

## **Kinesiology (KIN)**

---

### **KIN 101 PHYSICAL EDUCATION ACTIVITIES (1-2)**

Activities classes. Classes are conducted in the following activities: aquatics (swimming, physical conditioning swimming, water polo and scuba). Individual sports (adapted activities, martial arts, tennis, indoor rock climbing). Fitness (aerobics, conditioning, pilates, jogging/running and weight training). Dance (recreational, yoga). Outdoor activities. Team sports (basketball, soccer, softball, volleyball). Course offerings vary from semester to semester.

Most sections meet twice weekly, with some sections meeting at specially arranged times according to the nature of the activity. Students may take, for credit, as many different 101 classes as desired. The same 101 activity class may be repeated once for credit. Cr/NC only.

### **KIN 120 MOTOR SKILL DEVELOPMENT IN PUBLIC SCHOOLS (2)**

Prepares students to teach motor skills to school-aged children. Topics including motor development, motor learning and instructional design as related to motor skill acquisition are introduced. Students task analyze a variety of motor activities, plan developmentally appropriate lessons, and teach peer and public school-aged children in local schools.

### **KIN 201 FOUNDATIONS OF KINESIOLOGY (3)**

This course is designed to orient students to kinesiology as a field of study. Students will be exposed to multiple disciplines within kinesiology. By engaging in discussions, activities, and field observations, students will explore and become prepared to select a career path within the field. Prerequisite: Class open to KIN Majors only.

### **KIN 217 PERSONAL FITNESS AND WELLNESS (3)**

Designed to introduce the concepts and practices involved in creating a personal life-long fitness and wellness program. General health topics will be emphasized, specifically cardiovascular fitness, nutrition, stress management, disease prevention, and current health trends and topics. Students will develop personal action plans for enhancing personal health and well-being. Satisfies GE Area E.

### **KIN 230 INTRODUCTION TO FIELD EXPERIENCE (1-2)**

Provides lower division students an opportunity to sample work experiences in a variety of settings in physical education, adapted physical education, athletic training, or exercise science. Thirty hours of supervised field work for each unit of credit. This course does not meet the field work requirement in the kinesiology major concentrations. Prerequisites: Overall 2.0 GPA and departmental approval.

### **KIN 240 FIRST AID AND CPR (1)**

Study of the basic principles and practical applications of first aid and C.P.R. techniques required by a first-aider to provide initial emergency care necessary to sustain life and minimize consequences of injuries or sudden illness until qualified medical personnel can arrive.

### **KIN 301 HISTORY AND PHILOSOPHY OF HUMAN MOVEMENT (4)**

An introduction to significant historical and philosophical considerations in the development of human movement. Contemporary philosophical issues as well as active physical participation with an experiential emphasis will be studied. Prerequisite: ENGL 101 or 100B, upper-division standing and consent of instructor for non-kinesiology majors.

### **KIN 305 PSYCHOLOGICAL BASES OF HUMAN MOVEMENT (4)**

Introduction to psychological factors influencing learning and performing motor skills and the psycho-social influences of sport, exercise and physical activity on the developing individual. Emphasis will be on the application of current motor learning, sport and exercise psychology theories on such topics as learning, motivation, goal setting, stress, anxiety, group dynamics, leadership, moral development, and exercise adherence. Prerequisite: ENGL 101 or 100B, WEPT, Upper Division standing, and consent of instructor for non-kinesiology majors.

### **KIN 306 AQUATICS (1-2)**

Lecture, activity laboratory. The aquatics course is designed to provide students in the pedagogy concentration with an understanding of the mechanics of the neuromuscular skills and functional application of the activities presented within the course. In addition students will be involved in task-analyzing and teaching skills/activities contained within aquatics.

### **KIN 308 EDUCATIONAL GYMNASTICS (1)**

Lecture, activity laboratory. The educational gymnastics course is designed to provide students in the pedagogy concentration with an understanding of the mechanics of the neuromuscular skills and functional application of the activities presented within the course. In addition students will be involved in task-analyzing and teaching skills/activities contained within educational gymnastics.

