of the instructor. Corequisite: KIN 276. S.

KIN 290. Physical Education Activities for the Elementary Grades. 3 Credits.
Study of physical activities in modern physical education programs for grades K-6. Emphasis on skill themes and developmentally appropriate activities. F.

KIN 299. Special Topics in Kinesiology. 1-4 Credits.
Specialized topics related to Kinesiology. Repeatable to 9 credits. Repeatable to 9 credits. On demand.

KIN 305. Health/Physical Education for Early Childhood and Elementary Education Teachers. 3 Credits.
This course provides background information and skills for the early childhood and elementary teacher to implement coordinated health education in the elementary grades and how to provide support and effective instruction in elementary physical education. Prerequisite: Admission to the Teacher Education program. F.S.SS.

KIN 309. Water Safety Instruction. 2 Credits.
Scientific motor principles and techniques as they apply to the teaching and conduct of swimming and water safety. Prerequisite: KIN 104C or demonstrated ability to swim 15 yards of front, back crawl and breaststroke. S.SS.

KIN 325. Youth and Children in Sport. 3 Credits.
Analysis of research findings in physical education, exercise science and wellness with applications to coaching children and youth in sport. F.

KIN 326. Fundamentals of Physical Conditioning. 3 Credits.
A study of the basic knowledge, principles, and methods of physical conditioning for improved health, wellness, physical fitness and athletic performance. Prerequisite: KIN Majors or coaching minors only or consent of instructor. F.S.

KIN 327. Fitness for Life. 3 Credits.
A classroom course focusing on advanced concepts of lifetime fitness and wellness from a consumer perspective. Emphasis is on the development of personal programs for fitness and wellness. F.S.

KIN 332. Biomechanics. 2 Credits.
The study of human movement with special emphasis on those movements related to sport and physical activity. Prerequisites: KIN or Athletic Training majors only, or consent of instructor; ATAN 204, ATAN 204L. Corequisite: KIN 332L. F.S.SS.

KIN 332L. Biomechanics Laboratory. 1 Credit.
The demonstration of biomechanical principles related to movement in sport and physical activity. Prerequisites: KIN or Athletic Training Majors only, or consent of instructor; ATAN 204 and 204L. Corequisite: KIN 332. F.

KIN 341. Organization and Administration of Athletics. 2 Credits.
Principles and practices for management of the interscholastic athletic program. Prerequisite: Athletic Coaching minors only. S.

KIN 355. Applied Motor Development. 3 Credits.
Changes in motor performance which occur with age; physical and mental development as they relate to these changes. Prerequisite: KIN Majors only or consent of instructor. S.

KIN 375. Exercise and Weight Training Skills and Teaching Techniques. 3 Credits.
Knowledge and practical skills needed to lead group exercise and weight training classes (including adaptations needed for special populations). Prerequisite: KIN 326. S.

KIN 376. Essentials of Personal Training. 3 Credits.
Knowledge and skills required to provide personal training for individuals and/or small groups including aerobic and anaerobic exercise prescription. Prerequisite: KIN 326. F.

KIN 390. Introduction to Teaching in Physical Education and Coaching. 2 Credits.
Strategy for classroom management, planning, instruction, and assessment of teacher and student behavior. Special emphasis on systematic development of a variety of teaching skills through practice and feedback in individual and small group situations. Prerequisites: KIN 220-239 series requirements. Corequisite: KIN 390L. On demand.

KIN 390L. Introduction to Teaching in Physical Education and Coaching Laboratory. 2 Credits.
KIN 397. Cooperative Education. 1-4 Credits.
Part of the educational system where KIN majors can earn academic credit for
career work done in their field of study. Arranged by mutual agreement among
student, department, and employer. Repeatable to 16 credits. Prerequisite: KIN
majors only. Repeatable to 16 credits. S/U grading. F,S,SS.

