

KIN-Kinesiology

Courses

KIN 101. Beginning and Advanced Beginning Swimming. 1 Hour.

This course provides the student with basic aquatic safety skills as well as aquatic survival skills. The strokes include beginner, front crawl, elementary back stroke, breast stroke, back crawl and side stroke. Intermediate or advanced swimmers will be administratively withdrawn from the course.

KIN 102. Intermediate Swimming/Swimmer Course. 1 Hour.

This course provides the intermediate swimmer the opportunity to improve swim strokes and includes part of the American Red Cross "Learn to Swim" Program. Students will gain the knowledge and skills needed in basic water safety and resources to make participation in aquatics activities a lifetime pursuit. Students must be able to jump in the deep end, recover and tread or float for one minute, then swim 25 yards using crawl stroke or elementary backstroke.

KIN 103. Lifeguard Training. 1 Hour.

This course provides the strong swimmer with the skills and knowledge required for effective lifeguarding at swimming pools, non-surf, and open-water beaches. Students will have the opportunity to earn their lifeguarding certification from The American Red Cross. Must be able to swim 300 yards continuously and surface dive 7 - 10 feet to retrieve a 10 lb. object.

KIN 104. Tennis. 1 Hour.

This course provides students with knowledge and practical skills essential for playing tennis. Through practice drills and match play, students will learn key techniques such as serving, volleying, and groundstrokes, while also developing a strategic understanding of the game. By the end of the course, students will be able to engage in recreational or competitive play.

KIN 105. Golf. 1 Hour.

This course provides students with the knowledge and skills needed to play the game of golf. Through practice drills and on-course play, students will learn key techniques such as driving, chipping, and putting, while also applying the rules and etiquette of the game. By the end of the course, students will be equipped to enjoy recreational or competitive rounds of golf.

KIN 108. Weight Training and Aerobics. 1 Hour.

This course includes basic weight training and aerobic instruction and workouts.

KIN 110. Racquetball. 1 Hour.

Beginning skills, rules, and strategy in racquetball.

KIN 111. Outdoor Pursuits Leadership. 1 Hour.

The course is designed to provide students with an overall view and appreciation for outdoor activities such as hiking, general kayaking/canoeing, and camping/backpacking.

KIN 112. Dance and Gymnastics. 1 Hour.

This course provides future teachers background in planning and conducting basic dance and gymnastic instruction. Intended for physical education majors.

KIN 114. Rec Games/Outdoor Leisure. 1 Hour.

This course provides students with the opportunity to engage in a variety of recreational games designed to enhance fitness, coordination, and teamwork. Students will explore activities such as cornhole, croquet, disc golf, and ultimate frisbee, along with low-organized games that emphasize teamwork. The course will focus on the rules, strategies, and skill development necessary for each game while promoting a positive attitude toward physical activity.

KIN 115. Weight Training. 1 Hour.

Instruction on basic resistance training principles and techniques for beginning and intermediate trainees.

KIN 117. Team Sports. 1 Hour.

This course provides students with fundamental skills in various team sports, including team handball, football, volleyball, basketball, soccer, speedball, tchoukball, and rugby. Through practical skill development and gameplay, students will focus on the basic techniques, strategies, and rules for each sport. Emphasis will be placed on improving individual skill proficiency, teamwork, and sportsmanship, while also exploring methods for teaching and coaching these sports. By the end of the course, students will be equipped to play these sports and will have the basic tools to effectively instruct others.

KIN 118. Sports Using Implements. 1 Hour.

This course provides students with fundamental skills required for a variety of sports that involve the use of implements, including badminton, cricket, hockey, lacrosse, softball, pickleball and tennis. Through practical skill development and gameplay, students will focus on mastering the techniques, strategies, and rules necessary for each sport. Emphasis will be placed on improving individual skill execution, applying the appropriate strategies, and fostering teamwork. By the end of the course, students will be prepared to play these sports and will have the basic tools to effectively instruct others.

