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### Exercise Science

The School of Human Sciences offers programs, which qualify graduates for positions in private, industrial, and public settings. Whatever the student’s career aims may be, the programs provide a full range of intriguing and challenging professional opportunities in diversified curricula. The student can choose a discipline best suited to individual interests, talents, temperament, and future plans.

While studying new concepts, the student will observe the work of outstanding teachers, athletic coaches, and clinicians. Whichever direction is selected, the student will study and practice in modern facilities, with the latest equipment and will learn the most recent techniques.

### Bachelor of Science (B.S.) in Exercise Science

This program is designed for students who are interested in the study of Exercise Science. Preparation in this program enables the graduate to assess the components of human performance in healthy and clinical populations. Graduates are prepared for careers in public and private health and wellness programs as well as clinical programs for the rehabilitation of cardiac, cancer and pulmonary patients. Graduates have a foundation for continued study in professional programs such as physical therapy, occupational therapy, physician assistant, medicine, chiropractic and athletic training as well as graduate studies in exercise science.

### B.S. Exercise Science Degree Requirements

Degree Requirements	Credit Hours
University Core Curriculum Requirements	39
To include PSYC 102 and ZOOL 118 or ZOOL 115, HND 101, MATH 108, CHEM 140A.	1
Requirements for Major in Exercise Science	55
KIN 201, KIN 300, KIN 313, KIN 318, KIN 320, KIN 321, KIN 324, KIN 342, KIN 355F or KIN 402, KIN 381, KIN 382, KIN 408, KIN 420, KIN 421, KIN 428	44
Additional Requirements	11
CHEM 140B, PHSL 201, PHSL 208, QUAN 402	
Electives	25
Total	120

## Exercise Science Courses

Exercise Science – prepares you to manage health and fitness programs in corporate and clinical settings. It also lays the groundwork for graduate study in physiology, biomechanics and motor behavior, and is becoming the major of choice for those pursuing health professions careers such as occupational health, physical therapy, medicine or even pharmaceutical sales. About one-third of our exercise science students continue on to health careers.

**KIN101 - Current Concepts of Physical Fitness** (University Core Curriculum) To foster a thorough understanding of scientific principles of physical fitness and to enhance the ability to utilize physical exercise toward achievement of healthful living. Lab fee: \$3. Credit Hours: 2

**KIN102A - Aquatics-Swimming I: Orientation to Swimming** These courses are designed to provide an introduction to the fundamental skills and knowledge in the selected activities. Swimming suits and towels are provided; however, students may provide their own one piece swimming suit (no pockets), towels and cap (optional). Long hair must be tied back. Goggles are recommended for some classes. Prerequisite: course is open only to non-swimmers. Mandatory Pass/Fail grading. A \$4 fee is required for all classes listed. Credit Hours: 2

**KIN102B - Aquatics-Swimming II** These courses are designed to provide an introduction to the fundamental skills and knowledge in the selected activities. Swimming suits and towels are provided; however, students may provide their own one piece swimming suit (no pockets), towels and cap (optional). Long hair must be tied back. Goggles are recommended for some classes. Prerequisite: KIN 102A or equivalent skills and safe in deep water. A \$4 fee is required for all classes listed. Credit Hours: 2

**KIN104A - Fitness-Aerobic Dance** These courses are designed to provide an introduction to the fundamental skills and knowledge in the selected activities. Students must wear clothing appropriate for the activity. A fee of \$4 is required for all classes listed. Credit Hours: 2

**KIN104B - Fitness-Cycling** Bicycle required and helmet. These courses are designed to provide an introduction to the fundamental skills and knowledge in the selected activities. Students must wear clothing appropriate for the activity. A fee of \$4 is required for all classes listed. Credit Hours: 2

**KIN104D - Fitness-Strength Training** These courses are designed to provide an introduction to the fundamental skills and knowledge in the selected activities. Students must wear clothing appropriate for the activity. A fee of \$4 is required for all classes listed. Credit Hours: 2

**KIN104E - Fitness-Walking and Jogging** These courses are designed to provide an introduction to the fundamental skills and knowledge in the selected activities. Students must wear clothing appropriate for the activity. A fee of \$4 is required for all classes listed. Credit Hours: 2

**KIN104F - Fitness-Weight Control** These courses are designed to provide an introduction to the fundamental skills and knowledge in the selected activities. Students must wear clothing appropriate for the activity. A fee of \$4 is required for all classes listed. Credit Hours: 2

**KIN105A - Individual and Dual Activities-Badminton** Three shuttlecocks required. These courses are designed to provide an introduction to the fundamental skills and knowledge in the selected activities. Students must wear clothing appropriate for the activity. A fee of \$4 is required for all classes listed. Credit Hours: 2