KIN 400. Methods and Materials for Teaching Physical Education
Elementary School. 2 Credits.
The development of skills and knowledge related to teaching physical
education to young children in elementary school. Prerequisites: KIN 305 and
admission to Teacher Education. Corequisite: KIN 400L. S.

KIN 400L. Methods and Materials for Teaching Physical Education in
the Elementary School-Laboratory. 2 Credits.
Supervised teaching experiences in the elementary schools for developing
coaching skills for pre-service teachers. Prerequisites: KIN 305 and admission
to Teacher Education. Corequisite: KIN 400. S.

KIN 401. Sport Sociology. 3 Credits.
The critical exploration of the function of sports in American culture, in an
interdisciplinary fashion, with a focus on the contemporary scene. F,S,SS.

KIN 402. Exercise Physiology. 3 Credits.
The acute and chronic effect of the type, intensity and duration of exercise on
physiological functions. Prerequisites: KIN or Athletic Training majors only, or
consent of instructor; PPT 301 or Human Physiology equivalent. Corequisite:
KIN 402L. F.

KIN 402L. Exercise Physiology Laboratory. 1 Credit.
The demonstration and measurement of the acute effects of exercise on
physiological functions. Prerequisites: KIN or Athletic Training majors only, or
consent of instructor; PPT 301 or Human Physiology equivalent. Corequisite:
KIN 402. F.

KIN 403. School Health Education. 2 Credits.
Provides prospective health educators with a cursory look at health curriculum
construction and investigation of different methods, devices and classroom
techniques. Prerequisite: KIN majors only. S.

KIN 404. Adapted Physical Activity. 3 Credits.
A study of the physical and motor characteristics and needs of persons
with disabilities across the lifespan. Application focuses on planning and
implementing physical education and activity programs in school and/or
community settings. Prerequisites: Junior or Senior Standing and KIN majors
only or consent of instructor. S.

KIN 410. Methods and Materials for Teaching Physical and Health
Education in the Secondary School. 3 Credits.
Instructional skills and curriculum analysis for secondary school physical and
health education. Prerequisites: KIN 400 and admission to Teacher Education.
Corequisite: KIN 410L. F.

KIN 410L. Methods and Materials for Teaching Physical & Health
Education in the Secondary School-Laboratory. 1 Credit.
Supervised experiences in the secondary school for the purpose of developing
coaching skills for physical and health education. Prerequisite: KIN 400L and
admission to Teacher Education. Corequisite: KIN 410. F.

KIN 420. Curriculum Development for Physical and Health Education. 3
Credits.
An examination of different curriculum models used in K-12 physical education
programs as well as health education programs. Also, study of national and
state standards, program development and assessment, and future trends in
school physical education. Prerequisites: KIN 390/390L admission to Teacher
Education. S.

KIN 424. Aquatics: Coaching Methods. 2 Credits.
Repeatable with different sports to a maximum of 10 credits in the KIN 420-439
series. Prerequisite: matching KIN 224 in the same area. These courses focus
on methods employed in coaching specific aquatics-related activities (e.g.,
swimming, diving, etc.). For specific course content, see the current schedule of
classes. F,S,SS.

KIN 425. Combative Sports: Coaching Methods. 2 Credits.
Repeatable with different sports to a maximum of 10 credits in the KIN 420-439
series. Prerequisite: matching KIN 225 in the same area. These courses focus
on methods employed in coaching specific combative sports (e.g., boxing,
kickboxing, etc.). For specific course content, see the current schedule of
classes. F,S,SS.

KIN 427. Dance: Coaching Methods. 2 Credits.
Repeatable with different sports to a maximum of 10 credits in the KIN 420-439
series. Prerequisite: matching KIN 227 in the same area. These courses focus
on methods employed in coaching specific dance types (e.g., ballet, hip-hop, etc.). For specific course content, see the current schedule of classes.
F,S,SS.

