

KINESIOLOGY (KINE)

KINE 001 Fitness for Life

Aims at establishing lifelong patterns for optimal health throughout the lifespan. Identifies principles of a balanced fitness program, positive mental health, sound nutrition, and other components of wellness. Practical applications of concepts for a healthy lifestyle is the basis for this course. Includes active participation in various physical fitness activities. Not challengeable.

Grade Mode: Letter, Credit/No Credit, Audit
Semester Hours: 2

KINE 002 Step Aerobics

Instruction and experience in cardiovascular workout skills using a 4 inch step bench. Combines basic and intermediate step moves into both high and low intensity workout routines. Appropriate for all fitness levels. Classes meet two hours a week, and are coed. Students can apply up to eight semester hours of activity courses toward graduation. A course may be taken four times for credit toward graduation. Students may enroll in the same activity course more than four times, but without credit toward graduation. Not challengeable.

Grade Mode: Letter, Credit/No Credit, Audit
Semester Hours: 1

KINE 003 Cardio Kickboxing

Instruction and experience in physical recreation skills. Classes meet two hours per week and are coed unless otherwise designated. Appropriate dress is to be provided by the students. Students can apply up to eight semester hours of activity courses toward graduation. A course may be taken four times for credit toward graduation. Students may enroll in the same activity course more than four times, but without credit toward graduation. Not challengeable.

Grade Mode: Letter, Credit/No Credit, Audit
Semester Hours: 1

KINE 007 Yoga

Instruction and experience in physical recreation skills. Classes meet two hours per week and are coed unless otherwise designated. Appropriate dress is to be provided by the students. Students can apply up to eight semester hours of activity courses toward graduation. A course may be taken four times for credit toward graduation. Students may enroll in the same activity course more than four times, but without credit toward graduation. Not challengeable.

Grade Mode: Letter, Credit/No Credit, Audit
Semester Hours: 1

KINE 013 Golf Workout and Training

This class is designed to provide advanced golfers training sessions focusing on flexibility, core workout drills, and general athlete fitness, primarily through stretching and callisthenic exercises. Students can apply up to eight semester hours of activity courses toward graduation. A course may be taken four times for credit toward graduation. Students may enroll in the same activity course more than four times, but without credit toward graduation. Not challengeable.

Grade Mode: Letter, Audit
Semester Hours: 1

KINE 015 Pilates

Instruction and experience in a typical mat workout based on the exercise principles of Joseph Pilates. All exercises are designed to increase flexibility and core strength and performed either sitting, prone, supine, or side-lying. Classes meet two hours a week and are coed. Appropriate attire is to be provided by students. Students can apply up to eight hours of activity courses toward graduation. A course may be taken four times for credit toward graduation. Students may enroll in the same activity course more than four times, but without credit towards graduation. Not challengeable.

Grade Mode: Letter, Credit/No Credit, Audit
Semester Hours: 1

KINE 016 Jogging

Instruction and experience in physical recreation skills. Classes meet two hours per week and are coed unless otherwise designated. Appropriate dress is to be provided by the students. Students can apply up to eight semester hours of activity courses toward graduation. A course may be taken four times for credit toward graduation. Students may enroll in the same activity course more than four times, but without credit toward graduation. Not challengeable.

Grade Mode: Letter, Credit/No Credit, Audit
Semester Hours: 1

KINE 017 Self-Defense

This is a general self-defense course. Students will learn self-protection, evading, and escape techniques. Physical contact with other students and the instructor will be a common part of this course. Karate uniform is required. Students can apply up to eight hours of activity courses toward graduation. A course may be taken four times for credit toward graduation. Students may enroll in the same activity course more than four times, but without credit towards graduation. Not challengeable.

Grade Mode: Letter, Credit/No Credit, Audit
Semester Hours: 1

KINE 018 Qi Gong

Qi Gong is the practice of aligning breath movement and awareness for health of mind, body, and spirit. No special equipment is used and exercises are performed standing-up. Cannot be challenged.

Semester Hours: 1

KINE 022 Weight Training

Instruction and experience in physical recreation skills. Classes meet two hours per week and are coed unless otherwise designated. Appropriate dress is to be provided by the students. Students can apply up to eight semester hours of activity courses toward graduation. A course may be taken four times for credit toward graduation. Students may enroll in the same activity course more than four times, but without credit toward graduation. Not challengeable.