KIN 119. Football. 1 Hour.

Basic skills, rules and strategies in football.

KIN 121. Soccer. 1 Hour.

Basic skills, rules and strategies in soccer.

KIN 122. Basketball. 1 Hour.

Basic skills, rules and strategies in basketball.

KIN 124. Beginning Whitewater Kayaking. 1 Hour.

This course is designed to take interested student from zero knowledge to being able to competently maneuver a Kayak in flat water and demonstrate basic paddling safety skills.

KIN 127. Running and Jogging. 1 Hour.

This course includes basic running and jogging instruction and training.

KIN 128. Rock Climbing. 1 Hour.

Introduction to the fundamentals of rock climbing. Lectures and drills designed to give students an introduction to the skills and knowledge to rock climb safely in a single pitch sport climbing environment.

KIN 130. Scuba Diving. 1 Hour.

This course includes physiology, physics, safety issues, and guidelines of recreational scuba diving through lectures, quizzes, and final exams. Students will learn and be able to demonstrate the proper assembly and use of scuba equipment as well as proper swimming and breathing techniques. Students must provide their own snorkel, fins, and mask. Must be able to tread water for 10 minutes and swim 200 yards.

KIN 131. Aerobics. 1 Hour.

Opportunity to improve cardiovascular fitness, flexibility, muscular strength and endurance and body composition in a group setting. Improves rhythm and coordination, body and space awareness, energy management appreciation of a healthy lifestyle and mental focus and concentration.

KIN 132. Group Exercise Leadership. 1 Hour.

Review and application of exercise science theory to group exercise. Repertoire of exercise for flexibility, strength, aerobic dance, and step training. Practice teaching each segment of a class at end of course will be able to teach a 60 minute group exercise class.

Prerequisites: KIN 115 [Min Grade: C]

KIN 136. Intro to Kinesiology: Exercise Science, Physical Education, and Sport. 3 Hours.

This course offers an overview of kinesiology, exploring its historical development and philosophical and scientific foundations. Students will be introduced to the diverse career opportunities within kinesiology, along with key professional organizations that support the field. Through this course, students will gain an understanding of how kinesiology contributes to health, fitness, rehabilitation, sport, and human performance across various settings.

KIN 201. Officiating Techniques. 1 Hour.

This course offers an in-depth exploration of the principles and practices of sports officiating across various athletic disciplines, including adapted sports officiating. The course emphasizes essential skills needed to officiate games effectively, such as rules interpretation, game management, communication strategies, and ethical decision-making. Students will have a comprehensive understanding of officiating mechanics and be well-prepared to pursue opportunities in sports officiating at the youth, high school, and collegiate levels.

KIN 222. Concepts of Health and Fitness. 3 Hours.

Fitness and related health concepts. Fitness assessment, variety of fitness-related activities, and development of personal fitness program. Nutrition and cardiovascular health.

KIN 231. Digital Gaming. 3 Hours.

This introductory course provides students with an understanding of video games as a cultural and interactive medium. Exploring the rich history, rules, narratives, and impact of video games, students will delve into the theoretical underpinnings of this evolving medium. They will critically analyze the social, psychological, and cultural aspects of video games, while also examining the risks associated with playing violent games and engaging with counter arguments.

KIN 300. Organization in Physical Education and Coaching. 3 Hours.

This course is designed to provide aspiring educators and coaches with opportunities to enhance their comprehension of challenges and solutions associated with organizing physical education and coaching programs, including traditional sports and eSports, in elementary and secondary school settings.

KIN 301. Teaching Health Education and Physical Education in Elementary Schools. 3 Hours.

This course addresses the needs of the elementary classroom teacher to understand the importance and the content of a developmentally appropriate physical education program and a comprehensive health education program. The focus is on integrating physical education and health education with K-5 academic subject content.