KIN 428. Fitness and Conditioning: Coaching Methods. 2 Credits.
Repeatable with different sports to a maximum of 10 credits in the KIN 420-439
series. Prerequisite: matching KIN 228 in the same area. These courses focus
on methods employed in coaching specific fitness and conditioning activities
(e.g., aerobic exercise, pilates, yoga, etc.). For specific course content, see the
current schedule of classes. F,S,SS.

KIN 431. Individual Sports/Activities: Coaching Methods. 2 Credits.
Repeatable with different sports to a maximum of 10 credits in the KIN 420-439
series. Prerequisite: matching KIN 231 in the same area. These courses focus
on methods employed in coaching specific individual sports and activities (e.g.,
golf, ice skating, track and field events, etc.). For specific course content, see
the current schedule of classes. F,S,SS.

KIN 432. Individual Sports/Activities: Coaching Methods. 2 Credits.
Repeatable with different sports to a maximum of 10 credits in the KIN 420-439
series. Prerequisite: matching KIN 232 in the same area. These courses focus
on methods employed in coaching specific racquet sports (e.g., badminton,
racquetball, tennis, etc.). For specific course content, see the current schedule
of classes. F,S,SS.

KIN 435. Target Sports: Coaching Methods. 2 Credits.
Repeatable with different sports to a maximum of 10 credits in the KIN 420-439
series. Prerequisite: matching KIN 235 in the same area. These courses focus
on methods employed in coaching specific target sports (e.g., trapshooting,
skeet, etc.). For specific course content, see the current schedule of classes.
F,S,SS.

KIN 436. Team Sports: Coaching Methods. 2 Credits.
Repeatable with different sports to a maximum of 10 credits in the KIN 420-439
series. Prerequisite: matching KIN 236 in the same area. These courses focus
on methods employed in coaching specific team sports (e.g., baseball,
basketball, football, ice hockey, soccer, volleyball, etc.). For specific course content, see the current schedule of classes. F,S,SS.

KIN 437. Gymnastics: Coaching Methods. 2 Credits.
Repeatable with different sports to a maximum of 10 credits in the KIN 420-439
series. Prerequisite: matching KIN 237 in the same area. These courses focus
on methods employed in coaching specific types of gymnastics (e.g., artistic,
trampolining, tumbling, etc.). For specific course content, see the current schedule of classes. F,S,SS.

KIN 440. Sport Psychology. 3 Credits.
Examination of psychological constructs influencing sport and exercise. F,S,SS.

KIN 446. Exercise Testing and Prescription. 3 Credits.
Development of skills in testing, prescribing and delivering exercise for the
broader community across the lifespan. Prerequisites: KIN 326, KIN 402 and
KIN 402L. S.

KIN 491. Senior Capstone. 3 Credits.
Focus on reflection, professional growth including information literacy and
communication, collaboration, learning communities, professional decision
making, and technology applications in Kinesiology and Public Health.
Prerequisite: Senior standing. F,S.

KIN 494. Directed Studies/Research in KIN. 1-4 Credits.
An in-depth study or participation in a research project in a subject area
selected by the student under faculty supervision. Repeatable to 9 credits.
Prerequisite: Consent of instructor. Repeatable to 9 credits. F,S,SS.
KIN 495. Service Learning in KIN. 2 Credits.
Independent and group study of professional placement and leadership in kinesiology settings. Practical experiences in these settings within the community. Includes lectures, site visits, and fieldwork hours. Prerequisite: Instructor consent. F,S,SS.

KIN 496. Field Study in KIN. 1-8 Credits.
Placement of student in a practical setting under university faculty supervision. Repeatable to 8 credits. Prerequisites: Consent of instructor and upper division status. Repeatable to 8 credits. F,S,SS.