Grade Mode: Letter, Credit/No Credit, Audit
Semester Hours: 1

KINE 023 Cardio Cross Training

Instruction and experience in a combination of cardiovascular, strength, and flexibility training performed in circuits, intervals, drills, and sprints. Equipment used includes jump ropes, step benches, resistance tubes, medicine balls, and hand weights. Appropriate for all fitness levels. Classes meet two hours a week and are coed. Students can apply up to eight hours of activity courses toward graduation. A course may be taken four times for credit toward graduation. Students may enroll in the same activity course more than four times, but without credit towards graduation. Not challengeable.

Grade Mode: Letter, Credit/No Credit, Audit

Semester Hours: 1

KINE 024 Advanced Cardio Kickboxing

Advanced techniques, training, exercises, and opportunities in kickboxing. Students can apply up to eight hours of activity courses toward graduation. A course may be taken four times for credit toward graduation. Students may enroll in the same activity course more than four times, but without credit towards graduation. Not challengeable.

Semester Hours: 1

KINE 025 Brazilian JiuJitsu

Basic fundamentals of Brazilian JiuJitsu. Basic positions, breakfalls, training techniques, strategy, holds, history, and philosophy. Students can apply up to eight hours of activity courses toward graduation. A course may be taken four times for credit toward graduation. Students may enroll in the same activity course more than four times, but without credit towards graduation. Not challengeable.

Semester Hours: 1

KINE 027 Fencing

This class is designed to introduce the student to the fundamentals of Fencing. Students in the class will be guided through weekly exercises designed to improve their cardiovascular fitness and aerobic endurance as well as increase their flexibility, strength, and power. Students will learn principles, techniques and safe practices of fencing. May be repeated twice for credit. Letter grade only. Not challengeable.

Semester Hours: 1

KINE 032 Hip Hop

Within the framework of hip hop dance, students will engage in full-body activation and motion through space, building strength, coordination and flexibility. With a foundation in dynamic alignment and core support, students will practice the fundamental principles of hip hop dance, including rhythmic isolation of different body parts, integration of the body to travel through space, and rhythmic weight shifts. Class work evolves through weekly repetition of movement sequences designed to develop technical skill and whole body awareness within the hip hop dance idiom. Students will augment their physical practice by exploring the style, history, and social context of the hip hop dance form through class discussion, viewing, and creative group projects.

Grade Mode: Letter, Audit

Semester Hours: 2

KINE 037 Swim for Fitness

Instruction and experience in physical recreation skills. Classes meet two hours per week and are coed unless otherwise designated. Appropriate dress is to be provided by the students. Students can apply up to eight semester hours of activity courses toward graduation. A course may be taken four times for credit toward graduation. Students may enroll in the same activity course more than four times, but without credit toward graduation. Not challengeable.

Grade Mode: Letter, Credit/No Credit, Audit

Semester Hours: 1

KINE 041 Social Dance for Life

This course provides students with practical and theoretical information regarding Partner Social Dancing as an important social activity recognized in most cultures throughout history. The class will address the healthful benefits of coed dance as a possible lifetime activity option. Students will learn by studying research papers, video presentations, through classroom discussions, and through participation in several basic dances. Important techniques including lead and follow, centering, and connection to their partner and the music are also covered.

Semester Hours: 2

KINE 042 Latin Zumba Dance

Instruction and experience in Latin Zumba Dance, emphasizing fitness through activity. Classes meet two hours per week and are coed. Appropriate dress is to be provided by the students. Students can apply up to eight semester hours of activity courses toward graduation. A course may be taken four times for credit toward graduation. Students may enroll in the same activity course more than four times, but without credit toward graduation. Not challengeable.

Grade Mode: Letter, Credit/No Credit, Audit

Semester Hours: 1

KINE 043 Contemporary Dance Workshop

Students will learn and practice the fundamentals of Salsa, Swing and Basic Ballroom. Motion study drills in a fun "Line Dance" format are used to develop proper individual technique. Sheet music for dancers is also introduced to accelerate the learning process. May repeat one time for credit.

Grade Mode: Letter, Credit/No Credit, Audit

Semester Hours: 2

KINE 048 Fundamentals of Water Polo

Instruction and experience in physical recreation skills. Classes meet two hours per week and are coed unless otherwise designated. Appropriate dress is to be provided by the students. Students can apply up to eight semester hours of activity courses toward graduation. A course may be taken four times for credit toward graduation. Students may enroll in the same activity course more than four times, but without credit toward graduation. Not challengeable.