Prerequisites: CHHS 141 [Min Grade: C] or HE 141 [Min Grade: C] or CHHS 200 [Min Grade: C] or HPE 200 [Min Grade: C] or KIN 222 [Min Grade: C] or HE 222 [Min Grade: C]

KIN 305. Motor Development. 3 Hours.

This course explores the principles and processes of motor development across the lifespan, with a focus on early childhood through adolescence. Students will examine the physical, cognitive, and environmental factors that influence the acquisition and refinement of motor skills. The course covers key concepts such as developmental milestones, motor learning theories, perceptual-motor integration, socio-cultural factors, and the role of physical activity in promoting healthy development.

KIN 307. Applied Kinesiology. 3 Hours.

Knowledge of anatomical terminology and analysis of internal muscular forces that act on bones resulting in motion at major movable joints. Introduction to the application of biomechanics to comprehend the external and internal forces that occur in human movement.

Prerequisites: BY 115 [Min Grade: C] and (MA 105 [Min Grade: C] or MA 106 [Min Grade: C] or MA 107 [Min Grade: C] or MA 109 [Min Grade: C] or MA 110 [Min Grade: C] or MA 125 [Min Grade: C] or MA 126 [Min Grade: C] or MA 225 [Min Grade: C] or MA 226 [Min Grade: C])

KIN 308. Adapted Physical Education. 3 Hours.

This methods course provides knowledge and skills for assessing, interpreting, programming, and instructing K-12 students with disabilities in physical education. Topics include the law, inclusion, IEP writing, differentiation, modifications, instructional delivery, and generalities of specific disabilities. The course will engage students through lecture, peer teaching, and problem-based learning activities. Best practices teaching children with disabilities will be applied through clinical experiences in select schools.

Prerequisites: ECY 300 [Min Grade: C]

KIN 311. Elementary School Physical Education. 3 Hours.

This course explores the content of a developmentally appropriate physical education program for elementary school children. Emphasis is placed on designing, implementing, and evaluating physical activities that align with the needs of young learners. Students will engage with practical strategies and best practices for fostering physical literacy, motor skill development, and lifelong healthy habits in children through developmentally appropriate physical education programs.

KIN 311L. Educational Dance and Gymnastics. 1 Hour.

This course will provide physical education teacher education candidates with the knowledge and skills required to teach the key elements for various dance and gymnastics routines. Candidates will demonstrate their own proficiency and their ability to teach dance and gymnastics to elementary aged students.

KIN 320. Teaching Skill Acquisition in Secondary Schools. 3 Hours.

This course will enable physical education teacher education candidates to acquire the knowledge and the skills necessary to analyze and appropriately teach motor skills and design developmentally appropriate fitness activities for secondary school students.

KIN 320L. Sports Skill Proficiency. 1 Hour.

This course will enable physical education teacher education candidates to acquire the knowledge and the skills necessary to teach the critical elements needed to perform all basic sport skills. Candidates will demonstrate skill proficiency in the sport skills as well as the ability to teach others to perform the skills.

KIN 323. Techniques Teaching Fitness and Nutrition in Schools. 3 Hours.

This course will enable physical education teacher education candidates to learn techniques and strategies for teaching fitness and nutrition in K-12 physical education programs.

KIN 330. Introduction to eSports. 3 Hours.

This course provides a comprehensive exploration of eSports, covering its historical development, cultural significance, and economic impact. Students will analyze the factors that have propelled eSports to become a dominant sports phenomenon, including technological advancements, online platforms, and streaming services. They will compare eSports to traditional sports, examining controversies, challenges, and opportunities for integration within the sports ecosystem. Additionally, students will investigate the role of eSports in educational institutions and professional settings exploring structures organizations and career opportunities.

KIN 331. eSports in Action. 3 Hours.

This course immerses students in the world of competitive gaming. Through gameplay and analysis, students will develop critical thinking and problem-solving skills, making strategic decisions and adapting to dynamic situations. They will evaluate the game's meta, understanding player roles and archetypes. Teamwork and communication will be emphasized, enabling students to coordinate with teammates and make quick decisions.