### **KIN 309 RHYTHMS AND DANCE (1)**

Lecture, activity laboratory. The rhythms and dance course is designed to provide students in the pedagogy concentration with an understanding of the mechanics of the neuromuscular skills and functional application of the activities presented within the course. In addition students will be involved in task-analyzing and teaching skills/activities contained within rhythms and dance.

### **KIN 310 SELF DEFENSE (1)**

Lecture, activity laboratory. The self defense course is designed to provide students in the pedagogy concentration with an understanding of the mechanics of the neuromuscular skills and functional application of the activities presented within the course. In addition students will be involved in task-analyzing and teaching skills/activities contained within self defense.

### **KIN 311 SELECTED TOPICS (1-4)**

Selected upper-division courses that are taught on a one-time basis.

### **KIN 315 SOCIOLOGY OF SPORT (3)**

Examines and utilizes basic sociological concepts and demonstrates their manifestations in the teaching of physical education and sports. Prerequisite: ENGL 101 or 100B. Priority given to Kinesiology majors.

### **KIN 316 WOMEN IN SPORT: ISSUES, IMAGES, AND IDENTITIES (3)**

This course is designed to introduce students to an overview of issues, images and identities of women participating at various levels of sport in the United States. Attention will be given to the historical, social, political, and economic contexts that have influenced the American woman's experiences in sport. Prerequisites: junior-level standing or consent of instructor.

### **KIN 320 CURRICULUM AND ASSESSMENT (3)**

This course is designed to explore different curriculum and teaching models and assessment techniques used in standards-based physical education. Effective standards-based curriculum development and assessment will be discussed and opportunities given for students to put these into practice. Prerequisite: KIN 308 and 309 or consent of instructor.

**KIN 325 INTRODUCTION TO ADAPTED PHYSICAL EDUCATION (3)**

An introduction to the scope, basic concepts and teaching methods of adapted physical education; a study of selected disabilities, with a primary focus on implications for physical education. Course includes 18 hours of practical experience in the field.

**KIN 340 EMERGENCY RESPONSE (3)**

Study of the principles and practical applications of advanced first aid techniques required to provide the initial emergency care necessary to sustain life and to maintain life support until the victims of accidents or sudden illness are cared for by qualified medical personnel.

**KIN 342 PRINCIPLES OF MUSCULOSKELETAL INJURIES (3)**

Lecture, laboratory. Designed to show students the proper methods of recognition, evaluation, and treatment of musculoskeletal injuries to the upper and lower extremities. Comprehension of anatomy, mechanism-of-injury, and pathology are stressed. Fee of \$10 required for this course. Prerequisite: BIOL 220.

**KIN 350 BIOMECHANICS (4)**

Lecture, laboratory. Presents the quantitative and qualitative analysis of human movement and the anatomic concepts needed for understanding human movement in relation to mechanical effects such as application of force in relation to center of mass, displacement, velocity, acceleration of bodies, and buoyancy. Emphasis is on understanding and application of principles to any movement pattern. Prerequisites: BIOL 220 and GE math.

**KIN 360 PHYSIOLOGY OF EXERCISE (4)**

Lecture, laboratory. Study of the acute and chronic effects of human activity and exercise. Laboratory and field experiences in selected areas, including exercise metabolism, skeletal muscle and cardiopulmonary physiology, body composition estimation, and nutrition as they pertain to clinical, fitness and sports settings. Prerequisites: GE math; BIOL 115 and BIOL 224.

**KIN 371 INTERCOLLEGIATE BASEBALL, MEN (2)**

Activities include: soccer, tennis, basketball and baseball. May be repeated for credit.

**KIN 372 INTERCOLLEGIATE BASKETBALL, MEN (2)**

Activities include: soccer, tennis, basketball and baseball. May be repeated for credit.