**KIN105B - Individual and Dual Activities-Bowling** Additional lane fee of \$39 per credit hour and bowling shoes required. These courses are designed to provide an introduction to the fundamental skills and knowledge in the selected activities. Students must wear clothing appropriate for the activity. Credit Hours: 2

**KIN105C - Individual and Dual Activities-Golf** Six plastic golf balls required. These courses are designed to provide an introduction to the fundamental skills and knowledge in the selected activities. Students must wear clothing appropriate for the activity. A fee of \$4 is required for sections A, D and E. A \$10 fee is required for section C. Credit Hours: 2

**KIN105D - Individual and Dual Activities-Racquetball** Three racquetballs required. These courses are designed to provide an introduction to the fundamental skills and knowledge in the selected activities. Students must wear clothing appropriate for the activity. A fee of \$4 is required for all classes listed. Credit Hours: 2

**KIN105E - Individual and Dual Activities-Tennis** Three tennis balls and racquet. These courses are designed to provide an introduction to the fundamental skills and knowledge in the selected activities. Students must wear clothing appropriate for the activity. A fee of \$4 is required for all classes listed. Credit Hours: 2

**KIN105F - Basic Pocket Billiards** These courses are designed to provide an introduction to the fundamental skills and knowledge in the selected activities. Students must wear clothing appropriate for the activity. A fee of \$10 is required for this section. Credit Hours: 2

**KIN106A - Team Activities-Basketball** These courses are designed to provide an introduction to the fundamental skills and knowledge in the selected activities. Students must wear clothing appropriate for the activity. A fee of \$4 is required for all classes listed. Credit Hours: 2

**KIN106B - Team Activities-Flag Football** These courses are designed to provide an introduction to the fundamental skills and knowledge in the selected activities. Students must wear clothing appropriate for the activity. A fee of \$4 is required for all classes listed. Credit Hours: 2

**KIN106C - Team Activities-Soccer** These courses are designed to provide an introduction to the fundamental skills and knowledge in the selected activities. Students must wear clothing appropriate for the activity. A fee of \$4 is required for all classes listed. Credit Hours: 2

**KIN106D - Team Activities-Softball** These courses are designed to provide an introduction to the fundamental skills and knowledge in the selected activities. Students must wear clothing appropriate for the activity. A fee of \$4 is required for all classes listed. Credit Hours: 2

**KIN106E - Team Activities-Volleyball** These courses are designed to provide an introduction to the fundamental skills and knowledge in the selected activities. Students must wear clothing appropriate for the activity. A fee of \$4 is required for all classes listed. Credit Hours: 2

**KIN107 - Restricted Physical Education** For physically challenged students as recommended by Student Health Center and consent of instructor. Course not designed for students who can take other physical activity courses. Mandatory Pass/Fail. Credit Hours: 1-4

**KIN113 - Aquatics** This course provides the opportunity for the student to improve one's ability in swimming skills and strokes. It is designed to prepare the student to be safe in, on and around the water. It prepares the student to react in emergency situations by knowing and having the ability to perform the proper rescue techniques to use while maintaining one's own safety. Prerequisite: KIN 102A or equivalent skill. Restricted to Kinesiology Majors only. Credit Hours: 2

**KIN116 - Team Sports and Activities** This course is designed to introduce students to skills, lead up and modified games, strategies and basic rules of team sports. Emphasis will be on developing the basic skills through observation and analysis of movement patterns appropriate for various skill level. Restricted to Kinesiology Majors Only. Equipment fee: \$4. Credit Hours: 3

**KIN118 - Rhythms and Dance** This course is designed to introduce the fundamentals of rhythm, basic dance steps and the elements of dance. Basic skills in square, folk, and social dance as well as basic rhythms and movement analysis will be covered. Lab fee: \$4. Credit Hours: 2

**KIN120 - Individual Sports and Activities** This course is designed to introduce students to skills, lead up games, strategies and basic rules of individual sports and activities. Emphasis will be on developing the basic skills through observation and analysis of movement patterns appropriate for various skill level. Restricted to Kinesiology Majors Only. Equipment Fee: \$4. Credit Hours: 3

**KIN160 - Dance Concert Production Ensemble** A select group which choreographs, rehearses, produces, and performs one dance concert per semester and performs in other venues as feasible.

