Department of Human Studies

Department Chair: Retta Evans, PhD, MCHES®

The Department of Human Studies offers undergraduate majors in both Community Health and Human Services and Kinesiology. Community Health and Human Services majors choose between two concentrations: Health Promotion and Education (non-teaching) or Human Services (non-teaching). Community Health and Human Services also offers a minor in Health Promotion and Education and a minor in Human Services. Kinesiology majors choose among four concentrations: Physical Education Teacher Certification (grades P-12), Sports Physiology and Performance (non-teaching), Exercise Bioenergetics (non-teaching), or Exercise Science (non-teaching). Kinesiology also offers a minor in Athletic Coaching and a minor in Exercise Science. Programs leading to degrees and/or certificates in Counseling, Educational Leadership, and Higher Education Administration are offered at the graduate level.

Students should contact the Office of Student Services, Education and Engineering Complex 311, (205) 934-7530, early in their studies to obtain the name of their advisor and pertinent program information. Students should consult their advisor prior to each registration period for the appropriate guidance (e.g., students are expected to take courses in the appropriate sequence, including prerequisites).

The Department of Human Studies offers an Honors Program for Exercise Bioenergetics, Exercise Science, and Sports Physiology and Performance students. Highly qualified students will have the opportunity to work one-on-one with a mentor in an area of mutual interest and conduct either a research or civic engagement project designed to meet some particular need as it relates to pertinent areas of fitness, exercise, and physical activity. For more information go to: https://www.uab.edu/education/home/pe-honors-program/.

Major in Community Health and Human Services with a Concentration in Health Promotion and Education

A grade of “C” or better is required in all majors courses.

Required Courses in Core Curriculum

Students, in consultation with their academic advisor, must sequence requirements to meet any stated prerequisite requirements for specific courses in their curriculum, including UAB Blazer Core Curriculum requirements.

All Community Health and Human Services programs honor the Alabama General Studies Committee's State Articulation Agreement for transferred coursework. Please see UAB's Undergraduate Admissions website for details if you plan to transfer courses to UAB.

Major in Community Health and Human Services with a Concentration in Health Promotion and Education

<table>
<thead>
<tr>
<th>Requirements</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blazer Core Curriculum Requirements</td>
<td>41</td>
</tr>
</tbody>
</table>

As part of the Blazer Core take the following:

EDU 100  Touch the Future
EH 101  English Composition I 2
or EH 106 Introduction to Freshman Writing I
EH 102  English Composition II 2
or EH 107 Introduction to Freshman Writing II
MA 105  Pre-Calculus Algebra (or higher)
or MA 110 Finite Mathematics
CMST 101  Public Speaking 3
BY 101  Topics in Contemporary Biology
& BY 102  and Topics Contemporary Biology Laboratory 4
CH 105  Introductory Chemistry I
& CH 106  and Introductory Chemistry I Laboratory 4
PY 101  Introduction to Psychology 5

Pre-Professional Coursework

CHHS 141  Lifelong Health & Wellness 3
CHHS 140  First Aid 3
EPR 214  Introduction to Educational Statistics 3
CHHS 230  Concepts of Disease, Health, & Behavior Change for Health Education/Promotion 3
CHHS 231  Concepts of Disease Burden & Prevention through Health Education/Promotion 3
NTR 222  Nutrition and Health 3

Major Requirements 6

CHHS 223  Introduction to Disease Prevention in Community Health and Human Services 3
CHHS 342  The Health Education/Promotion Specialist 3
CHHS 343  Behavioral Theory in Health Education/Promotion 3
CHHS 420  Microskills & Coaching in Community Health and Human Services 3
CHHS 421  Health Communications & Health Coaching 3
CHHS 425  Community Mobilization in Human Services 3
CHHS 431  Planning and Implementing Health Education/Promotion Programs 3
CHHS 432  Administration of Health Education/Promotion Programs 3
EPR 414  Lifespan Human Development 3
CHHS 452  Evaluation and Grantsmanship in Health Education/ Promotion Programs 3
CHHS 489  Intervention Strategies for Community Health & Human Services 3

CHHS Capstone Experience: 3

CHHS 499  Community Health Internship
or CHHS 489 Wellness Promotion Peer Education Part 2

Advisor Approved Community Health Electives: 9

CHHS 305  Social and Cultural Diversity in Human Services
CHHS 402  Mental Health, Stress Management & Wellness Promotion
CHHS 404  Global Trends in Health Education/Promotion
CHHS 408  Substance Abuse Prevention and Education
CHHS 418  Lifespan Dimensions in Women’s Health and Nutrition
CHHS 423  Human Sexuality
CHHS 426  Wellness Promotion Peer Educators Part 1
CHHS 427  SHAPE Peer Education
CHHS 428  Wellness Promotion Peer Education Part 2 (With permission of advisor)
CHHS 490  Special Projects in Health Education
CHHS 491  Problems in Health Education

Minor Area Concentration 5 18

Total Hours 122
A minimum of 120 credit hours is required for degree.

1. Blazer Core Curriculum requirements
2. Fulfills Academic Foundations: Freshman Writing
3. Fulfills Academic Foundations: Communicating in the Modern World
4. Fulfills Thinking Broadly: Scientific Inquiry
5. An 18 hour minor area of study is required.

Major in Community Health and Human Services with a Concentration in Human Services

A grade of “C” or better is required in all majors courses.

Required Courses in Core Curriculum

Students, in consultation with their academic advisor, must sequence requirements to meet any stated prerequisite requirements for specific courses in their curriculum, including UAB Blazer Core Curriculum requirements.

All Kinesiology Programs honor the Alabama General Studies Committee’s State Articulation Agreement for transferred coursework. Please see UAB’s Undergraduate Admissions website for details if you plan to transfer courses to UAB.

