

ATHLETIC TRAINING

This major prepares students for a career as an athletic trainer in high school, college or professional settings or for work in other settings (such as sports medicine clinics, the military, industry, and fitness centers). The program is CAATE accredited and students are prepared for the Board of Certification exam upon graduation. Admission to the athletic training program is competitive and based on available departmental resources. Admission procedures and technical standards can be found at <http://www.kin.hs.iastate.edu/programs/athletic-training/#program-information-and-requirements>.

Iowa State University's Athletic Training Program is transitioning to a Professional Master's degree program. The last cohort of undergraduate athletic training students will be admitted into the bachelor's degree program in spring 2018. Pending approval of curriculum committees and Board of Regents, we anticipate offering a 3+2 athletic training program with the first cohort of Master of Science students starting summer session 2020. Pre-Athletic Training students will continue to have an undergraduate curriculum in the Department of Kinesiology. For more information, please contact the program director, Dr. Mary Meier, at mary@iastate.edu.

Mission

We promote health and well-being by creating and disseminating knowledge about physical activity and active living. Through discovery, learning and engagement we improve the lives of citizens of Iowa, the United States and the world.

Goals

The department has identified the following goals to support this mission:

1. We seek to improve the lives of citizens of Iowa, the United States, and the world by the creation and dissemination of knowledge about physical activity and its relationship to health and well-being.
2. We prepare scholars and professionals in the study of physical activity at the undergraduate and graduate levels.
3. We educate the public and the University community in the scientific aspects of physical activity especially exercise, sport, and the role of movement throughout the lifespan.

Undergraduate Study

The Department of Kinesiology offers two Bachelor of Science degrees: Athletic Training and Kinesiology & Health. The undergraduate curriculum major/option is comprised of three components: general education, required departmental courses and the component courses. The intent of the general education component is to promote intellectual and personal growth and to prepare students for success in the basic,

advanced and major/option components. Required courses provide an introduction to the field and fundamental principles of physical activity, fitness, health and disease.

B.S. degree in Athletic Training

Certified Athletic Trainers are allied medical health professionals who specialize in the prevention, assessment, treatment and rehabilitation of injuries to athletes and physically active individuals who are engaged in physical and athletic activities. To gain certification, candidates must graduate from a CAATE accredited athletic training education program and successfully pass the Board of Certification (BOC) examination. Most states have licensure requirements to practice athletic training. The Athletic Training education program at Iowa State University, accredited since 2001, includes various athletic training clinical rotations including high school, physical therapy clinics, surgical observation experiences, and emergency room observation. The Athletic Training Program utilizes a competitive admission process for undergraduate students.

Curriculum in Athletic Training

This major prepares students for a career as an athletic trainer in high school, college or professional settings or for work in other settings (such as sports medicine clinics, the military, industry, and fitness centers). The program is CAATE accredited and students are prepared for the Board of Certification exam upon graduation. Admission to the athletic training program is competitive and based on available departmental resources. Admission procedures and technical standards can be found <http://www.istatesportsmed.com/>

Communication Proficiency

In order to meet graduation requirements, all students must earn an average of C (2.0) or better in ENGL 150 and ENGL 250, with neither grade being lower than a C-. Students not meeting this condition must earn a C or better in an advanced writing course:

ENGL 302	Business Communication	3
or ENGL 314	Technical Communication	
LIB 160	Information Literacy	1
SP CM 212	Fundamentals of Public Speaking	3

U.S. Diversity and International Perspectives

In order to meet graduation requirements, all students must complete 3 cr. of course work in U.S. Diversity and 3 cr. in International Perspectives. See university approved list.

General Education Physical and Life Sciences:

BIOL 255	Fundamentals of Human Anatomy	3
BIOL 255L	Fundamentals of Human Anatomy Laboratory	1
BIOL 256	Fundamentals of Human Physiology	3

BIOL 256L	Fundamentals of Human Physiology Laboratory	1
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Additional major-specific requirements are:

CHEM 163	College Chemistry	4
CHEM 163L	Laboratory in College Chemistry	1
FS HN 167	Introduction to Human Nutrition	3
PHYS 111	General Physics	4-5
or PHYS 115	Physics for the Life Sciences	

Mathematics and Statistics:

From the following: 3-4

MATH 140	College Algebra	
or MATH 14	Preparation for Calculus	
or MATH 14	Applied Trigonometry	
or MATH 16	Calculus I	
or MATH 18	Calculus and Mathematical Modeling for the Life Sciences I	

From the following: 3-4

STAT 101	Principles of Statistics	
or STAT 104	Introduction to Statistics	

Social Sciences: 9 cr. min required

PSYCH 101	Introduction to Psychology	3
or PSYCH 230	Developmental Psychology	
SOC 134	Introduction to Sociology	3

Humanities: 6 cr. min required

Choose from department approved list.

Communications:

ENGL 150	Critical Thinking and Communication	3
ENGL 250	Written, Oral, Visual, and Electronic Composition	3
LIB 160	Information Literacy	1
SP CM 212	Fundamentals of Public Speaking	3
One of the following		3
ENGL 302	Business Communication	
or ENGL 314	Technical Communication	
or SP CM 31	Business and Professional Speaking	

Program requirements:

The following courses are required in all majors and options:

H S 110	Personal and Consumer Health	3
H S 350	Human Diseases (*)	3
KIN 252	Disciplines and Professions in Kinesiology and Health	1
KIN 253	Orientation and Learning Community in Kinesiology and Health	1

KIN 258	Physical Fitness and Conditioning	2
KIN 358	Physiology of Exercise (*)	3

* A grade of C- or better is required.

Courses for Athletic Training Major

Option Requirements:

A TR 219	Clinical Practicum in Athletic Training	1
A TR 221	Pre-Athletic Training Clinical Practicum	1
A TR 222	Basic Athletic Training for Athletic Trainers	3
A TR 223	Clinical Practicum in Athletic Training	1
A TR 224	Evaluation of Athletic Injuries I	3
A TR 225	Athletic Injuries I Clinical Practicum	1
A TR 226	Evaluation of Athletic Injuries II	3
A TR 227	Athletic Injuries II Clinical Practicum	1
A TR 240	Introduction to Taping, Equipment, and Bracing Techniques	1
A TR 323	Therapeutic Modalities for Athletic Trainers	3
A TR 324	Therapeutic Modalities Clinical Practicum	1
A TR 326	Rehabilitation of Athletic Injuries	3
A TR 327	Rehabilitation of Athletic Injuries Clinical Practicum	1
A TR 425	Organization and Administration of Athletic Training	3
A TR 450	Medical Concerns for the Athletic Trainer	3
A TR 488	Evidence Based Practice in Athletic Training	2
A TR 489	Review of Athletic Training Competencies and Clinical Proficiencies	1
H S 215	Drug Education	3
H S 305	Instructor's First Aid and Cardio-pulmonary Resuscitation	2
KIN 266	Advanced Strength Training and Conditioning	2
KIN 355	Biomechanics (*)	3
KIN 360	Sociology of Physical Activity and Health (*)	3
KIN 365	Sport Psychology (*)	3
KIN 445	Legal Aspects of Sport	3
KIN 480	Functional Anatomy	3
Electives		3
Total Credits		57

* A grade of C- or better is required.

Athletic Training

Freshman

Fall	Credits Spring	Credits
BIOL 255	3 A TR 221	1
BIOL 255L	1 A TR 222	3
ENGL 150	3 BIOL 256	3
H S 110	3 BIOL 256L	1
KIN 252	1 FS HN 167	3
KIN 253	1 SOC 134	3
LIB 160	1 STAT 101 or 104	3-4
PSYCH 101 or 230	3	
	16	17-18

Sophomore

Fall	Credits Spring	Credits
A TR 219	1 A TR 224	3
A TR 223	1 A TR 225	1
A TR 226	3 A TR 240	1
A TR 227	1 H S 215	3
ENGL 250	3 KIN 266	2
KIN 258	2 PHYS 111 or 115	4-5
MATH 140, 143, 145 or 165	3-4 Humanities Choice	3
	14-15	17-18

Junior

Fall	Credits Spring	Credits
A TR 323	3 A TR 326	3
A TR 324	1 A TR 327	1
CHEM 163	4 H S 350	3
CHEM 163L	1 KIN 358	3
KIN 355	3 KIN 365	3
Social Science Choice	3 SP CM 212	3
	15	16

Senior

Fall	Credits Spring	Credits
A TR 425	3 A TR 488	2
A TR 450	3 A TR 489	1
KIN 360	3 ENGL 302, 314, or SP CM 312	3
Electives (300+ Level Course)	3 H S 305	2
Humanities Choice	3 KIN 445	3
	KIN 480	3
	15	14

Students must complete a 3-credit course in US Diversity and a 3-credit course in International Perspectives. Check ISU homepage for list of approved courses. You must complete a minimum of 46 credits in 300/400 level courses and a total of 124 credits for graduation.

Four year plans are arranged with courses in prerequisite sequence and within the term a course is usually offered. This is a SAMPLE plan - use the degree audit as "official" documentation of progress towards your degree.

Courses primarily for undergraduates:**A TR 218: Orientation to Athletic Training Clinical Experience**

(0-2) Cr. 0.5. F.

Pre-athletic training clinical experience designed to orientate students to the athletic training profession prior to enrolling in athletic training course sequence. Students will observe athletic trainers in various athletic training clinical sites. Open to pre-athletic training students only. Offered on a satisfactory-fail basis only.

A TR 219: Clinical Practicum in Athletic Training

(0-2) Cr. 1. F.

Athletic training clinical experiences designed to review human anatomical structures including origin, insertion, action, innervations of muscles. Students will gain experience with palpation of these structures to help identify location of anatomical landmarks. Students will also gain experience identifying bones, ligaments, and tendons. Open to athletic training students only.

A TR 220: Basic Athletic Training

(1-2) Cr. 2.

Prereq: BIOL 155 or BIOL 255 and BIOL 256

Introduction to methods of prevention and immediate care of athletic injuries. Basic information concerning health supervision of athletes, and some basic wrapping and strapping techniques for common injuries. Non A TR majors only.

A TR 221: Pre-Athletic Training Clinical Practicum

(0-3) Cr. 1. S.

Prereq: Credit or enrollment in A TR 222

Athletic training clinical observation experiences to accompany A TR 222. Utilize knowledge to evaluate, analyze and demonstrate appropriate taping, wrapping and basic skill techniques. Open to students interested in the athletic training option. Offered on a satisfactory-fail basis only.

A TR 222: Basic Athletic Training for Athletic Trainers

(2-2) Cr. 3. S.

Prereq: BIOL 255, BIOL 255L

Provides pre-athletic training students with the knowledge of the profession of a certified athletic trainer, factors associated with injury prevention, treatment, emergency care of athletic injuries, protective equipment, basic organization, administrative, and legal concepts in the athletic training setting. To be taken concurrently with A TR 221.

A TR 223: Clinical Practicum in Athletic Training

(0-3) Cr. 1. F.

Prereq: Permission of Athletic Training Program Director

Athletic training clinical experiences for athletic training students during pre-season intercollegiate football. Clinical experiences include: Professional Rescuer CPR, AED certification, emergency splinting and spineboarding, medical record keeping and HIPPA regulations, environmental conditions, prevention of injury screening strategies, athletic training room and education program policies and procedures, review of athletic taping techniques, acute injury management, mouthpiece formation, and anatomy review. Offered on a satisfactory-fail basis only.

A TR 224: Evaluation of Athletic Injuries I

(2-3) Cr. 3. F.

Prereq: Permission of athletic training program director

Sport injury assessment procedures and evaluation techniques for lower body injuries. Includes an overview of mechanisms of injury, general musculoskeletal disorders, and spine or neurological dysfunction. Designed for students in the athletic training major.

A TR 225: Athletic Injuries I Clinical Practicum

(0-3) Cr. 1. F.

Prereq: Permission of athletic training program director

Athletic training clinical experience to accompany A TR 224. Open to students in the athletic training major. Offered on a satisfactory-fail basis only.

A TR 226: Evaluation of Athletic Injuries II

(2-3) Cr. 3. S.

Prereq: Permission of athletic training program director

Sport injury assessment procedures and evaluation techniques for lower body injuries. Includes an overview of common illnesses of athletes and sport specific injuries. Designed for students in the athletic training major.

A TR 227: Athletic Injuries II Clinical Practicum

(0-3) Cr. 1. S.

Prereq: Permission of athletic training program director

Athletic training clinical experience to accompany A TR 226. Open to students in the athletic training major. Offered on a satisfactory-fail basis only.

A TR 240: Introduction to Taping, Equipment, and Bracing Techniques

(0-3) Cr. 1. S.

Prereq: Permission of athletic training program director

Basic information and laboratory instruction regarding basic taping techniques, athletic equipment fitting procedures, and the use and proper fitting of prophylactic braces. Open to students in the athletic training major. Offered on a satisfactory-fail basis only.

A TR 323: Therapeutic Modalities for Athletic Trainers

(2-2) Cr. 3. F.

Prereq: Permission of athletic training program director

Theory and technique of therapeutic modalities used in the management of injuries.

A TR 324: Therapeutic Modalities Clinical Practicum

(0-3) Cr. 1. F.

Prereq: Permission of athletic training program director

Athletic training clinical experience to accompany A TR 323. Open to students in athletic training major. Offered on a satisfactory-fail basis only.

A TR 326: Rehabilitation of Athletic Injuries

(2-2) Cr. 3. S.

Prereq: Permission of athletic training program director

Theory and practical application of rehabilitation principles used in the management of athletic injuries.

A TR 327: Rehabilitation of Athletic Injuries Clinical Practicum

(0-3) Cr. 1. S.

Prereq: Permission of athletic training program director

Athletic training clinical experience to accompany A TR 326. Open to students in the athletic training major. Offered on a satisfactory-fail basis only.

A TR 425: Organization and Administration of Athletic Training

(3-0) Cr. 3. F.