Grade Mode: Letter, Credit/No Credit, Audit

Semester Hours: 1

KINE 050 Women's Basketball

Open to students who compete in the intercollegiate athletic program. May be taken four times for credit toward graduation. Enrollment in the same activity course may be for more than four times but without credit toward graduation. Not challengeable.

Grade Mode: Credit/No Credit, Audit

Semester Hours: 1

KINE 052 Women's Softball

Open to students who compete in the intercollegiate athletic program. May be taken four times for credit toward graduation. Enrollment in the same activity course may be for more than four times but without credit toward graduation. Not challengeable.

Grade Mode: Credit/No Credit, Audit

Semester Hours: 1

KINE 054 Women's Volleyball

Open to students who compete in the intercollegiate athletic program. May be taken four times for credit toward graduation. Enrollment in the same activity course may be for more than four times but without credit toward graduation. Not challengeable.

Grade Mode: Credit/No Credit, Audit

Semester Hours: 1

KINE 055 Women's Soccer

Open to students who compete in the intercollegiate athletic program. May be taken four times for credit toward graduation. Enrollment in the same activity course may be for more than four times but without credit toward graduation. Not challengeable.

Grade Mode: Letter, Credit/No Credit, Audit

Semester Hours: 1

KINE 056 Women's Cross Country

Open to students who compete in the intercollegiate athletic program. May be taken four times for credit toward graduation. Enrollment in the same activity course may be for more than four times but without credit toward graduation. Not challengeable.

Grade Mode: Credit/No Credit, Audit

Semester Hours: 1

KINE 057 Women's Track and Field

Open to students who compete in the intercollegiate athletic program. May be taken four times for credit toward graduation. Enrollment in the same activity course may be for more than four times but without credit toward graduation. Not challengeable.

Grade Mode: Credit/No Credit, Audit

Semester Hours: 1

KINE 058 Women's Water Polo

Open to students who compete in the intercollegiate athletic program. May be taken four times for credit toward graduation. Enrollment in the same activity course may be for more than four times but without credit toward graduation. Not challengeable.

Grade Mode: Credit/No Credit, Audit

Semester Hours: 1

KINE 059 Women's Swimming and Diving

Open to students who compete in the intercollegiate athletic program. May be taken four times for credit toward graduation. Enrollment in the same activity course may be for more than four times but without credit toward graduation. Not challengeable.

Grade Mode: Credit/No Credit, Audit

Semester Hours: 1

KINE 060 Men's Baseball

Open to students who compete in the intercollegiate athletic program. May be taken four times for credit toward graduation. Enrollment in the same activity course may be for more than four times but without credit toward graduation. Not challengeable.

Grade Mode: Credit/No Credit, Audit

Semester Hours: 1

KINE 061 Men's Basketball

Open to students who compete in the intercollegiate athletic program. May be taken four times for credit toward graduation. Enrollment in the same activity course may be for more than four times but without credit toward graduation. Not challengeable.

Grade Mode: Credit/No Credit, Audit

Semester Hours: 1

KINE 062 Men's Football

Open to students who compete in the intercollegiate athletic program. May be taken four times for credit toward graduation. Enrollment in the same activity course may be for more than four times but without credit toward graduation. Not challengeable.

Grade Mode: Credit/No Credit, Audit

Semester Hours: 1

KINE 063 Men's Soccer

Open to students who compete in the intercollegiate athletic program. May be taken four times for credit toward graduation. Enrollment in the same activity course may be for more than four times but without credit toward graduation. Not challengeable.

Grade Mode: Credit/No Credit, Audit

Semester Hours: 1

KINE 070 Men's Cross Country

Open to students who compete in the intercollegiate athletic program. May be taken four times for credit toward graduation. Enrollment in the same activity course may be for more than four times but without credit toward graduation. Not challengeable.

Grade Mode: Credit/No Credit, Audit

Semester Hours: 1

KINE 071 Coed Golf

Open to students who compete in the intercollegiate athletic program. May be taken four times for credit toward graduation. Enrollment in the same activity course may be for more than four times but without credit toward graduation. Not challengeable.

Grade Mode: Credit/No Credit, Audit

Semester Hours: 1

KINE 072 Men's Track and Field

Open to students who compete in the intercollegiate athletic program. May be taken four times for credit toward graduation. Enrollment in the same activity course may be for more than four times but without credit toward graduation. Not challengeable.

