

# KINESIOLOGY (KINS)

## Kinesiology Undergraduate Courses

### **KINS 1010 INTRODUCTION TO SPORTS MEDICINE (1 credit)**

The primary purpose of this course is to allow students to explore a variety of professions related to the field of sports medicine and how they work together to ensure safe participation in physical activity. Topics such as basic injury pathology, safe participation in sports, communication, and legal and ethical issues will be reviewed.

### **KINS 1500 FUNDAMENTALS OF GROUP EXERCISE (1 credit)**

This course is designed to provide students with the knowledge and skills to perform fundamental exercises associated with a variety of group exercise formats (e.g. bootcamp, kickboxing, yoga, indoor cycling, step, etc.). Students will also learn proper technique, transitions, progressions/regressions, modification, and sequencing to create a safe and inclusive class environment.

**Prerequisite(s):** Kinesiology majors, Pre-AT, Exploratory H&K, or PE Teaching majors

### **KINS 1600 FUNDAMENTALS OF RESISTANCE TRAINING (1 credit)**

This class is designed to provide each student with the knowledge needed to understand how to properly perform basic weight training movements for each muscle group. Students will understand and learn the importance of keeping good body positioning, technique, spotting, breathing and safety procedures with free weights and machine weights as well learning to developing basic weight-training programs and understanding basic training principles.

**Prerequisite(s):** Kinesiology majors, Pre-AT, Exploratory H&K, or PE Teaching majors. Not open to non-degree graduate students.

### **KINS 1800 FITNESS FOR LIVING (3 credits)**

This course is aimed at exploring the values of physical activity, assessing fitness needs and prescribing appropriate activities. The course will be taught as a lecture lab.

### **KINS 2130 LIFEGUARDING (3 credits)**

This course is designed to prepare candidates in assuming the duties and responsibilities of a lifeguard. The main focus will be accident prevention in and around the water. Also stressed will be the recognition of a person in distress and a drowning victim. The development of an emergency plan and the articulation with the emergency rescue service will also be key elements in this course.

### **KINS 2140 WATER SAFETY INSTRUCTORS COURSE (3 credits)**

This is a course in water safety instruction. The purpose of this course is to teach those enrolled how to teach the various swimming skills. This would include teaching beginning swimming through emergency water safety. Candidates who satisfactorily complete the course will be issued a Water Safety Instructor Certificate.

**Prerequisite(s):** Seventeen years of age and possession of current Advanced Lifesaving or Emergency Water Safety Certificate

### **KINS 2210 GROUP EXERCISE LEADERSHIP (2 credits)**

This course is designed to provide students with competencies in the theory, concepts, and skills related to group exercise instruction and leadership. Students will explore both the dynamics of group participation and instructions across various modalities including; step, hi-low aerobics, cardio kickboxing, water aerobics, dance fitness, sports conditioning, indoor cycling, yoga, Pilates, and barre.

**Prerequisite(s):** PE 1800 or KINS 1800 with a grade of C- or better, School of H&K majors, Secondary Education majors with endorsements in Health/PE 7-12, and PE Pk-6th and 7-12

### **KINS 2220 THEORY AND PRACTICE OF TEACHING RESISTANCE TRAINING (2 credits)**

This course is designed for the college student majoring in Exercise Science, Physical Education and related degrees to develop leadership skills necessary to teach safe and effective resistance training programs.

**Prerequisite(s):** PE 1800 or KINS 1800 with a grade of C- or better, School of H&K majors, Secondary Education majors with endorsements in Health/PE 7-12, and PE Pk-6th and 7-12

### **KINS 2310 TEACHING GAMES 1 (3 credits)**

The purpose of this course is to help preservice physical education teachers facilitate enhanced performance, analysis, and tactical understanding of invasion games and field run/score games (e.g. basketball, soccer, team handball, football, speedball, ultimate Frisbee, hockey, softball, cricket, and modified kickball).

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

### **KINS 2320 TEACHING GAMES 2 (3 credits)**

The purpose of this course is to help preservice physical education teachers facilitate enhanced performance, analysis, and tactical understanding of net/wall games and lifetime activities (e.g. volleyball, badminton, tennis, racquetball, golf, archery, pickleball, table tennis).

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

### **KINS 2330 OUTDOOR/ADVENTURE ACTIVITIES (3 credits)**

The course will address the basic requirements for living comfortably and traveling in wilderness areas. Basic orienteering skills, team building activities, identifying and minimizing risks associated with outdoor pursuits, and environmental safety issues will be included.