Community Health and Human Services with a Concentration in Human Services

Requirements Hours
Blazer Core Requirements 1 41

As part of the Blazer Core take the following:

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Hours</th>
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<tbody>
<tr>
<td>CHHS 450</td>
<td>Kinesiology</td>
<td>3</td>
</tr>
<tr>
<td>CHHS 415</td>
<td>Sports Injury</td>
<td>3</td>
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<tr>
<td>CHHS 418</td>
<td>Exercise Physiology</td>
<td>3</td>
</tr>
<tr>
<td>CHHS 420</td>
<td>Exercise Performance</td>
<td>4</td>
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<tr>
<td>CHHS 423</td>
<td>Human Sexuality</td>
<td>3</td>
</tr>
<tr>
<td>CHHS 425</td>
<td>Community Mobilization in Human Services</td>
<td>3</td>
</tr>
<tr>
<td>CHHS 435</td>
<td>Management of Human Services</td>
<td>3</td>
</tr>
<tr>
<td>CHHS 445</td>
<td>Fundraising and Philanthropy in Human Services</td>
<td>3</td>
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<tr>
<td>CHHS 449</td>
<td>Intervention Strategies for Community Health &amp; Human Services</td>
<td>3</td>
</tr>
<tr>
<td>ECG 300</td>
<td>Career Mapping</td>
<td>3</td>
</tr>
<tr>
<td>EPR 414</td>
<td>Lifespan Human Development</td>
<td>3</td>
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</tbody>
</table>

Internship

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Hours</th>
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</thead>
<tbody>
<tr>
<td>CHHS 499</td>
<td>Community Health Internship</td>
<td>3</td>
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</tbody>
</table>

Concentration Electives 8 12

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Hours</th>
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<tbody>
<tr>
<td>CHHS 402</td>
<td>Mental Health, Stress Management &amp; Wellness Promotion</td>
<td>3</td>
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<td>CHHS 408</td>
<td>Substance Abuse Prevention and Education</td>
<td>3</td>
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<tr>
<td>CHHS 415</td>
<td>Case Management in Human Services</td>
<td>3</td>
</tr>
<tr>
<td>CHHS 418</td>
<td>Lifespan Dimensions in Women's Health and Nutrition</td>
<td>3</td>
</tr>
<tr>
<td>CHHS 420</td>
<td>Microskills &amp; Coaching in Community Health and Human Services</td>
<td>4</td>
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<tr>
<td>CHHS 423</td>
<td>Human Sexuality</td>
<td>3</td>
</tr>
<tr>
<td>CHHS 425</td>
<td>Community Mobilization in Human Services</td>
<td>3</td>
</tr>
<tr>
<td>CHHS 455</td>
<td>Fundraising and Philanthropy in Human Services</td>
<td>3</td>
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<td>CHHS 460</td>
<td>Management of Human Services Organizations 7</td>
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<tr>
<td>CHHS 489</td>
<td>Intervention Strategies for Community Health &amp; Human Services</td>
<td>3</td>
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<tr>
<td>ECG 300</td>
<td>Career Mapping</td>
<td>3</td>
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<td>EPR 414</td>
<td>Lifespan Human Development</td>
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<tr>
<td>Internship</td>
<td>CHHS 499</td>
<td>Community Health Internship</td>
</tr>
</tbody>
</table>

Total Hours 121

Kinesiology Programs

Students majoring in Kinesiology may choose from four concentrations: teacher certification, exercise bioenergetics, exercise science, and sports physiology & performance. The teacher certification program prepares students for entry into teaching positions in grades P-12. The exercise bioenergetics program prepares students for academic, industry, and research careers in the areas of clinical nutrition, sports nutrition, research in human health and disease, human performance, and aging. The exercise science program prepares students for graduate work in exercise physiology or health related careers such as physical therapy and occupational therapy. The sports physiology & performance program prepares students to be fitness leaders in fitness centers, clinics, or industrial settings.

All Kinesiology Programs honor the Alabama General Studies Committee's State Articulation Agreement for transferred coursework. Please see UAB’s Undergraduate Admissions website for details if you plan to transfer courses to UAB.

Kinesiology Major: Teacher Certification

A grade of “C” or better is required in all math, science, and major courses. Candidates are required to successfully pass field experience identified in their Teacher Education Program (TEP) courses. Students will be given a grade of Satisfactory or
Unsatisfactory based on the course-stated requirements and objectives for the field experience. Any candidate who fails to receive a Satisfactory rating in the field experience will be assigned a final course grade of "F" for the course.

Core Curriculum for Kinesiology Major: Teacher Certification.

EH 101/102 requires one grade of at least a "B" or higher and one grade of "C" or higher for teacher certification.

**Major in Kinesiology with a Teacher Certification Concentration**

<table>
<thead>
<tr>
<th>Requirements</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blazer Core Requirements</td>
<td>41</td>
</tr>
<tr>
<td>EH 101/106 English Composition I ²</td>
<td></td>
</tr>
<tr>
<td>EH 102/107 English Composition II ²</td>
<td></td>
</tr>
<tr>
<td>CMST 101 Public Speaking</td>
<td></td>
</tr>
<tr>
<td>PY 101 Introduction to Psychology</td>
<td></td>
</tr>
<tr>
<td>See Biology for one Blazer Core: Scientific Inquiry</td>
<td></td>
</tr>
<tr>
<td>See Chemistry for one Blazer Core: Scientific Inquiry</td>
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</tr>
<tr>
<td><strong>Lower Division Requirements</strong></td>
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<tr>
<td>CHHS 200 Quality of Life</td>
<td>2</td>
</tr>
<tr>
<td>BY 115 Human Anatomy</td>
<td>4</td>
</tr>
<tr>
<td>BY 116 Introductory Human Physiology</td>
<td>4</td>
</tr>
<tr>
<td>EPR 214 Introduction to Educational Statistics</td>
<td>3</td>
</tr>
<tr>
<td>or MA 180 Introduction to Statistics</td>
<td></td>
</tr>
<tr>
<td>CHHS 140 First Aid</td>
<td>3</td>
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<tr>
<td><strong>Foundations &amp; Professional Studies</strong></td>
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<tr>
<td>EDU 200 Education as a Profession</td>
<td>3</td>
</tr>
<tr>
<td>EGY 300 Survey of Special Education</td>
<td>3</td>
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<tr>
<td>EDF 362 Foundations of Education I: Social, Historical, Philosophical</td>
<td>3</td>
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<tr>
<td>EPR 363 Foundations of Education II: Psychological</td>
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<tr>
<td>EDR 421 Reading in Content Areas</td>
<td>1</td>
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<tr>
<td><strong>Major Requirements</strong></td>
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<tr>
<td><strong>Aquatics</strong></td>
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<tr>
<td>Select one of the following courses:</td>
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</tr>
<tr>
<td>KIN 101 Beginning and Advanced Beginning Swimming</td>
<td></td>
</tr>
<tr>
<td>KIN 102 Intermediate Swimming/ Swimmer Course</td>
<td></td>
</tr>
<tr>
<td>KIN 103 Lifeguard Training</td>
<td></td>
</tr>
<tr>
<td><strong>Kinesiology Courses</strong></td>
<td></td>
</tr>
<tr>
<td>KIN 114 Rec Games/ Outdoor Leisure</td>
<td>1</td>
</tr>
<tr>
<td>KIN 115 Weight Training</td>
<td>1</td>
</tr>
<tr>
<td>KIN 117 Team Sports</td>
<td>1</td>
</tr>
<tr>
<td>KIN 118 Sports Using Implements</td>
<td>1</td>
</tr>
<tr>
<td>KIN 131 Aerobics</td>
<td>1</td>
</tr>
<tr>
<td>KIN 136 Intro to Physical Education Fitness and Sport</td>
<td>3</td>
</tr>
<tr>
<td>KIN 201 Officiating Techniques</td>
<td>1</td>
</tr>
<tr>
<td>KIN 300 Organization in Physical Education and Coaching</td>
<td>3</td>
</tr>
<tr>
<td>KIN 305 Motor Development</td>
<td>3</td>
</tr>
<tr>
<td>KIN 307 Applied Kinesiology</td>
<td>3</td>
</tr>
<tr>
<td>KIN 400 Physiology of Exercise</td>
<td>4</td>
</tr>
<tr>
<td>KIN 402 Basic Athletic Training</td>
<td>2</td>
</tr>
<tr>
<td>KIN 407 Coaching Young Athletes</td>
<td>3</td>
</tr>
<tr>
<td><strong>Kinesiology Teaching Field Courses (TEP Admission Required)</strong></td>
<td></td>
</tr>
<tr>
<td>KIN 308 Adapted Physical Education</td>
<td>3</td>
</tr>
</tbody>
</table>

