KINESIOLOGY

McPhee 219
715-836-3700
www.uwec.edu/kin

Kinesiology is the study of the art and science of human movement. The mission of the Department of Kinesiology at the University of Wisconsin–Eau Claire is to foster purposeful learning in the science, application, and principles of kinesiology to understand the full nature of human movement across the lifespan. We live and promote this mission by developing and preparing transformative learners to lead others in the achievement of a healthy, physically active lifestyle, and an enhanced quality of life.

Toward this end, the department offers majors in Athletic Training and Kinesiology. The Kinesiology major has four emphases to choose from including Human Performance, Teaching Early Childhood through Adolescence Physical Education, Sport Pedagogy, and Movement Studies. Minors are offered in the Science of Coaching, Adaptive Physical Education, and Kinesiology.

All the programs in the department are designed to stimulate intellectual development, instill leadership qualities, and promote service to others.

Information for All Students

A number of required courses within the majors and minors may undergo revision. Course information is therefore subject to change. See your academic adviser for additional information on how these changes may affect your individual plan of study.

Some courses require a special fee because of the nature of the activity. Current special course fees are shown in the Class Schedule.

Department programs may be limited by resources available. All new students are strongly encouraged to make contact with their assigned academic adviser early in the semester.

Additional Licensure and Certification

Adaptive Physical Education

Licensed physical education teachers who wish to add licensure in Adaptive Physical Education must complete either the minor or 15 semester credits including:

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
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<tbody>
<tr>
<td>SPED 200</td>
<td>Introduction to Diverse Learners</td>
<td>3</td>
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<td>Select one of the following:</td>
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<tr>
<td>SPED 210</td>
<td>Introduction to Intellectual Disabilities</td>
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<tr>
<td>UEC 220</td>
<td>Introduction to Inclusive Early Childhood Education</td>
<td>1</td>
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<tr>
<td>SPED 306</td>
<td>Behavior Management</td>
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<td>KINS 484</td>
<td>Adapted Physical Education</td>
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<td>KINS 487</td>
<td>Assessment in Adapted Physical Education</td>
<td>3</td>
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<tr>
<td>KINS 493</td>
<td>Practicum in Adapted Physical Education</td>
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No additional Praxis II Content Exam required

1 SPED 220 is the equivalent to UEC 220

Health Education

Licensed physical education teachers who wish to add licensure in Health Education must complete 26 semester credits.

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<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
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<tbody>
<tr>
<td>BIOL 130</td>
<td>Human Sexual Biology</td>
<td>3</td>
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<tr>
<td>BIOL 151</td>
<td>Biology of Humans</td>
<td>4</td>
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<tr>
<td>BIOL 196</td>
<td>Human Nutrition</td>
<td>3</td>
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<tr>
<td>or KINS 450</td>
<td>Applied Nutrition in Kinesiology</td>
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<tr>
<td>KINS 274</td>
<td>First Aid and Community CPR</td>
<td>1</td>
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<td>KINS 294</td>
<td>Anatomical Kinesiology</td>
<td>3</td>
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<tr>
<td>KINS 308</td>
<td>Exercise Physiology</td>
<td>3</td>
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<tr>
<td>KINS 335</td>
<td>Introduction to School Health Education and Current Health Issues</td>
<td>3</td>
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<tr>
<td>KINS 336</td>
<td>Strategies and Assessment in School Health Education</td>
<td>3</td>
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<tr>
<td>KINS 337</td>
<td>Health Education Curriculum Design</td>
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In addition, students must pass the appropriate Praxis II Content Exam.

Faculty

Jeff Janot, Chair
Nick Beltz
Saori Braun
Katherine Breedlove
Tonja Englund
Garry Grant
Marquell Johnson
Jamie O’Connor
Yoonsin Oh
Robert Stow
Tadd Turnquist
Matt Wiggins

Majors

- Comprehensive Major: Kinesiology, Physical Education Teaching Emphasis - B.S.
- Comprehensive Major: Kinesiology, Sports Pedagogy Emphasis - B.S.
- Major: Kinesiology, Movement Studies Emphasis - B.S.
- Comprehensive Major: Kinesiology, Human Performance Emphasis, Sport Performance Option - B.S.
- Comprehensive Major: Kinesiology, Human Performance Emphasis, Fitness Management Option - B.S.
- Comprehensive Major: Kinesiology, Human Performance Emphasis, Health Promotion Option - B.S.
- Comprehensive Major: Kinesiology, Human Performance Emphasis, Pre-Professional Option - B.S.
- Comprehensive Major: Athletic Training - B.S.

Minors

- Minor: Adaptive Physical Education, Teaching
- Minor: Kinesiology, Liberal Arts
- Minor: Science of Coaching, Liberal Arts
- Minor: Science of Coaching, Teaching
KINS 101 Specialty (0.5-2 crs)
- Special course fee may apply.

Special class activity to be offered as expertise is available.

Attributes: Physical Activity
Repeat: Course may be repeated

KINS 108 Intercollegiate Athletics (1 cr)
Prerequisite: Eligible to practice as defined by the Wisconsin Intercollegiate Athletic Conference.
Consent: Department Consent Required
The student will participate in the physical activity and lectures pertaining to the preparation of a varsity athletic team for a season and the contests included in that season.

Attributes: Physical Activity
Grading Basis: S/U Only Grade Basis

KINS 109 Power Walking (1 cr)
- No credit if taken after KINS 101 with the same topic.

Introduction to basic techniques and fitness principles used in power walking. Students will develop an individual power walking program to meet their individual physical activity goals.

Attributes: Physical Activity

KINS 110 Fitness (1 cr)
Includes aerobics activity, flexibility, and resistance exercises to expose students to methods of becoming physically fit or maintaining a degree of fitness.

