

KINESIOLOGY (EDUCATION DIVISION)

KIN-150 TEAM SPORTS (1 cr.) Flag football, field and floor hockey, softball, basketball, volleyball, soccer, team handball, speedball, baseball. Graded P/F only. Some courses require fees.

KIN-160 INDIVIDUAL AND DUAL SPORTS (1 cr.) Archery, badminton, cycling, bowling, tennis, track and field, golf, racquetball, wrestling, gymnastics, conditioning, skiing, backpacking, martial arts, aerobics, weight training, jazzercise, billiards, jogging, stretch/flexibility training. Graded P/F only. Some courses require fees.

KIN-170 DANCE (1-2 cr.) Folk, social, square, jazz, modern, country swing, and line dances. Graded P/F only. Some courses require fees.

KIN-180 AQUATICS (1 cr.) Swimming, sailing, canoeing, rafting, fly and bait casting, sculling, aquatic conditioning, lifesaving, water safety instructor. Graded P/F only. Some courses require fees.

KIN-190 DIRECTED STUDY IN KINESIOLOGY (1-12 cr.)

KIN-241 SPORTS OFFICIATING (2 cr.) General mechanics of game administration and officiating football, basketball, softball, baseball, volleyball and/or soccer. Following study of rules and sport specific techniques, the student will practice by officiating games.

KIN-260 INTRODUCTION TO KINESIOLOGY AND HEALTH (1 cr.) An introductory course for students interested in careers in sport administration, coaching, exercise science, personal training, corporate fitness and wellness, recreation, and physical education teaching. An overview of careers, professional literature and organizations, current issues, philosophy, and history.

KIN-263 SKILL AND ANALYSIS: TENNIS AND GOLF (1 cr.) Personal skill improvement. Survey of drills and techniques. Prepares student to teach tennis and golf in schools and recreation programs. Fee required.

KIN-264 SKILLS ANALYSIS: BASKETBALL AND SOCCER (1 cr.) Personal skill improvement. Survey of drills and techniques. Prepares student to teach basketball and soccer in schools and recreation programs.

KIN-265 TRACK AND FIELD ACTIVITIES AND TECHNIQUES (1 cr.) Personal skill improvement. Survey of drills and techniques. Prepares the student to teach track and field in schools and recreation programs.

KIN-266 SKILLS ANALYSIS: VOLLEYBALL AND SOFTBALL (1 cr.) Personal skill improvement. Survey of drills and techniques. Prepares student to teach volleyball and softball in schools and recreation programs.

KIN-272 FITNESS AND WELLNESS (3 cr.) Provides students with skills and knowledge to practice health-enhancing behaviors and reduce health risks to themselves and others. Focuses on holistic health, exercise, nutrition, substance the back and neck, prevention of cancer and sexually transmitted diseases. Students will use goal-setting and decision-

making skills that enhance health. Lecture and participation in physical activity. Fee required. Cross-listed with HLTH 272.

KIN-290 DIRECTED STUDY IN KINESIOLOGY (1-12 cr.)

KIN-291 WORKSHOP IN KINESIOLOGY (1-12 cr.) Workshops in Kinesiology, Physical Education, Athletics, Sports Medicine, and/or Health Promotion.

KIN-292 SPECIAL TOPICS IN KINESIOLOGY (1-12 cr.) Selected topics of current interest related to coaching, sport administration, fitness and wellness.

KIN-295 PRACTICUM IN KINESIOLOGY (1-12 cr.)

KIN-296 COOPERATIVE EDUCATION IN KINESIOLOGY (1-12 cr.)

KIN-299 RESEARCH ASSISTANTSHIP (1-12 cr.) Graded P/F only.

KIN-316 PHYSICAL EDUCATION FOR THE ELEMENTARY TEACHER (2 cr.) Designed to aid the classroom teacher in developing and implementing physical education programs in elementary and middle schools. Fee required. Cross-listed with ED 316.

KIN-341 TECHNIQUES AND METHODS OF COACHING BASKETBALL (2 cr.)

Examines skill development, coaching techniques, offensive and defensive styles of play, game strategies, conditioning techniques, and care and selection of equipment. Reviews current research and issues.

KIN-342 TECHNIQUES AND METHODS OF COACHING BASEBALL (2 cr.)

Examines skill development, coaching techniques, offensive and defensive styles of play, game strategies, conditioning techniques, and care and selection of equipment. Applications made to the coaching of softball. Reviews current research and issues.

KIN-343 TECHNIQUES AND METHODS OF COACHING TRACK AND FIELD (2 cr.)

Examines skill development, coaching techniques, offensive and defensive styles of play, game strategies, conditioning techniques, and care and selection of equipment. Reviews current research and issues.

KIN-344 TECHNIQUES AND METHODS OF COACHING FOOTBALL (2 cr.)