**KIN 373 INTERCOLLEGIATE CROSS COUNTRY, MEN (2)**

Activities include: soccer, tennis, basketball and baseball. May be repeated for credit.

**KIN 374 INTERCOLLEGIATE FOOTBALL, MEN (2)**

Activities include: soccer, tennis, basketball and baseball. May be repeated for credit.

**KIN 375 INTERCOLLEGIATE SOCCER, MEN (2)**

Activities include: soccer, tennis, basketball and baseball. May be repeated for credit.

**KIN 376 INTERCOLLEGIATE TENNIS, MEN (2)**

Activities include: soccer, tennis, basketball and baseball. May be repeated for credit.

**KIN 377 INTERCOLLEGIATE TRACK AND FIELD, MEN (2)**

Activities include: soccer, tennis, basketball and baseball. May be repeated for credit.

**KIN 378 INTERCOLLEGIATE GOLF - MEN (2)**

Activities include: soccer, tennis, basketball, baseball, and golf. May be repeated for credit.

**KIN 381 INTERCOLLEGIATE BASKETBALL, WOMEN (2)**

Activities include: cross country, golf, soccer, volleyball, tennis, waterpolo, basketball and softball. May be repeated for credit.

**KIN 382 INTERCOLLEGIATE CROSS COUNTRY, WOMEN (2)**

Activities include: cross country, golf, soccer, volleyball, tennis, waterpolo, basketball and softball. May be repeated for credit.

**KIN 383 INTERCOLLEGIATE SOCCER, WOMEN (2)**

Activities include: cross country, golf, soccer, volleyball, tennis, waterpolo, basketball and softball. May be repeated for credit.

**KIN 384 INTERCOLLEGIATE SOFTBALL, WOMEN (2)**

Activities include: cross country, golf, soccer, volleyball, tennis, waterpolo, basketball and softball. May be repeated for credit.

**KIN 385 INTERCOLLEGIATE TENNIS, WOMEN (2)**

Activities include: cross country, golf, soccer, volleyball, tennis, waterpolo, basketball and softball. May be repeated for credit.

**KIN 386 INTERCOLLEGIATE GOLF, WOMEN (2)**

Activities include: cross country, golf, soccer, volleyball, tennis, waterpolo, basketball and softball. May be repeated for credit.

**KIN 387 INTERCOLLEGIATE VOLLEYBALL, WOMEN (2)**

Activities include: cross country, golf, soccer, volleyball, tennis, waterpolo, basketball and softball. May be repeated for credit.

**KIN 388 INTERCOLLEGIATE WOMEN'S WATER POLO (2)**

Activities include: cross country, golf, soccer, volleyball, tennis, waterpolo, basketball and softball. May be repeated for credit.

**KIN 395 COMMUNITY INVOLVEMENT PROGRAM (1-4)**

Provides majors and non-majors the opportunity to gain volunteer experience working with individuals with disabilities in designated on-campus and community placements involving physical activity. Thirty hours of verified, supervised work and scheduled meetings with the instructor are required for each unit of credit. Requirements include a daily journal and portfolio. Prerequisite: permission of instructor.

**KIN 400 ELEMENTARY SCHOOL PHYSICAL EDUCATION (3)**

An introduction to and practice in applying the concepts and principles of developmentally appropriate physical education for children. Prerequisite: upper-division majors in kinesiology or multiple-subject credential candidates or by consent of instructor.

**KIN 404 THEORY OF COACHING (2)**

A survey of issues encountered by coaches in all sports. Topics will include, but not be limited to communication with players, colleagues and administration, ethical issues and responsibilities, coaching philosophies, relations with media and community, time management, coach and athlete motivation, mental training skills and equipment and facilities management. Prerequisite: ENGL 101, Upper Division standing, and consent of instructor for non-kinesiology majors.

**KIN 410 LIFESPAN MOTOR DEVELOPMENT (3)**

Survey of the development of perceptual-motor function from birth through aging, with emphasis on gross motor performance.