Restriction: audition prior to first registration and consent of instructor each semester. 2.000 to 8.000  
Credit Hours. 2.000 to 8.000 Lecture Hours. Credit Hours: 2-8

**KIN170 - Varsity Sports** The course is designed to teach skills and strategies as well as the rules and practices involved in a selected varsity sport. Prerequisite: Names must appear on an official NCAA squad list. Special approval needed from the instructor. Mandatory Pass/Fail grade. Credit Hours: 2

**KIN200 - History of Sport in the United States** This course examines the development and significance of sport from 18th century Colonial America to the early 21st century United States. Factors such as religion, social and economic systems, urbanization, development of higher education, sport governance structures, gender, race, and ideas concerning the body are examined, and their impact upon sport is considered. Credit Hours: 3

**KIN201 - Introduction to Human Movement Science** (University Core Curriculum course) KIN 201 is a course designed to introduce students to scientific evidence related to the impact of exercise/physical activity on various physiologic systems and provide them with the knowledge necessary to promote health-related physical fitness. Students will be introduced to a variety of exercise science assessment techniques and training programs and will use the scientific method during laboratory experiments. Satisfies University Core Curriculum Human Health requirement in lieu of 101 for kinesiology majors. Credit Hours: 3

**KIN202 - Physical Education and Activities for Classroom Teachers** The purpose of this course is to equip classroom teachers with the knowledge and skills to plan, implement, and evaluate appropriate and effective physical education progression. This course will consist of lectures, class participation, and demonstrations of teaching/movement and peer teaching/clinical experience. Dress must permit ease of movement. Restricted to at least sophomore standing. Credit Hours: 3

**KIN205 - Instructional Strategies in Physical Education** An introduction to planning and teaching physical education activities. Content includes lesson planning, practice of teaching skills through micro teaching, peer teaching, and analysis of teaching. Restricted to declared Physical Education Teacher Education majors. Credit Hours: 3

**KIN210 - Diversity in American Sport** (University Core Curriculum) Explores how historical and contemporary forces have shaped opportunities and experiences of various cultural groupings in American sport. The course focuses on diversity issues related to race, ethnicity, gender, social class, sexuality and physical ability/disability. Class utilizes a variety of interactive classroom activities to explore multicultural dynamics in sport and society. Credit Hours: 3

**KIN216 - Teaching Methods, Strategies and Development of Team Sports** The purpose of this course is to introduce students to instructional methods and strategies of teaching team sports. Emphasis will be placed on skill development and analysis of movement patterns, skill progressions, practical instructional methods, lesson planning and peer teaching. Restricted to PETE majors accepted into the Teacher Education Program. Credit Hours: 3

**KIN220 - Teaching Methods, Strategies, and Skill Development of Individual Sports** The purpose of this course is to introduce students to instructional methods and strategies of teaching individual sports. Emphasis will be placed on skill development and analysis of movement patterns, skill progressions, practical instructional methods, lesson planning, and peer teaching. Restricted to PETE majors accepted into the Teacher Education Program. Credit Hours: 3

**KIN230 - Youth Fitness and Sport Training** An exploration and examination of the scientific foundations underpinning the field of youth fitness and sport training. The student will learn to practically apply these principles into sound and developmentally appropriate practice in a manner that will enhance client movement ability, efficiency, and aptitude while preventing injury and maximizing performance. Credit Hours: 3

**KIN257 - Current Work Experience** The student receives credit for current work experiences. Credit is awarded for many practical experiences and must be related to kinesiology and in process. Prerequisite: at least C average in Kinesiology after 12 hours. Mandatory Pass/Fail. Credit Hours: 1-5

**KIN258 - Work Experience** The student receives credit for past work experiences. Credit is awarded for many practical experiences and must be related to kinesiology and already completed. Mandatory Pass/Fail. Prerequisite: at least C average in Kinesiology courses after 12 hours. Credit Hours: 1-5

**KIN300 - Musculoskeletal Anatomy** A fundamental study of the human body and its parts with special emphasis on bone, muscle and tissues. Lab fee: \$10. Credit Hours: 3

**KIN301 - Foundation, Organization and Administration of Physical Education** This course is designed to examine the historical and philosophical development of physical education. Students will gain a historical perspective of the physical education profession ranging from its earliest origins to its future development. The course will also examine the administrative and legal concerns relevant to the profession of physical education. Students will develop an understanding of the theories and principles involved in the administration and management of a physical education program. Specific concerns to be addressed are: (1) organizational and administrative processes, (2) program facilities and equipment, (3) personnel, (4) budget, (5) legal liabilities, and (6) public relations. The emphasis throughout the course will be a practical application of administrative concepts for the physical education teacher. Restricted to KIN majors only. Credit Hours: 3