Examines skill development, coaching techniques, offensive and defensive styles of play, game strategies, conditioning techniques, and care and selection of equipment. Reviews current research and issues.

KIN-345 TECHNIQUES AND METHODS OF COACHING VOLLEYBALL (2 cr.)

Examines skill development, coaching techniques, offensive and defensive styles of play, game strategies, conditioning techniques, and care and selection of equipment. Reviews current research and issues.

KIN-346 TECHNIQUES AND METHODS OF COACHING SOCCER (2 cr.)

Examines skill development, coaching techniques, offensive and defensive styles of play, game strategies, conditioning techniques, and care and selection of equipment. Reviews current research and issues.

KIN-347 TECHNIQUES AND METHODS OF COACHING TENNIS AND GOLF (2 cr.)

Examines skill development, coaching techniques, offensive and defensive styles of play, game strategies, conditioning techniques, and care and selection of equipment. Reviews current research and issues.

KIN-348 SPORTS MEDICINE (3 cr.)

Laboratory and classroom experience related to the cause, prevention, rehabilitation and care of sports injuries. General principles of injury prevention and safety will be covered. This class is designed for coaches, teachers and those interested in sports medicine. The student will qualify for first aid and CPR certificates. Fee required.

KIN-349 TECHNIQUES AND METHODS OF COACHING WRESTLING (2 cr.)

Examines skill development, coaching techniques, offensive and defensive styles of play, game strategies, conditioning techniques, and care and selection of equipment. Reviews current research and issues.

KIN-352 YOUTH SPORTS AND RECREATION (3 cr.)

Methods, materials and practice in performing, teaching and coaching K-8 age appropriate physical activity. Includes assessment techniques, curriculum design and organizational procedures for teacher education students. Fee required.

KIN-354 ADAPTIVE TEACHING IN PHYSICAL EDUCATION (2 cr.)

Adapting curriculum, instruction and evaluation for students with special needs in the gymnasium. Students will utilize a variety of strategies for instruction and practice.

KIN-355 STRATEGIES FOR TEACHING PHYSICAL ACTIVITIES (3 cr.)

Designed to prepare students who will teach or coach sport and physical activity to adolescents and adults in schools as well as in private and public recreation programs. Focus on lesson design, best teaching/coaching practices, program planning, organization and administration. Includes participation and skill analysis in a variety of activities. Fee required.

KIN-362 BIOMECHANICS (3 cr.)

The anatomical and mechanical analysis of the body in motion. Recommended pre-requisite: BIOL 175 or BIOL 252.

KIN-363 PHYSIOLOGY OF EXERCISE (3 cr.)

The study of how the human body adapts physiologically to the acute stress of exercise or physical activity, and the chronic stress of physical training. Fee required. Recommended pre-requisite: KIN/HLTH 272 and/or BIOL 175 or BIOL 252.

KIN-370 MOTOR LEARNING/MOTOR DEVELOPMENT (3 cr.)

Provides the teacher, coach, or self-instructing athlete with a comprehensive understanding of the developmental (physical, psychological, and social) processes involved in the learning of sport skills. Explores useful training ideas for all types of performers (beginners-advanced, young-old, male-female) in all types of sports and wellness professionals.

KIN-381 TESTS AND MEASUREMENTS IN PHYSICAL EDUCATION (3 cr.)

The study of basic statistical methods and research design as applied in Kinesiology.

KIN-390 DIRECTED STUDY IN KINESIOLOGY (1-12 cr.)

KIN-391 WORKSHOP IN KINESIOLOGY (1-12 cr.)

KIN-392 SPECIAL TOPICS IN KINESIOLOGY (1-12 cr.)

KIN-395 PRACTICUM IN KINESIOLOGY (1-12 cr.)

KIN-396 COOPERATIVE EDUCATION IN KINESIOLOGY (1-12 cr.)

KIN-399 RESEARCH ASSISTANTSHIP (1-12 cr.) Graded P/F only.

KIN-410 SPORTS PSYCHOLOGY (3 cr.) Application of the principles and methodologies of psychology to athletics. Topics include individual philosophies of sport, motivation, personality of coaches and athletes, recreational sports for children, psychological testing, training and learning principles, mind/body relationships, and the effects of anxiety, arousal, and relaxation on performance and current research in the field. Pre-requisite: PSYC 101 or PSYC 205 or permission of instructor. Cross-listed with PSYC 410.

KIN-420 SOCIAL-CULTURAL ASPECTS OF SPORTS (3 cr.) Investigation and discussion of the interrelationship among sports, culture and society. Broad overview of selected socio-cultural factors influencing and affected by sport. Introduction to the academic discipline of Sociology of Sport.

