

KINESIOLOGY (KINS)

Kinesiology Graduate Courses

KINS 8040 ADVANCED STATISTICS (3 credits)

This course will be a study in the statistical methods commonly used in descriptive and experimental research in physical education and exercise science. Application, particularly regarding the purpose, selection, and interpretation of statistical procedures will be emphasized. (Cross-listed with BMKI 9041).

Prerequisite(s): HPER 8030/HEKI 8030 or BMKI 9001/HPER 9031/HEKI 9031 or equivalent

KINS 8056 EXERCISE AND SPORT NUTRITION (3 credits)

This course presents an overview of the principles of nutrition and the relationship between nutrition and health, fitness, and sports performance. It is designed to provide students with the knowledge and skills necessary to assess nutritional status, improve overall health, and enhance sports performance. (Cross-listed with KINS 4050).

KINS 8076 OPTIMIZING SPORTS PERFORMANCE (3 credits)

The course is designed for coaches, athletes and physically active people, and allied health professionals. Course content emphasizes integration of several disciplines in sports medicine aimed at preparing one for optimal sports performance. Topics include peaking, detraining, overuse injury, efficiency, special foods and nutritional requirements, genetics and trainability, and designing of multi-year training schedules. (Cross-listed with KINS 4070).

Prerequisite(s): PE 4940/KINS 4940 with a grade of C- or better.

KINS 8086 CLINICAL EXERCISE PHYSIOLOGY (3 credits)

This course will offer students the knowledge, skills, and abilities to take the American College of Sports Medicine's health fitness instructor certification exam. This course will emphasize health risk assessment, exercise testing, and exercise prescription for healthy and clinical populations. (Cross-listed with KINS 4080).

Prerequisite(s): PE 4940/KINS 4940 with a grade of C- or better.

KINS 8120 CURRENT TOPICS IN WEIGHT MANAGEMENT (3 credits)

This course will focus on current issues related to weight management. Students will review and apply the guidelines for physical activity and nutrition, critique current perspectives about weight management in the scientific literature and popular media (e.g., books, podcasts, news articles), and develop a best practice for weight management using what they have learned.

Prerequisite(s): Not open to non-degree graduate students.

KINS 8130 IMPLEMENTING PHYSICAL ACTIVITY IN DIVERSE POPULATIONS (3 credits)

This course will focus on information necessary to assess, design, implement, and evaluate the need for and effectiveness of physical activity interventions in diverse populations, races, and ethnicities. These populations will include: African American, Native American, Hispanic, Asian American, Pacific Islanders, and Caucasian. Additionally, candidates will complete a health and physical activity service learning project in which they will work with diverse populations in the community. (Cross-listed with BMKI 9131).

KINS 8140 PHYSICAL ACTIVITY ASSESSMENT AND HEALTH RELATED RESEARCH (3 credits)

This course will cover the broad scope of research on physical activity and public health. Emphasis will be placed on the application of physical activity assessment techniques. (Cross-listed with BMKI 9141).

KINS 8206 PLANNING WORKSITE WELLNESS PROGRAMS (3 credits)

This course will focus on the planning of quality worksite wellness programs utilizing standards established by the Association for Worksite Health Promotion. Steps in the planning process such as needs assessment, strategic planning, implementation, and evaluation will be taught with special application to the worksite. Critical issues involving worksite programs also will be addressed such as upper management support, program standards, corporate culture, competencies for worksite health promotion professionals, economic benefits, behavioral theories, legal issues, and the integration of worksite wellness programs and health care. (Cross-listed with KINS 4200).

Prerequisite(s): Junior standing.

KINS 8240 SPORT IN AMERICAN CULTURE (3 credits)

Sport in American culture is a study of sport from a theoretical perspective. The relationship between sport and sub-cultures (to include disadvantaged American cultures), economics, global influences, and technology will be analyzed.

KINS 8280 CURRICULUM IN PHYSICAL EDUCATION (3 credits)

A study of the foundations for curriculum development. Special consideration is given to curriculum change, curriculum patterns and programs in physical education which will meet a culturally diverse, global society.