Attributes: Physical Activity, Special Course Fee Required

KINS 111 Lacrosse (1 cr)
- No credit if taken after KINS 101 with the same topic.

Introduction of basic skills of lacrosse (ball pickup, stick handling, passing, shooting). Also the rules, strategies, history, and safety of the game. Provides individual and team play.

Attributes: Physical Activity

KINS 112 Ultimate Frisbee (1 cr)
- No credit if taken after KINS 101 with the same topic.

Introduction of basic skills of ultimate Frisbee (catching, throwing, terminology). Also the rules, strategies, history, and safety of the game. Provides individual and team play.

Attributes: Physical Activity

KINS 113 Racquetball (1 cr)
Introduction of basic skills of racquetball including forehand, backhand, serves, and shots. Rules and strategies for singles and doubles. Provides experience in tournament play.

Attributes: Physical Activity

KINS 114 Golf (1 cr)
Introduction to golf skills and acquaintance with golf equipment, proper grip, stance, pendulum swing, full swing, chipping, pitching, and putting; rules and etiquette.

Attributes: Physical Activity

KINS 115 Jogging (1 cr)
Acquaintance with the physiological effects of jogging, and a method of measuring physical fitness through aerobics.

Attributes: Physical Activity

KINS 116 Beginning Swimming (1 cr)
Prerequisite: No credit if taken after KINS 167 or KINS 293
Beginning level swim class designed to teach students the basic mechanics of six swim strokes, entry into water, treading water and personal safety, and cardiovascular principles related to swimming.

Attributes: Physical Activity
Lecture/Discussion Hours: .5
Lab/Studio Hours: .5

KINS 117 Weight Training (1 cr)
Emphasis on techniques of basic lifts. Knowledge in the area of weight training for the development of strength and muscular endurance through progressive resistance. Individual programs for strength development.

Attributes: Physical Activity, Special Course Fee Required

KINS 118 Basketball (1 cr)
Development of the fundamental skills of basketball (including dribbling, passing, shooting, defensive sliding, and rebounding). Provides individual instruction and team play.

Attributes: Physical Activity

KINS 119 Badminton (1 cr)
Introduction to badminton skills, strategies, and rules.

Attributes: Physical Activity

KINS 120 Soccer (1 cr)
Fundamental skills: dribbling, passing, shooting, heading, trapping, tackling, and goal keeping. Techniques, conditioning, and strategy of play.

Attributes: Physical Activity

KINS 121 Tennis (1 cr)
Basic skills of forehand, backhand, serve, and volley, including grip, stance, and footwork. Singles and doubles rules and strategy.

Attributes: Physical Activity
KINS 172 Volleyball (1 cr)
Fundamental skills of passing, set, spike, block, serve, and basic offensive and defensive strategies.
Attributes: Physical Activity

KINS 184 Flag Football (1 cr)
Fundamental skills of centering, passing, catching, running pass patterns, handoffs, blocks, kicking, punting, and other offensive and defensive techniques and strategies of play.
Attributes: Physical Activity

KINS 186 Wellness Concepts and Health Related Fitness (2 crs)
Students will work to develop health-related fitness and will learn the importance of wellness concepts such as health-related fitness, stress management, nutrition, and consumer responsibility in health and fitness.
Attributes: Physical Activity, Wellness Theory
Lecture/Discussion Hours: 1
Lab/Studio Hours: 2

KINS 200 Orientation to Kinesiology (1 cr)
Prerequisite: No credit if taken after KINS 191.
• First year Kinesiology students only.
Introduction to disciplines and professions in Kinesiology. Students will become familiar with the possible options available for majors and minors as well as potential careers compatible with a Kinesiology degree.
Grading Basis: S/U Only Grade Basis
Lecture/Discussion Hours: 1
Lab/Studio Hours: 0

KINS 204 Introduction to Athletic Training (1 cr)
Prerequisite: Limited to pre-athletic training majors.
Introduction to the basic knowledge of the athletic training profession and the concepts in the prevention of athletic injuries. For those students seeking admission to the athletic training education program.
Attributes: Special Course Fee Required
Lecture/Discussion Hours: 2
Lab/Studio Hours: 0

KINS 262 Personal Health in a Global Society (3 crs)
An investigation of inequality, racism, poverty, and economic deprivation that is adversely affecting the health of the American people. Students will access their personal health, examine local and national health concerns, and research global health issues.
Attributes: Wellness Theory, Cultural Diversity 1 cr.
Lecture/Discussion Hours: 3
Lab/Studio Hours: 0

KINS 274 First Aid and Community CPR (1 cr)
American Red Cross First Aid and community CPR training, certification issued on satisfactory completion of course.
Attributes: Special Course Fee Required

KINS 275 Prevention and Care of Athletic/Exercise Injuries (3 crs)
Prerequisite: KINS 274 and KINS 294 or KINS 204 for athletic training majors.
This lecture/lab based course is an introduction to the basic concepts and fundamentals of the prevention, recognition, treatment, and rehabilitation of athletic or exercise-related injuries.
Attributes: Special Course Fee Required
Lecture/Discussion Hours: 2
Lab/Studio Hours: 2

KINS 277 Prevention and Care of Athletic Injuries Lab (1 cr)
Prerequisite: KINS 274 and KINS 294. KINS 204 for athletic training majors. Must be taken with KINS 275.
A lab course designed to develop an understanding and proficiency in taping and wrapping techniques, and the fitting and use of protective sports equipment in the prevention and care of athletic injuries.
Attributes: Special Course Fee Required Varies by Term/Section
Lecture/Discussion Hours: 0
Lab/Studio Hours: 2