**Bioenergetics Concentrations**

A grade of C or better is required in all math, science, and major courses and CMST 101. Note: UAB requires 120 total semester hours in order to graduate. Students with this major may need additional electives to meet this requirement.

**Required Courses in Core Curriculum**

Students, in consultation with their academic advisor, must sequence requirements to meet any stated prerequisite requirements for specific courses in their curriculum, including UAB Blazer Core C requirements.

**Requirements for Kinesiology with a Concentration in Exercise Bioenergetics**

<table>
<thead>
<tr>
<th>Requirements</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blazer Core Curriculum Requirements ¹</td>
<td>41</td>
</tr>
<tr>
<td>As part of the Blazer Core take the following:</td>
<td></td>
</tr>
<tr>
<td>EH 101 English Composition I ²</td>
<td></td>
</tr>
<tr>
<td>or EH 106 Introduction to Freshman Writing I</td>
<td></td>
</tr>
<tr>
<td>EH 102 English Composition II ²</td>
<td></td>
</tr>
<tr>
<td>or EH 107 Introduction to Freshman Writing II</td>
<td></td>
</tr>
<tr>
<td>CMST 101 Public Speaking</td>
<td></td>
</tr>
<tr>
<td>BY 101 Topics in Contemporary Biology &amp; BY 102</td>
<td></td>
</tr>
<tr>
<td>and Topics Contemporary Biology Laboratory ⁴</td>
<td></td>
</tr>
<tr>
<td>or BY 123 Introductory Biology I &amp; BY 123</td>
<td></td>
</tr>
<tr>
<td>and Introductory Biology I Laboratory &amp; Introductory Biology I Laboratory ⁴</td>
<td></td>
</tr>
<tr>
<td>CH 105 Introductory Chemistry I &amp; CH 106</td>
<td></td>
</tr>
<tr>
<td>and Introductory Chemistry I Laboratory ⁴</td>
<td></td>
</tr>
<tr>
<td>MA 106 Pre-Calculus Trigonometry ⁵</td>
<td></td>
</tr>
<tr>
<td>PY 101 Introduction to Psychology ⁶</td>
<td></td>
</tr>
</tbody>
</table>

¹ Blazer Core requirements
² Fulfills a Blazer Core Academic Foundations: Freshman Writing course requirement.
³ Fulfills the Blazer Core Academic Foundations: Communication in the Modern World course requirement.
⁴ Fulfills a Blazer Core Thinking Broadly: Humans and Their Societies course requirement.
⁵ See Kinesiology program policy for 0 credit hour CHHS 140 wavier criteria: [http://www.uab.edu/education/home/images/pdf/hs/chhs-140-substitution-policy-for-kinesiology.pdf](http://www.uab.edu/education/home/images/pdf/hs/chhs-140-substitution-policy-for-kinesiology.pdf)

**Kinesiology Major: Exercise Bioenergetics Concentrations**
A minimum of 121 hours are required for graduation. Students may need to take general electives to reach the credit hour requirement. Elective hours may vary based on course selection. A grade of "C" or higher is required in all math, science, major courses and CMST 101.

1 Blazer Core Curriculum requirements
2 Fulfills Blazer Core Academic Foundations: Freshman Writing requirement.
4 Fulfills Blazer Core Thinking Broadly: Scientific Inquiry requirement. Select one sequence from CH 105 & CH 106 or CH 115 & 116. Select one sequence from BY 101 & BY 102 or BY 123 & BY 123L.
5 Fulfills Blazer Core Academic Foundations: Quantitative Literacy requirement.
6 Fulfills Blazer Core Thinking Broadly: Humans and their Societies requirement.
7 May substitute another City as a Classroom Blazer Core Requirement.
8 Must earn a C or better to fulfill requirements in Lower Level and Major.
9 The 3-hour elective is in addition to the 3 hours of KIN 499 in the Internship section. No more than a total of 6 hours of KIN 499 may be applied to the degree.
10 Students who are in the Department of Human Studies Honors Program will be placed in the Honors Section of KIN 485 and 499.

Kinesiology Major: Exercise Science Concentration

A grade of C or better is required in all math, science, and major courses and CMST 101. Note: UAB requires 120 total semester hours in order to graduate. Students with this major may need additional electives to meet this requirement.

Required Courses in Core Curriculum

Students, in consultation with their academic advisor, must sequence requirements to meet any stated prerequisite requirements for specific courses in their curriculum, including UAB Blazer Core Curriculum requirements stated in this catalog.