Prereq: Permission of athletic training program director, senior classification

Current administrative, professional, and legal issues pertaining to athletic training. Job search techniques and strategies including preparation of materials for athletic training students.

A TR 450: Medical Concerns for the Athletic Trainer

(3-0) Cr. 3. F.

Prereq: Permission of athletic training program director

Current medical issues and concerns, including pathology of illness and injury, dermatological conditions, exposure to allied health care professionals, and pharmacological indications in relation to the profession of athletic training and in patient/athlete care.

A TR 488: Evidence Based Practice in Athletic Training

Cr. 2. F.S.

Prereq: Permission of athletic training program director

Clinical experiences in application of athletic training techniques under supervision of certified athletic trainers. Participation in monthly research journal discussion.

A TR 489: Review of Athletic Training Competencies and Clinical Proficiencies

Cr. 1. F.S.

Prereq: Senior classification, permission of athletic training program director

Preparation for professional endorsement and certification by review of required competencies and clinical proficiencies. Required for endorsement or approval to sit for Board of Certification Exam. Offered on a satisfactory-fail basis only.

Courses primarily for undergraduates:**DANCE 120: Modern Dance I**

(0-3) Cr. 1. F.S.

Introduction and practice of basic dance concepts, including preparatory techniques and guided creativity problems. No previous modern dance experience required. Offered on a satisfactory-fail basis only.

DANCE 130: Ballet I

(0-3) Cr. 1. F.S.

Introduction to the basic skills, vocabulary, and tradition of ballet with concentration on control and proper alignment. No previous ballet experience required. Offered on a satisfactory-fail basis only.

DANCE 140: Jazz I

(0-3) Cr. 1. F.S.

Introduction to the modern jazz style with concentration on isolation and syncopation. No previous jazz experience required. Offered on a satisfactory-fail basis only.

DANCE 150: Tap Dance I

(0-3) Cr. 1. F.

Instruction and practice in basic tap technique and terminology. No previous tap experience required. Offered on a satisfactory-fail basis only.

DANCE 160: Ballroom Dance I

(0-2) Cr. 1. F.S.

Instruction and practice in foxtrot, waltz, swing, cha cha, rhumba, tango, and selected contemporary dances. Offered on a satisfactory-fail basis only.

DANCE 199: Dance Continuum

Cr. 0.5-2. Repeatable, maximum of 6 credits. F.S.

Prereq: Permission of instructor

Advance registration required. Continued instruction and practice in either modern dance, recreational dance, ballet, jazz and/or compositional skills. Offered on a satisfactory-fail basis only.

DANCE 211: Fundamentals and Methods of Social and World Dance

(1-3) Cr. 1. S.

Skill enhancement, teaching, progressions with emphasis on world and social dance. Designed for kinesiology and health majors, open to others.

DANCE 220: Modern Dance Composition

(1-3) Cr. 2. F.

Prereq: DANCE 120 or previous modern dance experience

Theory and practice of the creative skills involved in solo and small group composition.

DANCE 222: Modern Dance II

(0-3) Cr. 1. F.

Prereq: DANCE 120 or previous modern dance experience

Dance techniques emphasizing strength, balance, endurance, rhythmic activity and extended combinations.

DANCE 223: Modern Dance III

(0-3) Cr. 1. S.

Prereq: DANCE 222

Continued experience in dance techniques and extended combinations. Emphasis on maturation of skill and artistry. Exposure to a variety of modern dance technical styles.

DANCE 224: Concert and Theatre Dance

(Cross-listed with THTRE). (0-3) Cr. 0.5-2. Repeatable, maximum of 6 credits. F.S.

Prereq: By audition only

Choreography, rehearsal, and performance in campus dance concerts and/or musical theatre productions. Offered on a satisfactory-fail basis only.

DANCE 232: Ballet II

(0-3) Cr. 1. S.

Prereq: Previous ballet experience

Technical skills in the classical movement vocabulary. Emphasis on alignment, techniques, sequence development, and performing quality.

DANCE 233: Ballet III

(0-3) Cr. 1. F.

Prereq: DANCE 232

Concentration on technical proficiency at the intermediate level. Pointe work and partnering opportunities available.

DANCE 242: Jazz II

(0-3) Cr. 1. S.

Prereq: Previous jazz dance experience

Dance concepts within the jazz idiom. Instruction in extended movement sequences and artistic interpretation.

DANCE 270: Dance Appreciation

(3-0) Cr. 3. F.S.SS.

Introduction to the many forms and functions of dance in world cultures. Develop abilities to distinguish and analyze various dance styles. No dance experience required.

Meets International Perspectives Requirement.

DANCE 320: Sound and Movement

(2-2) Cr. 3. S.

Prereq: DANCE 220

Intermediate composition based on the relationship of movement to improvised sounds, rhythmic scores, and the musical works of composers from various periods.

DANCE 360: History and Philosophy of Dance

(3-0) Cr. 3. Alt. S., offered even-numbered years.

Prereq: DANCE 270

Study of the history of dance from early to modern times with emphasis on the theories and philosophies of contemporary modern dance, dancers, and dance educators.

DANCE 370: Advanced Studies in Dance

Cr. 1-3. Repeatable, maximum of 8 credits. F.S.

Prereq: 2 credits in dance

Advance registration required. Designed to meet special interests and talents of students to include both group and independent study in various aspects of dance as a performing art including production, choreography, and performance.

DANCE 384: Teaching Children's Dance

(1-3) Cr. 2. S.

Content, experiences, and methods of a comprehensive dance program at the elementary school level. Theories and practice in guiding elementary school children in expressive movement experiences.

DANCE 385: Methods of Teaching Dance

(1-3) Cr. 2. F.

Methods and techniques of teaching social and world dance forms. Introduction to teaching educational modern dance.

DANCE 386: Teaching Dance Technique and Composition

(1-3) Cr. 2.

Prereq: DANCE 320

Teaching yoga, body therapies, mindfulness and dance composition to enhance the physical and mental performance of the individual.

DANCE 490: Independent Study

Cr. 1-3. Repeatable, maximum of 6 credits.

Prereq: 6 credits in dance and permission of coordinator

Independent study of problems or areas of interest in dance.

DANCE 490A: Independent Study: Dance

Cr. 1-3. Repeatable, maximum of 6 credits. F.S.

Prereq: 6 credits in dance and permission of coordinator

Independent study of problems or areas of interest in dance.

DANCE 490H: Independent Study in Dance - Honors

Cr. 1-3. Repeatable, maximum of 6 credits. F.S.

Prereq: 6 credits in dance and permission of coordinator

Independent study of problems or areas of interest in dance for those admitted to the honors program.

Courses primarily for undergraduates:

H S 105: First Aid and Emergency Care

(1-2) Cr. 2. F.S.SS.

Discussion and application of the basic techniques of utilizing bloodborne pathogen safety measures, administering first aid and cardiopulmonary resuscitation. ARC layperson certification available.

H S 110: Personal and Consumer Health

(3-0) Cr. 3. F.S.

Physical, mental, emotional and social aspects of health as a basis for understanding and promoting health, and preventing poor health conditions. Study of personal responsibility on the long-term benefits of maintaining a high level of wellness and health. Identification and mitigation of negative lifestyle habits.

H S 215: Drug Education

(3-0) Cr. 3. F.S.

Prereq: PSYCH 101 or PSYCH 230

Discussion of use, abuse and addiction of mood modifying substances in contemporary society. Includes study of tobacco, alcohol, and other drugs.

H S 275: Health Education in the Elementary School

(3-0) Cr. 3. F.S.

Prereq: HD FS 102 or HD FS 226

The application of instructional strategies related to health education and physical education for teachers at the elementary level. Credit for both H S 275 and 375 may not be applied toward graduation.

H S 285: Pre-Internship in Kinesiology and Health

(Cross-listed with KIN). Cr. 1-2. F.S.

Prereq: Kinesiology and Health major and permission of internship coordinator.

Pre-internship experience with a health organization based on option. Offered on a satisfactory-fail basis only.

H S 290: Independent Study

Cr. 1. Repeatable, maximum of 3 credits. F.S.

Prereq: 2nd semester freshmen, sophomores and permission from instructor. Study under supervision of faculty.

H S 305: Instructor's First Aid and Cardio-pulmonary Resuscitation

(1-2) Cr. 2. F.S.

Prereq: H S 105

Discussion and practice of skills needed to teach first aid and cardiopulmonary resuscitation. ARC certification available.

H S 310: Community and Public Health

(3-0) Cr. 3. F.S.

Prereq: H S 110

Introduction to community health problems, programs of prevention, environmental health agencies, and health services. Study of local, state, and national community health agencies, their purposes and functions.

H S 350: Human Diseases

(3-0) Cr. 3. F.S.SS.

Prereq: H S 110 and BIOL 255, BIOL 256

Discussion of disease process and ill-health in the twentieth century. Emphasis on epidemiology, prevention, treatment, and the understanding of the etiology of communicable and noncommunicable diseases.

H S 375: Teaching-Learning Process in Health Education

(3-0) Cr. 3. F.

Prereq: H S 105, H S 110, H S 215

Principles, methods, materials, and resources involved in the teaching of health. Includes organization and development of the health education curriculum (K-12). Credit for both H S 275 and 375 may not be applied toward graduation.

H S 380: Worksite Health Promotion

(3-0) Cr. 3. F.S.

Prereq: KIN 258, KIN 366

The design and implementation of worksite health promotion programs and the benefits these programs have for both employees and employers. Review of various health risk appraisals and planning theory-based incentive programs designed to promote positive lifestyles.

H S 385: Preparation and Search Strategies for Kinesiology and Health Internships

(Cross-listed with KIN). Cr. 0.5. F.S.

Prereq: Junior classification; to be taken minimum of two semesters prior to required internship.

Preparation of relevant material for a successful internship/career search. Specific internship timeline, process, procedures will be reviewed.

H S 390: Administration of the School Health Program

(3-0) Cr. 3. F.

Prereq: H S 310

History and legal basis of school health programs. Procedures for developing, organizing, administering, and evaluating a modern program of health services, healthful school living, and health instruction. Includes administration, community and school relationships.

H S 417: Supervised Teaching in Health Education in the Secondary School

Cr. 12. F.S.

Prereq: H S 375

Advance registration required.

H S 417A: Supervised Teaching in Health Education in the Secondary School: Initial Endorsement

Cr. 16. F.S.

Prereq: H S 375

Students must be fully admitted to Teacher Education and must apply for approval to enroll at the beginning of the semester prior to registering.

H S 417B: Supervised Teaching in Health Education in the Secondary School: Additional Endorsement

Cr. arr. F.S.

Prereq: H S 375

Students must be fully admitted to Teacher Education and must apply for approval to enroll at the beginning of the semester prior to registering.

H S 430: Community Health Program Development

(3-0) Cr. 3. F.

Prereq: H S 380

Techniques of needs assessment, program design, administration, and evaluation of community health education programs in various settings.

H S 464: Physical Activity Epidemiology

(Dual-listed with H S 564). (3-0) Cr. 3. S.

Prereq: KIN 358 or H S 350; STAT 101 or STAT 401

Understanding health benefits of physical activity on chronic disease prevention and health promotion throughout the life span, from clinical and public health perspectives. Discussion and application of real-life physical activity assessment, research, guidelines, and promotion in population levels.

H S 485: Internship in Health Studies

Cr. 8-16.

Prereq: Senior classification and advanced registration.

Advance registration required. Supervised experience in health related agencies. Offered on a satisfactory-fail basis only.

H S 485A: Internship in Health Studies: Community and Public Health

Cr. 8-16. F.S.SS.

Prereq: All required courses and C- or better in HS 310 and HS 430.

Kinesiology and Health majors only. Cumulative GPA 2.0.

Observation and practice in selected community and public health agencies. Offered on a satisfactory-fail basis only.

H S 485B: Internship in Health Studies: Physical Activity and Health Promotion

Cr. 8-16. F.S.SS.

Prereq: All required courses and C- or better in KIN 485 and KIN 467.

Kinesiology and Health majors only. Cumulative GPA 2.0.

Observation and practice in selected physical activity and health promotion agencies. Offered on a satisfactory-fail basis only.

H S 490: Independent Study

Cr. 1-3. Repeatable, maximum of 6 credits.

Prereq: 6 credits in health studies and permission of coordinator

Courses primarily for graduate students, open to qualified undergraduates:

H S 564: Physical Activity Epidemiology

(Dual-listed with H S 464). (3-0) Cr. 3. S.

Prereq: KIN 358 or H S 350; STAT 101 or STAT 401

Understanding health benefits of physical activity on chronic disease prevention and health promotion throughout the life span, from clinical and public health perspectives. Discussion and application of real-life physical activity assessment, research, guidelines, and promotion in population levels.

Courses primarily for undergraduates:

KIN 101: Swimming I

(0-3) Cr. 1. F.S.SS.

Basic course for nonswimmers. Emphasis on two fundamental strokes and personal water safety skills. Offered on a satisfactory-fail basis only.

KIN 102: Swimming II

(0-3) Cr. 1. F.S.

Prereq: KIN 101 or equivalent skill

Intermediate course. Emphasis on learning and improving five basic strokes and personal water safety skills. Offered on a satisfactory-fail basis only.

KIN 108: Aquatic Fitness

(0-3) Cr. 1. F.S.

Prereq: KIN 102 or equivalent skill

Water related exercises, activities, and swimming workouts to improve physical fitness. Offered on a satisfactory-fail basis only.

KIN 122: Badminton

(0-2) Cr. 1. F.S.SS.

Introduction to fundamental badminton skills and strategic game play. Offered on a satisfactory-fail basis only.

KIN 129: Bowling

(0-2) Cr. 1. F.S.SS.

Introduction to bowling skills and strategic game play. Offered on a satisfactory-fail basis only.

KIN 135: Golf

(0-2) Cr. 1. F.S.SS.

Introduction to fundamental golf skills and strategic game play. Offered on a satisfactory-fail basis only.

KIN 144: Racquetball

(0-2) Cr. 1. F.S.SS.

Introduction to fundamental racquetball skills and strategic game play. Offered on a satisfactory-fail basis only.