KINS 280 Acute Care of Athletic Injuries/Illness (3 crs)
Prerequisite: Limited to admitted athletic training majors.
A theory and lab course focused on providing care for acute and emergency injuries/illnesses in the physical activity setting. Successful completion of the course will result in certification as a First Responder.
Attributes: Special Course Fee Required
Lecture/Discussion Hours: 2
Lab/Studio Hours: 2

KINS 284 Palpatory Anatomy in Kinesiology (1 cr)
Prerequisite: KINS 294 or concurrently.
This course is designed to focus on the concepts and principles of palpatory anatomy and kinesiology. An understanding of how muscles and joints interact and function will be created and enhanced through a laboratory environment.
Grading Basis: A-F Grades Only
Lecture/Discussion Hours: 0
Lab/Studio Hours: 2

KINS 290 Introduction to Physical Education (3 crs)
Prerequisite: Limited to kinesiology teaching, sport pedagogy, and movement studies majors.
Introduction to physical education including understanding the teaching/learning process, effective teaching skills, and context and reflection.
Lecture/Discussion Hours: 3
Lab/Studio Hours: 0
KINS 292 Management and Coaching Theory (2 crs)
• The course follows American Sports Education Program (ASEP) guidelines, and students have the option to take the ASEP certification exam for a fee.

An introduction to the coaching profession including current management principles and practices.

Lecture/Discussion Hours: 2
Lab/Studio Hours: 0

KINS 294 Anatomical Kinesiology (3 crs)
Introduction to human anatomy and the basic structure of the body’s major systems. An emphasis will be placed on the musculoskeletal system and an understanding of its relationship to human movement.

Lecture/Discussion Hours: 3
Lab/Studio Hours: 0

KINS 296 Lifeguard Training (1 cr)
Consent: Instructor Consent Required

The course prepares candidates to recognize and respond quickly and effectively to emergencies, and prevent drownings and injuries. Students are eligible for American Red Cross certification for Lifeguard training, First Aid/CPR and AED for professional rescuer.

Attributes: Special Course Fee Required
Grading Basis: A-F Grades Only
Lecture/Discussion Hours: 0.5
Lab/Studio Hours: 1.0

KINS 300 Planning, Implementation, and Assessment: Invasion Games (2 crs)
Prerequisite: KINS 290. Limited to kinesiology teaching, sport pedagogy and movement studies majors.
• Movement studies majors will need department consent if KINS 290 not taken.

Students enrolled in this course will design comprehensive invasion games units utilizing various instructional models, such as: sport education, peer teaching and tactical games.

Lecture/Discussion Hours: 3
Lab/Studio Hours: 0

KINS 301 Planning, Implementation, and Assessment: Adventure Activities (2 crs)
Prerequisite: KINS 290. Limited to kinesiology teaching, sport pedagogy and movement studies majors.
• Movement studies majors will need department consent if KINS 290 not taken.

Observation and participation in selected adventure activities led by master teachers; lesson planning and peer teaching.

Attributes: Special Course Fee Required
Lecture/Discussion Hours: 3
Lab/Studio Hours: 0

KINS 302 Planning, Implementation, and Assessment: Rhythms and Dance (2 crs)
Prerequisite: KINS 290. Limited to kinesiology teaching, sport pedagogy majors and movement studies majors.
• Movement studies majors will need department consent if KINS 290 not taken.

Students will explore a wide range of rhythm and dance activities for school-aged children, including: cultural, line, square and social genres.

Lecture/Discussion Hours: 3
Lab/Studio Hours: 0

KINS 303 Planning, Implementation, and Assessment: Fitness Concepts (3 crs)
Prerequisite: KINS 290. Limited to kinesiology teaching, sport pedagogy and movement studies majors.
• Movement studies majors will need department consent if KINS 290 not taken.

Prospective teachers completing this course will acquire the dispositions, knowledge, and performance competencies related to appropriate health-related fitness of school-aged children in K-12 physical education.

Attributes: Service-Learning, Half 15 Hours
Lecture/Discussion Hours: 2
Lab/Studio Hours: 0

KINS 304 Biomechanical Kinesiology (3 crs)
Prerequisite: Grade of C or above in KINS 294, and PHYS 100 or PHYS 211. Minimum total GPA of 2.35.

The relationship of motion, kinematics, kinetics, and fluid mechanics to human movement.

Lecture/Discussion Hours: 3
Lab/Studio Hours: 0

KINS 305 Planning, Implementation, and Assessment: Net Games (2 crs)
Prerequisite: KINS 290. Limited to kinesiology teaching, sport pedagogy and movement studies majors.
• Movement studies majors will need department consent if KINS 290 not taken.

Students will acquire the dispositions and knowledge to teach net activities within a secondary physical education setting.

Lecture/Discussion Hours: 3
Lab/Studio Hours: 0

KINS 308 Exercise Physiology (3 crs)
Prerequisite: Grade of C or above in KINS 294. Minimum total GPA of 2.35.

The physiological basis of human movement and the functional changes in body systems as a result of exercise.