KIN 497. Internship in KIN. 1-10 Credits.
Development of professional skills through practical experience in agencies such as hospitals, physical therapy clinics, retirement or convalescent centers, work site wellness programs, fitness facilitation, on-campus fitness programs and community sports organizations under the supervision of professionals and faculty. Credits are taken during one semester for paid or volunteer work. Prerequisites: KIN majors only, consent of instructor, upper division status, and current First Aid/CPR certification. Repeatable to 10 credits. S/U grading. F,S,SS.

KIN 498. Practicum. 3 Credits.
Supervised experiences for development of coaching skills and/or exercise instruction. Repeatable to 6 credits. F,S,SS.

KIN 499. Special Topics in KIN. 1-4 Credits.
Investigation of special topics in the study of physical education, exercise science and wellness not included in current departmental course offerings. Repeatable to 4 credits. Prerequisites: KIN majors only and consent of instructor. Repeatable to 4 credits. F,S,SS.

KIN 501. Introduction to Research in Kinesiology. 4 Credits.
The study of quantitative and qualitative research methods used in the field of kinesiology.

KIN 502. Evaluation in Kinesiology. 3 Credits.
The course will deal with the determination of standards for human performance in kinesiology, and the principles to apply these standards for exercise prescription.

KIN 511. Theory and Practice in Administration. 2 Credits.
A study of the knowledge, skills and insights as they relate to planning, management and leadership necessary for effective administration of programs. Prerequisite: KIN 341 or consent of instructor.

KIN 512. Theory and Practice in Sports Administration. 2 Credits.
Problems, policies and facilities in athletic departments with emphasis at the secondary level. Public relations problems met and problems of interrelationships with the general curriculum.

KIN 513. Supervision of Teaching and Coaching in Sports and Fitness Education. 3 Credits.
The study of the knowledge and skills necessary to supervise teaching and coaching in sport and fitness education. Prerequisite: KIN 521 or consent of instructor.

KIN 514. Theory and Practice in Intramural Sports Administration. 2 Credits.
Study of the basic ingredients required to administer a successful intramural program.

KIN 520. Curriculum Development for Physical Education. 3 Credits.
A study of processes for planning, implementing, and evaluating curriculum in physical education.

KIN 521. Analysis of Teaching and Coaching. 3 Credits.
A review of the knowledge and skills for instruction of physical activity and sports, with practical applications to teaching and coaching.

KIN 523. Historical and Philosophical Foundations. 2 Credits.
Educational justification of various phases of the kinesiology based on historical and philosophical evidence.

KIN 524. Adapted Activities. 3 Credits.
Theory and practice of modified activities adapted to needs, capacities and abilities of the atypical child. Prerequisite: KIN 404 or consent of instructor.

KIN 525. Motor Development. 3 Credits.
Study of age-related performance changes across the life span. Emphasis will be on physical and mental change as they affect motor skill acquisition and performance. Prerequisite: KIN 276 or KIN 355 or consent of instructor.

KIN 526. Introduction to Kinesiology Statistics. 3 Credits.
Understanding, interpreting, and reporting results of basic statistical analyses (descriptive and inferential, up to and including factorial and repeated measures ANOVAs) used in kinesiology research. Prerequisite: Kinesiology major or consent of instructor.

KIN 529. Exercise Psychology. 3 Credits.
A research-based study of the psychological aspects that are associated with participation in exercise/physical activity. Prerequisite: KIN 440 or consent of instructor.

KIN 530. Sports Biomechanics. 3 Credits.
The application of principles of mechanics to the study of human motion. F, even years.

KIN 531. Sport Psychology. 3 Credits.
A research-based study of the psychological aspects associated with participation in sport. Prerequisite: KIN 440 or consent of instructor.

KIN 532. Strength and Power Testing Techniques and Programming. 3 Credits.
Focuses on laboratory and field tests common in strength and power assessment. Prerequisite: KIN 402. F.

KIN 533. Motor Learning and Control. 3 Credits.
Study of the acquisition and control of human motor skill. Prerequisite: KIN 276 or equivalent or consent of instructor.