KIN 153: Ice Skating

(0-2) Cr. 1. F.S.SS.

Introduction to fundamental ice skating skills and strategic game play. Offered on a satisfactory-fail basis only.

KIN 158: Tennis

(0-2) Cr. 1. F.S.SS.

Introduction to basic skills (forehand, backhand, service) and basic knowledge of game play. Offered on a satisfactory-fail basis only.

KIN 163: Physical Fitness

(0-3) Cr. 1. F.S.SS.

Evaluation of fitness status. Exercises, activities, and programs to improve physical fitness. Improve physical fitness and weight control. Offered on a satisfactory-fail basis only. Credit for only KIN 163 or 258 may be applied toward graduation.

KIN 164: Walking for Fitness

(0-3) Cr. 1. F.S.SS.

Fitness walking as an activity to improve health and fitness; values of this type of activity as a lifetime endeavor with knowledge and usage of pedometers. Offered on a satisfactory-fail basis only.

KIN 165: Running for Fitness

(0-2) Cr. 1. F.S.SS.

Running as a physical activity to improve physical fitness and health. Promotion of this activity as a lifetime endeavor. Offered on a satisfactory-fail basis only.

KIN 166: Weight Training

(0-3) Cr. 1. F.S.SS.

Introduction to fundamental skills of weight training and strategic game play. Offered on a satisfactory-fail basis only.

KIN 168: Judo

(0-2) Cr. 1. F.S.

Fundamentals of self defense, focusing on throwing with the hands, hips and feet as well as applying pins, chokes and arm-bars. The physical skills will be taught focused on training through development of courtesy, integrity, perseverance, self control, & indomitable spirit. Emphasis on learning a way of life that promotes personal development, physical health and citizenship. Offered on a satisfactory-fail basis only.

KIN 170: Tae Kwon Do/Karate I

(0-2) Cr. 1. F.S.

Teaches fundamentals of self-defense, focusing on hand and foot striking and blocking techniques. The physical skills will be taught focused on training through development of courtesy, integrity, perseverance, self-control and indomitable spirit. It will be emphasized that each student learns a way of life that promotes personal development, physical health and citizenship. Offered on a satisfactory-fail basis only.

KIN 171: Tae Kwon Do/Karate II

(0-2) Cr. 1. F.S.

Teaches advanced application of self-defense focusing on hand and foot striking and blocking techniques. The physical skills will be taught focused on training through development of courtesy, integrity, perseverance, self-control and indomitable spirit. It will be emphasized that each student learns a way of life that promotes personal development, physical health and citizenship. Offered on a satisfactory-fail basis only.

KIN 173: Hap Ki Do/Martial Self-Defense

(0-2) Cr. 1. F.S.

Teaches fundamentals of self-defense focusing on joint locks, pressure points and throwing techniques to escape from an attacker. The physical skills will be taught focused on training through development of courtesy, integrity, perseverance, self-control and indomitable spirit. It will be emphasized that each student learns a way of life that promotes personal development, physical health & citizenship. Offered on a satisfactory-fail basis only.

KIN 182: Volleyball

(0-2) Cr. 1. F.S.SS.

Introduction to fundamental volleyball skills and strategic game play. Offered on a satisfactory-fail basis only.

KIN 185: Soccer

(0-2) Cr. 1. F.S.SS.

Introduction to fundamental soccer skills and strategic game play. Offered on a satisfactory-fail basis only.

KIN 210: Concepts of Fitness and Wellness

(2-0) Cr. 2. F.S.

Coverage of behavioral skills needed to adopt and maintain lifestyles conducive to fitness and wellness. Provides students with knowledge and skills needed to adopt and maintain healthy lifestyles. Includes self-assessments and content on physical activity, nutrition, weight control, stress management and other lifestyle behaviors related to health. For non-kinesiology majors.

KIN 214: Building Comprehensive School Physical Activity Programs

Cr. 1. Repeatable, maximum of 2 credits. S.

Prereq: Freshman Classification

Service learning with practical experience in school research focused on promoting physical activity and wellness in youth. Offered on a satisfactory-fail basis only.

KIN 231: Fundamentals of Tumbling and Gymnastics

(0-3) Cr. 1. F.

Prereq: Eligibility for admission to KIN teacher education program

Fundamentals of tumbling and gymnastics apparatus. Skill enhancement, analysis, understanding practice and the development of progressions.

KIN 232: Fundamentals of Team Sports

(0-3) Cr. 1. F.

Prereq: Eligibility for admission to KIN teacher education program

Fundamentals of indoor and outdoor team sports, for example basketball, volleyball, flag football, and soccer. Skill enhancement, analysis, understanding practice and the development of progressions.

KIN 236: Fundamentals of Individual Sports and Fitness

(0-3) Cr. 1. S.

Prereq: Eligibility for admission to KIN teacher education program

Fundamentals of individual sports and fitness, for example disc golf, bowling, badminton, and weight training. Skill enhancement, analysis, understanding practice and the development of progressions.

KIN 242: Planning for Success in a Health Career

Cr. 0.5. F.S.

Prereq: KIN H major in PHP option with sophomore status or above.

Exploration of various health fields to clarify career goals and prepare a parallel career plan outside of medicine. Facilitate preparation of relevant materials for professional and graduate school admission. Offered on a satisfactory-fail basis only.

KIN 252: Disciplines and Professions in Kinesiology and Health

(1-0) Cr. 1. F.S.

Overview of the various disciplines and professions that comprise the field of Kinesiology (the study of human movement) and help students determine the career option that best fits their interests.

KIN 253: Orientation and Learning Community in Kinesiology and Health

(1-0) Cr. 1. F.S.

Prereq: Concurrent enrollment or credit in KIN 252

Overview of ISU policies and procedures, academic advising operations, degree requirements, program of study planning, and campus resources. Students will have out-of-class activities and work with faculty, staff and mentors to explore careers in Kinesiology and complete assignments related to identification & development of their skills and interests. Department of Kinesiology students only. Offered on a satisfactory-fail basis only.

KIN 258: Physical Fitness and Conditioning

(1-3) Cr. 2. F.S.

Prereq: Kinesiology and health majors only

Introduction to five components of fitness: cardiorespiratory, muscular strength, muscular endurance, flexibility, and body composition. Students will be introduced to basic exercise prescription and evaluation principles, develop skills to assess each component of fitness, and learn different exercise modalities to enhance each component. Credit for only one of the following courses may be applied toward graduation: KIN 163, 258.

KIN 259: Leadership Techniques for Fitness Programs

(1-3) Cr. 2. F.S.

Prereq: KIN 258

Development of exercise leadership skills for a variety of activities. Includes planning, promotion, and teaching techniques for developing fitness in others using a variety of exercise modalities including group fitness and weight training. Kinesiology and health majors only.

KIN 266: Advanced Strength Training and Conditioning

(1-2) Cr. 2. F.S.

Prereq: KIN 258

This course is designed to enhance the student's current level of knowledge and expertise to an advanced level in the area of strength training and conditioning. The course will prepare students interested in taking the National Strength and Conditioning Association Certified and Conditioning Specialist's exam. The course will focus on the assessment and implementation of training programs with strong emphasis on the areas of resistance training, metabolic training, flexibility, reaction time, speed, and agility. Kinesiology and health majors only and permission of instructor needed.

KIN 280: Directed Field Experience in Elementary Physical Education

(0-3) Cr. 1. F.S.

Observing, planning, and facilitating movement experiences of children in an elementary school setting. Offered on a satisfactory-fail basis only.

KIN 281: Directed Field Experience in Secondary Physical Education

(0-3) Cr. 1. F.S.

Prereq: Admission to Educator Preparation Program

Observing, planning, and facilitating movement experiences of students in a middle and/or high school setting. Offered on a satisfactory-fail basis only.

KIN 282: Field Experience with Educational Outreach

(0-2) Cr. 1. F.S.

Prereq: Admission to Educator Preparation Program

Planning and facilitating physical education experiences for children in a community outreach setting. Experiences take place on campus. Offered on a satisfactory-fail basis only.

KIN 284: Elementary and Pre-school Movement Education

(2-3) Cr. 3. F.S.SS.

Prereq: 3 credits in human development and family studies

Approaches to teaching movement skills, health-related fitness and school-based physical activities (in the classroom, in PE, during recess) to pre-school and elementary school age children are covered. Emphasis is placed on planning and conducting developmentally appropriate movement experiences for preschool and elementary aged children throughout the school day based upon educational psychology, exercise psychology and motor development research. Practical experience is provided. Credit in only one of the following courses may be applied toward graduation: KIN 284, 312.

KIN 285: Pre-Internship in Kinesiology and Health

(Cross-listed with H S). Cr. 1-2. F.S.

Prereq: Kinesiology and Health major and permission of internship coordinator.

Pre-internship experience with a health organization based on option. Offered on a satisfactory-fail basis only.

KIN 290: Independent Study

Cr. 1. Repeatable, maximum of 3 credits. F.S.

Prereq: 2nd semester freshmen, sophomores and permission from instructor. Study under supervision of faculty.

KIN 312: Movement Education in Elementary School Physical Education

(2-2) Cr. 3. F.

Prereq: Admission to Educator Preparation Program, KIN 280

Planning for management and instruction of developmentally appropriate physical education for children pre-school through grade six. Laboratory experience required. Credit for only one of KIN 284 or KIN 312 may be applied toward graduation.

KIN 313: Teaching Secondary Physical Education

(2-3) Cr. 3. S.

Prereq: Admission to Educator Preparation Program, KIN 281

Current theory, practice and research on teaching focusing on management, instructional, and learning styles of students in secondary schools.

KIN 315: Coaching Theory and Administrative Issues

(3-0) Cr. 3. F.S.SS.

Study in the theory, ethics, strategy, and mechanics of coaching various interscholastic and/or intercollegiate sports. Emphasis on formulating a philosophy, identifying goals and psychological aspects, teaching skills, and developing strategies.

KIN 345: Management of Health-Fitness Programs and Facilities

(3-0) Cr. 3. F.S.

Application of management concepts to the fitness industry, e.g., understanding customers, marketing, program management, financial management, legal issues, and evaluation and planning.

KIN 355: Biomechanics

(3-0) Cr. 3. F.S.SS.

Prereq: PHYS 111 or PHYS 115

Mechanical basis of human performance; application of mechanical principles to exercise, sport and other physical activities.

KIN 358: Physiology of Exercise

(3-0) Cr. 3. F.S.SS.

Prereq: BIOL 255, BIOL 255L, BIOL 256 and BIOL 256L

Physiological basis of human performance; effects of physical activity on body functions.

KIN 360: Sociology of Physical Activity and Health

(3-0) Cr. 3. F.S.

Prereq: SOC 134 and one of STAT 101, STAT 104 or STAT 226/STAT 326, or KIN 471

Provide an overview of sociology to enhance students understanding of societal forces influencing behavior; Provide insights about people, environments, organization and policies that impact Kinesiology professionals.

KIN 363: Basic Electrocardiography

(2-0) Cr. 2. Alt. F., offered even-numbered years.

Understanding of human electrocardiography, including normal and abnormal 12-lead ECGs and arrhythmia identification.

KIN 365: Sport Psychology

(3-0) Cr. 3. F.S.

Prereq: PSYCH 101 or PSYCH 230

Psychological factors that influence performance in sport settings. The influence of personality, anxiety, motivation and social factors. Psychological skills training and strategic methods for improvement of athletic performance.

KIN 366: Exercise Psychology

(3-0) Cr. 3. F.S.SS.

Prereq: PSYCH 101 or PSYCH 230

Psychological theories for understanding and predicting health-oriented exercise behavior. Psychological and psychobiological responses to exercise. Psychological interventions for increasing exercise participation and adherence rates.

KIN 372: Motor Control and Learning Across the Lifespan

(3-0) Cr. 3. F.S.SS.

Prereq: PSYCH 101 or PSYCH 230, BIOL 255, BIOL 256

Introduction to major concepts of neuromotor control, behavioral motor control and motor learning in the child, adult and older adult, with emphasis on the adult system.

KIN 385: Preparation and Search Strategies for Kinesiology and Health Internships

(Cross-listed with H S). Cr. 0.5. F.S.

Prereq: Junior classification; to be taken minimum of two semesters prior to required internship.

Preparation of relevant material for a successful internship/career search. Specific internship timeline, process, procedures will be reviewed.

KIN 391: Service Learning Leadership Experience

Cr. 1-3. Repeatable, maximum of 6 credits. F.S.

Applied service learning experiences designed to provide students with opportunities to apply classroom knowledge to real world applications. Students will gain professional skills and programming experience while supporting health, education and wellness programming in school, work site or community settings. Offered on a satisfactory-fail basis only.

KIN 395: Adapted Physical Education

(Dual-listed with KIN 595). (2-3) Cr. 3. F.

Prereq: Admission to Educator Preparation Program, KIN 280/281

Etiology, characteristics, needs and movement experiences for individuals with disabling conditions. Designed to provide appropriate methods of physical education instruction for students including those with disabilities as identified by the Individuals with Disabilities Education Act and students who are talented and gifted. Assessments and strategies to differentiate instruction and to adapt activities for all exceptional learners will be addressed. Laboratory experience required. KIN 595 may not be taken by students who previously earned credit in KIN 395.

KIN 399: Recreational Sport Management

(3-0) Cr. 3. F.

Prereq: SOC 134

The role of sport in developing fitness, recreational opportunities, and tourism, with special emphasis on issues related to youth sport, volunteerism, and the marketing of sport events and facilities.

KIN 417: Supervised Teaching in Physical Education in the Secondary School

Cr. arr. F.S.

Prereq: KIN 281, KIN 282, KIN 313, KIN 355, KIN 395, KIN 471, KIN 475; admission to Teacher Education; approval before enrolling in the course.
Supervised teaching in the secondary schools.

KIN 418: Supervised Teaching in Physical Education in the Elementary School

Cr. 8. F.S.