KINS 8316 LOWER EXTREMITY EVALUATION (3 credits)

This course is designed to provide the candidate with knowledge and skill in the area of advanced athletic injury assessment. The candidate will be exposed to current methodology in the field of orthopedic assessment, pathophysiology of orthopedic injury, and application of current research in injury evaluation. The candidate will receive practical experience in the management of athletic injuries. This course will focus on the low back, hip, and lower extremities. (Cross-listed with KINS 4310).

Prerequisite(s): PE 8326/KINS 8326 and PE 8710/KINS 8710. Not open to non-degree graduate students.

KINS 8320 EVIDENCE-BASED PRACTICE IN SPORTS MEDICINE (3 credits)

This course is designed to provide the student with knowledge and skill in the area of developing clinical research questions, assessing research study designs, understanding statistical and epidemiological analyses, interpreting peer-reviewed manuscripts, the incorporation of research into clinical practice, understanding the role of an athletic trainer within the public health system, international classification of function, health literacy, and social determinants of health. Students in this course will learn to understand the role of evidence based /practice in clinical decision making.

KINS 8326 UPPER EXTREMITY EVALUATION (3 credits)

This course is designed to provide the candidate with knowledge and skill in the area of advanced athletic injury assessment. The candidate will be exposed to current methodology in the field of orthopedic assessment, pathophysiology of orthopedic injury, and application of current research in injury evaluation. The candidate will receive practical experience in the management of athletic injuries. This course will focus on the head, neck, thorax, and upper extremities. (Cross-listed with KINS 4320).

Prerequisite(s): PE 8316/KINS 8316, PE 8336./KINS 8336 and PE 8720/KINS 8720. Not open to non-degree graduate students.

KINS 8336 ATHLETIC THERAPEUTIC MODALITIES (3 credits)

This course will cover the theory, physiology and application of physical agents used in the treatment of injuries and illness. Students will gain practical experience utilizing selected agents to treat injuries and illnesses. (Cross-listed with KINS 4330).

Prerequisite(s): PE 8326/KINS 8326 and PE 8710/KINS 8710. Not open to non-degree graduate students.

KINS 8356 ORGANIZATION AND ADMINISTRATION OF ATHLETIC TRAINING (3 credits)

Administration of athletic training programs including the use of records and forms, budgets, facility design and legal concerns. (Cross-listed with KINS 4350).

Prerequisite(s): PE 4340/KINS 4340, PE 4320/KINS 4320

KINS 8370 ANALYZING PHYSICAL EDUCATION TEACHING & SPORT INSTRUCTION (3 credits)

This course will examine the teaching and coaching in physical education and sport. It will identify assessment techniques utilized in teaching and coaching behavior research as well as typical prescriptions in an effort to improve one's performance.

Prerequisite(s): Graduate standing

KINS 8506 BEHAVIORAL ASPECTS OF COACHING (3 credits)

This course is designed to provide the physical education teacher and athletic coach with an overview of the behavioral aspects of coaching athletes. The course will provide information which will enable the coach to enhance as well as orchestrate performance of elementary, junior high, senior high, college, and post-college athletes. (Cross-listed with KINS 4500).

KINS 8700 PSYCHOLOGY OF PHYSICAL ACTIVITY (3 credits)

The central purpose of this course is to examine the psychological antecedents and consequences of exercise and physical activity behaviors. The course will focus on traditional theories/principles of psychology as they relate to various physical activity settings. (Cross-listed with BMKI 9701).

KINS 8710 CLINICAL PRACTICUM IN ATHLETIC TRAINING I (1 credit)

Clinical Practicum in Athletic Training I is the first course in the Clinical Practica series for students admitted to the Master of Arts in Athletic Training Program. Students will perform required clinical experiences under the supervision of a licensed athletic trainer in order to improve clinical and decision-making skills.

Prerequisite(s): Admission to the MA in Athletic Training program, instructor permission, & compliance with published Athletic Training Program Technical Standards for Admission. Co-requisite: PE 8326/KINS 8326. Not open to non-degree graduate students.

KINS 8720 CLINICAL PRACTICUM IN ATHLETIC TRAINING II (1 credit)

Clinical Practicum in Athletic Training II is the second course in the Clinical Practica series for students admitted to the Master of Arts in Athletic Training Program. Students will perform required clinical experiences under the supervision of a licensed athletic trainer in order to improve clinical and decision-making skills.