Grade Mode: Credit/No Credit, Audit

Semester Hours: 1

KINE 073 Men's Water Polo

Open to students who compete in the intercollegiate athletic program. May be taken four times for credit toward graduation. Enrollment in the same activity course may be for more than four times but without credit toward graduation. Not challengeable.

Grade Mode: Credit/No Credit, Audit

Semester Hours: 1

KINE 074 Men's Swimming and Diving

Open to students who compete in the intercollegiate athletic program. May be taken four times for credit toward graduation. Enrollment in the same activity course may be for more than four times but without credit toward graduation. Not challengeable.

Grade Mode: Credit/No Credit, Audit

Semester Hours: 1

KINE 108A Yoga Techniques, Trainings, and Practices

This is one of four courses that prepare students for outside certification programs to become a Yoga Alliance 200 hour certified instructor. This course covers the techniques, teaching and practice of asana emphasizing the form, foundation, and alignment of key shapes within the five categories of asana (standing shapes, forward bends, backbends, twists, and inversions). The function, patterns, modifications, benefits and subtle actions of asana will be addressed. Other topics included are pranayama (breath regulation), meditation & mindfulness, subtle body, and styles of yoga. Degree seeking students only. Letter grade only. Not challengeable.

Semester Hours: 4

KINE 108B Yoga Humanities

This is one of four courses that prepare students for outside certification programs to become a Yoga Alliance 200 hour certified instructor. This course covers an introduction to the history & philosophy of yoga offering an opportunity to explore the many forms & paths of yoga. This course acknowledges yoga's rich roots and covers the cultural appropriation of yoga that we see today. There will be an in depth study of both ethics & the lifestyle of yoga using the Yoga Sutras of Patanjali and the 8 limb path. Degree seeking students only. Letter grade only. Not challengeable.

Semester Hours: 2

KINE 108C Yoga Professional Essentials

Prerequisite: Completion of KINE 108A and KINE 108B

This is one of four courses that prepare students for outside certification programs to become a Yoga Alliance 200 hour certified instructor. This course covers both methodical and creative sequencing, teaching from a trauma & justice informed lens, and being able to apply corrective exercise for adjustments and enhancements of asana. Professional development will cover the business of yoga and ensure students are set up to start teaching right away. Practicum hours consist of practice teaching, assisting and observation hours. Degree seeking students only. Letter grade only. Not challengeable.

Semester Hours: 4

KINE 108D Yoga Anatomy, Physiology, & Biomechanics

Prerequisite: Completion of KINE 108A and KINE 108B

This is one of four courses that prepare students for outside certification programs to become a Yoga Alliance 200 hour certified instructor. This course covers an introduction to anatomy, physiology & biomechanics of yoga asana with an overview of bones, ligaments, joints, major and minor muscle groups. Just as yoga encompasses all the limbs of yoga and not only asana, yoga asana encompasses all the systems of the body and not only the musculoskeletal system. Included in this course will be a fundamental understanding of the 12 systems of the body, how it is affected by yoga, and how it integrates with the other systems. The eastern Chakras system will be introduced and integrated into asana. Degree seeking students only. Letter grade only. Not challengeable.

Semester Hours: 2

KINE 151 Health and Physical Fitness Strategies

An introduction to the basic physiological principles and benefits of exercise emphasizing practical applications. Will include a section on establishing guidelines for lifelong fitness. Provides a basis for appreciating the value of physical exercise and its relationship to life-long social, physical and psychological development in both the individual as well as in others. Special emphasis on nutrition and healthy eating. This course is specifically designed for all Kinesiology majors (including Athletic Training majors) and Liberal Studies majors.

Grade Mode: Letter, Credit/No Credit, Audit

Semester Hours: 4

KINE 201 Foundations of Kinesiology

This course is designed to introduce students interested in majoring in Kinesiology to the exercise and health sciences and to research, internships, professional requirements, and career opportunities within the field. An exploration of professional and personal mission will also be conducted and students will engage in application based learning through their observation/internship and lab experiences. May be taken for letter grade only. Not challengeable.

Semester Hours: 4

KINE 210 Skill Themes and Movement Concepts

This course applies the skill themes and movement concepts model to the development of techniques, skills, strategies, and critical elements for a variety of individual, dual, and team sports, games, and activities.