Lecture/Discussion Hours: 3
Lab/Studio Hours: 0
KINS 309 Introduction to Exercise Science (3 crs)
Prerequisite: Completion of or concurrent enrollment in KINS 304 and KINS 308.
Minimum resident and total GPA of 2.75. Minimum sophomore standing.
• 2.75 GPA required in major degree program.
Introduction to the foundational concepts associated with physical activity, fitness, and health that underlie the advanced study of exercise prescription and programming.
Lecture/Discussion Hours: 3
Lab/Studio Hours: 0

KINS 310 Therapeutic Modalities in Athletic Training (3 crs)
Prerequisite: KINS 280 with a grade of B- or above; or consent of instructor.
Limited to athletic training majors. Minimum sophomore standing. Must be taken with KINS 315.
A theory course designed to develop an understanding and competency in the use of therapeutic modalities in the care of athletic injuries.
Lecture/Discussion Hours: 2
Lab/Studio Hours: 2

KINS 312 Psychology of Sport and Physical Activity (3 crs)
Prerequisite: Minimum resident and total GPA of 2.50.
The course will examine psychological aspects which affect peak performance in sport, along with exploring the effect that sport and physical activity have on individuals.
Attributes: Undergraduate/Graduate Offering
Lecture/Discussion Hours: 3
Lab/Studio Hours: 0

KINS 313 Sociology of Sport and Physical Activity (3 crs)
Prerequisite: Minimum resident and total GPA of 2.50.
Introduction to the social influences on sport and physical activity as well as the influence sport has on society.
Attributes: Cultural Diversity 1 cr., Undergraduate/Graduate Offering
Lecture/Discussion Hours: 3
Lab/Studio Hours: 0

KINS 315 Athletic Training Lab and Practicum I (1 cr)
Prerequisite: KINS 277, KINS 280, and KINS 375 with a grade of B- or above.
Limited to admitted athletic training majors.
A lab and practicum course designed to develop proficiency in the practical skills and techniques of lower body evaluation and protective support/bracing as well as inclusion of athletic training competencies assigned and supervised clinical experiences.
Attributes: Special Course Fee Required
Lecture/Discussion Hours: 0
Lab/Studio Hours: 2

KINS 316 Athletic Training Lab and Practicum II (1 cr)
Prerequisite: KINS 310, KINS 315, and KINS 376 with a grade of B- or above.
Limited to admitted athletic training majors. Must be taken with KINS 330.
A lab and practicum course designed to develop proficiency, practical skills and techniques of therapeutic modalities, upper-body evaluation, general medical conditions as well as inclusion of athletic training competencies assigned and supervised clinical experiences.
Lecture/Discussion Hours: 0
Lab/Studio Hours: 2

KINS 320 Foundations of Rehabilitation Science (3 crs)
Prerequisite: KINS 304 and KINS 308 or concurrent enrollment. Minimum resident and total GPA of 2.75.
Introduction to the historical, philosophical, and theoretical foundations of rehabilitation science. The course also provides information on current trends and issues in rehabilitation science research.
Grading Basis: A-F Grades Only
Lecture/Discussion Hours: 3
Lab/Studio Hours: 0

KINS 327 Movement Education for Elementary Grades (2 crs)
Prerequisite: Limited to kinesiology teaching or sport pedagogy majors who have completed KINS 290; or elementary education majors who have completed ES 203 or SPED 210 or SPED 306.
• Elementary education majors will need department consent due to the KINS 290 prerequisite.
A theory and methods course in elementary physical education teaching and classroom physical activity. Prospective teachers completing this course will acquire the dispositions and knowledge to teach movement concepts to school-aged children.
Attributes: Wellness Theory
Lecture/Discussion Hours: 3
Lab/Studio Hours: 0

KINS 330 Therapeutic Exercise in Athletic Training (3 crs)
Prerequisite: KINS 310 with a grade of B- or above. Limited to admitted athletic training majors.
A theory course designed to develop an understanding of the use of therapeutic exercise and the development of rehabilitation programs for athletic injuries.
Lecture/Discussion Hours: 2
Lab/Studio Hours: 2

KINS 335 Introduction to School Health Education and Current Health Issues (3 crs)
A theory-and-activity-based course in which students will discover the importance of health education in the schools and explore current health issues surrounding our nation’s youth.
Attributes: Wellness Theory, Undergraduate/Graduate Offering
Lecture/Discussion Hours: 3
Lab/Studio Hours: 0
KINS 336 Strategies and Assessment in School Health Education (3 crs)
Prerequisite: KINS 335/KINS 535
This course will focus on using experiential learning techniques and developing authentic assessments to be used in school health education classes. Student completes approximately 10-15 hours of observation/teaching.

Attributes: Undergraduate/Graduate Offering
Lecture/Discussion Hours: 3
Lab/Studio Hours: 0

KINS 337 Health Education Curriculum Design (3 crs)
Prerequisite: KINS 336/KINS 536
Students will design and evaluate the effectiveness of School Health Education Curricula. Students will plan effective comprehensive health instruction with special emphasis on making curricular connections to effectively integrate health content into multiple disciplines. Student completes approximately 10-15 hours of observation/teaching.

Attributes: Undergraduate/Graduate Offering
Lecture/Discussion Hours: 3
Lab/Studio Hours: 0

KINS 346 First Responder Apprenticeship (1-3 crs)
Prerequisite: KINS 204 or consent of instructor.
Consent: Instructor Consent Required
Experience for qualified students, selected and supervised by faculty members, to facilitate teaching and learning in an athletic training setting. Students enhance their knowledge and their ability to communicate that knowledge to other students.

Attributes: Undergraduate/Graduate Offering
Repeat: Course may be repeated for a maximum of 6 credits

KINS 347 Coaching Apprenticeship (1-3 crs)
Prerequisite: KINS 292 or consent of instructor.
Consent: Instructor Consent Required
Experience for qualified students, selected and supervised by faculty members, to facilitate coaching and learning in a coaching setting. Students enhance their knowledge and their ability to communicate that knowledge to other students.

Attributes: Undergraduate/Graduate Offering
Repeat: Course may be repeated for a maximum of 6 credits

KINS 348 Exercise Science Apprenticeship (1-3 crs)
Prerequisite: KINS 309 or consent of instructor.
Consent: Instructor Consent Required
Experience for qualified students, selected and supervised by faculty members, to facilitate teaching and learning in an exercise science setting. Students enhance their knowledge and their ability to communicate that knowledge to other students.

