## KINESIOLOGY

McPhee 219  
715-836-3700  
Department Website (https://www.uwec.edu/academics/college-education-human-sciences/departments-programs/kinesiology/)

The mission of the Department of Kinesiology 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.

The Department of Kinesiology offers a Master of Science in Athletic Training program.

### Graduate Faculty

Nicholas Beltz, Ph.D.  
Saori Braun, Ph.D.  
Huang, Yu-Lun, Ph.D.  
Jeffrey M. Janot, Ph.D. (Chair)  
Marquell J. Johnson, Ph.D.  
Yoonsin Oh, Ph.D.  
Robert C. Stow, Ph.D.  
Matthew S. Wiggins, Ed.D.

Athletic Training - Master of Science (http://catalog.uwec.edu/graduate/programs/kinesiology/athletic-training-ms/)

All 500- and 600-level graduate courses include requirements or assignments which differentiate them from 300- and 400-level undergraduate courses. Students who have taken a course at the 300- or 400-level may not include that course at the 500- or 600-level in a graduate program, except in the case of special topics courses when the topic is not the same as that taken at the undergraduate level. Course restrictions listed are based on the undergraduate course. Questions regarding course restrictions for graduate students should be directed to the appropriate department office.

### 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)

- 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)

- 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)

- 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: 2
**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 700 Principles of Athletic Training (3 crs)**
Prerequisite: Limited to students admitted to the M.S. in Athletic Training program
Introduction to the foundational knowledge of the athletic training profession, concepts in the prevention of athletic injuries, and exposure to fundamental skills, knowledge, and techniques in athletic training based upon evidence-based criteria.

Grading Basis: A-F Grades Only
Lecture/Discussion Hours: 2
Lab/Studio Hours: 2

**KINS 701 Applied Anatomy (2 crs)**
Prerequisite: Limited to students admitted to the M.S. in Athletic Training program
This course builds on a previous knowledge of human anatomy at a macroscopic level. It further examines the role of anatomy related to human movement, connective tissue behavior, and muscle activity. Additionally, students will have advanced understanding of anatomy structure and function to form the basis for its role in diagnosis and rehabilitation of injuries and illnesses.

Grading Basis: A-F Grades Only
Lecture/Discussion: 1
Lab/Studio: 2

**KINS 710 Foundations of Clinical Practice (3 crs)**
Prerequisite: Admission to MS in Athletic Training
This foundational course emphasizes the basic principles and underlying theory related to physical assessment, rehabilitation, and the use of modalities needed to identify impairments and develop interventions for the physically active population.

Grading Basis: A-F Grades Only
Lecture/Discussion Hours: 2
Lab/Studio Hours: 2

**KINS 714 Pathophysiology & Emergency Medicine (3 crs)**
Prerequisite: Admission to Master in Athletic Training program; Completed KINS 700, 701, and 710; Overall GPA in MAT of 3.0 and above
A theory and lab course focused on providing the epidemiology, pathophysiology, and best-practice management for acute and emergency injuries/illnesses in the physically active patient. Successful completion of the course will result in certification as a first responder.

Grading Basis: A-F Grades Only
Lecture/Discussion Hours: 2
Lab/Studio Hours: 2

**KINS 720 Physical Assessment and Treatment of the Lower Extremity (5 crs)**
Prerequisite: Admittance to MAT, Completed KINS 700, 701, and 710; Overall GPA in MAT of 3.0 and above
This course focuses on application of the theory and principles associated with prevention, examination, diagnosis, and treatment to patients with musculoskeletal, neurological, and/or other pathological conditions associated with the lower extremity.

Grading Basis: A-F Grades Only
Lecture/Discussion Hours: 3
Lab/Studio Hours: 4
KINS 721 Physical Assessment and Treatment of the Head and Spine (4 crs)
Prerequisite: Admission to MAT, Completed KINS 720; Overall GPA in MAT of 3.0 and above.
This course focuses on application of the theory and principles associated with prevention, examination, diagnosis, and treatment to patients with musculoskeletal, neurological, and/or other pathological conditions associated with the head and spine.

