
COURSES IN KINESIOLOGY (KIN)

1101 Athletic Training Practicum I (0-8). The clinical education of skills and techniques relating to equipment intensive environments.

1102 Athletic Training Practicum II (0-8). The clinical education of skills and techniques relating to upper extremity, cervical and thoracic spine, head, face and thorax assessment involving health history, visual inspection, physical inspection and functional testing.

1103 Athletic Training Practicum III (0-8). The clinical education of skills and techniques relating to lower extremity, abdomen, lumbar and sacral spine assessment involving health history, visual inspection, physical inspection and functional inspection.

1104 Athletic Training Practicum IV (0-8). The clinical education of skills and techniques relating to therapeutic modalities involving cryotherapy, thermotherapy, electrotherapy, massage and traction.

1105 Athletic Training Practicum V (0-8). The clinical education of skills and techniques relating to therapeutic exercise involving flexibility, muscular strength, physical conditioning, aquatic therapy, and functional progressions.

1106 Athletic Training Practicum VI (0-8). The clinical education of general medical conditions and disabilities relating to illnesses, diseases, syndromes, and disorders of the human body systems.

1311 Sport and Movement Foundations (3-0). Survey of the historical and philosophical foundations, scope, objectives, and future of sport and fitness related careers. In addition, the scientific foundations, programs, professional considerations, and leadership requirements for employment within this profession will be emphasized.

1341 Introduction to Athletic Training (3-0). The clinical education of skills and techniques relating to upper extremity, cervical and thoracic spine, head, face and thorax assessment involving health history, visual inspection, physical inspection and functional testing.

1363 Principles of Wellness (3-0). The study of the aspects that make up total wellness. Subject areas will include the health-related aspects of physical fitness, proper nutrition, heart disease, substance abuse and the influence of mental, emotional, and psychological factors on these aspects.

2321 Football (3-0). Fundamental skills involved in football including individual skills and techniques, terminology, identification of various offenses and defenses, scouting, and total organization of competitive football.

2322 Basketball (3-0). Fundamental skills involved in basketball, including individual skills and techniques, terminology, team offenses and defenses, scouting, and total organization of competitive basketball.

2323 Track (3-0). Teaching the organization of track and field with emphasis on theory, skills, and film studies. Includes officiating and developing a training system and some participation.

2324 Volleyball (3-0). Fundamental skills involved in volleyball, including individual skills and techniques, offenses, defenses, transition play, scouting, strategies, physical training and conditioning principles, and total organization of competitive volleyball.

2325 Soccer (3-0). Fundamental skills involved in soccer, including individual skills and techniques, offenses, defenses, scouting, principles of training and conditioning, psychology of coaching and the total organization of competitive soccer.

2326 Softball (3-0). This course is designed to prepare present and future players, physical-education teachers and coaches in the theory of coaching softball. The course includes the mental and physical preparation of becoming a softball player; the theory and practical experience pertaining to the offense and defense; individual drills for each of the nine softball positions.

2341/PHED 1306 Safety and First Aid (3-0). Fundamentals of safe conduct in home, traffic, recreation, and community. First aid includes practice of current standard techniques including CPR.

2363/PHED 1308 Officiating (3-0). Study and interpretation of rules of various sports and actual practice of officiating and judging athletic events.

3333 Motor Development (3-0). A study of psychomotor development. The focus is on the growth years, though developmental considerations for all age groups are considered. Implications for sport, exercise, and physical activity will be discussed.

3343 Exercise and Sport for Special Populations (3-0). A survey of various disabling conditions, physical, mental, and emotional; and the implications that these disabilities impose on physical activities, fitness, and sport. A field experience is required.

3351 Tests and Measurement in Physical Education and Sport (3-0). Measurement techniques unique to the evaluation of physical performance objectives, including physical fitness and acquisition of basic motor and sport skills. Practical experiences will be provided in test administration, scoring, and interpretation of results.

3353 Sport and Fitness Programs for Children (3-0). Motor skills acquisition in children; the sequential progression in the achievement of motor proficiency and physical fitness through the use of skill themes and movement concepts.

3357 Sport and Fitness Programs in the Secondary School (3-0). Major emphasis on development of competencies needed to: create and maintain a learning environment, engage students in learning related activities and implement effective instruction at the secondary level. Special emphasis on adolescent growth and development, learning theories, teaching styles, performance objectives, and program goals. A professional education class and not included in major class requirements. A field practicum is required.

3361 Sport Management (3-0). Organization, administration and management of sport and exercise programs. Includes personnel management and supervision, program development, planning and management of facilities, the purchase and care of supplies and equipment, legal liability, and public relations.