Semester Hours: 2

KINE 211 Using Sport & Physical Activity to Teach Personal & Social Responsibility

This course integrates recurring psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity and sport. Students will develop knowledge of and the ability to demonstrate techniques, skills, strategies, critical elements, scientific principles, and equipment for individual, dual, and team sports, games, and activities through the lens of personal and social responsibility pedagogy.

Semester Hours: 2

KINE 212 Teaching Games to Enhance Physical Literacy

This course applies the Teaching Games of Understanding (TGfU) model to the development of techniques, skills, strategies, and critical elements for a variety of individual, dual, and team sports, games and activities.

Semester Hours: 2

KINE 213 Enhancing Physical Literacy through Sport Education

This course applies the Sport Education model to the development of techniques, skills, strategies, and critical elements for a variety of individual, dual, and team sports, games, and activities.

Semester Hours: 2

KINE 214 Promoting Lifelong Fitness

This course integrates fitness techniques and concepts to the development of a variety of individual, dual, and team sports, games, and activities. Students will develop strategies for utilizing sports, games, and activities to promote physical activity and fitness across the lifespan.

Semester Hours: 2

KINE 215 Methods and Practices of Teaching Gymnastics and Dance

Covers methods of teaching gymnastics and dance. Includes tumbling, parallel bars, balance beam, and floor exercise in gymnastics. Includes rhythmic movement skills and various styles of dance movement.

Grade Mode: Letter, Credit/No Credit, Audit

Semester Hours: 2

KINE 235 Fieldwork and Foundations of Athletic Training

Introduces the profession of athletic training, including the history, philosophies, career, and advanced educational opportunities of the field. Emphasizes prevention and care of injuries.

Grade Mode: Letter, Credit/No Credit, Audit

Semester Hours: 4

KINE 250 Introduction to Adapted Physical Education

An introduction to the wide spectrum of activities, theories, methodologies, and types of disabling conditions now considered within the realm of Adapted Physical Education (APE).

Grade Mode: Letter, Credit/No Credit, Audit

Semester Hours: 4

KINE 300 Applied Exercise Testing and Prescription

Prerequisite: Completion of KINE 001 and BIOL 343

This course is designed to teach students the fundamental skills for applied human exercise research testing and prescription. Students will engage in hands-on learning for exercise testing and prescription in the physiological and psychological domains and will develop individualized prescriptive exercise programs with regard to assessments, fitness test evaluations and individual contraindications. This course is recommended for students interested in the areas of movement, sports science, coaching, sports healthcare and/or physical education. May be taken for letter grade only.

Semester Hours: 4

KINE 307 Group Exercise Instruction and Management

Prerequisite: KINE 001 or KINE 151

Students will gain a broad understanding of the management of group exercise classes and programs attended by a diverse population of participants. Group instruction pedagogy, assessment, and program development strategies will be presented through a combination of didactic and theory-to-practice experiences designed to prepare students for careers in the health and fitness industry. Letter grade only.

Semester Hours: 4

KINE 307B Group Exercise Instruction - Strength Training

Prerequisite: Completion of or concurrent enrollment in KINE 307

Students will gain an understanding of the management of group suspension programs attended by a diverse population of participants. Group instruction pedagogy, assessment, and program development strategies will be presented through a combination of didactic and theory-to-practice experiences designed to prepare students for TRX Group Suspension Training instructor certification. Fieldwork required. Letter grade only.

Semester Hours: 2

KINE 307C Group Exercise Instruction - Low Impact

Prerequisite: Completion of or concurrent enrollment in KINE 307

Students will gain an understanding of the management of low impact (i.e. yoga, pilates, aquatic exercise) group exercise programs attended by a diverse population of participants. Group instruction pedagogy, assessment, and program development strategies will be presented through a combination of didactic and theory-to-practice experiences designed to prepare students to lead low impact group exercise programs. Fieldwork required. Letter grade only.

Semester Hours: 2

KINE 307D Group Exercise Instruction - Special Populations

Prerequisite: Completion of or concurrent enrollment in KINE 307

Students will gain an understanding of the management of group exercise programs attended by a diverse population of participants. Group instruction pedagogy, assessment, and program development strategies will be presented through a combination of didactic and theory-to-practice experiences designed to prepare students to lead exercise programs tailored for special populations. Fieldwork required. Letter grade only.

