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 graduate-level course work, but no graduate degree programs.

Graduate Faculty
Nicholas Beltz, Ph.D.
Saori Braun, 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.

No graduate degree programs offered.

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 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: 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 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