Attributes: Undergraduate/Graduate Offering
Repeat: Course may be repeated for a maximum of 6 credits

KINS 350 Apprentice in Teaching Physical Education (1-3 crs)
Prerequisite: KINS 290 or consent of instructor.
Consent: Instructor Consent Required
Experience for qualified students, selected and supervised by faculty members, to facilitate teaching and learning in a specific course. Students enhance their knowledge and their ability to communicate that knowledge to other students.

Attributes: Undergraduate/Graduate Offering
Repeat: Course may be repeated for a maximum of 6 credits

KINS 351 Cancer Recovery and Fitness Lab (1 cr)
Prerequisite: KINS 357. Limited to kinesiology majors. Minimum GPA of 2.50.
Consent: Instructor Consent Required
Lecture/ Experience for qualified students, selected and supervised by faculty members, to facilitate applied experiential learning in the field of exercise and cancer recovery. Students enhance their knowledge and ability to communicate that knowledge to others.

Repeat: Course may be repeated for a maximum of 2 credits
Discussion Hours: 0
Lab/Studio Hours: 2

KINS 352 Cancer Recovery and Fitness Seminar (1 cr)
Prerequisite: KINS 357. Limited to kinesiology majors and minors. Minimum resident and total 2.50 grade point average
Consent: Instructor Consent Required
A seminar experience designed for students interested in the area of exercise rehabilitation with cancer survivorship. Students will gain knowledge related to cancer treatment and side-effects, the benefits and fundamentals of exercise principles in cancer recovery, and will gain valuable information related to the survivorship issues currently dealt with in the Cancer Recovery and Fitness community outreach program.
Grading Basis: A-F Grades Only
Lecture/Discussion Hours: 1
Lab/Studio Hours: 0

KINS 355 Exercise Science Lab Assessment (3 crs)
Prerequisite: KINS 304, KINS 308, and KINS 309. Limited to admitted human performance majors.
A theory and lab course of the measurement and analysis of the physiology tests for health and performance commonly used in a human performance lab.
Attributes: Special Course Fee Required
Lecture/Discussion Hours: 2
Lab/Studio Hours: 2

KINS 357 Essentials of Strength and Conditioning (3 crs)
Prerequisite: KINS 304 and KINS 308. Minimum resident and total GPA of 2.50.
• Completion of KINS 117 is strongly recommended prior to enrollment in this course for students who do not possess a basic knowledge of strength training technique.

This course provides an introduction to strength and conditioning program design, implementation, and evaluation.
Attributes: Undergraduate/Graduate Offering, Special Course Fee Required
Lecture/Discussion Hours: 3
Lab/Studio Hours: 0
KINS 358 Fitness Assessment and Exercise Prescription (3 cr)
Prerequisite: KINS 355 or concurrent enrollment. Limited to admitted human performance majors.
This course provides students with the theoretical knowledge and practical skills required of the entry-level exercise specialist.
Lecture/Discussion Hours: 3
Lab/Studio Hours: 0

KINS 375 Evaluation Techniques-Lower Body (3 cr)
Prerequisite: KINS 277 with a grade of B- or above or consent of instructor. Limited to admitted athletic training majors.
A theory course that examines the athletic injury/illness evaluation techniques that are essential for the entry-level athletic trainer. Emphasis will be on the lower extremities, abdomen, and low back.
Lecture/Discussion Hours: 2
Lab/Studio Hours: 2

KINS 376 Evaluation Techniques-Upper Body (3 cr)
Prerequisite: KINS 375 with a grade of B- or above. Limited to admitted athletic training majors.
A theory course that examines the athletic injury/illness evaluation techniques that are essential for the entry-level athletic trainer. Emphasis will be on the chest, upper extremities, head, and neck.
Lecture/Discussion Hours: 2
Lab/Studio Hours: 2

KINS 391 Special Topics (1-3 cr)
Prerequisite: Limited to kinesiology or athletic training majors, or consent of instructor.
Special topic in kinesiology.
Attributes: Undergraduate/Graduate Offering

KINS 415 Athletic Training Lab and Practicum III (1 cr)
Prerequisite: KINS 316 and KINS 330 with a grade of B- or above and KINS 357. Limited to admitted athletic training majors.
A lab and practicum course designed to develop proficiency in the practical skills and techniques of therapeutic exercise and academic competencies assigned to this course as well as provide supervised clinical experience in athletic training.
Attributes: Service-Learning, Full 30 Hours
Lecture/Discussion Hours: 0
Lab/Studio Hours: 2

KINS 416 Athletic Training Lab and Practicum IV (1 cr)
Prerequisite: KINS 415 and KINS 430 with a grade of B- or above. Limited to admitted athletic training majors.
A lab and practicum course designed to further develop and refine the proficiency skills of athletic training, as well as provide a supervised clinical experience in athletic training.
Attributes: Service-Learning, Full 30 Hours
Lecture/Discussion Hours: 0
Lab/Studio Hours: 2

KINS 417 Soft Tissue Manipulation in Clinical Practice (1 cr)
Prerequisite: BIOL 314 or equivalent; KINS 415 or concurrent enrollment; limited to admitted athletic training majors.
This course is designed to provide an understanding of soft tissue manipulation and how it is integrated into the full spectrum of patient management, via the use of manual and instrument assisted techniques.
Grading Basis: A-F Grades Only
Lecture/Discussion Hours: 0
Lab/Studio Hours: 1

KINS 420 Medical Aspects of Athletic Training (3 cr)
Prerequisite: KINS 280 with a grade of B- or above. Limited to admitted athletic training majors.
A theory course that examines various medical specialties, surgical techniques, and clinical evaluations and treatments of athletic-related injuries and illnesses.
Lecture/Discussion Hours: 3
Lab/Studio Hours: 0