Semester Hours: 2

KINE 312 Theory and Analysis of Baseball and Softball

Individual techniques and fundamentals as well as team play. Systems and philosophies of leading contemporary coaches. Rules and training methods.

Grade Mode: Letter, Credit/No Credit, Audit

Semester Hours: 2

KINE 313 Theory and Analysis of Football

Individual techniques and fundamentals as well as team play. Systems and philosophies of leading contemporary coaches. Rules and training methods.

Grade Mode: Letter, Credit/No Credit, Audit

Semester Hours: 2

KINE 318 Theory and Analysis of Track

Individual techniques and fundamentals as well as team play. Systems and philosophies of leading contemporary coaches. Rules and training methods.

Grade Mode: Letter, Credit/No Credit, Audit

Semester Hours: 2

KINE 323 Biomechanics

Prerequisite: Completion of Written Communication B
Scientifically studies the basic concepts and mechanical principles of efficient human movement. Applies these concepts to fundamental physical skills.

Grade Mode: Letter, Credit/No Credit, Audit

Semester Hours: 4

KINE 330 Elementary Physical Education

Includes movement exploration, games, rhythms, dances, guided play, gymnastics, and self-testing activities. Requires Junior standing. Not challengeable.

Grade Mode: Letter, Credit/No Credit, Audit

Semester Hours: 4

KINE 333 Curriculum and Organization in Physical Education

Curriculum content and development for public school programs. Organizational procedures for the instructional period.

Grade Mode: Letter, Credit/No Credit, Audit

Semester Hours: 4

KINE 335 Prevention & Care of Athletic Injuries

This course teaches the principles of athletic training, the history and outlook of the profession, the role of the athletic trainer in relation to other allied healthcare practitioners and emphasizes the prevention, recognition and treatment of injuries in the physically active.

Grade Mode: Letter, Credit/No Credit, Audit

Semester Hours: 4

KINE 340 American Values in Sports Films

Using a selection of American sports films and talking points framed by Williams' "Dominant American Values," this course will evaluate, discuss, and critique the popular/social values depicted in each film, the historical context of those descriptions, and the relevance of those values today. Not challengeable.

Grade Mode: Letter, Credit/No Credit

Semester Hours: 4

KINE 345 Research Methods & Design

Prerequisite: Completion of Written Communication B with a minimum grade of B-
Introduction of research methods and design. Students will select a senior thesis topic and will begin the process of writing the thesis, including the review of literature and methodology. JUNIOR OR SENIOR STATUS ONLY.

Grade Mode: Letter, Credit/No Credit, Audit

Semester Hours: 4

KINE 346 Foundation of Strength & Conditioning

Prerequisite: KINE 022
This course is intended to prepare future professionals in various Kinesiology fields with scientifically sound principles to strength and conditioning programs. Students will learn to integrate and apply physiological, anatomical, and psychological concepts and strategies for the promotion of strength, speed, cardiovascular fitness, and flexibility in individuals and group training settings.

Grade Mode: Letter, Credit/No Credit

Semester Hours: 4

KINE 355 Anatomical Kinesiology

Prerequisite: Completion of BIOL 343
Overviews the scientific study of the structure and function of the human musculoskeletal system. Bony structures and muscles of the major articulations are reviewed. Emphasis is placed on primary actions, muscle origins, and insertions.

Grade Mode: Letter, Credit/No Credit, Letter, Credit/No Credit, Audit

Semester Hours: 4

KINE 356 Strength Training Techniques

Prerequisite: KINE 022 and KINE 346
This course is designed to develop knowledge, skills, and abilities associated with the delivery and implementation of strength and conditioning programs. Topics include instructional and performance techniques of resistance training, creative calisthenics, cardiovascular conditioning, speed and agility development, and plyometrics.

Grade Mode: Letter, Credit/No Credit

Semester Hours: 4

KINE 360 Nutrition and Health

Prerequisite: Completion of KINE 001 or KINE 151 AND BIOL 343
This course is designed to teach students the fundamental concepts associated with nutrition and health. Dietary habits across the lifespan within diverse populations will be examined along with differing recommendations from around the world. An incorporation of practical application activities and analyses are presented to promote a better understanding of dietary intake in a more health conscious manner. Letter grade only.

Semester Hours: 4

KINE 380 Motor Development

Motor skill acquisition, control, and performance. Physiological and psychological principles of human growth and development. Includes analysis of the sequential progression of fundamental motor skills from infancy to adulthood with the primary focus on school-age children.