Prereq: KIN 280, KIN 282, KIN 312, KIN 355, KIN 395, KIN 471, KIN 475.
Students must be fully admitted to Teacher Education and must apply for approval to enroll at the beginning of the semester prior to registering
Supervised teaching in the elementary schools.

KIN 445: Legal Aspects of Sport

(3-0) Cr. 3. S.

Students will understand legal concepts and terminology relevant to sport/activity, identify strategies for limiting liability in sport/fitness programs, and identify solutions for elimination of discriminatory practices in sport and physical activity.

KIN 455: Research Topics in Biomechanics

(3-0) Cr. 3.

Prereq: KIN 355 or permission of instructor

Examination of biomechanics and kinesiology research literature to evaluate the application of mechanical principles and analyses to human movement in exercise, sport, physical activity, and activities of daily living and to assess research outcomes and their implications for motor performance, movement energetic, musculoskeletal loading, and injury.

KIN 458: Principles of Fitness Assessment and Exercise Prescription

(3-2) Cr. 4. F.S.

Prereq: KIN 258, KIN 358

Principles of cardiac risk factor identification and modification; risk classification of potential exercise clients; fitness assessments; developing comprehensive exercise prescriptions for individuals.

KIN 459: Internship in Exercise Leadership

(0-3) Cr. 1. F.S.

Prereq: C- or better in KIN 259, CPR certification, concurrent enrollment in KIN 458

Observation and practice of exercise leadership techniques in an on-campus adult fitness program.

KIN 462: Medical Aspects of Exercise

(3-0) Cr. 3. F.S.

Prereq: KIN 358

The role of exercise in preventive medicine. Impact of exercise on various diseases, and the effect of various medical conditions on the ability to participate in vigorous exercise and competitive sports. Principles of exercise testing and prescription for individuals with these conditions. Environmental and nutritional aspects of exercise.

KIN 467: Exercise and Health: Behavior Change

(Dual-listed with KIN 567). (3-0) Cr. 3. S.

Prereq: Introductory course with emphasis on exercise psychology (i.e., KIN 366 or equivalent)

Advanced analysis of theoretical health behavior models and their application to physical activity behavior. Includes practical techniques, tools and interventions (e.g., counseling skills, motivational interviewing) to enhance exercise prescription and motivation, and considerations for working with special populations.

KIN 471: Measurement in Physical Education

(Dual-listed with KIN 571). (2-3) Cr. 3. S.

Prereq: Admission to Educator Preparation Program, KIN 280 and 281

Current theory, practice and research on teaching focusing on management, instructional, and learning styles of students in secondary schools.

KIN 472: Neural Basis of Human Movement

(Dual-listed with KIN 572). (3-0) Cr. 3. S.

Prereq: KIN 372 or PSYCH 310

Addresses the role of the central nervous system in the control of voluntary human movement, with the focus on the cerebral cortex, basal ganglia and cerebellum. Content organized around specific nervous system damage (such as stroke, apraxia, spasticity, or spinal cord damage) and functional movements (such as reaching and grasping, balance and gait). Converging evidence from human movement disorders, brain imaging, animal lesion and single cell studies provide the primary basis for the content.

KIN 473: Physical Dimensions of Aging

Cr. 3. F.

Prereq: KIN 355 or KIN 358 or KIN 372

Understanding the physiological, behavioral, and cognitive changes associated with aging with focus on the effects of physical activity on the aging human system. Discussions of what it means to become older, what a person can expect during the aging process, and what kind of control a person has over the aging process.

KIN 475: Physical Education Curriculum Design and Program Organization

(Dual-listed with KIN 575). (3-0) Cr. 3. F.

Prereq: Admission to Educator Preparation Program, KIN 280 and 281

Current theory, practices and principles applied to curriculum development for programs in physical education, K-12. Organizing for teaching in a variety of school settings.

KIN 480: Functional Anatomy

(3-0) Cr. 3. F.S.

Prereq: KIN 355; BIOL 155 or BIOL 255 and BIOL 256

The structure and function of human muscular, skeletal and nervous systems. The relationship of these systems to efficient and safe human motion.

KIN 481: Biomechanics Lab

(0-2) Cr. 1.

Prereq: KIN 355

Learning lab techniques in Biomechanics and engaging in the experimental process.

KIN 482: Exercise Physiology Lab

(0-2) Cr. 1.

Prereq: KIN 358

Learning lab techniques in Exercise Physiology and engaging in the experimental process.

KIN 483: Exercise Psychology Lab

(0-2) Cr. 1.

Prereq: KIN 366

Learning lab techniques in Exercise Psychology and engaging in the experimental process.

KIN 484: Assessment and Control of Locomotion

(0-2) Cr. 1.

Prereq: KIN 372

Learning lab techniques in Motor Control and engaging in the experimental process.

KIN 485: Internship in Kinesiology

Cr. 8-16.

Prereq: Senior classification and advance registration.

Observation and practice in exercise/fitness agencies. Offered on a satisfactory-fail basis only.

KIN 485A: Internship in Kinesiology: Health/Fitness Management.

Cr. 8-16.

Prereq: Prereq: All required courses and C- or better in KIN 458, KIN 459 and KIN 462, Kinesiology and Health majors only. Cumulative GPA 2.0.

Observation and practice in selected exercise science agencies. Offered on a satisfactory-fail basis only.

KIN 485G: Internship in Kinesiology: General

Cr. 8-16.

Prereq: Senior classification and advance registration.

Observation and practice in exercise/fitness agencies. Offered on a satisfactory-fail basis only.

KIN 490: Independent Study

Cr. 1-3. Repeatable, maximum of 6 credits.

Prereq: 6 credits from KIN advanced core and permission of coordinator

Independent study of problems of areas of interest in exercise and sport science and related areas.

KIN 490A: Independent Study: Exercise and Sport Science

Cr. 1-3. Repeatable, maximum of 6 credits.

Prereq: 6 credits from KIN advanced core and permission of coordinator

Independent study of problems of areas of interest in exercise and sport science and related areas.

KIN 490H: Independent Study: Honors

Cr. 1-2. Repeatable, maximum of 4 credits.

Prereq: 6 credits from KIN advanced core and permission of coordinator

Independent study of problems of areas of interest in exercise and sport science and related areas.

KIN 494: Practicum in Motivational Interviewing for Health

Cr. 1-2. Repeatable, maximum of 6 credits. F.S.

Prereq: Junior/Senior status and permission of instructor

This supervised practicum course is designed for students interested in learning how to conduct 'motivational interviewing' for behavior change and health coaching applications. Students will learn strategies of motivational interviewing and have opportunities to practice applying these skills with adult clients. Offered on a satisfactory-fail basis only.

KIN 494A: Practicum in Motivational Interviewing for Health: Principles of Motivational Interviewing

Cr. 1. F.S.SS.

Prereq: Junior/Senior status and permission of instructor

This course is designed to introduce students to the principles of 'motivational interviewing' for behavior change and health coaching applications. Students interested in gaining practical experience in health coaching should enroll in the associated practicum course (KIN 494b / KIN 594b). Offered on a satisfactory-fail basis only.

KIN 494B: Practicum in Motivational Interviewing for Health: Supervised Experience

Cr. 1. F.S.

Prereq: KIN 494A Permission of Instructor

This supervised practicum course is designed for students interested in gaining experience in applying 'motivational interviewing' strategies in behavior change and health coaching applications. Students will have opportunities to practice motivational interviewing skills with adult clients and receive on-going support and assistance needed to refine their skills. Offered on a satisfactory-fail basis only.

KIN 495: Special Topics in Kinesiology

Cr. 1-3.

Prereq: Junior or Senior classification

Offered on a satisfactory-fail basis only.

KIN 495B: Internship in Kinesiology: General

Cr. 8-16.

Prereq: Senior classification and advance registration.

Observation and practice in exercise/fitness agencies. Offered on a satisfactory-fail basis only.

Courses primarily for graduate students, open to qualified undergraduates:

KIN 501: Research Methods in Physical Activity

(3-0) Cr. 3. Repeatable.

Prereq: Graduate classification in kinesiology and health

Methods and techniques used in the design and interpretation of research involving physical activity. Emphasis on styles of writing, library use, and computer applications.

KIN 505: Research Laboratory Techniques in Exercise Physiology

(0-4) Cr. 2.

Prereq: KIN 358 or equivalent course with basic laboratory experience

Application and use of laboratory research equipment in exercise physiology, including operation, calibration, and use in selected situations.

KIN 510: Advanced Medical Aspects of Exercise

(2-0) Cr. 2.

Prereq: KIN 358

The role of exercise in preventive medicine. Impact of exercise on various diseases, and the effect of various medical conditions on the ability to participate in vigorous exercise and competitive sports. Principles of exercise testing and prescription for individuals with these conditions.

KIN 511: Physical Activity Strategies for Youth

Cr. 3.

Provide adequate opportunities to develop a more in-depth understanding of (a) the challenges in youth physical activity (PA), (b) the relevant theoretical models that are popular in youth PA, (c) the strategies that can be implemented to promote PA in youth.

KIN 512: Movement Education in Elementary School Physical Education

(2-2) Cr. 3. F.

Planning for management and instruction of developmentally appropriate physical education for children pre-school through grade six. Laboratory experience required. Emphasis on evaluating published research on physical education and school-wide physical activity.

KIN 515: Injury Biomechanics

(3-0) Cr. 3. Alt. S., offered even-numbered years.

Prereq: Kin 355 or permission of instructor.

Utilization of biomechanical principles to model injury mechanisms. Introduction to tissue mechanics of bone, articular cartilage, ligament, tendon, and muscle. Biomechanics of lower extremity, upper extremity, and head/neck/trunk injuries.

KIN 516: Quantitative Analysis of Human Movement

(3-1) Cr. 3.

Prereq: KIN 355

Application of the principles of mechanics to the analysis of human motion. Investigation of the effects of kinematics and kinetics on the human body with special emphasis on exercise and sport applications. Includes consideration of two-dimensional and three-dimensional imaging techniques and force measurements.

KIN 517: Musculoskeletal Modeling

(3-1) Cr. 3. F.

Prereq: KIN 355 or permission from instructor

Systematic problem-solving approaches and design of computer programs for biomechanical analyses. Estimation of anthropometric parameters and mechanical properties of muscles, bones, and joints. Integration of anthropometrics, kinematics, and muscle mechanics into simulations of human movement.

KIN 518: Student Teaching in Elementary Physical Education

(0-8) Cr. 8. F.S.

Prereq: KIN 512, KIN 570, KIN 575

Student teaching for 8 weeks in an elementary school.

KIN 519: Student Teaching in Secondary Physical Education

(0-8) Cr. 8. F.S.

Prereq: KIN 512, KIN 570, KIN 575

Student teaching for 8 weeks in a middle or high school.

KIN 520: The Social Analysis of Sport

(3-0) Cr. 3.

Prereq: KIN 360; open to majors only or by permission of instructor

Sociological analysis of sport with emphasis on sociological theory, sports structure, and function in modern industrialized society; the systems of sport in regard to their role structure; formal organization, and professionalization and its differentiation along social class, age, and sex.

KIN 521: Advanced Topics in Exercise and Sport Psychology

(3-0) Cr. 3.

Prereq: KIN 365 or KIN 366, 3 courses in psychology; open to majors only or by permission of instructor

Aspects of psychology which form a basis for understanding and explaining behavior in the context of exercise and sport. Emphasis on evaluating published research, particularly theory and research methodology. Student presentations.

KIN 549: Advanced Vertebrate Physiology I

(Cross-listed with AN S, NUTRS). (4-0) Cr. 4. F.

Prereq: recommended: an undergraduate physiology course and a biochemistry course

Overview of mammalian physiology. Cell biology, endocrinology, cardiovascular, respiratory, immune, digestive, skeletal muscle and reproductive systems.

KIN 550: Advanced Physiology of Exercise I

(2-3) Cr. 3.

Prereq: KIN 505

Concepts and methods of assessing neurological, muscular, cardiovascular, and respiratory adjustments to exercise.

KIN 551: Advanced Physiology of Exercise II

(2-3) Cr. 3.

Prereq: KIN 505

Analysis of factors affecting work capacity and performance. Human energy metabolism concepts and measurement.

KIN 552: Advanced Vertebrate Physiology II

(Cross-listed with AN S, NUTRS). (3-0) Cr. 3. S.

Prereq: BIOL 335; credit or enrollment in BBMB 404 or BBMB 420

Cardiovascular, renal, respiratory, and digestive physiology.

KIN 558: Physical Fitness - Principles, Programs and Evaluation

(2-3) Cr. 3.

Prereq: KIN 358

Physiological principles of physical fitness, design and administration of fitness programs; testing, evaluation, and prescription; electrocardiogram interpretation.

KIN 560: Principles of Motor Control and Learning

(2-3) Cr. 3.

Prereq: KIN 372

Theoretical perspectives of motor control and learning will be examined as well as factors that facilitate motor learning. Motor control and learning will also be addressed by studying functional tasks such as reach and grasp, posture and locomotor, handwriting, catching and/or speech.

KIN 561: Motor Development and Physical Activity

(2-0) Cr. 2-3.

Prereq: PSYCH 230

Addresses theories and underlying mechanisms of motor development and motor control applied to typically and atypically developing children. Developmental control of balance, locomotion, reach-to-grasp, and other functional skills will be discussed, as will the role of physical activity in a child's life.

KIN 567: Exercise and Health: Behavior Change

(Dual-listed with KIN 467). (3-0) Cr. 3. S.

Prereq: Introductory course with emphasis on exercise psychology (i.e., KIN 366 or equivalent)

Advanced analysis of theoretical health behavior models and their application to physical activity behavior. Includes practical techniques, tools and interventions (e.g., counseling skills, motivational interviewing) to enhance exercise prescription and motivation, and considerations for working with special populations.

KIN 570: Physical Activity Assessment for Health Related Research
(2-2) Cr. 3.

This course will cover the broad scope of research in physical activity and public health. Emphasis will be placed on the application of physical activity assessment techniques since accurate measures are needed to more accurately assess the health benefits from physical activity and to evaluate the effectiveness of behavioral interventions designed to promote physical activity.