Kinesiology with a Concentration in Exercise Science

<table>
<thead>
<tr>
<th>Requirements</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blazer Core Requirements 1</td>
<td>41</td>
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<tr>
<td>As a part of the Core take the following:</td>
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</tr>
<tr>
<td>EDU 100</td>
<td>Touch the Future</td>
</tr>
<tr>
<td>EH 101</td>
<td>English Composition I 2</td>
</tr>
<tr>
<td>or EH 106</td>
<td>Introduction to Freshman Writing I</td>
</tr>
<tr>
<td>EH 102</td>
<td>English Composition II 2</td>
</tr>
<tr>
<td>or EH 107</td>
<td>Introduction to Freshman Writing II</td>
</tr>
<tr>
<td>MA 106</td>
<td>Pre-Calculus Trigonometry 5</td>
</tr>
<tr>
<td>Academic Foundations: Reasoning</td>
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</tr>
<tr>
<td>CMST 101</td>
<td>Public Speaking 3</td>
</tr>
<tr>
<td>Thinking Broadly: History and Meaning</td>
<td></td>
</tr>
<tr>
<td>Thinking Broadly: Creative Arts</td>
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<tr>
<td>PH 201</td>
<td>College Physics I</td>
</tr>
<tr>
<td>or PH 221</td>
<td>General Physics I</td>
</tr>
<tr>
<td>CH 105</td>
<td>Introductory Chemistry I</td>
</tr>
<tr>
<td>&amp; CH 106</td>
<td>and Introductory Chemistry I Laboratory 4</td>
</tr>
<tr>
<td>or CH 115</td>
<td>General Chemistry I</td>
</tr>
<tr>
<td>and General Chemistry I Laboratory</td>
<td></td>
</tr>
<tr>
<td>&amp; CH 116</td>
<td></td>
</tr>
<tr>
<td>PY 101</td>
<td>Introduction to Psychology</td>
</tr>
<tr>
<td>Thinking Broadly: Choose one course from History &amp; Meaning, Creative Arts, or Humans and their Societies</td>
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<tr>
<td>ECY 200</td>
<td>Disability in Society 6</td>
</tr>
</tbody>
</table>

Lower Level Requirements 7

| BY 115 | Human Anatomy 4 |
| BY 116 | Introductory Human Physiology 4 |
Major Science Elective Requirements - Choose 18-21 hours

Kinesiology/CHHS Elective Courses
- KIN 485
- KIN 425
- KIN 405
- KIN 400
- KIN 136
- KIN 115

Major Requirements

- Select one of the following:
  - KIN 101 Beginning and Advanced Beginning Swimming
  - KIN 102 Intermediate Swimming/Swimmer Course
  - KIN 103 Lifeguard Training

- KIN 115 Weight Training
- KIN 131 Aerobics
- KIN 136 Intro to Physical Education Fitness and Sport
- KIN 307 Applied Kinesiology

- KIN 400 Physiology of Exercise
- KIN 405 Sports Nutrition
- KIN 425 Biomechanics

- KIN 485 Exercise Testing/Prescription

Kinesiology/CHHS Elective Courses

A minimum of 120 hours is required for graduation. Students may need to take general electives to reach the credit hour requirement. Elective hours may vary based on course selection.

1. Blazer Core Curriculum requirements
2. Fulfills Blazer Core Writing
3. Fulfills Blazer Core Communication in the Modern World
4. Fulfills Blazer Core Scientific Inquiry. Select one sequence from CH 105 & CH 106 or CH 115 & 116. Select one from PH 201 or PH 221.
5. Fulfills Blazer Core Quantitative Literacy
6. May substitute another City as a Classroom Blazer Core requirement.
7. Must earn a C or better to fulfill requirements in Lower Level and Major.
8. Students can choose 1 of the 3 CHHS electives, no more than 3 CHHS credits may be applied to the degree.
9. This elective is in addition to the 3 hours of KIN 499 in the Internship section. No more than a total of 6 hours of KIN 499 may be applied to the degree.
10. Students who are in the Department of Human Studies Honors Program will be placed in the Honors Section of KIN 485 and 499.

Kinesiology Major: Sports Physiology & Performance Concentration

A grade of "C" or better is required in all math, science, and major courses and CMST 101. Note: UAB requires 120 total semester hours in order to graduate. Students with this major will need additional electives to meet this requirement.

Required Courses in Core Curriculum

Students, in consultation with their academic advisor, must sequence requirements to meet any stated prerequisite requirements for specific courses in their curriculum, including UAB Blazer Core requirements stated in this catalog.

Major in Kinesiology with a Sports Physiology & Performance Concentration

Requirements

Blazer Core Requirements

<table>
<thead>
<tr>
<th>Course</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>EH 101</td>
<td>41</td>
</tr>
<tr>
<td>or EH 106 Introduction to Freshman Writing I</td>
<td></td>
</tr>
<tr>
<td>EH 102</td>
<td></td>
</tr>
<tr>
<td>or EH 107 Introduction to Freshman Writing II</td>
<td></td>
</tr>
<tr>
<td>CMST 101</td>
<td>Public Speaking</td>
</tr>
<tr>
<td>BY 101</td>
<td>Topics in Contemporary Biology &amp; BY 102 Topics Contemporary Biology Laboratory</td>
</tr>
<tr>
<td>CH 105</td>
<td>Introductory Chemistry I &amp; CH 106 Introductory Chemistry I Laboratory</td>
</tr>
<tr>
<td>MA 105</td>
<td>Pre-Calculus Algebra</td>
</tr>
<tr>
<td>MA 125</td>
<td>Calculus I</td>
</tr>
<tr>
<td>MA 126</td>
<td>Calculus II</td>
</tr>
<tr>
<td>CH 235/236</td>
<td>Organic Chemistry I</td>
</tr>
<tr>
<td>CH 237/238</td>
<td>Organic Chemistry II</td>
</tr>
<tr>
<td>CH 460</td>
<td>Fundamentals of Biochemistry</td>
</tr>
<tr>
<td>MA 125</td>
<td>Calculus I</td>
</tr>
<tr>
<td>MA 126</td>
<td>Calculus II</td>
</tr>
<tr>
<td>CH 105</td>
<td>Introductory Chemistry I</td>
</tr>
<tr>
<td>CH 106</td>
<td>Introductory Chemistry I Laboratory</td>
</tr>
<tr>
<td>MA 105</td>
<td>Pre-Calculus Algebra</td>
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</tbody>
</table>
General Electives: (Choose Five)

MG 302
KIN 485
KIN 440
KIN 425
KIN 405
KIN 402
KIN 400
KIN 340
KIN 307

Choose three of the following KIN electives:

KIN 115
KIN 131
KIN 132
KIN 130
KIN 129
KIN 128
KIN 127
KIN 126
KIN 125
KIN 124
KIN 123
KIN 122
KIN 121
KIN 120
KIN 119
KIN 118
KIN 117
KIN 116
KIN 115
KIN 114
KIN 113
KIN 112
KIN 111
KIN 110
KIN 109
KIN 108
KIN 107
KIN 106
KIN 105
KIN 104
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KIN 102
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KIN 16
KIN 15
KIN 14
KIN 13
KIN 12
KIN 11
KIN 10
KIN 9
KIN 8
KIN 7
KIN 6
KIN 5
KIN 4
KIN 3
KIN 2
KIN 1

Major Requirements 5

KIN 115 Weight Training 1

Choose three of the following KIN electives:

KIN 101 Beginning and Advanced Beginning Swimming
KIN 102 Intermediate Swimming/ Swimmer Course
KIN 103 Lifeguard Training
KIN 104 Tennis
KIN 105 Golf
KIN 106 Weight Training and Aerobics
KIN 107 Racquetball
KIN 108 Outdoor Pursuits Leadership
KIN 109 Dance and Gymnastics
KIN 110 Rec Games/ Outdoor Leisure
KIN 111 Team Sports
KIN 112 Sports Using Implements
KIN 113 Physical Education Facility Management
KIN 114 First Aid
KIN 115 Weight Training
KIN 116 Group Exercise Leadership
KIN 117 Motor Development
KIN 118 Applied Kinesiology
KIN 119 Planning/ Management of Fitness Facilities
KIN 120 Physiology of Exercise
KIN 121 Basic Athletic Training
KIN 122 Advanced Athletic Training
KIN 123 Special Projects in Kinesiology
KIN 124 Principles of Microeconomics
KIN 125 Clinical Exercise Physiology
KIN 126 Advanced Treatment Athletic Training
KIN 127 Special Projects in Kinesiology Internship
KIN 128 Exercise Testing/ Prescription
KIN 129 Management Processes and Behavior
KIN 130 Human Resource Management
KIN 131 Management and Leadership in Sports and Entertainment Organizations

Total Hours 120

A minimum of 120 hours are required for graduation. Students may need to take general electives to reach the credit hour requirement. Elective hours may vary based on course selection.

1. Blazer Core requirements
5. Fulfills Blazer Core Thinking Broadly: Humans and their Societies requirement.
6. Must earn a C or better to fulfill a lower level or major requirement.
7. Must take if not taken as a part of the Blazer Core.
8. The 3-hour elective is in addition to the 3 hours of KIN 499 in the “Internship” section. No more than a total of 6 hours of KIN 499 may be applied to the degree.
9. Students who are in the Department of Human Studies Honors Program will be placed in the Honors Section of KIN 485 and KIN 499.
10. May not choose more than one Psychology elective

Community Health and Human Services: Health Promotion and Education Concentration Proposed Program of Study

Freshman
First Term Hours Second Term Hours
CHHS 141 3 BY 101 3
& BY 102
EDU 100 3 CHHS 223 3
EH 101 or 106 3 EH 102 or 107 3
MA 105 (or higher - See Blazer Core) 3 Blazer Core: Reasonings 3
PY 101 3 Blazer Core: Thinking Broadly 3
- Humans and Their Societies

Sophomore
First Term Hours Second Term Hours
CH 105 4 CMST 101 3
& CH 106
CHHS 140 3 CHHS 230 4
CHHS 342 3 CHHS 343 3
Blazer Core: Thinking Broadly 3 Blazer Core: Thinking Broadly 3
- Creative Arts
Blazer Core: City as Classroom 3 Blazer Core: Thinking Broadly 3
- History and Meaning

15 16
### Community Health and Human Services: Human Services Concentration Proposed Program of Study

#### Freshman

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<td>3 EH 102 or 107</td>
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<td>MA 105</td>
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Total credit hours: 130
## Kinesiology Exercise Science Concentration - Proposed Program of Study

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### Sophomore

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### Junior

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### Senior

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### Total credit hours: 122

## Kinesiology Exercise Bioenergetics Concentration - Proposed Program of Study

### Freshman

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### Total credit hours: 122

## Kinesiology Sports Physiology and Performance Concentration - Proposed Program of Study

### Freshman

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### Sophomore

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### Total credit hours: 122
The Community Health and Human Services program offers two minors. The Health Promotion and Education minor provides students with a background in developing implementation strategies to improve the health of individuals, families, and communities. A grade of "C" or better is required in all courses in the minor. Students cannot apply courses toward both a major and a minor. This minor is open to all students except Community Health majors. Approximately 80% of this minor can be completed online.

**Health Promotion & Education Minor**

The Health Promotion & Education Minor provides students with a background in developing implementation strategies to improve the health of individuals, families, and communities. A grade of "C" or better is required in all courses. Students cannot apply courses toward both a major and a minor. This minor is open to all students except Community Health majors. Approximately 80% of this minor can be completed online.

**Requirements**

<table>
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<td>CHHS 421</td>
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<td>CHHS 489</td>
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<td>CHHS 402</td>
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Select two courses from the following:

- CHHS 402: Mental Health, Stress Management & Wellness Promotion
- CHHS 404: Global Trends in Health Education/Promotion
- CHHS 408: Substance Abuse Prevention and Education
- CHHS 423: Human Sexuality
- CHHS 426: Wellness Promotion Peer Educators Part 1
- CHHS 427: SHAPE Peer Education
- CHHS 428: Wellness Promotion Peer Education Part 2
- CHHS 498: Lifespan Dimensions in Women's Health and Nutrition

**Total Hours**: 18

**Minor in Athletic Coaching**

A grade of "C" or better is required in all courses in the minor. Students cannot apply courses toward both a major and minor.

**Requirements**

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**Total Hours**: 20

**Minor in Kinesiology Exercise Science**

A grade of "C" or better is required in all courses in the minor. Students cannot apply courses toward both major and minor course requirements. Students may need to take additional electives to reach the 20-hour requirement in order to receive the minor.

**Requirements**

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**Electives (Choose 2-6 Hours)**

- KIN 132: Group Exercise Leadership
- KIN 305: Motor Development
- KIN 307: Applied Kinesiology
- KIN 402: Basic Athletic Training
- KIN 405: Sports Nutrition
- KIN 425: Biomechanics
- KIN 440: Principles of Conditioning the Athlete
- KIN 450: Physical Activity for Individuals with Disabilities/SL
- KIN 451: Physical Activity for Senior Adults
- KIN 460: Clinical Exercise Physiology
- KIN 470: Advanced Treatment Athletic Training

**Total Hours**: 20-23

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1. See Kinesiology program policy for 0 credit hour CHHS 140 waiver criteria: [http://www.uab.edu/education/home/images/pdf/hs/chhs-140-substitution-policy-for-kinesiology.pdf](http://www.uab.edu/education/home/images/pdf/hs/chhs-140-substitution-policy-for-kinesiology.pdf)

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**Department of Human Studies**

**Blazer Core: Thinking Broadly**

- **Total Hours**: 3

**Minor in Human Services**

The Human Services Minor provides students with a foundation for serving diverse populations as a helping professional. A grade of "C" or better is required in all courses. Students cannot apply courses toward both a major and a minor. This minor is open to all students except Humans Services majors. This minor is offered completely online.

**Requirements**

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<td>CHHS 420</td>
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**Total Hours**: 20

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**Minor in Athletic Coaching**

A grade of "C" or better is required in all courses in the minor. Students cannot apply courses toward both a major and minor.