KINS 426 Motor Development Across the Lifespan (3 cr)
Prerequisite: Grade of C or above in KINS 294, KINS 304, and KINS 308 for KINS majors and minors. Limited to KINS majors and minors. Other majors/minors by consent of instructor. Minimum total GPA of 2.35.
- KINS 304 and KINS 308 are recommended prior to enrollment in this course.
A study of changes in motor behavior across the lifespan, the processes that underlie these changes, and factors that affect them.
Lecture/Discussion Hours: 3
Lab/Studio Hours: 0

KINS 430 Administration and Organization in Athletic Training (3 cr)
Prerequisite: KINS 315 with a grade of B- or above. Limited to athletic training majors. Minimum junior standing.
A theory course that reviews the administrative and organizational concepts in the profession of athletic training.
Lecture/Discussion Hours: 3
Lab/Studio Hours: 0

KINS 440 Human Performance Seminar (3 cr)
Prerequisite: KINS 309, KINS 355, KINS 358, KINS 464, 498, or consent of instructor. Limited to human performance majors. KINS 474 must be taken concurrently.
The primary purpose of this course is to provide students with an opportunity to review the critical knowledge, skills, and abilities developed throughout the curriculum and to reflect on their undergraduate experience.
Lecture/Discussion Hours: 2
Lab/Studio Hours: 1
KINS 445 Basic Electrocardiography (3 crs)
Prerequisite: BIOL 151 or BIOL 214; KINS 308; or consent of instructor. This course is designed to fill the needs of students who desire the ability to interpret the resting, normal, and abnormal ECG, as well as provide an overview of cardiac anatomy, function, and neurophysiology.
Attributes: Undergraduate/Graduate Offering
Lecture/Discussion Hours: 3
Lab/Studio Hours: 0

KINS 450 Applied Nutrition in Kinesiology (3 crs)
Prerequisite: BIOL 151 or BIOL 214, or other equivalent course. The purpose of this course is to gain insight into nutritional issues related to various populations. Students will assess dietary, physical, and performance standards related to these populations and develop alternative plans for healthy lifestyles.
Attributes: Undergraduate/Graduate Offering
Lecture/Discussion Hours: 3
Lab/Studio Hours: 0

KINS 460 Psychosocial Aspects of Injury and Illness (3 crs)
Prerequisite: PSYC 100; BIOL 151 or BIOL 214. Minimum junior standing. This course is designed to explore the psychosocial aspects of injury and illness, the psychosocial impact that injury/illness can have on a patient/client, and to develop skills in assisting patients/clients to respond effectively to injury/illness.
Attributes: Undergraduate/Graduate Offering
Lecture/Discussion Hours: 3
Lab/Studio Hours: 0

KINS 464 Clinical Exercise Physiology (3 crs)
Prerequisite: KINS 309, KINS 355, and KINS 358 or consent of instructor. This course will provide students with an overview of pathophysiology of prevalent chronic diseases with primary emphasis on the physiological and technical basis of exercise prescription for the treatment and rehabilitation of chronic disease.
Lecture/Discussion Hours: 3
Lab/Studio Hours: 0

KINS 466 Community Fitness Programming (3 crs)
Prerequisite: KINS 464 or concurrent enrollment. Prescribing and leading exercise in the early morning fitness program which includes community members with a wide variety of physical capabilities.
Attributes: Service-Learning, Full 30 Hours, Special Course Fee Required
Lecture/Discussion Hours: 0
Lab/Studio Hours: 6

KINS 474 Research Methods in Kinesiology (4 crs)
Prerequisite: MATH 246. Limited to kinesiology and athletic training majors. If an athletic training major, KINS 316 is required prior to enrolling in this course. Minimum total GPA of 2.75.
• Must be taken with KINS 440 for human performance students.

Attributes: LE-I1 Integration, LE-S3 Creativity
Lecture/Discussion Hours: 4
Lab/Studio Hours: 0

KINS 476 Senior Seminar (3 crs)
Prerequisite: Minimum 2.50 total GPA. Limited to Movement Studies and Sport Pedagogy majors and Kinesiology minors. Consent: Department Consent Required
• Limited to movement studies and sport pedagogy majors and kinesiology minors in their final year before graduation.

This is the capstone experience for students in movement studies and sport pedagogy as well as kinesiology minors. Students will develop a portfolio, lead and participate in professional discussions and present a project.
Attributes: Capstone Course
Grading Basis: No S/U Grade Option
Lecture/Discussion Hours: 3
Lab/Studio Hours: 0

KINS 484 Adapted Physical Education (3 crs)
Prerequisite: KINS 290
A theory and lab course examining exceptionalities as they apply to the physical education environment. Study includes legal implications, IEPs, individual differences, assessment principles, modification of tasks and learning environments, and field experiences (30 hours).
Attributes: Service-Learning, Full 30 Hours
Lecture/Discussion Hours: 2
Lab/Studio Hours: 2

KINS 487 Assessment in Adapted Physical Education (3 crs)
Prerequisite: KINS 484 and SPED 200.
A theory and lab course examining the appropriate assessment tools and procedures for special populations in physical education.
Attributes: Undergraduate/Graduate Offering
Lecture/Discussion Hours: 2
Lab/Studio Hours: 2

KINS 491 Practicum in Rehabilitation Science (3 crs)
Consent: Department Consent Required
A lab course applying knowledge and practical skills in a full-time rehabilitation work environment. Field experience a minimum of 100 hours is required.
Attributes: Service-Learning, Full 30 Hours, Special Course Fee Required
Lecture/Discussion Hours: 0
Lab/Studio Hours: 3
KINS 492 Coaching Practicum and Seminar (4 crs)
Prerequisite: KINS 292. Minimum senior standing.
Consent: Department Consent Required
A capstone experience where the student develops a coaching portfolio. Seminar focuses on special topics in sport. Field experience of a minimum of 60 hours will apply teaching, administrative, and management skills in coaching.
Attributes: Service-Learning, Full 30 Hours, Undergraduate/Graduate Offering, Capstone Course, Special Course Fee Required
Seminar Hours: 2
Practicum Hours: 4