KIN 571: Measurement in Physical Education
(Dual-listed with KIN 471). (2-3) Cr. 3. S.

Prereq: Admission to Educator Preparation Program, KIN 280 and 281

Current theory, practice and research on teaching focusing on management, instructional, and learning styles of students in secondary schools.

KIN 572: Neural Basis of Human Movement
(Dual-listed with KIN 472). (3-0) Cr. 3. S.

Prereq: KIN 372 or PSYCH 310

Addresses the role of the central nervous system in the control of voluntary human movement, with the focus on the cerebral cortex, basal ganglia and cerebellum. Content organized around specific nervous system damage (such as stroke, apraxia, spasticity, or spinal cord damage) and functional movements (such as reaching and grasping, balance and gait). Converging evidence from human movement disorders, brain imaging, animal lesion and single cell studies provide the primary basis for the content.

KIN 575: Physical Education Curriculum Design and Program Organization

(Dual-listed with KIN 475). (3-0) Cr. 3. F.

Prereq: Admission to Educator Preparation Program, KIN 280 and 281

Current theory, practices and principles applied to curriculum development for programs in physical education, K-12. Organizing for teaching in a variety of school settings.

KIN 590: Special Topics
Cr. 1-3. Repeatable.

KIN 590A: Special Topics: Physical Education
Cr. 1-3. Repeatable.

KIN 590B: Special Topics: Health and Exercise Promotion
Cr. 1-3. Repeatable.

KIN 590D: Special Topics: Exercise Physiology
Cr. 1-3. Repeatable.

KIN 590E: Special Topics: Sport Sociology
Cr. 1-3. Repeatable.

KIN 590F: Special Topics: Sport/Exercise Psychology
Cr. 1-3. Repeatable.

KIN 590G: Special Topics: Motor Behavior
Cr. 1-3. Repeatable.

KIN 590H: Special Topics: Biomechanics
Cr. 1-3. Repeatable.

KIN 590I: Special Topics: Research Ethics
Cr. 1-3. Repeatable.

KIN 591: Supervised Field Experience
Cr. 1-6.

Prereq: 10 graduate credits in kinesiology and/or related areas

Supervised on-the-job field experience in special areas.

KIN 591A: Supervised Field Experience: Physical Education
Cr. 1-6.

Prereq: 10 graduate credits in kinesiology and/or related areas

Supervised on-the-job field experience in special areas.

KIN 591B: Supervised Field Experience: Health and Exercise Promotion
Cr. 1-6.

Prereq: 10 graduate credits in kinesiology and/or related areas

Supervised on-the-job field experience in special areas.

KIN 591D: Supervised Field Experience: Exercise Physiology
Cr. 1-6.

Prereq: 10 graduate credits in kinesiology and/or related areas

Supervised on-the-job field experience in special areas.

KIN 592: Practicum in College Teaching
Cr. 1-3. Repeatable, maximum of 3 credits. F.S.SS.

Supervised experience with teaching an upper division, classroom-based course. Offered on a satisfactory-fail basis only.

KIN 595: Adapted Physical Education
(Dual-listed with KIN 395). (2-3) Cr. 3. F.

Prereq: Admission to Educator Preparation Program, KIN 280/281

Etiology, characteristics, needs and movement experiences for individuals with disabling conditions. Designed to provide appropriate methods of physical education instruction for students including those with disabilities as identified by the Individuals with Disabilities Education Act and students who are talented and gifted. Assessments and strategies to differentiate instruction and to adapt activities for all exceptional learners will be addressed. Laboratory experience required. KIN 595 may not be taken by students who previously earned credit in KIN 395.

KIN 599: Creative Component
Cr. 1-3. Repeatable.

Courses for graduate students:

KIN 615: Seminar
Cr. 1-3. Repeatable.

KIN 620: Advance Research Methods in Physical Activity

(3-0) Cr. 3. S.

Prereq: KIN 501, STAT 401 and STAT 402. Doctoral students only

Culminating seminar designed to synthesize statistical and design courses with practical research issues using data from physical activity.

KIN 670: Molecular Biology of Muscle

(Cross-listed with AN S). (3-0) Cr. 3. Alt. F., offered even-numbered years.

Prereq: BBMB 405, BBMB 420, or BBMB 502

Ultrastructure of muscle; chemistry, structure, function, and molecular biology of muscle proteins. Molecular aspects of muscle contraction, development and turnover. Cytoskeletal proteins and dynamics.

KIN 699: Research

Cr. 1-6. Repeatable.

Courses primarily for undergraduates:**A TR 218: Orientation to Athletic Training Clinical Experience**

(0-2) Cr. 0.5. F.

Pre-athletic training clinical experience designed to orientate students to the athletic training profession prior to enrolling in athletic training course sequence. Students will observe athletic trainers in various athletic training clinical sites. Open to pre-athletic training students only. Offered on a satisfactory-fail basis only.

A TR 219: Clinical Practicum in Athletic Training

(0-2) Cr. 1. F.

Athletic training clinical experiences designed to review human anatomical structures including origin, insertion, action, innervations of muscles. Students will gain experience with palpation of these structures to help identify location of anatomical landmarks. Students will also gain experience identifying bones, ligaments, and tendons. Open to athletic training students only.

A TR 220: Basic Athletic Training

(1-2) Cr. 2.

Prereq: BIOL 155 or BIOL 255 and BIOL 256

Introduction to methods of prevention and immediate care of athletic injuries. Basic information concerning health supervision of athletes, and some basic wrapping and strapping techniques for common injuries. Non A TR majors only.

A TR 221: Pre-Athletic Training Clinical Practicum

(0-3) Cr. 1. S.

Prereq: Credit or enrollment in A TR 222

Athletic training clinical observation experiences to accompany A TR 222. Utilize knowledge to evaluate, analyze and demonstrate appropriate taping, wrapping and basic skill techniques. Open to students interested in the athletic training option. Offered on a satisfactory-fail basis only.

A TR 222: Basic Athletic Training for Athletic Trainers

(2-2) Cr. 3. S.

Prereq: BIOL 255, BIOL 255L

Provides pre-athletic training students with the knowledge of the profession of a certified athletic trainer, factors associated with injury prevention, treatment, emergency care of athletic injuries, protective equipment, basic organization, administrative, and legal concepts in the athletic training setting. To be taken concurrently with A TR 221.

A TR 223: Clinical Practicum in Athletic Training

(0-3) Cr. 1. F.

Prereq: Permission of Athletic Training Program Director

Athletic training clinical experiences for athletic training students during pre-season intercollegiate football. Clinical experiences include: Professional Rescuer CPR, AED certification, emergency splinting and spineboarding, medical record keeping and HIPPA regulations, environmental conditions, prevention of injury screening strategies, athletic training room and education program policies and procedures, review of athletic taping techniques, acute injury management, mouthpiece formation, and anatomy review. Offered on a satisfactory-fail basis only.

A TR 224: Evaluation of Athletic Injuries I

(2-3) Cr. 3. F.

Prereq: Permission of athletic training program director

Sport injury assessment procedures and evaluation techniques for lower body injuries. Includes an overview of mechanisms of injury, general musculoskeletal disorders, and spine or neurological dysfunction. Designed for students in the athletic training major.

A TR 225: Athletic Injuries I Clinical Practicum

(0-3) Cr. 1. F.

Prereq: Permission of athletic training program director

Athletic training clinical experience to accompany A TR 224. Open to students in the athletic training major. Offered on a satisfactory-fail basis only.

A TR 226: Evaluation of Athletic Injuries II

(2-3) Cr. 3. S.

Prereq: Permission of athletic training program director

Sport injury assessment procedures and evaluation techniques for lower body injuries. Includes an overview of common illnesses of athletes and sport specific injuries. Designed for students in the athletic training major.

A TR 227: Athletic Injuries II Clinical Practicum

(0-3) Cr. 1. S.

Prereq: Permission of athletic training program director

Athletic training clinical experience to accompany A TR 226. Open to students in the athletic training major. Offered on a satisfactory-fail basis only.

A TR 240: Introduction to Taping, Equipment, and Bracing Techniques

(0-3) Cr. 1. S.

Prereq: Permission of athletic training program director

Basic information and laboratory instruction regarding basic taping techniques, athletic equipment fitting procedures, and the use and proper fitting of prophylactic braces. Open to students in the athletic training major. Offered on a satisfactory-fail basis only.

A TR 323: Therapeutic Modalities for Athletic Trainers

(2-2) Cr. 3. F.

Prereq: Permission of athletic training program director

Theory and technique of therapeutic modalities used in the management of injuries.

A TR 324: Therapeutic Modalities Clinical Practicum

(0-3) Cr. 1. F.

Prereq: Permission of athletic training program director

Athletic training clinical experience to accompany A TR 323. Open to students in athletic training major. Offered on a satisfactory-fail basis only.

A TR 326: Rehabilitation of Athletic Injuries

(2-2) Cr. 3. S.

Prereq: Permission of athletic training program director

Theory and practical application of rehabilitation principles used in the management of athletic injuries.

A TR 327: Rehabilitation of Athletic Injuries Clinical Practicum

(0-3) Cr. 1. S.

Prereq: Permission of athletic training program director

Athletic training clinical experience to accompany A TR 326. Open to students in the athletic training major. Offered on a satisfactory-fail basis only.

A TR 425: Organization and Administration of Athletic Training

(3-0) Cr. 3. F.

Prereq: Permission of athletic training program director, senior classification

Current administrative, professional, and legal issues pertaining to athletic training. Job search techniques and strategies including preparation of materials for athletic training students.

A TR 450: Medical Concerns for the Athletic Trainer

(3-0) Cr. 3. F.

Prereq: Permission of athletic training program director

Current medical issues and concerns, including pathology of illness and injury, dermatological conditions, exposure to allied health care professionals, and pharmacological indications in relation to the profession of athletic training and in patient/athlete care.

A TR 488: Evidence Based Practice in Athletic Training

Cr. 2. F.S.

Prereq: Permission of athletic training program director

Clinical experiences in application of athletic training techniques under supervision of certified athletic trainers. Participation in monthly research journal discussion.

A TR 489: Review of Athletic Training Competencies and Clinical Proficiencies

Cr. 1. F.S.

Prereq: Senior classification, permission of athletic training program director
Preparation for professional endorsement and certification by review of required competencies and clinical proficiencies. Required for endorsement or approval to sit for Board of Certification Exam. Offered on a satisfactory-fail basis only.

Courses primarily for undergraduates:

DANCE 120: Modern Dance I

(0-3) Cr. 1. F.S.

Introduction and practice of basic dance concepts, including preparatory techniques and guided creativity problems. No previous modern dance experience required. Offered on a satisfactory-fail basis only.

DANCE 130: Ballet I

(0-3) Cr. 1. F.S.

Introduction to the basic skills, vocabulary, and tradition of ballet with concentration on control and proper alignment. No previous ballet experience required. Offered on a satisfactory-fail basis only.

DANCE 140: Jazz I

(0-3) Cr. 1. F.S.

Introduction to the modern jazz style with concentration on isolation and syncopation. No previous jazz experience required. Offered on a satisfactory-fail basis only.

DANCE 150: Tap Dance I

(0-3) Cr. 1. F.

Instruction and practice in basic tap technique and terminology. No previous tap experience required. Offered on a satisfactory-fail basis only.

DANCE 160: Ballroom Dance I

(0-2) Cr. 1. F.S.

Instruction and practice in foxtrot, waltz, swing, cha cha, rhumba, tango, and selected contemporary dances. Offered on a satisfactory-fail basis only.

DANCE 199: Dance Continuum

Cr. 0.5-2. Repeatable, maximum of 6 credits. F.S.

Prereq: Permission of instructor

Advance registration required. Continued instruction and practice in either modern dance, recreational dance, ballet, jazz and/or compositional skills. Offered on a satisfactory-fail basis only.

DANCE 211: Fundamentals and Methods of Social and World Dance

(1-3) Cr. 1. S.

Skill enhancement, teaching, progressions with emphasis on world and social dance. Designed for kinesiology and health majors, open to others.

DANCE 220: Modern Dance Composition

(1-3) Cr. 2. F.

Prereq: DANCE 120 or previous modern dance experience

Theory and practice of the creative skills involved in solo and small group composition.

DANCE 222: Modern Dance II

(0-3) Cr. 1. F.

Prereq: DANCE 120 or previous modern dance experience

Dance techniques emphasizing strength, balance, endurance, rhythmic activity and extended combinations.

DANCE 223: Modern Dance III

(0-3) Cr. 1. S.

Prereq: DANCE 222

Continued experience in dance techniques and extended combinations. Emphasis on maturation of skill and artistry. Exposure to a variety of modern dance technical styles.

DANCE 224: Concert and Theatre Dance

(Cross-listed with THTRE). (0-3) Cr. 0.5-2. Repeatable, maximum of 6 credits. F.S.

Prereq: By audition only

Choreography, rehearsal, and performance in campus dance concerts and/or musical theatre productions. Offered on a satisfactory-fail basis only.

DANCE 232: Ballet II

(0-3) Cr. 1. S.

Prereq: Previous ballet experience

Technical skills in the classical movement vocabulary. Emphasis on alignment, techniques, sequence development, and performing quality.

DANCE 233: Ballet III

(0-3) Cr. 1. F.

Prereq: DANCE 232

Concentration on technical proficiency at the intermediate level. Pointe work and partnering opportunities available.

DANCE 242: Jazz II

(0-3) Cr. 1. S.

Prereq: Previous jazz dance experience

Dance concepts within the jazz idiom. Instruction in extended movement sequences and artistic interpretation.

DANCE 270: Dance Appreciation

(3-0) Cr. 3. F.S.SS.

Introduction to the many forms and functions of dance in world cultures. Develop abilities to distinguish and analyze various dance styles. No dance experience required.

Meets International Perspectives Requirement.

DANCE 320: Sound and Movement

(2-2) Cr. 3. S.