**KIN 420 MIDDLE SCHOOL PHYSICAL EDUCATION (3)**

This course provides students with theory and practice designed to develop the skills necessary to be an effective middle school physical education teacher. Students are asked to put into practice their knowledge of standards-based physical education and developmentally appropriate teaching methods. Prerequisites: KIN 308, KIN 309, KIN 320 (may be taken concurrently), & KIN 400 or consent of instructor.

**KIN 422 HIGH SCHOOL PHYSICAL EDUCATION (4)**

3 hour lecture, 2 hour laboratory. This course will provide students with theory and practice designed to develop the skills necessary to be an effective high school physical education teacher. Students will be asked to apply previous learned concepts related to standards-based physical education at the high school level. Students will be involved in field observations, micro teaching, and lab experiences involving high school physical education students. Prerequisite: KIN 308, 309, 320, 400 and 420 or consent of instructor.

**KIN 425 SEMINAR IN ADAPTED PHYSICAL EDUCATION (3)**

Exploration and discussion of current research and professional issues in the field of adapted physical activity. Prerequisite: KIN 325 or equivalent. Co-requisite: 1 unit KIN 430C.

**KIN 426 INDIVIDUALIZED ASSESSMENT AND PROGRAM DESIGN (4)**

Selection, administration and interpretation of motor assessment instruments. Planning and developing appropriate activities and programs to meet individual needs for children and adults with disabilities. Prerequisites: KIN 325, KIN 410 and MATH 165 or consent of instructor.

**KIN 427 INDIVIDUALS WITH DISABILITIES IN EDUCATIONAL AND RECREATIONAL SETTINGS (3)**

To explore the role of psychosocial context in the design and implementation of effective learning environments for youth and adults with disabilities, using service-learning pedagogy.

**KIN 430A FIELD EXPERIENCE IN PHYSICAL EDUCATION (1-3)**

Provides upper-division kinesiology majors experiences in teaching in K-12 public or private school setting. Course requirements include a work journal, development of a personal portfolio, and verification of completion by immediate supervisor. Prerequisites: completion of 10 units in physical education concentration related to specific field experience; C average in major and support courses.

**KIN 430B FIELD EXPERIENCE IN INTERDISCIPLINARY STUDIES (1)**

Provides qualified upper-division students experience in an area related to their interdisciplinary concentration. Course requirements include the development of a personal portfolio, a log of completed hours, a daily journal describing experiences and duties, and verification of completion by immediate supervisor. Prerequisites: completion of a minimum of three support and/or core courses related to the field experience; C average in major and support courses.

**KIN 430C FIELD EXPERIENCE IN ADAPTED PHYSICAL EDUCATION (1-3)**

Provides upper-division kinesiology majors specializing in adapted physical education an opportunity to work with individuals with disabilities in school or other settings. Course requirements include a daily journal, development of a personal portfolio, and verification of completion by immediate supervisor. Prerequisites: KIN 325; C average in major and support courses.

**KIN 430D FIELD EXPERIENCE IN EXERCISE SCIENCE (1-3)**

Provides qualified upper-division students an opportunity to gain experience in either applied exercise physiology, biomechanics, or physical therapy. Course requirements include the development of a personal portfolio, a log of completed hours, a daily journal describing experiences, and verification of completion by immediate supervisor. Prerequisites: completion of a minimum of three support and/or core courses related to the field experience; C average in major and support courses.

**KIN 430E FIELD EXPERIENCE IN LIFETIME FITNESS (1-3)**

Provide qualified upper-division students an opportunity to gain experience private and public fitness settings. Course requirements include, but are not limited to a daily journal describing experiences, a log of completed hours, and verification of completion by an immediate supervisor. Prerequisites: completion of a minimum of three support courses and/or core courses related to the field experience, C average in major and support courses.

**KIN 442 MUSCULOSKELETAL EVALUATION, TRAINING AND TREATMENT (4)**

Lecture, laboratory. Students learn the HIPS technique for evaluating musculoskeletal conditions and injuries. The prevention of musculoskeletal injuries and proper disposition of the patient will be stressed. The theoretical basis of rehabilitation and the physics/mechanics of therapeutic modalities, as well as common musculoskeletal injuries to the axial skeleton will be studied. Prerequisite: KIN 342.