**Requirements**

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<th>Course</th>
<th>Hours</th>
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<tbody>
<tr>
<td>CHHS 140</td>
<td>3</td>
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</table>

**Total Hours**: 20

**Minor in Kinesiology Exercise Science**

A grade of "C" or better is required in all courses in the minor. Students cannot apply courses toward both major and minor course requirements. Students may need to take additional electives to reach the 20-hour requirement in order to receive the minor.

**Requirements**

<table>
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<tr>
<th>Course</th>
<th>Hours</th>
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<tr>
<td>CHHS 140</td>
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<td>CHHS 141</td>
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<td>CHHS 222</td>
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<td>BY 115</td>
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<td>BY 116</td>
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<tr>
<td>KIN 400</td>
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</tbody>
</table>

**Electives (Choose 2-6 Hours)**

- KIN 132: Group Exercise Leadership
- KIN 305: Motor Development
- KIN 307: Applied Kinesiology
- KIN 402: Basic Athletic Training
- KIN 405: Sports Nutrition
- KIN 425: Biomechanics
- KIN 440: Principles of Conditioning the Athlete
- KIN 450: Physical Activity for Individuals with Disabilities/SL
- KIN 451: Physical Activity for Senior Adults
- KIN 460: Clinical Exercise Physiology
- KIN 470: Advanced Treatment Athletic Training

**Total Hours**: 20-23

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**Minor in Human Services**

The Human Services Minor provides students with a foundation for serving diverse populations as a helping professional. A grade of "C" or better is required in all courses. Students cannot apply courses toward both a major and a minor. This minor is open to all students except Humans Services majors. This minor is offered completely online.

**Requirements**

<table>
<thead>
<tr>
<th>Course</th>
<th>Hours</th>
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<tbody>
<tr>
<td>CHHS 350</td>
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<tr>
<td>CHHS 415</td>
<td>3</td>
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<tr>
<td>CHHS 420</td>
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</tbody>
</table>

**Total Hours**: 20
CHHS 140. First Aid. 3 Hours.
This course provides students with knowledge and skills necessary to perform basic first aid and CPR procedures.

CHHS 141. Lifelong Health & Wellness. 3 Hours.
This course equips students with knowledge and skills that support a healthy lifestyle. Topics include dimensions of wellness; components of fitness; nutrition; weight management; stress and sleep; chronic and infectious diseases; addictions related to alcohol, tobacco, and other drugs; sexual behavior/issue; and environmental health. Students will explore local organizations that promote the dimensions of wellness, engage in experiential health promotion learning in their community, and create a sustainable action plan for lifelong health and wellness that can be a part of their life on campus and in the city. This course satisfies the Blazer Core City as a Classroom requirement.

CHHS 200. Quality of Life. 2 Hours.
Total health; effects of lifestyle on total health. Decision-making skills to enable health enhancing choices and engage in health enhancing activities to improve and maintain health status. For education majors only.

CHHS 223. Introduction to Disease Prevention in Community Health and Human Services. 3 Hours.
This course examines the determinants of health and well-being including disease etiology, prevalence, prevention, control and treatment techniques. The course will differentiate between local, state, federal, and international health organizations.

Prerequisites: CHHS 141 [Min Grade: C] (Can be taken Concurrently) or HE 141 [Min Grade: C] and KIN 222 [Min Grade: C] (Can be taken Concurrently) or PE 222 [Min Grade: C] or (HPE 200 [Min Grade: C] or CHHS 200 [Min Grade: C])

CHHS 230. Concepts of Disease, Health, & Behavior Change for Health Education/Promotion. 4 Hours.
This course supports the understanding of how and why manifestations of a disease occur; the burden of disease on the body and within society; and incorporating this knowledge into health education and promotion decision-making.

Prerequisites: BY 101 [Min Grade: C] and BY 102 [Min Grade: C] and CHHS 141 [Min Grade: C]

CHHS 231. Concepts of Disease Burden & Prevention through Health Education/Promotion. 4 Hours.
This course supports the understanding of how and why manifestations of infectious and chronic disease burden occur within society and addressing individual and social determinant of health factors through health education and promotion practices.

Prerequisites: BY 101 [Min Grade: C] and BY 102 [Min Grade: C] and CHHS 141 [Min Grade: C] and CHHS 230 [Min Grade: C]

CHHS 300. Ethics and Policy in Human Services. 3 Hours.
This course introduces students to the role of professional ethics and policy implication in the helping professions. Students will focus on the knowledge, skills and values essential for ethical decision-making in responsible practice. Case studies through integrated learning will be utilized for discussion, self-exploration, and skill building for problem solving of ethical issues and dilemmas.

CHHS 305. Social and Cultural Diversity in Human Services. 3 Hours.
This course promotes the knowledge and skills needed to explore issues of diversity in a productive, professional and ethical manner. Topics span the discipline of public health and integrate materials, concepts, and frameworks from numerous fields in public health, health promotion, environmental health and health policy.

CHHS 342. The Health Education/Promotion Specialist. 3 Hours.
This course conveys the foundations of the Health Education/Promotion profession and the necessary competencies of the Health Education Specialist. Topics include background and history of health education/promotion, philosophical foundations, introduction to theories and planning models, professional ethics, settings and organizations for health education/promotion, application of data, current literature, future trends, and discipline specific careers paths.

Prerequisites: (HE 141 [Min Grade: C] or CHHS 141 [Min Grade: C]) (Can be taken Concurrently)

CHHS 343. Behavioral Theory in Health Education/Promotion. 3 Hours.
This designated service learning course goes into depth regarding theories for health behavior change with an introduction to basic planning models. Interactive assignments related to theories and community service learning activities are significant aspects of this course.

Prerequisites: CHHS 141 [Min Grade: C] and CHHS 342 [Min Grade: C] (Can be taken Concurrently)

CHHS 350. The Human Services Professional. 4 Hours.
This course introduces the evolving field of human services. Content will include learning about what “human services” is, the helping process, and the roles and duties of those calling themselves “human service” providers. Coverage will also include learning about a broad range of services, jobs, functions, and roles human service professionals provide. Basic principles, concepts, and theory in the helping field will be covered.

CHHS 402. Mental Health, Stress Management & Wellness Promotion. 3 Hours.
This course explains how an individual can manage their internal and external stressors to optimize their mental and emotional well-being. Topics span the discipline of health promotion and wellness, including theoretical models, discussions on the importance of relationships and social support, personality differences and risk of disease, how attitudes and emotions can change body chemistry, heart rates, hormone levels, and immunity against disease.
CHHS 404. Global Trends in Health Education/Promotion. 3 Hours.
This course will introduce students to past and current global health issues and health education/promotion priorities around the world. Health education and promotion practices in different countries within various regions of the world will be explored.