***3371 Health and Aging (3-0).** This course will provide students with an opportunity to learn about aging as a part of the life cycle. Emphasis will be on the role of health concerns in the aging process and quality of life. Additional topics that will be addressed include ageism, demographics, ethnicity, economics, health status, research on care giving, death and dying.

3441 Care and Prevention of Athletic Injuries (3-3). The purpose of this course is to identify injury risk factors associated with participation in competitive athletics and to plan all components of a prevention program.

4100 Problems and Analysis in Teaching Physical Education (0-1). This is an online course designed to present the kinesiology student seeking all-level teacher certification in physical education the opportunity for problem specific analysis in teaching all-level physical education in the school system. This course must be completed prior to taking the TExES in physical education. In addition, those students who seek teacher certification after graduation will be required to enroll in KIN 4100.

* Open to Graduate Students by permission of the Dean of the Graduate School.

4331 Sports Law (3-0). A course that focuses on the legal elements and responsibilities found in sports and the entire realm of physical activities. The legal environment; legal duties and responsibilities; risk management; and participant rights will be addressed. Emphasis will be placed on developing proficiency in recognizing and solving problems and issues in sports and physical activities.

***4333 Health Promotion in the Workplace (3-0).** This course will provide students with an opportunity to learn about planning and implementing a comprehensive health promotion program in the corporate setting. Emphasis will be on developing environmental and social support for healthy behaviors within the business community. Additional topics that will be addressed include: building awareness, knowledge, skills, and interpersonal support for personal behavior change.

4351 Team and Individual Sports (3-0). Presentation of basic motor skills, rules, and strategies of selected team and individual sports. Includes participation in the sport activities.

4353 Administration of Athletic Training Programs (3-0). The principles of administrative components within the athletic training program. The student will plan, coordinate, and supervise areas of health care services, financial management, training room management, personnel management, and public relations.

***4359 - Fitness Testing and Exercise Prescription (3-0).** The student will learn basic level exercise testing and prescription. Objectives of the course include understanding basic physiological changes which occur in response to a chronic exercise regimen and designed to improve cardiorespiratory endurance, to administer field, lab, and experimental lab tests using various protocols and to construct an appropriate exercise prescription for cardiorespiratory endurance from physiological data collected during testing.

4361 Psychological Aspects of Sport (3-0). An introduction to the subdiscipline of sport psychology. Emphasis will be placed on the application of psychological theories and training techniques specifically to coaching athletes.

4363 Motor Learning (3-0). Applications of learning principles to skill acquisition in sport and human domain. The study of psychological factors affecting performance and acquisition of motor skills.

4370 Physiology of Exercise (3-0). The responses of the human body to exercise, emphasizing generation of energy in skeletal muscle, dynamics of muscular contraction, oxygen transport system, body composition, and training regimens. It is strongly recommended that the student take Biology 2423 and Biology 2424 in preparation for this course.

4372 Kinesiology: Biomechanical Analysis of Movement (3-0). Principles of human movement. Understanding the interrelationship of structure and movement of human beings with respect to anatomy and mechanical analysis.

Prerequisite: Biology 2423.

4373 Internship. Supervised internship with selected wellness and recreational organizations. Recommended for students not seeking teacher certification.

Prerequisites: Senior standing, minimum GPA of 3.0, and approval by department. Apply by March 1 for the following fall semester and by November 1 for the following spring semester.

***4380 Sport and Exercise Nutrition (3-0).** The content of this course is focused on the metabolism of food by various tissues of the body and its relation to exercise. The role of diet in the development and treatment of some chronic diseases will also be discussed along with the application of nutritional principles to enhance human performance.

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4381 Special Topics (3-0). Selected topics in kinesiology. May be repeated once for credit when topic varies.

4434 Assessment of the Upper Extremity (3-3). The study of clinical assessment specifically related to the upper extremity, head, cervical spine, and thorax.

4435 Assessment of the Lower Extremity (3-3). The study of clinical assessment specifically related to the lower extremity (i.e. toes, foot ankle, lower leg, knee, pelvis, and thigh).

4441 Therapeutic Modalities (3-3). The study of theories, applications, and methods of various modalities consisting of cryotherapy, electrotherapy, hydrotherapy, and thermotherapy in addition to principles of traction, intermittent compression, and massage.

4442 Therapeutic Exercise (3-3). The study of a comprehensive rehabilitation/reconditioning program involving techniques of flexibility, muscular strength, muscular endurance, and cardiorespiratory training involving anaerobic and aerobic principles.