KIN 340. Planning/Management of Fitness Facilities. 3 Hours.

Management, marketing, operational leadership, evaluation, and planning principles of commercial, corporate, clinical, and community health/fitness facilities.

Prerequisites: KIN 136 [Min Grade: C] and CHHS 141 [Min Grade: C]

KIN 400. Physiology of Exercise. 4 Hours.

Knowledge of acute and chronic physiological responses to exercise. Includes clinical laboratory experiences.

Prerequisites: BY 115 [Min Grade: C] and BY 116 [Min Grade: C]

KIN 402. Basic Athletic Training. 2 Hours.

Knowledge and skills in organization and administration, mechanisms of injury, recognition and evaluation of injuries, injury management, general nutritional concerns, medical conditions and taping and bracing techniques.

Prerequisites: BY 115 [Min Grade: C](Can be taken Concurrently) and KIN 136 [Min Grade: C](Can be taken Concurrently) and KIN 307 [Min Grade: C]

KIN 405. Sports Nutrition. 3 Hours.

Digestion, absorption and metabolism of nutrients and ergogenic aids relative to sports performance.

Prerequisites: BY 116 [Min Grade: C]

KIN 406. Sport Law. 3 Hours.

This course is designed to provide an introduction to basic legal principles and their application to the sport industry, specifically sports at the high school, university and professional levels. This course provides broad strokes of areas of law such as legal procedures, contracts, torts, and constitutional/labor law.

KIN 407. Coaching Young Athletes. 3 Hours.

This course is designed to enhance knowledge of the key principles of coaching across multiple domains, including sport psychology, sport pedagogy, sport physiology, sport management, and e-sports. Emphasis is placed on applying these principles to improve athlete performance, foster team dynamics, and manage coaching responsibilities effectively. Students will explore best practices for motivating athletes, designing training programs, and navigating the administrative and leadership roles within sports environments.

KIN 409. Assessment in Physical Education. 3 Hours.

This course focuses on the development, implementation, and analysis of assessments within P-12 physical education programs. Emphasis is placed on assessing students' cognitive, affective, and psychomotor domains, as well as evaluating overall program effectiveness. Students will learn to design and use a variety of assessment tools and techniques to measure student progress and program outcomes, ensuring alignment with educational standards and developmentally appropriate practices.

KIN 425. Biomechanics. 3 Hours.

The study of anatomical, mechanical and neurophysiological factors influencing human motion. Emphasis is given to the qualitative and quantitative application of biomechanical principles to analyze human movement.

Prerequisites: BY 115 [Min Grade: C] and BY 116 [Min Grade: C] and KIN 307 [Min Grade: C] and (MA 105 [Min Grade: C] or MA 106 [Min Grade: C] or MA 107 [Min Grade: C] or MA 125 [Min Grade: C] or MA 126 [Min Grade: C] or MA 225 [Min Grade: C] or MA 226 [Min Grade: C])

KIN 431. eSports in the Mass Media. 3 Hours.

In this course, students will be able to examine eSports's evolution in the mass media. The course will review the history of eSports, its growth and evolution in modern-day society, and how mass media has played a role in the industry's rapid growth. Additionally, the course will look at the different types of media (social, digital, broadcast, etc.) used in eSports from a branding and marketing perspective. The course will evaluate the impact of media in eSports and the different careers available in the mass media industry.

KIN 440. Principles of Conditioning the Athlete. 3 Hours.

Isometric, isotonic, eccentric, variable resistance, and isokinetic training; tapering of the athlete; designing endurance and resistance training programs; weight training techniques for specific sports.

Prerequisites: BY 115 [Min Grade: C] and KIN 400 [Min Grade: C]

KIN 450. Physical Activity for Individuals with Disabilities/SL. 3 Hours.