Prereq: DANCE 220

Intermediate composition based on the relationship of movement to improvised sounds, rhythmic scores, and the musical works of composers from various periods.

DANCE 360: History and Philosophy of Dance

(3-0) Cr. 3. Alt. S., offered even-numbered years.

Prereq: DANCE 270

Study of the history of dance from early to modern times with emphasis on the theories and philosophies of contemporary modern dance, dancers, and dance educators.

DANCE 370: Advanced Studies in Dance

Cr. 1-3. Repeatable, maximum of 8 credits. F.S.

Prereq: 2 credits in dance

Advance registration required. Designed to meet special interests and talents of students to include both group and independent study in various aspects of dance as a performing art including production, choreography, and performance.

DANCE 384: Teaching Children's Dance

(1-3) Cr. 2. S.

Content, experiences, and methods of a comprehensive dance program at the elementary school level. Theories and practice in guiding elementary school children in expressive movement experiences.

DANCE 385: Methods of Teaching Dance

(1-3) Cr. 2. F.

Methods and techniques of teaching social and world dance forms. Introduction to teaching educational modern dance.

DANCE 386: Teaching Dance Technique and Composition

(1-3) Cr. 2.

Prereq: DANCE 320

Teaching yoga, body therapies, mindfulness and dance composition to enhance the physical and mental performance of the individual.

DANCE 490: Independent Study

Cr. 1-3. Repeatable, maximum of 6 credits.

Prereq: 6 credits in dance and permission of coordinator

Independent study of problems or areas of interest in dance.

DANCE 490A: Independent Study: Dance

Cr. 1-3. Repeatable, maximum of 6 credits. F.S.

Prereq: 6 credits in dance and permission of coordinator

Independent study of problems or areas of interest in dance.

DANCE 490H: Independent Study in Dance - Honors

Cr. 1-3. Repeatable, maximum of 6 credits. F.S.

Prereq: 6 credits in dance and permission of coordinator

Independent study of problems or areas of interest in dance for those admitted to the honors program.

Courses primarily for undergraduates:

H S 105: First Aid and Emergency Care

(1-2) Cr. 2. F.S.SS.

Discussion and application of the basic techniques of utilizing bloodborne pathogen safety measures, administering first aid and cardiopulmonary resuscitation. ARC layperson certification available.

H S 110: Personal and Consumer Health

(3-0) Cr. 3. F.S.

Physical, mental, emotional and social aspects of health as a basis for understanding and promoting health, and preventing poor health conditions. Study of personal responsibility on the long-term benefits of maintaining a high level of wellness and health. Identification and mitigation of negative lifestyle habits.

H S 215: Drug Education

(3-0) Cr. 3. F.S.

Prereq: PSYCH 101 or PSYCH 230

Discussion of use, abuse and addiction of mood modifying substances in contemporary society. Includes study of tobacco, alcohol, and other drugs.

H S 275: Health Education in the Elementary School

(3-0) Cr. 3. F.S.

Prereq: HD FS 102 or HD FS 226

The application of instructional strategies related to health education and physical education for teachers at the elementary level. Credit for both H S 275 and 375 may not be applied toward graduation.

H S 285: Pre-Internship in Kinesiology and Health

(Cross-listed with KIN). Cr. 1-2. F.S.

Prereq: Kinesiology and Health major and permission of internship coordinator.

Pre-internship experience with a health organization based on option. Offered on a satisfactory-fail basis only.

H S 290: Independent Study

Cr. 1. Repeatable, maximum of 3 credits. F.S.

Prereq: 2nd semester freshmen, sophomores and permission from instructor.

Study under supervision of faculty.

H S 305: Instructor's First Aid and Cardio-pulmonary Resuscitation

(1-2) Cr. 2. F.S.

Prereq: H S 105

Discussion and practice of skills needed to teach first aid and cardiopulmonary resuscitation. ARC certification available.

H S 310: Community and Public Health

(3-0) Cr. 3. F.S.

Prereq: H S 110

Introduction to community health problems, programs of prevention, environmental health agencies, and health services. Study of local, state, and national community health agencies, their purposes and functions.

H S 350: Human Diseases

(3-0) Cr. 3. F.S.SS.

Prereq: H S 110 and BIOL 255, BIOL 256

Discussion of disease process and ill-health in the twentieth century. Emphasis on epidemiology, prevention, treatment, and the understanding of the etiology of communicable and noncommunicable diseases.

H S 375: Teaching-Learning Process in Health Education

(3-0) Cr. 3. F.

Prereq: H S 105, H S 110, H S 215

Principles, methods, materials, and resources involved in the teaching of health. Includes organization and development of the health education curriculum (K-12). Credit for both H S 275 and 375 may not be applied toward graduation.

H S 380: Worksite Health Promotion

(3-0) Cr. 3. F.S.

Prereq: KIN 258, KIN 366

The design and implementation of worksite health promotion programs and the benefits these programs have for both employees and employers. Review of various health risk appraisals and planning theory-based incentive programs designed to promote positive lifestyles.

H S 385: Preparation and Search Strategies for Kinesiology and Health Internships

(Cross-listed with KIN). Cr. 0.5. F.S.

Prereq: Junior classification; to be taken minimum of two semesters prior to required internship.

Preparation of relevant material for a successful internship/career search. Specific internship timeline, process, procedures will be reviewed.

H S 390: Administration of the School Health Program

(3-0) Cr. 3. F.

Prereq: H S 310

History and legal basis of school health programs. Procedures for developing, organizing, administering, and evaluating a modern program of health services, healthful school living, and health instruction. Includes administration, community and school relationships.

H S 417: Supervised Teaching in Health Education in the Secondary School

Cr. 12. F.S.

Prereq: H S 375

Advance registration required.

H S 417A: Supervised Teaching in Health Education in the Secondary School: Initial Endorsement

Cr. 16. F.S.

Prereq: H S 375

Students must be fully admitted to Teacher Education and must apply for approval to enroll at the beginning of the semester prior to registering.

H S 417B: Supervised Teaching in Health Education in the Secondary School: Additional Endorsement

Cr. arr. F.S.

Prereq: H S 375

Students must be fully admitted to Teacher Education and must apply for approval to enroll at the beginning of the semester prior to registering.

H S 430: Community Health Program Development

(3-0) Cr. 3. F.

Prereq: H S 380

Techniques of needs assessment, program design, administration, and evaluation of community health education programs in various settings.

H S 464: Physical Activity Epidemiology

(Dual-listed with H S 564). (3-0) Cr. 3. S.

Prereq: KIN 358 or H S 350; STAT 101 or STAT 401

Understanding health benefits of physical activity on chronic disease prevention and health promotion throughout the life span, from clinical and public health perspectives. Discussion and application of real-life physical activity assessment, research, guidelines, and promotion in population levels.

H S 485: Internship in Health Studies

Cr. 8-16.

Prereq: Senior classification and advanced registration.

Advance registration required. Supervised experience in health related agencies. Offered on a satisfactory-fail basis only.

H S 485A: Internship in Health Studies: Community and Public Health

Cr. 8-16. F.S.SS.

Prereq: All required courses and C- or better in HS 310 and HS 430.

Kinesiology and Health majors only. Cumulative GPA 2.0.

Observation and practice in selected community and public health agencies. Offered on a satisfactory-fail basis only.

H S 485B: Internship in Health Studies: Physical Activity and Health Promotion

Cr. 8-16. F.S.SS.

Prereq: All required courses and C- or better in KIN 485 and KIN 467.

Kinesiology and Health majors only. Cumulative GPA 2.0.

Observation and practice in selected physical activity and health promotion agencies. Offered on a satisfactory-fail basis only.

H S 490: Independent Study

Cr. 1-3. Repeatable, maximum of 6 credits.

Prereq: 6 credits in health studies and permission of coordinator

Courses primarily for graduate students, open to qualified undergraduates:

H S 564: Physical Activity Epidemiology

(Dual-listed with H S 464). (3-0) Cr. 3. S.

Prereq: KIN 358 or H S 350; STAT 101 or STAT 401

Understanding health benefits of physical activity on chronic disease prevention and health promotion throughout the life span, from clinical and public health perspectives. Discussion and application of real-life physical activity assessment, research, guidelines, and promotion in population levels.

Courses primarily for undergraduates:

KIN 101: Swimming I

(0-3) Cr. 1. F.S.SS.

Basic course for nonswimmers. Emphasis on two fundamental strokes and personal water safety skills. Offered on a satisfactory-fail basis only.

KIN 102: Swimming II

(0-3) Cr. 1. F.S.

Prereq: KIN 101 or equivalent skill

Intermediate course. Emphasis on learning and improving five basic strokes and personal water safety skills. Offered on a satisfactory-fail basis only.

KIN 108: Aquatic Fitness

(0-3) Cr. 1. F.S.

Prereq: KIN 102 or equivalent skill

Water related exercises, activities, and swimming workouts to improve physical fitness. Offered on a satisfactory-fail basis only.

KIN 122: Badminton

(0-2) Cr. 1. F.S.SS.

Introduction to fundamental badminton skills and strategic game play. Offered on a satisfactory-fail basis only.

KIN 129: Bowling

(0-2) Cr. 1. F.S.SS.

Introduction to bowling skills and strategic game play. Offered on a satisfactory-fail basis only.

KIN 135: Golf

(0-2) Cr. 1. F.S.SS.

Introduction to fundamental golf skills and strategic game play. Offered on a satisfactory-fail basis only.

KIN 144: Racquetball

(0-2) Cr. 1. F.S.SS.

Introduction to fundamental racquetball skills and strategic game play. Offered on a satisfactory-fail basis only.

KIN 153: Ice Skating

(0-2) Cr. 1. F.S.SS.

Introduction to fundamental ice skating skills and strategic game play. Offered on a satisfactory-fail basis only.

KIN 158: Tennis

(0-2) Cr. 1. F.S.SS.

Introduction to basic skills (forehand, backhand, service) and basic knowledge of game play. Offered on a satisfactory-fail basis only.

KIN 163: Physical Fitness

(0-3) Cr. 1. F.S.SS.

Evaluation of fitness status. Exercises, activities, and programs to improve physical fitness. Improve physical fitness and weight control. Offered on a satisfactory-fail basis only. Credit for only KIN 163 or 258 may be applied toward graduation.

KIN 164: Walking for Fitness

(0-3) Cr. 1. F.S.SS.

Fitness walking as an activity to improve health and fitness; values of this type of activity as a lifetime endeavor with knowledge and usage of pedometers. Offered on a satisfactory-fail basis only.

KIN 165: Running for Fitness

(0-2) Cr. 1. F.S.SS.

Running as a physical activity to improve physical fitness and health. Promotion of this activity as a lifetime endeavor. Offered on a satisfactory-fail basis only.

KIN 166: Weight Training

(0-3) Cr. 1. F.S.SS.

Introduction to fundamental skills of weight training and strategic game play. Offered on a satisfactory-fail basis only.

KIN 168: Judo

(0-2) Cr. 1. F.S.

Fundamentals of self defense, focusing on throwing with the hands, hips and feet as well as applying pins, chokes and arm-bars. The physical skills will be taught focused on training through development of courtesy, integrity, perseverance, self control, & indomitable spirit. Emphasis on learning a way of life that promotes personal development, physical health and citizenship. Offered on a satisfactory-fail basis only.

KIN 170: Tae Kwon Do/Karate I

(0-2) Cr. 1. F.S.

Teaches fundamentals of self-defense, focusing on hand and foot striking and blocking techniques. The physical skills will be taught focused on training through development of courtesy, integrity, perseverance, self-control and indomitable spirit. It will be emphasized that each student learns a way of life that promotes personal development, physical health and citizenship. Offered on a satisfactory-fail basis only.

KIN 171: Tae Kwon Do/Karate II

(0-2) Cr. 1. F.S.

Teaches advanced application of self-defense focusing on hand and foot striking and blocking techniques. The physical skills will be taught focused on training through development of courtesy, integrity, perseverance, self-control and indomitable spirit. It will be emphasized that each student learns a way of life that promotes personal development, physical health and citizenship. Offered on a satisfactory-fail basis only.

KIN 173: Hap Ki Do/Martial Self-Defense

(0-2) Cr. 1. F.S.

Teaches fundamentals of self-defense focusing on joint locks, pressure points and throwing techniques to escape from an attacker. The physical skills will be taught focused on training through development of courtesy, integrity, perseverance, self-control and indomitable spirit. It will be emphasized that each student learns a way of life that promotes personal development, physical health & citizenship. Offered on a satisfactory-fail basis only.

KIN 182: Volleyball

(0-2) Cr. 1. F.S.SS.

Introduction to fundamental volleyball skills and strategic game play.
Offered on a satisfactory-fail basis only.

KIN 185: Soccer

(0-2) Cr. 1. F.S.SS.

Introduction to fundamental soccer skills and strategic game play.
Offered on a satisfactory-fail basis only.

KIN 210: Concepts of Fitness and Wellness

(2-0) Cr. 2. F.S.

Coverage of behavioral skills needed to adopt and maintain lifestyles conducive to fitness and wellness. Provides students with knowledge and skills needed to adopt and maintain healthy lifestyles. Includes self-assessments and content on physical activity, nutrition, weight control, stress management and other lifestyle behaviors related to health. For non-kinesiology majors.

KIN 214: Building Comprehensive School Physical Activity Programs

Cr. 1. Repeatable, maximum of 2 credits. S.

Prereq: Freshman Classification

Service learning with practical experience in school research focused on promoting physical activity and wellness in youth. Offered on a satisfactory-fail basis only.

KIN 231: Fundamentals of Tumbling and Gymnastics

(0-3) Cr. 1. F.

Prereq: Eligibility for admission to KIN teacher education program

Fundamentals of tumbling and gymnastics apparatus. Skill enhancement, analysis, understanding practice and the development of progressions.

KIN 232: Fundamentals of Team Sports

(0-3) Cr. 1. F.

