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 Intermediate or advanced swimmers will be administratively withdrawn from the course.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.
The intermediate swim course is part of the American Red Cross "Learn to Swim" Program, which is designed for learning and improving swim strokes. Gaining the knowledge and skills needed in basic water safety is the common theme in providing the information 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.
The American Red Cross Lifeguarding course focuses on training people who are already good swimmers. The course covers the skills and knowledge required for effective lifeguarding at swimming pools and at nonsurf, open-water beaches. 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.
Course will provide students with the knowledge and skill needed to play the game of tennis.

KIN 105. Golf. 1 Hour.
This course includes beginning skills, rules and etiquette for recreational 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.

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/backpack ing.

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 will enable students to experience a wide variety of recreational games and outdoor leisure pursuits.

KIN 115. Weight Training. 1 Hour.
Instruction on basic resistance training principles and techniques for beginning and intermediate trainees.

KIN 116. Ballroom and Latin Dancing. 1 Hour.
This course includes instruction of the more popular social Latin and Ballroom dances.

KIN 117. Team Sports. 1 Hour.
This course will enable students to learn the basic skills of different team sports (such as team handball, football, volleyball, basketball, soccer, speedball, tchoukball, and rugby). Students will practice those skills to have the ability to gain skill proficiency in playing the sports as well as teaching others to play the sport.

KIN 118. Sports Using Implements. 1 Hour.
This course will enable students to learn the basic skills of different sports that require use of an implement (i.e., badminton, cricket, hockey, lacrosse, softball, and tennis). Students will practice those skills to have the ability to gain skill proficiency in playing the sport as well as teaching other to play the sport.

KIN 119. Football. 1 Hour.
Basic skills, rules and strategies.

KIN 120. Volleyball. 1 Hour.
Basic skills, rules and strategies.

KIN 121. Soccer. 1 Hour.
Basic skills, rules and strategies.

KIN 122. Basketball. 1 Hour.
Basic skills, rules and strategies.

KIN 123. Softball. 1 Hour.
Basic skills, rules and strategies.

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 125. Cheerleaders and Dance Team. 1 Hour.
Open to members of UAB cheerleading and dance teams only.

KIN 126. Flying Disc Sports. 1 Hour.
Students in this class will learn the basic skills of throwing and catching flying discs. They can incorporate these techniques in the popular games including Ultimate and Disc Golf.

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 129. Aikido. 1 Hour.
Series of techniques adapted to respond to a variety of attacks and to multiple attackers.

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] and KIN 131 [Min Grade: C]

KIN 133. Aerobic Training. 1 Hour.
The purpose of this course is to provide information and experiences in aerobic exercise training, heart rate monitoring, and fitness assessment.

KIN 134. The College Athlete: Concerns and Issues. 3 Hours.
Needs of and demands on college athletes. Time management, study skills and habits, drug use and abuse, drug testing and NCAA rules, use of trainer and training facilities, and nutritional practices. Holistic health with emphasis on keeping athletic experience in perspective.

KIN 136. Intro to Physical Education Fitness and Sport. 3 Hours.
Introduction to the field of kinesiology; professional organizations, career opportunities, historical development, and philosophical and scientific foundations.

KIN 201. Officiating Techniques. 1-2 Hour.
Knowledge and practical experience in officiating various team and individual sports. Includes officiating UAB intramurals.

KIN 206. Introduction to Teaching Physical Education. 3 Hours.
Research on teaching physical education and sociocultural influences on children as learners; development of basic teaching skills.

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 300. Organization and Administration of Physical Education. 3 Hours.
This course is designed to provide the student with opportunities to increase their knowledge of problems and issues involved in the organization and administration of physical education programs in elementary and secondary schools.

KIN 301. Teaching Health Education and Physical Education in Elementary Schools. 3 Hours.
For classroom teachers. Communicating and working with physical education specialists, selecting developmentally appropriate activities, and integrating movement activities and concepts into classroom subjects. Background information and skills to implement health education in grades K-5.
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.
Development of motor skills, physical fitness, and perceptual-motor abilities across life span; concentration on preschool population. Students will be required to communicate effectively in writing the information obtained via assessment of the above elements of motor development. In addition, quantitative literacy will be assessed in terms of the student's ability to interpret the assessment data to plan appropriate physical activities.

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.
Prescription and planning physical activity for individuals with disabilities.
Prerequisites: ECY 300 [Min Grade: C]

KIN 311. Elementary School Physical Education. 3 Hours.
The course will include the nature and content of a developmentally appropriate elementary physical education program.

KIN 320. Fitness/Motor Skill Acquisition. 3 Hours.
This course will enable candidates to acquire the knowledge and the skills necessary to analyze and appropriately teach motor skills and design developmentally appropriate fitness activities for middle school students.

KIN 320L. Sports Skill Proficiency. 1 Hour.
This course will enable 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 Sec. Schools. 3 Hours.
This course will enable candidates to learn techniques and strategies for teaching fitness and nutrition in a secondary physical education program. Admission to TEP required.

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 (HE 141 [Min Grade: C] or 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 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 407. Coaching Young Athletes. 3 Hours.
The course is designed to increase the students’ knowledge and understanding of the principles of coaching regarding sport psychology, sport pedagogy, sport physiology, and sport management. This course will include a practicum for hands-on learning opportunities.
KIN 409. Assessment in Physical Education. 3 Hours.
This course emphasizes the development, implementation, and analysis of assessments within K-12 physical education programs, including assessment of the cognitive, physical, and psychomotor domains including program assessment.

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 450. 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 455. 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 (HE 141 [Min Grade: C] or 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 (HE 141 [Min Grade: C] or CHHS 141 [Min Grade: C])

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 (HE 141 [Min Grade: C] or CHHS 141 [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. Instructional Strategy for Physical Education K-12. 6 Hours.
This course will focus on information to help potential physical educators attain teaching skills and knowledge necessary to design, implement and evaluate developmentally appropriate K-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]