**Prerequisite(s):** SED or ELED major, HED 3030 or PHHB 3030. Not open to non-degree graduate students.

### **KINS 2430 FOUNDATIONS IN KINESIOLOGY (3 credits)**

This is an introductory course in kinesiology that includes an orientation to the profession and a consideration of current trends, problems and issues and their implications for the field of kinesiology. The course also examines the relationship of kinesiology to other cultures, general education, and global perspective.

**Distribution:** Social Science General Education course

### **KINS 2700 FUNDAMENTALS OF ATHLETIC TRAINING (3 credits)**

An introduction to the field of athletic training as well as injury prevention and basic athletic training skills in wound care, taping/bracing, evaluation, and treatment.

**Prerequisite(s):** PE 1010 or KINS 1010, BMCH 2400, BMCH 2500 and admission into the Athletic Training Program. Not open to non-degree graduate students.

### **KINS 2800 MOTOR LEARNING (3 credits)**

This course is the study of motor development, and the conditions and factors that influence the normal development and the learning of motor skills. Emphasis is placed upon normal developmental patterns and behaviors and learning principles throughout the life-span as it relates to a diverse American culture.

**Prerequisite(s):** PE 2430/KINS 2430 with a grade of C- or better, or ATHT majors, or permission of instructor

### **KINS 3000 SPECIAL PROJECTS (1-3 credits)**

Conducted as short course, seminar, workshop or special project.

**Prerequisite(s):** The prerequisite for the special project will be determined by the instructor.

### **KINS 3010 SCIENTIFIC PRINCIPLES OF COACHING (3 credits)**

Designed for coaches and potential coaches who are not physical education majors. Covers basic information to include kinesiology, physiology of exercise and behavioral aspects of coaching.

**Prerequisite(s):** For non physical education majors.

**KINS 3040 PREVENTION AND CARE OF ATHLETIC INJURIES (3 credits)**

This course covers selected topics related to the prevention and care of athletic related injuries. Emphasis will be placed on injury prevention through proper training, conditioning, nutrition and hydration strategies. Basic evaluation and treatment of athletic related injuries and legal aspects will also be covered.

**Prerequisite(s):** PE3010/KINS 3010, or BMCH 2400 or BIOL 2740, and HED3030/PHHB 3030 or current CPR certification and First Aid certification or departmental permission.

**KINS 3060 METHODS OF PRESCHOOL AND PRIMARY SCHOOL PHYSICAL EDUCATION (3 credits)**

The study of current methodology in developmentally appropriate preschool and primary school physical education. Candidates will use the assessment, planning, implementation and evaluation model in developing physical education programs for this age group.

**Prerequisite(s):** KINS 2800, EDUC 2510 or EDUC 2520 or TED 2400, 2.75 NU GPA and must have passed Praxis Core (Math, Reading, and Writing)

**KINS 3110 INTRODUCTION TO DANCE (3 credits)**

This course provides an introduction to dance as a performing art focusing on the choreographer, the dancer, the audience, the different dance genres and dance as a means of communication and expression.

**KINS 3120 DANCE SOMATICS: AN INTEGRATED APPROACH TO UNDERSTANDING THE BODY IN MOTION (3 credits)**

This course explores the body in motion through the lenses of various dance and movement theories, as well as self-reflection. Students will learn to move in an embodied way and understand the physiological, developmental, and psychological foundation of movement for dance.

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

**KINS 3130 CHOREOGRAPHY 1: INTRODUCTION TO CHOREOGRAPHIC TOOLS, ARTISTIC AESTHETICS, & PERFORMANCE ELEMENTS (3 credits)**

This course explores the act of choreography as a medium for artist expression through improvisation, choreographic constructs, and content themes. Students will learn how to build ideas into choreographic dances through experimentation, structured frameworks, and feedback. Students will also present their work in a small performance at the conclusion of the semester.

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

**KINS 3140 SPORTS OFFICIATING (3 credits)**

The general principles, basic guidelines, philosophy, mechanics and rules of officiating several team and individual sports will be covered.

**KINS 3300 TEACHING DANCE IN THE SCHOOLS (3 credits)**

The course is designed for physical education pedagogy majors, elementary teachers, and recreation leaders who are interested in obtaining the fundamentals of a variety of rhythmic and creative dance activities and their teaching methods for preschool through twelfth grade.