KINS 493 Practicum in Adapted Physical Education (3 crs)
Prerequisite: SPED 210 or SPED 306; KINS 484, KINS 487 or concurrent enrollment in KINS 487.
Consent: Department Consent Required
A lab course applying principles of programming and assessment in the special physical education environment. Field experience a minimum of 90 hours is required.
Attributes: Service-Learning, Full 30 Hours, Undergraduate/Graduate Offering, Special Course Fee Required
Lecture/Discussion Hours: 0
Lab/Studio Hours: 3

KINS 494 Practicum in Exercise Science (3 crs)
Prerequisite: Minimum resident and total GPA of 2.75.
Consent: Department Consent Required
A laboratory course applying administrative and leadership skills in a full-time exercise work environment. Field experience a minimum of 200 hours is required.
Attributes: Service-Learning, Full 30 Hours, Special Course Fee Required
Lecture/Discussion Hours: 0
Lab/Studio Hours: 3

KINS 495 Directed Studies in Physical Education (1-3 crs)
Consent: Department Consent Required
Group study, under the immediate direction of a physical education faculty member, of a defined problem not covered in existing courses.
Attributes: Undergraduate/Graduate Offering
Repeat: Course may be repeated

KINS 496 Capstone-Teaching Physical Education (1 cr)
Consent: Instructor Consent Required
Students will integrate and apply their knowledge, skills, and dispositions to case studies and issues in physical education teaching.
Attributes: Capstone Course
Lecture/Discussion Hours: 1
Lab/Studio Hours: 0

KINS 498 Human Performance Internship (6 crs)
Prerequisite: KINS 309, KINS 355, KINS 357, and KINS 474. Minimum resident and total GPA of 2.75.
Consent: Instructor Consent Required
- (1) Maintenance of current American Red Cross First Aid and CPR certification or equivalent and, (2) satisfactory completion of a background information disclosure check prior to the start of the internship is required.
Students are provided with an opportunity to integrate and apply the knowledge, skills, and abilities developed through their undergraduate education in a professional setting.
Attributes: Service-Learning, Full 30 Hours, Internship
Grading Basis: S/U Only Grade Basis

KINS 499 Independent Study (1-3 crs)
Consent: Minimum resident and total GPA of 3.00. Minimum junior standing.
Consent: Department Consent Required
Individual research project under the direction of a faculty member.
Repeat: Course may be repeated

KINS 512 Psychology of Sport and Physical Activity (3 crs)
- Cross-listed with KINS 312. Credit may not be earned in both courses.
The course will examine psychological aspects which affect peak performance in sport, along with exploring the effect that sport and physical activity have on individuals.
Grading Basis: No S/U Grade Option
Lecture/Discussion Hours: 3
Lab/Studio Hours: 0

KINS 513 Sociology of Sport and Physical Activity (3 crs)
- Cross-listed with KINS 313. Credit may not be earned in both courses.
Introduction to the social influences on sport and physical activity as well as the influence sport has on society.
Grading Basis: No S/U Grade Option
Lecture/Discussion Hours: 3
Lab/Studio Hours: 0

KINS 535 Introduction to School Health Education and Current Health Issues (3 crs)
- Cross-listed with KINS 335. Credit may not be earned in both courses.
A theory- and activity-based course in which students will discover the importance of health education in the schools and explore current health issues surrounding our nation’s youth.
Grading Basis: No S/U Grade Option
Lecture/Discussion Hours: 3
Lab/Studio Hours: 0
KINS 536 Strategies and Assessment in School Health Education (3 crs)
Prerequisite: KINS 335/KINS 535
• Cross-listed with KINS 336. Credit may not be earned in both courses.

This course will focus on using experiential learning techniques and developing authentic assessments to be used in school health education classes. Student completes approximately 10-15 hours of observation/teaching.

Grading Basis: No S/U Grade Option
Lecture/Discussion Hours: 3
Lab/Studio Hours: 0

KINS 537 Health Education Curriculum Design (3 crs)
Prerequisite: KINS 336/KINS 536
• Cross-listed with KINS 337. Credit may not be earned in both courses.

Students will design and evaluate the effectiveness of School Health Education Curricula. Students will plan effective comprehensive health instruction with special emphasis on making curricular connections to effectively integrate health content into multiple disciplines. Student completes approximately 10-15 hours of observation/teaching.

Grading Basis: No S/U Grade Option
Lecture/Discussion Hours: 3
Lab/Studio Hours: 0

KINS 546 First Responder Apprenticeship (1-3 crs)
Prerequisite: KINS 204 or consent of instructor.
Consent: Instructor Consent Required
• Cross-listed with KINS 346.

Experience for qualified students, selected and supervised by faculty members, to facilitate teaching and learning in an athletic training setting. Students enhance their knowledge and their ability to communicate that knowledge to other students.

Repeat: Course may be repeated for a maximum of 6 credits
Grading Basis: No S/U Grade Option

KINS 547 Coaching Apprenticeship (1-3 crs)
Prerequisite: KINS 292 or consent of instructor.
Consent: Instructor Consent Required
• Cross-listed with KINS 347.

Experience for qualified students, selected and supervised by faculty members, to facilitate coaching and learning in a coaching setting. Students enhance their knowledge and their ability to communicate that knowledge to other students.