CHHS 408. Substance Abuse Prevention and Education. 3 Hours.
Concept, manifestation, and causes of addiction. Major drug classifications and their effects. Potential of drug education as a preventative mechanism.

CHHS 415. Case Management in Human Services. 3 Hours.
This course is an introductory course in studying the field of human services. Content will include learning about what “human services” is, the helping process, and the roles and duties of those calling themselves “human service” providers. Coverage will also include learning about a broad range of services, jobs, functions, and roles human service professionals provide in everyday life. Basic principles, concepts, and theory in the helping field will be covered.
Prerequisites: EPR 350 [Min Grade: C] or CHHS 350 [Min Grade: C]

CHHS 418. Lifespan Dimensions in Women’s Health and Nutrition. 3 Hours.
Highlights will include health issues specific to women, chronic diseases, body image and eating disorders, health promotion and disease prevention, pregnancy, childbirth and lactation, weight loss/maintenance, menopause and aging, fitness management and stress management.

CHHS 420. Microskills & Coaching in Community Health and Human Services. 4 Hours.
This course promotes skills appropriate for selected health problems, problem solving, and referrals. It also promotes skills to enhance communication with clients, peers, and community members at large.

CHHS 421. Health Communications & Health Coaching. 3 Hours.
Skills appropriate for selected health problems, problem solving, and referrals. Skills to enhance communication with clients, peers, and community members at large. Health-related theories, communication theories, and marketing strategies.
Prerequisites: (CHHS 141 [Min Grade: C] or HE 141 [Min Grade: C] or HPE 200 [Min Grade: C] or HE 222 [Min Grade: C] or KIN 222 [Min Grade: C]) and (CHHS 342 [Min Grade: C] or HE 342 [Min Grade: C])

CHHS 423. Human Sexuality. 3 Hours.
This course provides an overview of biological, sociological, psychological, and ethical aspects of human sexuality as encountered by health education specialists and human services practitioners. Content related to an anatomical overview, sexual decision making process, harm reduction approaches, social norms, societal issues, gender stereotypes, sexual complications, and the sexuality of special populations are emphasized.

CHHS 425. Community Mobilization in Human Services. 3 Hours.
This course provides an overview of the need for community change, explores how community change activities relate to the change agent’s professional goals, and provides a theoretical framework to deepen the understanding of community mobilization. The focus on successful models of community change, settings and services in which change takes place, and inclusion of diverse community resources provides a strong foundation for community advocacy.

CHHS 426. Wellness Promotion Peer Educators Part 1. 3 Hours.
The intent of this course is to provide students with the knowledge and skills needed to effectively communicate accurate information related to sexual health and decision-making. The concept of total health and the effects of lifestyle and decision-making on the quality of life will be emphasized. Students will learn decision-making and other skills that will enable them to make healthy choices and engage in healthy activities to improve and maintain an ideal level of quality of life. By the end of this course the student will be able to facilitate workshops on Sexual Decision Making, HIV Awareness, and Healthy Relationships.

CHHS 427. SHAPE Peer Education. 3 Hours.
This course is designed to provide students with the knowledge and skills needed to effectively communicate accurate information related to sexual health and decision-making. The concept of total health and the effects of lifestyle and decision-making on the quality of life will be emphasized. Students will learn decision-making and other skills that will enable them to make healthy choices and engage in healthy activities to improve and maintain an ideal level of quality of life. By the end of this course the student will be able to facilitate workshops on Sexual Decision Making, HIV Awareness, and Healthy Relationships.

CHHS 428. Wellness Promotion Peer Education Part 2. 3 Hours.
This course involves course involves students active engagement in the delivery of peer education programs and services to the UAB campus community. The purpose of the Wellness Promotion Peer Education Part 2 course is to provide candidates with a supervised, field-based, work experience in a wellness promotion setting.
Prerequisites: CHHS 426 [Min Grade: C]

CHHS 431. Planning and Implementing Health Education/Promotion Programs. 3 Hours.
This course emphasizes content and process planning and implementation of health education/promotion programs. Major topics include the foundations and models of the planning process; factors that impact health education/promotion; use and development of basic needs assessment; introduction to measurements; mission statements, goals, and objectives; community organizing/building; resources, and marketing.
Prerequisites: [CHHS 141 [Min Grade: C] or HE 141 [Min Grade: C] or HPE 200 [Min Grade: C] or KIN 222 [Min Grade: C] or HE 222 [Min Grade: C] or CHHS 342 [Min Grade: C] or HE 342 [Min Grade: C] or CHHS 343 [Min Grade: C] or HE 343 [Min Grade: C]]

CHHS 432. Administration of Health Education/Promotion Programs. 3 Hours.
This course is focused on issues that surround the best practices for administration and management of health education/promotion programs in a variety of settings. Topics include leadership and professionalism, theories, needs assessment, quantitative and qualitative data, fiscal and human resources, delivery of health education/promotion, and communication and advocacy.
Prerequisites: [CHHS 141 [Min Grade: C] or HE 141 [Min Grade: C] or HPE 200 [Min Grade: C] or KIN 222 [Min Grade: C] or HE 222 [Min Grade: C] or CHHS 342 [Min Grade: C] or HE 342 [Min Grade: C] or CHHS 343 [Min Grade: C] or HE 343 [Min Grade: C]]
CHHS 452. Evaluation and Grantsmanship in Health Education/ Promotion Programs. 3 Hours.
This course enhances knowledge, competencies and skills required to obtain funding and to evaluate health education/promotion programs for defined health issues and audiences. The course emphasizes elements of evaluating intervention activities at micro- and macro-levels including determining needs and assets, writing realistic goals and measurable objectives, incorporating quantitative and qualitative data, and evaluating behavior change. The course also focuses on grant preparation, including topics such as engaging funders, establishing grant need, planning grant activities, creating a budget, and program sustainability.
Prerequisites: (CHHS 342 [Min Grade: C] or HE 342 [Min Grade: C])

CHHS 455. Fundraising and Philanthropy in Human Services. 3 Hours.
This course introduces students to the area of fund raising, fund development, special events, annual fund, major gifts, capital campaigns, grant writing, and basic finance in the nonprofit sector. The course provides the foundation and tools necessary to implement fundraising plans.

CHHS 460. Management of Human Services Organizations. 3 Hours.
This course provides the opportunity for development of managerial theory and philosophy of the human services professional. Topics covered in the course include understanding organizations and systems perspectives, use of structure to facilitate the organizational mission, job analysis and job design, human resources planning, recruitment and hiring of human services professionals, and maximizing employee potential. Supervision, performance appraisals, use of data for organizational evaluation, and the role board members are other areas of emphasis.