**Prerequisite(s):** EDUC 2010 or TED 2300 or TED 2380 or permission of instructor

**KINS 3350 TEACHING & CURRICULUM DEVELOPMENT IN ELEMENTARY PHYSICAL EDUCATION (3 credits)**

The study of teaching methodology and curriculum development in the elementary schools. Particular attention will be given to meeting the motor needs and interests of children aged 9-12. Assessing children's motor performance, prescribing activities, and evaluating the program effectiveness will be addressed.

**Prerequisite(s):** KINS 3060, KINS 3300, KINS 2310, TED 2400, 2.75 NU GPA

**KINS 3480 ORGANIZATION AND ADMINISTRATION OF ATHLETICS (3 credits)**

A study of the organization and administration of athletics in the secondary schools.

**Prerequisite(s):** Sophomore

**KINS 3710 SWIMMING COACHING THEORY AND PRACTICE (3 credits)**

This course is designed to develop the competencies essential to the successful coaching of swimming at all levels. The focus is on theory, swimming techniques, rules, safety, and coaching methods of competitive swimming.

**KINS 3720 SOCCER COACHING THEORY & PRACTICE (3 credits)**

A course of study designed to develop the competencies essential to the successful coaching of soccer. The focus is on conditioning training activities, coaching techniques, competition strategies, equipment selection, and modern coaching theories specific to the sport of soccer.

**KINS 3730 SOFTBALL COACHING THEORY AND PRACTICE (3 credits)**

A course of study designed to develop the competencies essential to the successful coaching of fast pitch softball. The course will encompass the philosophy of coaching, coaching techniques, conditions/training activities and the analysis and correction of skills.

**KINS 3740 VOLLEYBALL COACHING THEORY AND PRACTICE (3 credits)**

A course of study designed to develop the competencies essential to the successful coaching of volleyball. The focus is on conditioning training activities, coaching techniques, competition strategies, equipment selection and modern coaching theories.

**KINS 3750 WRESTLING COACHING THEORY AND PRACTICE (3 credits)**

A course of study designed to develop the competencies essential to the successful coaching of wrestling. The focus is on conditioning/training activities, coaching techniques, competition strategies, equipment selection and modern coaching theories specific to the sport of wrestling.

**KINS 3760 BASEBALL COACHING THEORY AND PRACTICE (3 credits)**

A course of study designed to develop knowledge in all phases of the game. Special focus is on fundamentals, drills, managing and psychology of coaching.

**KINS 3770 FOOTBALL COACHING THEORY AND PRACTICE (3 credits)**

A course of study designed to develop the competencies essential to the successful coaching of football on all levels. The focus is on theory, history and origin, conditioning, safety techniques, coaching techniques, strategy, equipment selection and modern coaching theories.

**KINS 3780 TRACK AND FIELD COACHING THEORY AND PRACTICE (3 credits)**

A course of study designed to develop the competencies essential to the successful coaching of track and field. The focus is on conditioning training activities, coaching techniques, competition strategies, equipment selection and modern coaching theories specific to the sport of track and field.

**KINS 3790 BASKETBALL COACHING THEORY AND PRACTICE (3 credits)**

A course of study designed to develop the competencies essential to the successful coaching of basketball. The focus is on conditioning training activities, coaching techniques, competition strategies, equipment selection and modern coaching theories specific to the sport of basketball.

**KINS 3800 HOCKEY COACHING THEORY (3 credits)**

An introductory course in the developing the desirable attributes of hockey players, rules of the game, fundamental skills and systems of ice hockey as well as the study of key principles in successful players. Basic offensive and defensive strategies will be discussed. Also discussed will be the evolution of the sport and its equipment.

**KINS 3900 MOTIVATION FOR PHYSICAL ACTIVITY (3 credits)**

The central purpose of this course is to examine the psychological basis of exercise and physical activity. The majority of the course will focus on traditional theories principles of psychology as they relate to exercise. Emphasis is placed on understanding the motives underlying involvement in exercise and physical activity and the psychological benefits derived from acute and chronic involvement in an exercise program. Throughout the course, consideration will be given to theoretical models, research findings, and practical application of the concepts to a variety of performance settings.

**Prerequisite(s):** PSYC 1010 with a grade of C- or better.

**KINS 4000 TEACHING & CURRICULUM DEVELOPMENT IN SECONDARY PHYSICAL EDUCATION (3 credits)**

This course is designed to develop candidates' competencies in physical education instructional methodology and curriculum development. Analysis of teacher behavior and selection of content and materials will be examined. Candidates will be introduced to and will implement various methods of teaching physical education at the secondary level so as to develop the skills to become an effective teacher.