Prereq: Eligibility for admission to KIN teacher education program

Fundamentals of indoor and outdoor team sports, for example basketball, volleyball, flag football, and soccer. Skill enhancement, analysis, understanding practice and the development of progressions.

KIN 236: Fundamentals of Individual Sports and Fitness

(0-3) Cr. 1. S.

Prereq: Eligibility for admission to KIN teacher education program

Fundamentals of individual sports and fitness, for example disc golf, bowling, badminton, and weight training. Skill enhancement, analysis, understanding practice and the development of progressions.

KIN 242: Planning for Success in a Health Career

Cr. 0.5. F.S.

Prereq: KIN H major in PHP option with sophomore status or above.

Exploration of various health fields to clarify career goals and prepare a parallel career plan outside of medicine. Facilitate preparation of relevant materials for professional and graduate school admission. Offered on a satisfactory-fail basis only.

KIN 252: Disciplines and Professions in Kinesiology and Health

(1-0) Cr. 1. F.S.

Overview of the various disciplines and professions that comprise the field of Kinesiology (the study of human movement) and help students determine the career option that best fits their interests.

KIN 253: Orientation and Learning Community in Kinesiology and Health

(1-0) Cr. 1. F.S.

Prereq: Concurrent enrollment or credit in KIN 252

Overview of ISU policies and procedures, academic advising operations, degree requirements, program of study planning, and campus resources. Students will have out-of-class activities and work with faculty, staff and mentors to explore careers in Kinesiology and complete assignments related to identification & development of their skills and interests. Department of Kinesiology students only. Offered on a satisfactory-fail basis only.

KIN 258: Physical Fitness and Conditioning

(1-3) Cr. 2. F.S.

Prereq: Kinesiology and health majors only

Introduction to five components of fitness: cardiorespiratory, muscular strength, muscular endurance, flexibility, and body composition. Students will be introduced to basic exercise prescription and evaluation principles, develop skills to assess each component of fitness, and learn different exercise modalities to enhance each component. Credit for only one of the following courses may be applied toward graduation: KIN 163, 258.

KIN 259: Leadership Techniques for Fitness Programs

(1-3) Cr. 2. F.S.

Prereq: KIN 258

Development of exercise leadership skills for a variety of activities. Includes planning, promotion, and teaching techniques for developing fitness in others using a variety of exercise modalities including group fitness and weight training. Kinesiology and health majors only.

KIN 266: Advanced Strength Training and Conditioning

(1-2) Cr. 2. F.S.

Prereq: KIN 258

This course is designed to enhance the student's current level of knowledge and expertise to an advanced level in the area of strength training and conditioning. The course will prepare students interested in taking the National Strength and Conditioning Association Certified and Conditioning Specialist's exam. The course will focus on the assessment and implementation of training programs with strong emphasis on the areas of resistance training, metabolic training, flexibility, reaction time, speed, and agility. Kinesiology and health majors only and permission of instructor needed.

KIN 280: Directed Field Experience in Elementary Physical Education

(0-3) Cr. 1. F.S.

Observing, planning, and facilitating movement experiences of children in an elementary school setting. Offered on a satisfactory-fail basis only.

KIN 281: Directed Field Experience in Secondary Physical Education

(0-3) Cr. 1. F.S.

Prereq: Admission to Educator Preparation Program

Observing, planning, and facilitating movement experiences of students in a middle and/or high school setting. Offered on a satisfactory-fail basis only.

KIN 282: Field Experience with Educational Outreach

(0-2) Cr. 1. F.S.

Prereq: Admission to Educator Preparation Program

Planning and facilitating physical education experiences for children in a community outreach setting. Experiences take place on campus. Offered on a satisfactory-fail basis only.

KIN 284: Elementary and Pre-school Movement Education

(2-3) Cr. 3. F.S.SS.

Prereq: 3 credits in human development and family studies

Approaches to teaching movement skills, health-related fitness and school-based physical activities (in the classroom, in PE, during recess) to pre-school and elementary school age children are covered. Emphasis is placed on planning and conducting developmentally appropriate movement experiences for preschool and elementary aged children throughout the school day based upon educational psychology, exercise psychology and motor development research. Practical experience is provided. Credit in only one of the following courses may be applied toward graduation: KIN 284, 312.

KIN 285: Pre-Internship in Kinesiology and Health

(Cross-listed with H S). Cr. 1-2. F.S.

Prereq: Kinesiology and Health major and permission of internship coordinator.

Pre-internship experience with a health organization based on option. Offered on a satisfactory-fail basis only.

KIN 290: Independent Study

Cr. 1. Repeatable, maximum of 3 credits. F.S.

Prereq: 2nd semester freshmen, sophomores and permission from instructor. Study under supervision of faculty.

KIN 312: Movement Education in Elementary School Physical Education

(2-2) Cr. 3. F.

Prereq: Admission to Educator Preparation Program, KIN 280

Planning for management and instruction of developmentally appropriate physical education for children pre-school through grade six. Laboratory experience required. Credit for only one of KIN 284 or KIN 312 may be applied toward graduation.

KIN 313: Teaching Secondary Physical Education

(2-3) Cr. 3. S.

Prereq: Admission to Educator Preparation Program, KIN 281

Current theory, practice and research on teaching focusing on management, instructional, and learning styles of students in secondary schools.

KIN 315: Coaching Theory and Administrative Issues

(3-0) Cr. 3. F.S.SS.

Study in the theory, ethics, strategy, and mechanics of coaching various interscholastic and/or intercollegiate sports. Emphasis on formulating a philosophy, identifying goals and psychological aspects, teaching skills, and developing strategies.

KIN 345: Management of Health-Fitness Programs and Facilities

(3-0) Cr. 3. F.S.

Application of management concepts to the fitness industry, e.g., understanding customers, marketing, program management, financial management, legal issues, and evaluation and planning.

KIN 355: Biomechanics

(3-0) Cr. 3. F.S.SS.

Prereq: PHYS 111 or PHYS 115

Mechanical basis of human performance; application of mechanical principles to exercise, sport and other physical activities.

KIN 358: Physiology of Exercise

(3-0) Cr. 3. F.S.SS.

Prereq: BIOL 255, BIOL 255L, BIOL 256 and BIOL 256L

Physiological basis of human performance; effects of physical activity on body functions.

KIN 360: Sociology of Physical Activity and Health

(3-0) Cr. 3. F.S.

Prereq: SOC 134 and one of STAT 101, STAT 104 or STAT 226/STAT 326, or KIN 471

Provide an overview of sociology to enhance students understanding of societal forces influencing behavior; Provide insights about people, environments, organization and policies that impact Kinesiology professionals.

KIN 363: Basic Electrocardiography

(2-0) Cr. 2. Alt. F., offered even-numbered years.

Understanding of human electrocardiography, including normal and abnormal 12-lead ECGs and arrhythmia identification.

KIN 365: Sport Psychology

(3-0) Cr. 3. F.S.

Prereq: PSYCH 101 or PSYCH 230

Psychological factors that influence performance in sport settings. The influence of personality, anxiety, motivation and social factors. Psychological skills training and strategic methods for improvement of athletic performance.

KIN 366: Exercise Psychology

(3-0) Cr. 3. F.S.SS.

Prereq: PSYCH 101 or PSYCH 230

Psychological theories for understanding and predicting health-oriented exercise behavior. Psychological and psychobiological responses to exercise. Psychological interventions for increasing exercise participation and adherence rates.

KIN 372: Motor Control and Learning Across the Lifespan

(3-0) Cr. 3. F.S.SS.

Prereq: PSYCH 101 or PSYCH 230, BIOL 255, BIOL 256

Introduction to major concepts of neuromotor control, behavioral motor control and motor learning in the child, adult and older adult, with emphasis on the adult system.

KIN 385: Preparation and Search Strategies for Kinesiology and Health Internships

(Cross-listed with H S). Cr. 0.5. F.S.

Prereq: Junior classification; to be taken minimum of two semesters prior to required internship.

Preparation of relevant material for a successful internship/career search. Specific internship timeline, process, procedures will be reviewed.

KIN 391: Service Learning Leadership Experience

Cr. 1-3. Repeatable, maximum of 6 credits. F.S.

Applied service learning experiences designed to provide students with opportunities to apply classroom knowledge to real world applications. Students will gain professional skills and programming experience while supporting health, education and wellness programming in school, work site or community settings. Offered on a satisfactory-fail basis only.

KIN 395: Adapted Physical Education

(Dual-listed with KIN 595). (2-3) Cr. 3. F.

Prereq: Admission to Educator Preparation Program, KIN 280/281

Etiology, characteristics, needs and movement experiences for individuals with disabling conditions. Designed to provide appropriate methods of physical education instruction for students including those with disabilities as identified by the Individuals with Disabilities Education Act and students who are talented and gifted. Assessments and strategies to differentiate instruction and to adapt activities for all exceptional learners will be addressed. Laboratory experience required. KIN 595 may not be taken by students who previously earned credit in KIN 395.

KIN 399: Recreational Sport Management

(3-0) Cr. 3. F.

Prereq: SOC 134

The role of sport in developing fitness, recreational opportunities, and tourism, with special emphasis on issues related to youth sport, volunteerism, and the marketing of sport events and facilities.

KIN 417: Supervised Teaching in Physical Education in the Secondary School

Cr. arr. F.S.

Prereq: KIN 281, KIN 282, KIN 313, KIN 355, KIN 395, KIN 471, KIN 475; admission to Teacher Education; approval before enrolling in the course. Supervised teaching in the secondary schools.

KIN 418: Supervised Teaching in Physical Education in the Elementary School

Cr. 8. F.S.

Prereq: KIN 280, KIN 282, KIN 312, KIN 355, KIN 395, KIN 471, KIN 475. Students must be fully admitted to Teacher Education and must apply for approval to enroll at the beginning of the semester prior to registering. Supervised teaching in the elementary schools.

KIN 445: Legal Aspects of Sport

(3-0) Cr. 3. S.

Students will understand legal concepts and terminology relevant to sport/activity, identify strategies for limiting liability in sport/fitness programs, and identify solutions for elimination of discriminatory practices in sport and physical activity.

KIN 455: Research Topics in Biomechanics

(3-0) Cr. 3.

Prereq: KIN 355 or permission of instructor

Examination of biomechanics and kinesiology research literature to evaluate the application of mechanical principles and analyses to human movement in exercise, sport, physical activity, and activities of daily living and to assess research outcomes and their implications for motor performance, movement energetic, musculoskeletal loading, and injury.

KIN 458: Principles of Fitness Assessment and Exercise Prescription

(3-2) Cr. 4. F.S.

Prereq: KIN 258, KIN 358

Principles of cardiac risk factor identification and modification; risk classification of potential exercise clients; fitness assessments; developing comprehensive exercise prescriptions for individuals.

KIN 459: Internship in Exercise Leadership

(0-3) Cr. 1. F.S.

Prereq: C- or better in KIN 259, CPR certification, concurrent enrollment in KIN 458

Observation and practice of exercise leadership techniques in an on-campus adult fitness program.

KIN 462: Medical Aspects of Exercise

(3-0) Cr. 3. F.S.

Prereq: KIN 358

The role of exercise in preventive medicine. Impact of exercise on various diseases, and the effect of various medical conditions on the ability to participate in vigorous exercise and competitive sports. Principles of exercise testing and prescription for individuals with these conditions. Environmental and nutritional aspects of exercise.

KIN 467: Exercise and Health: Behavior Change

(Dual-listed with KIN 567). (3-0) Cr. 3. S.

Prereq: Introductory course with emphasis on exercise psychology (i.e., KIN 366 or equivalent)

Advanced analysis of theoretical health behavior models and their application to physical activity behavior. Includes practical techniques, tools and interventions (e.g., counseling skills, motivational interviewing) to enhance exercise prescription and motivation, and considerations for working with special populations.

KIN 471: Measurement in Physical Education

(Dual-listed with KIN 571). (2-3) Cr. 3. S.

Prereq: Admission to Educator Preparation Program, KIN 280 and 281

Current theory, practice and research on teaching focusing on management, instructional, and learning styles of students in secondary schools.

KIN 472: Neural Basis of Human Movement

(Dual-listed with KIN 572). (3-0) Cr. 3. S.

Prereq: KIN 372 or PSYCH 310

Addresses the role of the central nervous system in the control of voluntary human movement, with the focus on the cerebral cortex, basal ganglia and cerebellum. Content organized around specific nervous system damage (such as stroke, apraxia, spasticity, or spinal cord damage) and functional movements (such as reaching and grasping, balance and gait). Converging evidence from human movement disorders, brain imaging, animal lesion and single cell studies provide the primary basis for the content.

KIN 473: Physical Dimensions of Aging

Cr. 3. F.

Prereq: KIN 355 or KIN 358 or KIN 372

Understanding the physiological, behavioral, and cognitive changes associated with aging with focus on the effects of physical activity on the aging human system. Discussions of what it means to become older, what a person can expect during the aging process, and what kind of control a person has over the aging process.

KIN 475: Physical Education Curriculum Design and Program Organization

(Dual-listed with KIN 575). (3-0) Cr. 3. F.

Prereq: Admission to Educator Preparation Program, KIN 280 and 281

Current theory, practices and principles applied to curriculum development for programs in physical education, K-12. Organizing for teaching in a variety of school settings.

KIN 480: Functional Anatomy

(3-0) Cr. 3. F.S.

Prereq: KIN 355; BIOL 155 or BIOL 255 and BIOL 256

The structure and function of human muscular, skeletal and nervous systems. The relationship of these systems to efficient and safe human motion.

KIN 481: Biomechanics Lab

(0-2) Cr. 1.

Prereq: KIN 355

Learning lab techniques in Biomechanics and engaging in the experimental process.

KIN 482: Exercise Physiology Lab

(0-2) Cr. 1.

Prereq: KIN 358

Learning lab techniques in Exercise Physiology and engaging in the experimental process.

KIN 483: Exercise Psychology Lab

(0-2) Cr. 1.

Prereq: KIN 366

Learning lab techniques in Exercise Psychology and engaging in the experimental process.