KIN-425 MORAL REASONING IN SPORTS (3 cr.) The study of moral reasoning, rationality, and reflection on ethical dilemmas in sport using nonfiction short stories, documentary video, and movies. Cross-listed with PSYC 425.

KIN-433 BALANCE AND MOBILITY (3 cr.) The course is designed for students interested in helping individuals especially senior citizens protect themselves from injury-causing falls. The course content will focus on the aging process, postural strategies, gait patterns, multi-sensory training, strength/flexibility activities, and balance/mobility assessments and strategies. Students will learn how to administer screenings and assessments, develop health plans, design lessons/activities and teach classes.

KIN-434 EXERCISE PRESCRIPTION (3 cr.) Students will learn to evaluate and write exercise programs for a variety of fitness parameters including oxygen utilization, body composition, flexibility, muscular endurance, muscular strength, aerobic capacity. Pre-requisite: HLTH/KIN 272 and/or KIN 363.

KIN-435 AGING AND PHYSICAL ACTIVITY (3 cr.) This course is designed to provide students an understanding of the aging process particularly in relation to aspects of health and wellness. Intergenerational service learning, consisting of structured, planned activities involving meaningful interaction between students and older adults will serve as the foundation of the course format.

KIN-467 PHYSICAL ACTIVITY AND RECREATION FOR INDIVIDUALS WITH SPECIAL NEEDS (3 cr.) Study of the categories of exceptionality. Socio-cultural dimensions of learning and teaching are examined. Strategies for teaching and assisting individuals with special needs and a wide variety of abilities in sport and physical activity. Includes field experiences with Special Olympics, physical and occupational therapists, and adapted physical educators in schools. Cross-listed with SE 467.

KIN-472 OUTDOOR EDUCATION (3 cr.) Study and practice of outdoor leadership skills, expedition planning, environmental ethics. Students will learn a variety of outdoor skills including backpacking, cross-country skiing, fly and bait casting, orienteering rock climbing and biking. Field trips will be required. Fee required. Cross-listed with RC 472.

KIN-486 ORGANIZATION AND ADMINISTRATION OF HEALTH, PHYSICAL EDUCATION, RECREATION, ATHLETICS (3 cr.) Designed for administration in athletics, schools, recreation, private sector fitness/wellness programs. Students will explore legal issues, economics, finance and governance in sports while developing skills in computing,

budgeting, marketing, fundraising, event management, program planning, scheduling, facility and personnel management.

KIN-487 SPORT ADMINISTRATION (3 cr.) This senior level class will explore various topics specific to the administration of sport and recreation including marketing, legal aspects, finance and economics. Application of information exchanged in this class is an integral component of this course.

KIN-488 SPORT FACILITIES AND EVENT MANAGEMENT (3 cr.) Study and practice of how to construct and manage a sport facility. Students will learn the planning and implementation process of constructing a new sport facility. Students will also learn sport facility management skills including the basics of facility management, marketing and sales in relation to the sport facility, finance and budgeting, facility preparation, implanting a security plan, concession management, and box office management.

KIN-490 DIRECTED STUDY IN KINESIOLOGY (1-12 cr.)

KIN-491 WORKSHOP IN KINESIOLOGY (1-12 cr.) Workshops in Kinesiology, Physical Education, Athletics, Sports Medicine, and/or Health Promotion.

KIN-492 SPECIAL TOPICS IN KINESIOLOGY (1-12 cr.) Selected topics of current interest related to coaching , sport administration, fitness and wellness.

KIN-494 INTERNSHIP IN KINESIOLOGY (1-12 cr.) Application of advanced coursework, skills and knowledge to a supervised, practical experience in Kinesiology, Sports Administration, Coaching, Physical Education, Sports Medicine, Physical/Occupational Therapy, Fitness and Wellness. Pre-requisite: Instructor's permission.

KIN-495 PRACTICUM IN KINESIOLOGY (1-12 cr.)

KIN-496 COOPERATIVE EDUCATION IN KINESIOLOGY (1-12 cr.)

KIN-498 SENIOR RESEARCH PROJECT I (3 cr.) Required of all Senior Kinesiology Majors. This course is designed to be followed by KIN 499 Senior Research/Project II. Students are introduced to basic research methods and current topics in their field of study. Students select a topic and prepare a detailed written review of the related literature and description of the study/project design. Pre-requisite: Senior standing and KIN 381 or any Statistics Course.

KIN-499 RESEARCH PROJECT/SEMINAR II (3 cr.) This course is required of all Senior Kinesiology majors. This course is designed to follow KIN 498 Senior Research/Project I. Students will apply basic research concepts and processes to implement, analyze, and evaluate the research study or project they completed in KIN 498. Students communicate findings in writing and a public presentation during the campus wide spring senior symposium. This course is writing intensive. Pre-Requisites: KIN 498