Grading Basis: A-F Grades Only
Lecture/Discussion Hours: 3
Lab/Studio Hours: 2

KINS 722 Physical Assessment and Treatment of the Upper Body (5 crs)
Prerequisite: Admission to MAT, Completed KINS 721; Overall GPA in MAT of 3.0 and above.
This course focuses on application of the theory and principles associated with prevention, examination, diagnosis, and treatment to patients with musculoskeletal, neurological, and/or other pathological conditions associated with the upper body.

Grading Basis: A-F Grades Only
Lecture/Discussion Hours: 3
Lab/Studio Hours: 4

KINS 723 General Medicine & Diagnostic Modalities (4 crs)
Prerequisite: Admission to MAT, Completed KINS 722 and 781; Overall GPA in MAT of 3.0 and above.
A theory course that examines various medical specialties, surgical techniques, and clinical evaluations and diagnostics modalities used in assessing and treating medical conditions, illnesses and injuries related to the physically active populations.

Grading Basis: A-F Grades Only
Lecture/Discussion Hours: 2
Lab/Studio Hours: 4

KINS 724 Manual Therapy Techniques (3 crs)
Prerequisite: Admission to MAT, Completed KINS 722 and 781; Overall GPA in MAT of 3.0 and above.
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: 1.5
Lab/Studio Hours: 3

KINS 730 Healthcare Management & Practice (3 crs)
Prerequisite: Admission to MAT, Completed KINS 789; Overall GPA in MAT of 3.0 and above.
This foundational course emphasizes the basic principles and underlying theory related to physical assessment, rehabilitation, and the use of modalities needed to identify impairments and develop interventions for the physically active population.

Grading Basis: A-F Grades Only
Lecture/Discussion Hours: 3
Lab/Studio Hours: 0

KINS 731 Special Topics in Athletic Training (3 crs)
Prerequisite: Admission to MAT, Completion of KINS 792; Overall GPA in MAT of 3.0 and above.
This is a capstone educational experience focusing on current topics in the Athletic Training profession and career development issues. As part of this professional preparation, students will complete an oral presentation, defense, and manuscript submission of their KINS 791/792 research project.

Grading Basis: A-F Grades Only
Lecture/Discussion Hours: 3
Lab/Studio Hours: 0

KINS 755 Performance Enhancement in the Physically Active (2 crs)
Prerequisite: Admission to MAT, Overall GPA in MAT of 3.0 and above.
Foundational knowledge and content in performance enhancements of individuals in sports and physically active populations. Includes the applications of current methods and techniques used for the enhancement of individuals physical abilities in strength and conditioning principles.

Grading Basis: A-F Grades Only
Lecture/Discussion Hours: 1
Lab/Studio Hours: 2

KINS 762 Psychosocial Aspects in Healthcare (1 cr)
Prerequisite: Admission to MAT; Completed KINS 700, 701, and 710; Overall GPA in MAT of 3.0 and above.
This course is designed to understand the psychosocial aspects as it relates to the occurrence of injury and illness during the rehabilitation/recovery process and to identify appropriate referral/supportive resources.

Grading Basis: A-F Grades Only
Lecture/Discussion Hours: 1
Lab/Studio Hours: 0

KINS 763 Pharmacological Agents in Healthcare (1 cr)
Prerequisite: Admission to MAT, Completed KINS 714, 720, 721, 762 and 780; Overall GPA in MAT of 3.0 and above.
Introduces principles of drug therapy with an emphasis on the knowledge, skills and values required of the Athletic Trainer on pharmacological applications, including indications, contraindications, precautions, interactions, documentation and governing regulations relevant to the treatment of injury and illness in athletic training.

Grading Basis: A-F Grades Only
Lecture/Discussion Hours: 1
Lab/Studio Hours: 0

KINS 780 Clinical Practicum I (2 crs)
Prerequisite: Admission to MAT; Completed KINS 700, 701, and 710; Overall GPA in MAT of 3.0 and above.
A lab and practicum course designed to further develop and refine the proficiency skills of athletic training, as well as provide supervised clinical experience in athletic training.