**Prerequisite(s):** KINS 2310, KINS 2320, KINS 2330, KINS 3300, TED 2400, 2.75 NU GPA, and must have passed Praxis Core (Math, Reading, and Writing)

**KINS 4010 LABORATORY METHODS IN EXERCISE SCIENCE (6 credits)**

This course will provide students an opportunity to achieve competency in operating various pieces of equipment typically used in biomechanics and exercise physiology laboratories. The students will gain experience in interpreting the results of the tests administered, and writing exercise prescriptions based upon those results. Students must have current CPR certification.

**Prerequisite(s):** BMCH 2500 or BIOL 2840, BMCH 4630, PE 4940 or KINS 4940, CPR certification, department consent; must be School of H&K major or ATHT major. Students cannot complete KINS 4010 and KINS 4800 in the same term.

**KINS 4050 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 8056).

**Prerequisite(s):** HEKI 3090

**KINS 4070 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 8076).

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

**KINS 4080 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 8086).

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

**KINS 4100 APPLIED KINESIOLOGY (3 credits)**

This course will introduce students to the use of basic theories and principles of movement analysis from a kinesiological perspective. Students will apply anatomical knowledge to break down movement from a broad spectrum of activities.

**Prerequisite(s):** BMCH 2400 or PE 2880 or BIOL 2740 or equivalent and sophomore standing

**Distribution:** Writing in the Discipline Sequenced Course

**KINS 4150 ADAPTED PHYSICAL ACTIVITY THEORY AND PRACTICE (3 credits)**

A study of problems as they relate to philosophy, procedures and practices, and organization and administration of physical education & physical activity programs for exceptional students. This course surveys societal issues surrounding adaptive sports and recreation along with movement problems associated with specific disabilities. This course also provides the student with an opportunity to work with an individual who has a disability.

**Prerequisite(s):** PE 2800 or KINS 2800 with a grade of C- or better and Jr Standing and PYED major or TED 2300 and TED 2380 and Special Education or Secondary Education major with endorsement codes: 0802S or 0802C or 1913S

**Distribution:** U.S. Diversity General Education course

**KINS 4200 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 8206).

**Prerequisite(s):** Junior standing.

**KINS 4310 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 8316).

**Prerequisite(s):** PE 2700 or KINS 2700 and PE 4710 or KINS 4710. Not open to non-degree graduate students.

**KINS 4320 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 8326).

**Prerequisite(s):** PE 4310/KINS 4310, PE 4330/KINS 4330, and PE 4720/KINS 4720. Not open to non-degree graduate students.

**KINS 4330 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 8336).

**Prerequisite(s):** PE 2700 or KINS 2700 and PE 4710 or KINS 4710. Not open to non-degree graduate students.

**KINS 4350 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 8356).

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

**KINS 4360 ORTHOPEDIC AND MEDICAL ASPECTS OF ATHLETIC TRAINING (3 credits)**

This course will enhance the candidate's knowledge of orthopedic and medical aspects of athletic training. Involves directed observation, experiential learning, literature review and hands-on experience under the supervision of local medical professionals in various settings. The student will be exposed to advanced evaluation and treatment skills, including imaging techniques and surgical procedures, rehabilitation and athletic training management.

**Prerequisite(s):** PE 4320/KINS 4320 and PE 4340/KINS 4340

**KINS 4500 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 8506).

**KINS 4700 FITNESS MANAGEMENT (3 credits)**

This course is an introduction to management concepts for fitness professionals such as human resource management, financial management, marketing, and facility risk management. Assessment, development, prescription, implementation, and evaluation strategies will be presented for each management concept. Students will develop the knowledge and skills necessary to orchestrate and manage high quality programs in various fitness settings.

**KINS 4710 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 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. Students will demonstrate skills and proficiencies in emergency procedures and the basic therapeutic modalities.

**Prerequisite(s):** Formal admission to the Athletic Training Program, instructor permission, & continued compliance w/published Athletic Training Program Technical Standards for Admission. Co-requisite: PE 2700/KINS 2700. Not open to non-degree graduate students.

**KINS 4720 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 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. Students will demonstrate advanced proficiencies in emergency procedures and initial proficiencies in lower extremity evaluation and application of therapeutic modalities.

**Prerequisite(s):** Formal admission to Athletic Training Program, PE 4710/KINS 4710, instructor permission, compliance w/ published Athletic Training Program Technical Standards for Admission. Co-requisite: PE 4310/KINS 4310 & PE 4330/KINS 4330

**KINS 4730 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 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. Emphasis on mastery of skills and proficiencies in lower extremity care and initial proficiency in upper extremity evaluation and care.