Repeat: Course may be repeated for a maximum of 6 credits
Grading Basis: No S/U Grade Option

KINS 548 Exercise Science Apprenticeship (1-3 crs)
Prerequisite: KINS 309 or consent of instructor.
Consent: Instructor Consent Required
• Cross-listed with KINS 348.

Experience for qualified students, selected and supervised by faculty members, to facilitate teaching and learning in an exercise science setting. Students enhance their knowledge and their ability to communicate that knowledge to other students.

Repeat: Course may be repeated for a maximum of 6 credits
Grading Basis: No S/U Grade Option

KINS 550 Apprentice in Teaching Physical Education (1-3 crs)
Prerequisite: KINS 290 or consent of instructor.
Consent: Instructor Consent Required
• Cross-listed with KINS 350.

Experience for qualified students, selected and supervised by faculty members, to facilitate teaching and learning in a specific course. Students enhance their knowledge and their ability to communicate that knowledge to other students.

Repeat: Course may be repeated for a maximum of 6 credits
Grading Basis: No S/U Grade Option

KINS 557 Essentials of Strength and Conditioning (3 crs)
Prerequisite: KINS 304 and KINS 308.
• Cross-listed with KINS 357. Credit may not be earned in both courses.
Completion of KINS 117 is strongly recommended prior to enrollment in this course for students who do not possess a basic knowledge of strength training technique.

This course provides an introduction to strength and conditioning program design, implementation, and evaluation.

Attributes: Special Course Fee Required
Grading Basis: No S/U Grade Option
Lecture/Discussion Hours: 3
Lab/Studio Hours: 0

KINS 591 Special Topics (1-3 crs)
• Cross-listed with KINS 391.

Special topic in kinesiology.
Grading Basis: No S/U Grade Option

KINS 617 Soft Tissue Manipulation in a Clinical Practice (1 cr)
Prerequisite: BIOL 314 or equivalent; KINS 415 or concurrent enrollment; limited to admitted athletic training majors.

This course is designed to provide an understanding of soft tissue manipulation and how it is integrated into the full spectrum of patient management, via the use of manual and instrument assisted techniques.

Grading Basis: A-F Grades Only
Lecture/Discussion Hours: 0
Lab/Studio Hours: 1
KINS 645 Basic Electrocardiography (3 crs)
Prerequisite: BIOL 151 or BIOL 214; KINS 308; or consent of instructor.
  • Cross-listed with KINS 445. Credit may not be earned in both courses.

This course is designed to fill the needs of students who desire the ability to interpret the resting, normal, and abnormal ECG, as well as provide an overview of cardiac anatomy, function, and neurophysiology.

Grading Basis: No S/U Grade Option
Lecture/Discussion Hours: 3
Lab/Studio Hours: 0

KINS 650 Applied Nutrition in Kinesiology (3 crs)
Prerequisite: BIOL 151 or BIOL 214, or other equivalent course.
  • Cross-listed with KINS 450. Credit may not be earned in both courses.

The purpose of this course is to gain insight into nutritional issues related to various populations. Students will assess dietary, physical, and performance standards related to these populations and develop alternative plans for healthy lifestyles.

Grading Basis: No S/U Grade Option
Lecture/Discussion Hours: 3
Lab/Studio Hours: 0

KINS 660 Psychosocial Aspects of Injury and Illness (3 crs)
Prerequisite: PSYC 100; BIOL 151 or BIOL 214.
  • Cross-listed with KINS 460. Credit may not be earned in both courses.

This course is designed to explore the psychosocial aspects of injury and illness, the psychosocial impact that injury/illness can have on a patient/client, and to develop skills in assisting patients/clients to respond effectively to injury/illness.

Grading Basis: No S/U Grade Option
Lecture/Discussion Hours: 3
Lab/Studio Hours: 0

KINS 687 Assessment in Adapted Physical Education (3 crs)
Prerequisite: KINS 484 and SPED 200.
  • Cross-listed with KINS 487. Credit may not be earned in both courses.

A theory and lab course examining the appropriate assessment tools and procedures for special populations in physical education.

Grading Basis: No S/U Grade Option
Lecture/Discussion Hours: 2
Lab/Studio Hours: 0

KINS 692 Coaching Practicum and Seminar (4 crs)
Prerequisite: KINS 292
Consent: Department Consent Required
  • Cross-listed with KINS 492. Credit may not be earned in both courses.

A capstone experience where the student develops a coaching portfolio. Seminar focuses on special topics in sport. Field experience of a minimum of 60 hours will apply teaching, administrative, and management skills in coaching.

Attributes: Capstone Course, Special Course Fee Required
Grading Basis: No S/U Grade Option
Seminar Hours: 2
Practicum Hours: 4

KINS 693 Practicum in Adapted Physical Education (3 crs)
Prerequisite: SPED 210 or SPED 306; KINS 484, KINS 487/KINS 687 or concurrent enrollment in KINS 487/KINS 687.
Consent: Department Consent Required
  • Cross-listed with KINS 493. Credit may not be earned in both courses.

A lab course applying principles of programming and assessment in the special physical education environment. Field experience a minimum of 90 hours is required.

Attributes: Special Course Fee Required
Grading Basis: No S/U Grade Option
Lecture/Discussion Hours: 0
Lab/Studio Hours: 3

KINS 695 Directed Studies in Physical Education (1-3 crs)
Consent: Department Consent Required
  • Cross-listed with KINS 495.

Group study, under the immediate direction of a physical education faculty member, of a defined problem not covered in existing courses.

Repeat: Course may be repeated
Grading Basis: No S/U Grade Option

KINS 797 Independent Study (1-3 crs)
Consent: Department Consent Required
Individual project under the direction of a faculty member.

Repeat: Course may be repeated for a maximum of 9 credits
Grading Basis: No S/U Grade Option