KIN 534. Sport Sociology. 3 Credits.
This course is designed to examine various sociological factors in American society and their relationship to the sport experience. Prerequisite: KIN 401 or consent of instructor.

KIN 535. Advanced Exercise Physiology I. 3 Credits.
The focus of this course is on the mechanisms which affect the cardiovascular and pulmonary system responses at rest, during and after exercise. Prerequisites: KIN 402 or equivalent and consent of instructor.

KIN 536. Bioenergetics and Skeletal Muscle Function. 3 Credits.
Focuses on acute and chronic muscle function, energy metabolism, and regulatory process of skeletal muscle and muscle cell function during rest, during exercise and during recovery. Prerequisites: KIN 402 or equivalent, and consent of instructor. F.

KIN 537. Applied Sport Psychology. 3 Credits.
A study of psychological skill training programs for use with team and individual sports athletes. Prerequisite: KIN 440 or consent of instructor.

KIN 538. Exercise in Health and Disease. 3 Credits.
The role of exercise in the prevention and rehabilitation of individuals in various disease states (e.g., atherosclerosis, chronic obstructive lung disease, hypertension, diabetes, osteoporosis, obesity, and others) and health states (e.g., aging and pregnancy). This is a lecture course. Prerequisite: KIN 535 or consent of the instructor.

KIN 539. Ex Phys Lab: Anthropometry and Body Composition. 3 Credits.
Designed to develop practical and hands-on skills in anthropometry (the science of measuring body size, shape and composition) for apparently healthy individuals of all ages. Prerequisite: Consent of instructor. S.

KIN 540. Teaching Lifetime Fitness. 3 Credits.
A study of the philosophical, disciplinary, and professional considerations that are necessary for the optimal planning and execution of lifetime fitness/wellness education programs in public schools and allied settings.

KIN 541. Exercise Program Design. 3 Credits.
Focuses on designing scientifically sound aerobic, strength and conditioning, and resistance training programs for healthy adults. Intended for students planning on coaching, strength conditioning coaching, personal training, corporate fitness, exercise physiology, law enforcement, military, athletic training, or the allied health professions (physical therapy, etc.). S.

KIN 555. Special Topics in Kinesiology. 1-4 Credits.
Investigation of special topics in the study of kinesiology not included in current departmental course offerings. Repeatable when topics differ. Repeatable.

KIN 560. Seminar in Kinesiology. 1 Credit.
Presentations of current topics based on reviews of literature. Repeatable to 4 credits. Prerequisite: Consent of instructor. Repeatable to 4 credits. S/U grading.
KIN 561. Critical Synthesis and Analysis in Kinesiology. 2 Credits.
This course is designed to provide the student with the opportunity to critically analyze and synthesize selected topics in kinesiology. Prerequisite: 20 hours of graduate credit.

KIN 585. Internship in Kinesiology. 3-6 Credits.
Professional experience and skill development through supervised placement at an approved work site (or other program) relevant to the course of study. Repeatable to 6 credits. Prerequisites: Appropriate foundational and major area coursework and consent of advisor and on-site supervisor. Repeatable to 6 credits.

KIN 590. Individual Research in Kinesiology. 1-4 Credits.
Library, laboratory or field research of an approved project in Kinesiology. Repeatable to 4 credits. Prerequisites: KIN 501 and consent of the student's faculty advisor. Repeatable to 4 credits.

KIN 592. Directed Readings in Kinesiology. 2-3 Credits.
Extensive readings to cover a student's area of specialization and interest; written reports are required (may be repeated to a total of six credits). Prerequisites: KIN 501 and consent of the student's faculty advisor. Repeatable to 6 credits.

KIN 996. Continuing Enrollment. 1-12 Credits.
Repeatable. S/U grading.

KIN 997. Independent Study. 2 Credits.

KIN 998. Thesis. 1-9 Credits.
Minimum of 4 credits for thesis option. Repeatable to 9 credits. F,S,SS.