KIN 484: Assessment and Control of Locomotion

(0-2) Cr. 1.

Prereq: KIN 372

Learning lab techniques in Motor Control and engaging in the experimental process.

KIN 485: Internship in Kinesiology

Cr. 8-16.

Prereq: Senior classification and advance registration.

Observation and practice in exercise/fitness agencies. Offered on a satisfactory-fail basis only.

KIN 485A: Internship in Kinesiology: Health/Fitness Management.

Cr. 8-16.

Prereq: Prereq: All required courses and C- or better in KIN 458, KIN 459 and KIN 462, Kinesiology and Health majors only. Cumulative GPA 2.0.

Observation and practice in selected exercise science agencies. Offered on a satisfactory-fail basis only.

KIN 485G: Internship in Kinesiology: General

Cr. 8-16.

Prereq: Senior classification and advance registration.

Observation and practice in exercise/fitness agencies. Offered on a satisfactory-fail basis only.

KIN 490: Independent Study

Cr. 1-3. Repeatable, maximum of 6 credits.

Prereq: 6 credits from KIN advanced core and permission of coordinator

Independent study of problems of areas of interest in exercise and sport science and related areas.

KIN 490A: Independent Study: Exercise and Sport Science

Cr. 1-3. Repeatable, maximum of 6 credits.

Prereq: 6 credits from KIN advanced core and permission of coordinator

Independent study of problems of areas of interest in exercise and sport science and related areas.

KIN 490H: Independent Study: Honors

Cr. 1-2. Repeatable, maximum of 4 credits.

Prereq: 6 credits from KIN advanced core and permission of coordinator

Independent study of problems of areas of interest in exercise and sport science and related areas.

KIN 494: Practicum in Motivational Interviewing for Health

Cr. 1-2. Repeatable, maximum of 6 credits. F.S.

Prereq: Junior/Senior status and permission of instructor

This supervised practicum course is designed for students interested in learning how to conduct 'motivational interviewing' for behavior change and health coaching applications. Students will learn strategies of motivational interviewing and have opportunities to practice applying these skills with adult clients. Offered on a satisfactory-fail basis only.

KIN 494A: Practicum in Motivational Interviewing for Health: Principles of Motivational Interviewing

Cr. 1. F.S.SS.

Prereq: Junior/Senior status and permission of instructor

This course is designed to introduce students to the principles of 'motivational interviewing' for behavior change and health coaching applications. Students interested in gaining practical experience in health coaching should enroll in the associated practicum course (KIN 494b / KIN 594b). Offered on a satisfactory-fail basis only.

KIN 494B: Practicum in Motivational Interviewing for Health: Supervised Experience

Cr. 1. F.S.

Prereq: KIN 494A Permission of Instructor

This supervised practicum course is designed for students interested in gaining experience in applying 'motivational interviewing' strategies in behavior change and health coaching applications. Students will have opportunities to practice motivational interviewing skills with adult clients and receive on-going support and assistance needed to refine their skills. Offered on a satisfactory-fail basis only.

KIN 495: Special Topics in Kinesiology

Cr. 1-3.

Prereq: Junior or Senior classification

Offered on a satisfactory-fail basis only.

KIN 495B: Internship in Kinesiology: General

Cr. 8-16.

Prereq: Senior classification and advance registration.

Observation and practice in exercise/fitness agencies. Offered on a satisfactory-fail basis only.

Courses primarily for graduate students, open to qualified undergraduates:

KIN 501: Research Methods in Physical Activity

(3-0) Cr. 3. Repeatable.

Prereq: Graduate classification in kinesiology and health

Methods and techniques used in the design and interpretation of research involving physical activity. Emphasis on styles of writing, library use, and computer applications.

KIN 505: Research Laboratory Techniques in Exercise Physiology
(0-4) Cr. 2.

Prereq: KIN 358 or equivalent course with basic laboratory experience

Application and use of laboratory research equipment in exercise physiology, including operation, calibration, and use in selected situations.

KIN 510: Advanced Medical Aspects of Exercise
(2-0) Cr. 2.

Prereq: KIN 358

The role of exercise in preventive medicine. Impact of exercise on various diseases, and the effect of various medical conditions on the ability to participate in vigorous exercise and competitive sports. Principles of exercise testing and prescription for individuals with these conditions.

KIN 511: Physical Activity Strategies for Youth
Cr. 3.

Provide adequate opportunities to develop a more in-depth understanding of (a) the challenges in youth physical activity (PA), (b) the relevant theoretical models that are popular in youth PA, (c) the strategies that can be implemented to promote PA in youth.

KIN 512: Movement Education in Elementary School Physical Education
(2-2) Cr. 3. F.

Planning for management and instruction of developmentally appropriate physical education for children pre-school through grade six. Laboratory experience required. Emphasis on evaluating published research on physical education and school-wide physical activity.

KIN 515: Injury Biomechanics

(3-0) Cr. 3. Alt. S., offered even-numbered years.

Prereq: Kin 355 or permission of instructor.

Utilization of biomechanical principles to model injury mechanisms. Introduction to tissue mechanics of bone, articular cartilage, ligament, tendon, and muscle. Biomechanics of lower extremity, upper extremity, and head/neck/trunk injuries.

KIN 516: Quantitative Analysis of Human Movement
(3-1) Cr. 3.

Prereq: KIN 355

Application of the principles of mechanics to the analysis of human motion. Investigation of the effects of kinematics and kinetics on the human body with special emphasis on exercise and sport applications. Includes consideration of two-dimensional and three-dimensional imaging techniques and force measurements.

KIN 517: Musculoskeletal Modeling
(3-1) Cr. 3. F.

Prereq: KIN 355 or permission from instructor

Systematic problem-solving approaches and design of computer programs for biomechanical analyses. Estimation of anthropometric parameters and mechanical properties of muscles, bones, and joints. Integration of anthropometrics, kinematics, and muscle mechanics into simulations of human movement.

KIN 518: Student Teaching in Elementary Physical Education
(0-8) Cr. 8. F.S.

Prereq: KIN 512, KIN 570, KIN 575

Student teaching for 8 weeks in an elementary school.

KIN 519: Student Teaching in Secondary Physical Education
(0-8) Cr. 8. F.S.

Prereq: KIN 512, KIN 570, KIN 575

Student teaching for 8 weeks in a middle or high school.

KIN 520: The Social Analysis of Sport
(3-0) Cr. 3.

Prereq: KIN 360; open to majors only or by permission of instructor

Sociological analysis of sport with emphasis on sociological theory, sports structure, and function in modern industrialized society; the systems of sport in regard to their role structure; formal organization, and professionalization and its differentiation along social class, age, and sex.

KIN 521: Advanced Topics in Exercise and Sport Psychology
(3-0) Cr. 3.

Prereq: KIN 365 or KIN 366, 3 courses in psychology; open to majors only or by permission of instructor

Aspects of psychology which form a basis for understanding and explaining behavior in the context of exercise and sport. Emphasis on evaluating published research, particularly theory and research methodology. Student presentations.

KIN 549: Advanced Vertebrate Physiology I

(Cross-listed with AN S, NUTRS). (4-0) Cr. 4. F.

Prereq: recommended: an undergraduate physiology course and a biochemistry course

Overview of mammalian physiology. Cell biology, endocrinology, cardiovascular, respiratory, immune, digestive, skeletal muscle and reproductive systems.

KIN 550: Advanced Physiology of Exercise I

(2-3) Cr. 3.

Prereq: KIN 505

Concepts and methods of assessing neurological, muscular, cardiovascular, and respiratory adjustments to exercise.

KIN 551: Advanced Physiology of Exercise II

(2-3) Cr. 3.

Prereq: KIN 505

Analysis of factors affecting work capacity and performance. Human energy metabolism concepts and measurement.

KIN 552: Advanced Vertebrate Physiology II

(Cross-listed with AN S, NUTRS). (3-0) Cr. 3. S.

Prereq: BIOL 335; credit or enrollment in BBMB 404 or BBMB 420

Cardiovascular, renal, respiratory, and digestive physiology.

KIN 558: Physical Fitness - Principles, Programs and Evaluation

(2-3) Cr. 3.

Prereq: KIN 358

Physiological principles of physical fitness, design and administration of fitness programs; testing, evaluation, and prescription; electrocardiogram interpretation.

KIN 560: Principles of Motor Control and Learning

(2-3) Cr. 3.

Prereq: KIN 372

Theoretical perspectives of motor control and learning will be examined as well as factors that facilitate motor learning. Motor control and learning will also be addressed by studying functional tasks such as reach and grasp, posture and locomotor, handwriting, catching and/or speech.

KIN 561: Motor Development and Physical Activity

(2-0) Cr. 2-3.

Prereq: PSYCH 230

Addresses theories and underlying mechanisms of motor development and motor control applied to typically and atypically developing children. Developmental control of balance, locomotion, reach-to-grasp, and other functional skills will be discussed, as will the role of physical activity in a child's life.

KIN 567: Exercise and Health: Behavior Change

(Dual-listed with KIN 467). (3-0) Cr. 3. S.

Prereq: Introductory course with emphasis on exercise psychology (i.e., KIN 366 or equivalent)

Advanced analysis of theoretical health behavior models and their application to physical activity behavior. Includes practical techniques, tools and interventions (e.g., counseling skills, motivational interviewing) to enhance exercise prescription and motivation, and considerations for working with special populations.

KIN 570: Physical Activity Assessment for Health Related Research

(2-2) Cr. 3.

This course will cover the broad scope of research in physical activity and public health. Emphasis will be placed on the application of physical activity assessment techniques since accurate measures are needed to more accurately assess the health benefits from physical activity and to evaluate the effectiveness of behavioral interventions designed to promote physical activity.

KIN 571: Measurement in Physical Education

(Dual-listed with KIN 471). (2-3) Cr. 3. S.

Prereq: Admission to Educator Preparation Program, KIN 280 and 281

Current theory, practice and research on teaching focusing on management, instructional, and learning styles of students in secondary schools.

KIN 572: Neural Basis of Human Movement

(Dual-listed with KIN 472). (3-0) Cr. 3. S.

Prereq: KIN 372 or PSYCH 310

Addresses the role of the central nervous system in the control of voluntary human movement, with the focus on the cerebral cortex, basal ganglia and cerebellum. Content organized around specific nervous system damage (such as stroke, apraxia, spasticity, or spinal cord damage) and functional movements (such as reaching and grasping, balance and gait). Converging evidence from human movement disorders, brain imaging, animal lesion and single cell studies provide the primary basis for the content.

KIN 575: Physical Education Curriculum Design and Program Organization

(Dual-listed with KIN 475). (3-0) Cr. 3. F.

Prereq: Admission to Educator Preparation Program, KIN 280 and 281

Current theory, practices and principles applied to curriculum development for programs in physical education, K-12. Organizing for teaching in a variety of school settings.

KIN 590: Special Topics

Cr. 1-3. Repeatable.

KIN 590A: Special Topics: Physical Education

Cr. 1-3. Repeatable.

KIN 590B: Special Topics: Health and Exercise Promotion

Cr. 1-3. Repeatable.

KIN 590D: Special Topics: Exercise Physiology

Cr. 1-3. Repeatable.

KIN 590E: Special Topics: Sport Sociology

Cr. 1-3. Repeatable.

KIN 590F: Special Topics: Sport/Exercise Psychology

Cr. 1-3. Repeatable.

KIN 590G: Special Topics: Motor Behavior

Cr. 1-3. Repeatable.

KIN 590H: Special Topics: Biomechanics

Cr. 1-3. Repeatable.

KIN 590I: Special Topics: Research Ethics

Cr. 1-3. Repeatable.

KIN 591: Supervised Field Experience

Cr. 1-6.

Prereq: 10 graduate credits in kinesiology and/or related areas

Supervised on-the-job field experience in special areas.

KIN 591A: Supervised Field Experience: Physical Education

Cr. 1-6.

Prereq: 10 graduate credits in kinesiology and/or related areas

Supervised on-the-job field experience in special areas.

KIN 591B: Supervised Field Experience: Health and Exercise Promotion

Cr. 1-6.

Prereq: 10 graduate credits in kinesiology and/or related areas

Supervised on-the-job field experience in special areas.

KIN 591D: Supervised Field Experience: Exercise Physiology

Cr. 1-6.

Prereq: 10 graduate credits in kinesiology and/or related areas

Supervised on-the-job field experience in special areas.

KIN 592: Practicum in College Teaching

Cr. 1-3. Repeatable, maximum of 3 credits. F.S.SS.

Supervised experience with teaching an upper division, classroom-based course. Offered on a satisfactory-fail basis only.

KIN 595: Adapted Physical Education

(Dual-listed with KIN 395). (2-3) Cr. 3. F.

Prereq: Admission to Educator Preparation Program, KIN 280/281

Etiology, characteristics, needs and movement experiences for individuals with disabling conditions. Designed to provide appropriate methods of physical education instruction for students including those with disabilities as identified by the Individuals with Disabilities Education Act and students who are talented and gifted. Assessments and strategies to differentiate instruction and to adapt activities for all exceptional learners will be addressed. Laboratory experience required. KIN 595 may not be taken by students who previously earned credit in KIN 395.

KIN 599: Creative Component

Cr. 1-3. Repeatable.

Courses for graduate students:

KIN 615: Seminar

Cr. 1-3. Repeatable.

KIN 620: Advance Research Methods in Physical Activity

(3-0) Cr. 3. S.

Prereq: KIN 501, STAT 401 and STAT 402. Doctoral students only

Culminating seminar designed to synthesize statistical and design courses with practical research issues using data from physical activity.

KIN 670: Molecular Biology of Muscle

(Cross-listed with AN S). (3-0) Cr. 3. Alt. F., offered even-numbered years.

Prereq: BBMB 405, BBMB 420, or BBMB 502

Ultrastructure of muscle; chemistry, structure, function, and molecular biology of muscle proteins. Molecular aspects of muscle contraction, development and turnover. Cytoskeletal proteins and dynamics.

KIN 699: Research

Cr. 1-6. Repeatable.