Prerequisite(s): Admitted to MA in Athletic Training, PE 8710/KINS 8710, instructor permission, & compliance w/published Athletic Training Program Technical Standards for Admission. Co-reqs: PE 8316/KINS 8316 & PE 8336/KINS 8336. Not open to non-degree graduate students.

KINS 8730 CLINICAL PRACTICUM IN ATHLETIC TRAINING III (1 credit)

Clinical Practicum in Athletic Training III is the third course in the Clinical Practica series for students admitted to the Master of Arts in Athletic Training Program. Students will perform required clinical experiences under the supervision of a licensed athletic trainer in order to improve clinical and decision-making skills.

Prerequisite(s): Admitted to MA in Athletic Training, PE 8720/KINS 8720, instructor permission, & compliance w/published Athletic Training Program Technical Standards for Admission. Co-reqs: PE 8346/KINS 8346 & PE 8356/KINS 8356. Not open to non-degree graduate students.

KINS 8740 CLINICAL PRACTICUM IN ATHLETIC TRAINING IV (1 credit)

Clinical Practicum in Athletic Training IV is the fourth course in the Clinical Practica series for students admitted to the Master of Arts in Athletic Training Program. Students will perform required clinical experiences under the supervision of a preceptor in order to improve clinical and decision-making skills.

Prerequisite(s): Admission to the MA in Athletic Training, PE 8730/KINS 8730 instructor permission, and compliance with published Athletic Training Program Technical Standards for Admission. Co-req: PE 8966/KINS 8966. Not open to non-degree graduate students.

KINS 8800 RISK MANAGEMENT FOR HEALTH FITNESS PROFESSIONALS (3 credits)

A study of risk management for health fitness professionals with a focus on minimizing liability exposures for health fitness facilities and their personnel. Principles of risk management such as the assessment of liability exposures, the development and implementation of risk management strategies, and the evaluation of these strategies will be explored as well as the law as it pertains to health fitness liability. Candidates will develop the knowledge and skill to manage high quality health fitness programs in various settings.

Prerequisite(s): PE 4010/KINS 4010 or PE 8016/KINS 8016

KINS 8856 CARDIOVASCULAR DISEASE PREVENTION AND REHABILITATION (3 credits)

The purpose of this course is to provide candidates with an introduction to the theories and practices involved in all phases of cardiac rehabilitation. (Cross-listed with KINS 4850).

Prerequisite(s): PE 2500/BMCH 2500 with a grade of C- or better or BIOL 2840 with a grade of C- or better, PE 4940/KINS 4940 with a grade of C- or better

KINS 8865 SCIENTIFIC ASPECTS OF STRENGTH DEVELOPMENT (3 credits)

This course is designed to explore the nature of muscular strength development, to investigate the physiological basis of physical conditioning, and to provide teachers, coaches and trainers with practical experience in designing specialized conditioning programs for a variety of sports and cultures.

KINS 8900 MANAGEMENT & LEADERSHIP SKILLS FOR FITNESS WELLNESS MANAGERS (3 credits)

This course is a study of management and leadership skills necessary for the successful management of fitness and wellness facilities and programs. Candidates will develop knowledge and practical skills in the areas of personnel and financial management, marketing, and operating policies procedures as well as develop a personal leadership philosophy based on sound principles of leaders.

Prerequisite(s): PE 4010/KINS 4010 or PE 8016/KINS 8016 or ACSM Health Fitness Certification.

KINS 8910 INTERNSHIP IN EXERCISE SCIENCE (3 credits)

This course is an off-campus, supervised, educational work experience of at least 150 clock hours at an approved worksite offering programs and experiences in fitness development or health promotion. Candidates must have current CPR certification.

Prerequisite(s): 2.5 GPA and permission of Academic Advisor

KINS 8950 ADVANCED EXERCISE PHYSIOLOGY (3 credits)

A detailed analysis of selected topics including acute and chronic effects of exercise on metabolic, pulmonary, and cardiovascular function; and sports nutrition. Current research findings and methodology will be emphasized. (Cross-listed with BMKI 9951).

Prerequisite(s): PE 4940/KINS 4940 or equivalent

KINS 8970 TOPICS IN SPORTS MEDICINE (3 credits)

This course is designed to help students synthesize and apply their knowledge of athletic training and sports medicine to current topics, unique populations, and other areas of exercise, sports medicine and health care. (Cross-listed with BMKI 9971).