Grading Basis: A-F Grades Only
Lecture/Discussion Hours: 0
Lab/Studio Hours: 4
KINS 781 Clinical Practicum II (2 crs)
Prerequisite: Admission to MAT; Completed KINS 714, 720, 721, 762, 780; Overall GPA in MAT of 3.0 and above
A lab and practicum course designed to further develop and refine the proficiency skills of athletic training, as well as provide supervised clinical experience in athletic training. Clinical skills and knowledge from previous semester courses (e.g., Physical Assessment & Treatment of the Lower Extremity/Head & Spine, Psychosocial Aspects, Emergency Medicine) will be assessed for mastery.

Grading Basis: A-F Grades Only
Lecture/Discussion Hours: 0
Lab/Studio Hours: 4

KINS 782 Clinical Practicum III (2 crs)
Prerequisite: Admission to MAT; Completed KINS 722, 763, 781; Overall GPA in MAT of 3.0 and above.
A lab and practicum course designed to further develop and refine the proficiency skills of athletic training, as well as provide supervised clinical experience in athletic training. Clinical skills and knowledge from the previous semester courses (e.g., Pharmacology, Nutrition, Physical Assessment & Treatment of the Upper Body) will be assessed for mastery.

Grading Basis: A-F Grades Only
Lecture/Discussion Hours: 0
Lab/Studio Hours: 4

KINS 783 Clinical Practicum IV (2 crs)
Prerequisite: Admission to MAT; Completed KINS 723, 724, 782; Overall GPA in MAT of 3.0 and above.
A lab and practicum course designed to further develop and refine the proficiency skills of athletic training, as well as provide supervised clinical experience in athletic training. Clinical skills and knowledge from the previous semester courses (e.g., General and Manual Medicine, Special Populations Rehabilitation) will be assessed for mastery.

Grading Basis: A-F Grades Only
Lecture/Discussion Hours: 0
Lab/Studio Hours: 4

KINS 788 Clinical Immersion Experience I (4 crs)
Prerequisite: Admission to MAT; Completed KINS 781; Overall GPA in MAT of 3.0 and above.
Practicum Contact Hours: 8
This course emphasizes full-time, immersive clinical placements designed to reflect the daily clinical and administrative practices of an athletic trainer. Students will complete this experience in a minimum of four-weeks and must work a minimum of 105 hours (35 hours / week minimum) of the clinical experience.

Grading Basis: A-F Grades Only
Lecture/Discussion Hours: 0

KINS 789 Clinical Immersion Experience II (4 crs)
Prerequisite: Admission to MAT; Completed KINS 782, 788; Overall GPA in MAT of 3.0 and above.
This course is the second part of the clinical immersive experience and emphasizes full-time, immersive clinical placements designed to reflect the daily clinical and administrative practices of an athletic trainer. Students will complete this experience over a four-week period and must work a minimum of 105 hours (35 hours / week minimum) of the clinical experience.

Grading Basis: A-F Grades Only
Lab/Studio Hours: 0
Practicum Hours: 8

KINS 791 Evidence Based Practice & Research I (3 crs)
Prerequisite: Admission to MAT, Overall GPA in MAT of 3.0 and above.
This course introduces students to current evidence-based research methods and the importance of conducting and interpreting athletic training research. Students will develop a research question and the initial chapters of a research project, resulting in a research proposal for a study.

Grading Basis: A-F Grades Only
Lecture/Discussion Hours: 3
Lab/Studio Hours: 0

KINS 792 Evidence Based Practice & Research II (2 crs)
Prerequisite: Admission to MAT, Completion of KINS 791; Overall GPA in MAT of 3.0 and above.
This course is a continuation of Evidence-Based Practice and Research I. Students will complete their research projects and learn to apply findings to clinical practice and dissemination.

Grading Basis: A-F Grades Only
Lecture/Discussion Hours: 2
Lab/Studio Hours: 0

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

KINS 799 Clinical Immersion Experience II (4 crs)
Prerequisite: Admission to MAT; Completed KINS 782, 788; Overall GPA in MAT of 3.0 and above.
This course is the second part of the clinical immersive experience and emphasizes full-time, immersive clinical placements designed to reflect the daily clinical and administrative practices of an athletic trainer. Students will complete this experience over a four-week period and must work a minimum of 105 hours (35 hours / week minimum) of the clinical experience.

Grading Basis: A-F Grades Only
Lab/Studio Hours: 0
Practicum Hours: 8