CHHS 489. Intervention Strategies for Community Health & Human Services. 3 Hours.
The purpose of this course is to present the interrelationship of intervention planning to promote health behavior change and the selection and use of teaching aids, methods and materials to facilitate helping relationships. Special problems associated with health interventions are discussed. Students will learn ethical, theoretical and practical aspects of health education, teaching techniques, curricular development, organization skills and techniques.
Prerequisites: CHHS 223 [Min Grade: C]

CHHS 490. Special Projects in Health Education. 1-6 Hour.
Exploration of health-related topic via professional literature or research project.

CHHS 491. Problems in Health Education. 1-6 Hour.
Controversial topics in health education or topics identified as state or national priority.

CHHS 497. Human Services Internship. 3-9 Hours.
The purpose of the internship is to provide an opportunity for students to apply knowledge and skills they have learned during their course work in human services. The internship offers students the opportunity to gain hands-on experience in a real world setting and under the leadership of an experienced health education or human services professional. This is also the time whereby students are sharpening their skills as a soon-to-be job applicant. Attaining professional development, appropriate credentialing and developing a well-crafted resume and interviewing skills are part of that process.

CHHS 499. Community Health Internship. 1-6 Hour.
Supervised work experience in a pre-approved community health agency/organization.
Prerequisites: CHHS 431 [Min Grade: C] or HE 431 [Min Grade: C]

ECG-Counseling, Human Services Courses

ECG 300. Career Mapping. 3 Hours.
Get what you want by identifying and building key skills being sought by employers and graduate school admission committees today. This course provides an interactive exploration into arriving at your destination and having fun along the way. Gain tips and insights from executives in your field into professional development, resume/interviewing, communication, team building, networking (live and virtual), and other key areas necessary to help you present yourself as the applicant of choice. Master these steps and begin to map your journey toward career success.

ECG 460. Sign Language I: Survival. 3 Hours.
Beginning course in manual communication. Finger spelling and language of signs to facilitate communication with individuals who have severe hearing impairments.

ECG 461. Sign Language II: Intermediate. 3 Hours.
Manual communication; signed English. Finger spelling and language of signs.
Prerequisites: ECG 460 [Min Grade: C]

ECG 462. Sign Language III: Advanced. 3 Hours.
American Sign Language. Syntax structure for more effective communication with adult deaf persons. Sign concept and concept transmission.
Prerequisites: ECG 461 [Min Grade: C]

ECG 463. Intro Interpreting for Deaf. 3 Hours.
Basic theories, principles, and practices of interpreting for deaf in general and specialized settings; guidelines appropriate in situational settings. Development of interpreting skills and manual communications skills.
Prerequisites: ECG 462 [Min Grade: C]

EDF-Foundations of Education Courses

EDF 361. Ethical Issues in Professional Practice. 3 Hours.
Examines professional ethics and legal issues related to teaching, student supervision, contractual obligation, conditions of employment, and other workplace issues related to conduct and practice in the field of public school teaching. Legal mandates and professional codes of ethics are analyzed. Also addressed are the development of professional judgment and of moral decision making abilities.

EDF 362. Foundations of Education I: Social, Historical, Philosophical. 3 Hours.
This course addresses the relationship among educators, schools, and society through seminars, field experiences in schools, and exposure to civic and community organizations. Historical and contemporary perspectives on political, economic, and social issues and problems in education, the role and value of diversity and equity in education, an introduction to professional ethics, and the importance of civic responsibility are significant components of this course.
Prerequisites: EDU 200 [Min Grade: C](Can be taken Concurrently)

EDF 363. Special Topics in Education Foundations. 3 Hours.
Educational Foundations Special Topics. This course addresses a range of special topics related to educational foundations. Course design and focus will vary and may include service learning and study away formats.
EPR-Educational Psychology Courses

EPR 214. Introduction to Educational Statistics. 3 Hours.
This introductory statistics course will cover basic descriptive and inferential statistics, including: Measures of central tendency; measures of variability; frequency distributions; normal curve of distribution; sampling; hypothesis testing, analysis of variance; correlation; regression; and introduction to chi-square.

EPR 363. Foundations of Education II: Psychological. 3 Hours.
Psychological principles basic to the understanding of the learner, learning process, and learning situation is covered, as well as all major principles of Human Development.
Prerequisites: EDU 200 [Min Grade: C] (Can be taken Concurrently)

EPR 410. Measurement and Evaluation in Education. 3 Hours.
For early childhood/elementary education majors only. Basic concepts and principles of measurement and evaluation of personal and academic progress in classroom. Formative and summative assessment; Response to Instruction; and PLAN2020. Elementary descriptive statistics and measurement techniques used in student evaluation. Quantitative literacy is a significant component of this course.
Prerequisites: EHS 436 [Min Grade: C] or EHS 438 [Min Grade: C] or MU 432 [Min Grade: C] or MU 433 [Min Grade: C]

EPR 411. Measurement and Evaluation in Education. 3 Hours.
For secondary education majors only. Principles of student assessment. Basic concepts and principles of measurement and evaluation of personal and academic progress in classroom; Formative and summative assessment; Response to Instruction; and PLAN2020. Elementary descriptive statistics and measurement techniques used in student evaluation. Quantitative Literacy is a significant component of this course. Admission to TEP required.
Prerequisites: EHS 436 [Min Grade: C] or EHS 438 [Min Grade: C] or MU 432 [Min Grade: C] or MU 433 [Min Grade: C]

EPR 414. Lifespan Human Development. 3 Hours.
Physical, cognitive, social and moral development across the lifespan and including death and dying from a variety of theories are covered.
Prerequisites: PY 101 [Min Grade: C]

HEA-Higher Education Admin Courses

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.
The intermediate swim course is part of the American Red Cross "Learn to Swim" Program, which is designed for learning and improving swimming 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 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 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 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 others to play the sport.

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

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] and KIN 131 [Min Grade: C]

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 Hour.
Knowledge and practical experience in officiating various team and individual sports.

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.
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.
This course focuses on lifespan motor development and the processes and mechanisms underlying the development of motor skills. Topics include development of motor patterns, perceptual motor abilities, physical growth and maturation, and cognitive and emotional development. The course will engage students through lecture, skill analysis labs, and project-based learning activities. Motor behavior principles will be applied through direct and/or indirect work with young children.

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.
The course will include the nature and content of a developmentally appropriate elementary physical education program.

KIN 311L. Educational Dance and Gymnastics. 1 Hour.
This course will provide 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 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 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 candidates to learn techniques and strategies for teaching fitness and nutrition in K-12 physical education programs. Admission to TEP required.

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.
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.

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 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. 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]