Knowledge and skills needed to meet the unique fitness and physical activity needs of individuals with various disabilities. Design and implementation of personal training/fitness programs and disability sports/recreation programs for individuals with disabilities based on assessments of health-related strengths and needs. This is a designated service-learning course integrating academic learning, civic learning, and meaningful service to the community.

Prerequisites: BY 116 [Min Grade: C] and CHHS 141 [Min Grade: C]

KIN 451. Physical Activity for Senior Adults. 3 Hours.

Knowledge and skills needed to lead physical activity and exercise in older adults.

Prerequisites: BY 116 [Min Grade: C] and CHHS 141 [Min Grade: C]

KIN 455. eSports Management and Communication. 3 Hours.

This course introduces students to fundamentals of effective eSports management. Students identify best practices in eSports management by examining case studies of the emerging eSports industry and associated stakeholders. Students explore financial, legal & ethical, governance, marketing, sponsorship, and operational issues surrounding the eSports industry.

KIN 456. Mental Performance in Exercise, Fitness, and Sport. 3 Hours.

This course covers psychological antecedents and consequences of exercise, fitness, e-sports, and sports participation. Emphasizes theory, research, and practical application in confidence, self-efficacy, personality, motivation, arousal, cognition, attributions, and attitudes.

KIN 460. Clinical Exercise Physiology. 3 Hours.

In depth study of the use of exercise as a form of treatment and prevention of chronic disease.

Prerequisites: BY 116 [Min Grade: C] and CHHS 141 [Min Grade: C] and KIN 400 [Min Grade: C]

KIN 470. Advanced Treatment Athletic Training. 3 Hours.

Seminar in treatment and prevention of athletic injuries.

Prerequisites: KIN 402 [Min Grade: C]

KIN 485. Exercise Testing/Prescription. 3 Hours.

Knowledge and skills needed to perform pre-exercise health risk and physical fitness assessments, interpret results and develop exercise prescriptions for apparently healthy individuals and individuals with medically controlled diseases (based on 'American College of Sports Medicine' guidelines). This course also includes a high level review of exercise physiology and application of behavioral and motivational strategies to support clients in adopting and maintaining healthy lifestyle behaviors.

Prerequisites: BY 115 [Min Grade: C] and BY 116 [Min Grade: C] and (HE 140 [Min Grade: C] or CHHS 140 [Min Grade: C]) and KIN 307 [Min Grade: C] and KIN 400 [Min Grade: C](Can be taken Concurrently)

KIN 489. Physical Education Instructional Strategies for P-12. 6 Hours.

This course will focus on information to help physical education teacher education candidates attain teaching skills and knowledge necessary to design, implement and evaluate developmentally appropriate P-12 physical education programs. Students will gain hands-on teaching experience with students in school settings.

KIN 492. Special Projects in Kinesiology. 1-6 Hour.

Designed as an independent study for students who wish to conduct an in-depth investigation into a Kinesiology related topic.

KIN 493. Problems in Kinesiology. 3-6 Hours.

Provides students with current information regarding a selected physical education related issue. Classes taught under this course title are outside the current physical education program requirements.

KIN 495. Elementary & Secondary Physical Education Student Teaching. 9 Hours.

Student teaching provides an opportunity for physical education teacher education candidates to synthesize and apply all knowledge and skills acquired during previous coursework. Interns teach for 15 weeks at two levels, elementary and either middle or high school. The candidates must pass edTPA assessments to receive teacher certification.

KIN 496. Physical Education Internship Seminar. 1-9 Hour.

Supports and extends efforts of student teaching. Problem solving related to situations such as classroom management, grading, professionalism and ethics, legal issues, teacher rights, and others that occur during internship.

KIN 499. Kinesiology Internship. 3-6 Hours.

Takes place in a setting that is related to the degree and major area of emphasis and serves as the culminating experience of the formal education process. Students complete their internship hours with guidance from their agency supervisor.

Prerequisites: KIN 485 [Min Grade: C] and KIN 136 [Min Grade: C] and KIN 400 [Min Grade: C] and KIN 307 [Min Grade: C]