Grade Mode: Letter, Credit/No Credit, Audit

Semester Hours: 4

KINE 381 Motor Learning

This course examines the varied ways that people learn locomotor skills, skilled movements, and how the principles of motor performance and learning can be useful in teaching, coaching, rehabilitation, and the design of performance equipment and work environments. May be taken for letter grade only. Not challengeable.

Semester Hours: 4

KINE 382 Exercise for Special Populations

Prerequisite: Completion of KINE 001
Study of exercise practices related to caretakers as they work with special populations. Emphasis will be on combating health disparities in lower socio-economic groups. Students will learn to work with individuals in the area of teaching exercise techniques. Letter grade only. Not challengeable.

Semester Hours: 2

KINE 390 Motor Behavior

This course studies the development of motor skills, from the prenatal state to adulthood. The emphasis is placed on fundamental motor skill development. Motor Behavior is designed to provide and prepare students to enter careers in physical or occupational therapy, research, physical education, or other related fields. Not challengeable.

Grade Mode: Letter, Credit/No Credit

Semester Hours: 4

KINE 399 Independent Study

Student-designed courses approved by a faculty member. Prior approval of goals, objectives, procedures, and assessment plan as directed in the Independent Study Manual is required. May be taken multiple times with a different topic for credit. Not challengeable.

Grade Mode: Letter, Credit/No Credit

Semester Hours: 1-4

KINE 418 Special Topics in Athletic Training

Addresses contemporary issues in athletic training. Includes special populations, alternative medicine, pharmacology, and other topics, as well as interaction with other allied health experts.

Grade Mode: Letter, Credit/No Credit, Letter, Credit/No Credit, Audit

Semester Hours: 2

KINE 420 Assistant in Physical Education Program

Teaching assistant in PE Department activity and sports program under direction and supervision of KINE staff. May be repeated. Requires department approval. Not challengeable.

Grade Mode: Letter, Credit/No Credit, Letter, Credit/No Credit, Audit

Semester Hours: 2

KINE 456 Physiology of Exercise

Prerequisite: Completion of BIOL 343

Effects of physical activity on organic systems. Emphasizes scope of muscular physiology and integrates epistemological and functional physiology. Lab included.

Grade Mode: Letter, Credit/No Credit, Letter, Credit/No Credit, Audit

Semester Hours: 4

KINE 456L Physiology of Exercise Lab

See MSS 456 - Physiology of Exercise Lab

Grade Mode: Letter, Credit/No Credit, Audit

Semester Hours: 0

KINE 460 Philosophy of Physical Education and Athletics

Approaches to physical education and related areas with emphasis on contemporary theories and practices. Open to juniors and seniors only. Not challengeable.

Grade Mode: Letter, Credit/No Credit, Letter, Audit

Semester Hours: 2

KINE 480 Special Topics

Senior or graduate level independent study course. Area of study determined by professor and student. Can be taken for letter grade only. Not challengeable. Formerly MSS 480.

Grade Mode: Letter, Letter, Audit

Semester Hours: 2-4

KINE 495 Kinesiology Internship

The internship experience is viewed as an integral part of professional preparation. The internship is designed to provide a quality, hands on clinical/practicum experience that is specifically related to the student's career goals. The credit hours earned will depend on the number of hours completed. The internship requires a minimum of 40 experiential hours, verified by an internship site supervisor. The internship experience should be compatible with the goals of the Kinesiology department, the student's professional goals, as well as with the specific needs of the internship site supervisor. Instructor approval required.

Semester Hours: 2-4

KINE 499 Senior Project

Prerequisite: Completion of KINE 345

Culminating activity required by majors in all departments. Students under the guidance of a faculty member will research, write, and defend their thesis project as begun in KINE 345. Students may elect to take between 1 and 4 semester hours of credit, however, course expectations are the same regardless of units selected. Senior Status and instructor approval required. Not challengeable.

Semester Hours: 1-4

KINE 499A Senior Seminar A

Culminating activity required by majors in all departments. Students under the guidance of a faculty member will research, write, and defend their thesis project as begun in KINE 345.

Semester Hours: 2

KINE 499B Senior Seminar B

Culminating activity required by majors in all departments. Students under the guidance of a faculty member will research, write, and defend their thesis project as begun in KINE 345 and KINE 499A.

Semester Hours: 2