**KIN 446 EXERCISE INSTRUCTION (3)**

This course provides each student with practical learning experiences designed to develop the skills needed to be a competent exercise instructor/leader. The course allows students to put into practice their knowledge of exercise from their previous coursework in biomechanics, exercise physical and conditioning for performance and health. Students will be involved in group-centered instruction, field observation, laboratory experiences, and skill execution practicals. Prerequisites: KIN 350 and KIN 360.

**KIN 460 CONDITIONING FOR PERFORMANCE AND HEALTH (3)**

A review of methods for the conditioning of a broad range of people from exercising adults through competitive athletes. Emphasis during the first half of the semester will be on topics related to adult fitness, including cardiorespiratory fitness, resistive training, flexibility, weight management, and exercise for special populations. During the second half of the semester topics related to athletes will include endurance training, training for strength and power, nutritional considerations for athletes, and the use of various putative ergogenic aids. Prerequisite: KIN 360.

**KIN 495A SPECIAL STUDIES IN PHYSICAL EDUCATION (1-4)**

Includes completion of a project designed to meet a specialized advanced study need. The student should have prerequisite skills. The project should be planned and described in writing, in consultation with and with the consent of the faculty advisor. There are four areas of study: 495A Special Studies in Physical Education; 495C Special Studies in Adapted Physical Education; 495D Special Studies in Exercise Science; and 495E Special Studies in Lifetime Fitness.

**KIN 495C SPECIAL STUDIES IN ADAPTED PHYSICAL EDUCATION (1-4)**

Includes completion of a project designed to meet a specialized advanced study need. The student should have prerequisite skills. The project should be planned and described in writing, in consultation with and with the consent of the faculty advisor. There are four areas of study: 495A Special Studies in Physical Education; 495C Special Studies in Adapted Physical Education; 495D Special Studies in Exercise Science; and 495E Special Studies in Lifetime Fitness.

**KIN 495D SPECIAL STUDIES: EXERCISE SCIENCE (1-4)**

Includes completion of a project designed to meet a specialized advanced study need. The student should have prerequisite skills. The project should be planned and described in writing, in consultation with and with the consent of the faculty advisor. There are four areas of study: 495A Special Studies in Physical Education; 495C Special Studies in Adapted Physical Education; 495D Special Studies in Exercise Science; and 495E Special Studies in Lifetime Fitness.

**KIN 495E SPECIAL STUDIES: LIFETIME FITNESS (1-4)**

Includes completion of a project designed to meet a specialized advanced study need. The student should have prerequisite skills. The project should be planned and described in writing, in consultation with and with the consent of the faculty advisor. There are four areas of study: 495A Special Studies in Physical Education; 495C Special Studies in Adapted Physical Education; 495D Special Studies in Exercise Science; and 495E Special Studies in Lifetime Fitness.

**KIN 497 SELECTED TOPICS IN KINESIOLOGY (1-4)**

A single topic or set of related topics not ordinarily covered by the kinesiology major curriculum. May be repeated for credit with a different topic.

**KIN 500 INTRODUCTION TO SCHOLARLY INQUIRY IN KINESIOLOGY (2)**

This course is designed to prepare graduate students in Kinesiology to formulate and carry out a research project as part of his/her M.S. degree. Both theoretical and practical aspects of research will be included: examination of research paradigms, critical review of literature, effective design of a study, concepts of statistical and qualitative analysis of data, and the use of the library and computers as research tools. Prerequisite: KIN 330A or a course in descriptive statistics; an introductory computer course; and graduate standing.

**KIN 505 SEMINAR IN PSYCHOLOGICAL BASES OF HUMAN MOVEMENT (3)**

A critical review of current literature regarding the social and psychological factors involved in participation in sport, exercise and physical activity on individuals and group over the lifespan. Prerequisite: KIN 305 and KIN 315 or equivalents.