**Prerequisite(s):** Formal admission to Athletic Training, PE 4720/KINS 4720, instructor permission, compliance w/published Athletic Training Technical Standards for Admission. Co-requisite: PE 4320/KINS 4320 & PE 4340/KINS 4340. Not open to non-degree graduate students.

**KINS 4740 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 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. Emphasis on mastery of upper extremity evaluation and care and skills in medical exam techniques, pharmacology and interviewing.

**Prerequisite(s):** Formal admission to Athletic Training Program, PE 4730/KINS 4730, instructor permission, & compliance with published Athletic Training Program Technical Standards for Admission. Co-requisite: PE 4360/KINS 4360. Not open to non-degree graduate students.

**KINS 4750 CLINICAL PRACTICUM IN ATHLETIC TRAINING V (1 credit)**

Clinical Practicum in Athletic Training V is the fifth course in the Clinical Practica series for students admitted to the 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. Emphasis on mastery of skills in medical examination techniques and administrative tasks.

**Prerequisite(s):** Formal admission to the Athletic Training Program, PE 4740/KINS 4740, instructor permission, & compliance w/published Athletic Training Program Technical Standards for Admission. Co-requisite: PE 4350/KINS 4350. Not open to non-degree graduate students.

**KINS 4800 KINESIOLOGY PRACTICUM (3 credits)**

This practicum places the candidate in the role of an exercise leader in a Fitness for Living class. During this experience the candidate will participate in a seminar which will meet three days a week. Responsibilities in the role of an exercise leader will include: direct contact with students enrolled in this class during all lectures and activities and exercise leadership and supervision, fitness testing, and class presentations. During the seminar sessions the candidates will participate in discussions, group activities, and share experiences relative to their exercise leadership roles. Candidates must have current CPR certification.

**Prerequisite(s):** PE 2210/KINS 2210, PE 2220/KINS 2220, BMCH 2500 or BIOL 2840, BMCH 4630 or KINS 4100, PE 4940/KINS 4940, CPR certification and department consent. Students cannot complete KINS 4010 and KINS 4800 in the same term.

**KINS 4850 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 8856).

**Prerequisite(s):** PE 2500/KINS 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 4910 INTERNSHIP IN KINESIOLOGY (6 credits)**

This course is a supervised, educational work experience of at least 300 clock hours over at least a ten week period at an approved worksite offering programs and experiences in all areas of kinesiology and health promotion.

**Prerequisite(s):** PE 4800 or KINS 4800, 2.5 GPA, CPR Certification, and department consent

**KINS 4930 MEASUREMENT AND EVALUATION IN KINESIOLOGY (3 credits)**

This course is designed to present the theory and application of measurement and evaluation techniques commonly used in physical education, exercise science, physical activity, and health promotion. Appropriate test selection, administration, and the interpretation of results with fundamental statistical methods will be emphasized. Students will participate in selected practical testing and measurement procedures.

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

**KINS 4940 PHYSIOLOGY OF EXERCISE (3 credits)**

A study of the major physiological systems of the human body and its acute and chronic responses to exercise. Includes application of physiological concepts to physical training and conditioning.

**Prerequisite(s):** BMCH 2400 or BIOL 2740 with a grade of C- or better and sophomore standing. School of H&K majors or Human Performance minors only, or with department approval.

**Distribution:** Writing in the Discipline Sequenced Course

**KINS 4960 TOPICS IN SPORTS MEDICINE (3 credits)**

This course covers selected topics regarding the science and medicine of sports participation. Some areas to be covered include the medical supervision of the athlete, special populations, conditioning, environmental concerns and sports nutrition.

**Prerequisite(s):** PE 4340/KINS 4340, PE 4350/KINS 4350, and PE 4730/KINS 4370; or instructor permission

**KINS 4970 PROBLEMS OF PHYSICAL EDUCATION (1-3 credits)**

This course is designed to provide an opportunity for individuals or groups to study problems in physical education.

**Prerequisite(s):** Permission of instructor

**KINS 4980 COACHING PRACTICUM (1 credit)**

This course is designed to give the candidate practical experiences in the coaching of specific sports.

**Prerequisite(s):** Junior standing and related coaching methods course. Permission of instructor

**KINS 4990 INTERNSHIP IN ATHLETIC TRAINING (6 credits)**

This course is a supervised, educational work experience of at least 300 clock hours over a minimum of a 10-week period at an approved athletic training worksite.

**Prerequisite(s):** 90 hours completed, 2.5 GPA and department consent