**KIN 520 PEDAGOGICAL METHODS (3)**

This course will examine instructional theories and models of teaching while focusing on practical applications that can lead to improvement of teaching physical education. The teaching of physical education will be analyzed in context with various teaching approaches, systematic observation techniques, principles of supervision, and will endorse a "theory into practice" approach to teacher effectiveness. Prerequisite: KIN 320 or its equivalent.

**KIN 521 CURRICULUM DESIGN AND ANALYSIS IN PHYSICAL EDUCATION (3)**

Intensive study, evaluation, and application of current developments in curriculum theory and practice for public school Physical Education. Includes review of literature related to curriculum development, review of professional standards, examination of curricula models, leading to the design of an innovative physical education curriculum plan. Prerequisite: KIN 520 Pedagogical Methods or its equivalent.

**KIN 522 RESEARCH AND ISSUES IN PHYSICAL EDUCATION TEACHER EDUCATION (3)**

The central focus of this course is to introduce students to literature and research on teacher preparation, effective teaching, and research on effective schools. This includes an understanding of the research questions pursued, the methodologies employed, and the results generated. Prerequisite: KIN 520 Pedagogical Methods or its equivalent.

**KIN 525 INDIVIDUALIZED MOVEMENT PROGRAMS FOR REHABILITATION EDUCATION (3)**

The student will learn how to formulate individualized exercise programs for rehabilitation/development of fitness skills in people with orthopedic injuries, chronic diseases, and disabilities. This course will take both a medical and functional point-of-view in dealing with development/return of quality-of-life skills, as well as advanced athletic skills. Prerequisites: Human Anatomy/Human Physiology/Athletic Injuries/Adaptive Physical Education.

**KIN 550 SEMINAR IN BIOMECHANICS (2)**

This course uses topical published research articles to discuss the quantitative and qualitative analysis of human movement and their application for Kinesiology professionals. Topics will vary, however, the underlying objective will be to understand aspects of the research presented in these articles including: appropriateness of research design, methodology, statistical methods, analysis techniques and limitations of studies. Prerequisite: KIN 350 or equivalent.

**KIN 560 ADVANCED PHYSIOLOGY OF EXERCISE (2)**

This course will center around the presentation and discussion of topics related to the application of exercise physiology to school, athletic, and adult fitness settings. Topics will include metabolism and nutrition as it pertains to exercise, the muscular system and resistive training, body composition and weight loss, the cardiovascular system as it relates to endurance training and cardiac rehabilitation, and exercise in extreme environmental conditions, and commonly used ergogenic aids. Prerequisite: KIN 360 or equivalent.

**KIN 578 PROJECT CONTINUATION (1-3)**

Designed for students working on their thesis or master's project but who have otherwise completed all graduate coursework toward their degree. This course cannot be applied toward the minimum number of units needed for completion of the master's degree. Prerequisite: permission of the graduate coordinator. Cr/NC only.

**KIN 590 GRADUATE INTERNSHIP (3)**

KIN 590 students will have opportunity to apply Kinesiological theories and methods in field experiences related to Kinesiology professions. Internships require faculty approval and a minimum of 45 hours of work per unit, including regular consultation with and evaluation by the faculty sponsor. Prerequisite: graduate standing and consent of instructor.

**KIN 595 SPECIAL STUDIES (1-4)**

Includes completion of a project to meet a highly specialized advanced study need. Project to be selected in conference with the faculty advisor and approved by the departmental Graduate Studies Committee. Prerequisites: consent of instructor and approval of departmental Graduate Studies Committee before the study is initiated.

**KIN 599 CULMINATING PROJECT (3)**

KIN 599 Culminating Project is a scholarly investigation based on the students concentration area. Students will complete one of the following: project, thesis, scholarly article, clinical project or business/curriculum plan. Prerequisite: KIN 590 and an authorized Advancement to Candidacy form.