**KIN302 - Kinesiology of Normal and Pathological Conditions** Force system, its relation to the mechanics of muscle action. Analysis of muscular-skeletal forces involved in physical activities. Credit Hours: 2

**KIN303 - Kinesiology** Force system, its relation to the mechanics of muscle action. Analysis of muscular-skeletal forces involved in physical education activities. Credit Hours: 2

**KIN304 - Mechanical Basis of Human Movement** Applies body mechanics with application of mechanical laws and principles to performance in physical activities. Credit Hours: 2

**KIN305 - Methods of Teaching Physical Education for Exceptional Children** An introductory course designed to provide minimal competencies needed to teach the physically challenged students in the mainstream or special education setting. The course will also aid the special education classroom teacher in providing appropriate physical education. Prerequisite: KIN 313. Restricted to PETE majors in the Teacher Education Program. Concurrent enrollment in EDUC 308 required. Credit Hours: 2

**KIN313 - Motor Behavior** This course will introduce the student who will teach motor skills to people of any age to basic principles and concepts involved in the performance, control, and learning of motor skills. Emphasis will be on acquainting the student with age-related characteristics affecting motor performance, processes involved in the control of movement, and structuring the learning environment to maximize long-term retention of skills. Restricted to KIN majors only. Credit Hours: 3

**KIN314 - Methods of Teaching Elementary Physical Education** The purpose of this course is for Physical Education students to develop knowledge and skills for planning, implementing, and evaluating appropriate and effective physical education progressions. The course will consist of lectures, class participation in demonstrations of teaching movement, and peer teaching/clinical experience. Prerequisite: KIN 113, KIN 118. Restricted to PETE majors accepted in the Teacher Education Program. Concurrent enrollment in EDUC 301. Concurrent enrollment in KIN 323 not permitted. Equipment fee: \$4. Credit Hours: 3

**KIN318 - Behavioral Aspects of Exercise** This course will explore the theory and research related to the psychological and social aspects of exercise and how exercise may impact the individual's psychosocial health and behavior. The focus is on theory and application. It will cover theories and models of exercise behavior, psychosocial outcomes of exercise, social factors in exercise behavior, communication skills needed to help increase physical activity, policy, population, community, and individual physical activity interventions. Credit Hours: 3

**KIN320 - Exercise Physiology** Immediate and long range effects of muscular activity on the systems. Integrative nature of body functions and environmental influence on human performance efficiency. Lab to be arranged. Prerequisite: KIN 201 or consent of instructor and PHSL 201. Lab fee: \$10. Credit Hours: 3

**KIN321 - Biomechanics of Human Movement** The science of human motion is the basis of this course. The anatomical and mechanical principles of human motion will be studied as well as how these principles relate to skillful and efficient movement in humans. Prerequisite: KIN 300 or PTH 207. Credit Hours: 3

**KIN322 - Teaching Practicum** Laboratory experience assisting with a physical education courses or in a school setting. Mandatory Pass/Fail. Credit Hours: 1

**KIN323 - Methods of Teaching Secondary Physical Education** The purpose of this course is for physical education students to develop knowledge and skills for planning, implementing, and evaluating appropriate and effective physical education programs at the secondary level. The course will consist of lectures, class participation in demonstrations of teaching physical activity and peer teaching/clinical experience. Prerequisites: KIN 113, KIN 118. Restricted to PETE majors accepted in the Teacher Education Program. Concurrent enrollment in EDUC 302. Concurrent enrollment in KIN 314 is not permitted. Equipment fee: \$4. Credit Hours: 3

**KIN324 - Essentials of Athletic Injury Management** This course is designed to provide basic information regarding risk management, prevention, recognition, first aid, taping, and wrapping of athletic injuries. The student will be required to successfully demonstrate basic strapping techniques, bandaging, splinting, CPR/AED & First Aid. The course will lead to certification in Adult/Child First Aid, CPR and AED. Certification fees payable to the local organization will be collected in class. Restricted to Junior/Senior standing only. Lab fee: \$15. Credit Hours: 3

**KIN329 - Sport Governance** This course provides a comprehensive overview of the fundamental aspects of management and administration within sport organizations. Specifically, this course focuses on practical applications of governance principles to amateur (interscholastic, intercollegiate, Olympics, and NPOs) and professional sport organizations operating at national and international levels. Credit Hours: 3

**KIN330A - Techniques and Theory of Coaching-Basketball** Credit Hours: 2

**KIN330B - Techniques and Theory of Coaching-Football** Credit Hours: 2

**KIN330C - Techniques and Theory of Coaching-Swimming** Credit Hours: 2

**KIN330D - Techniques and Theory of Coaching-Baseball** Credit Hours: 2

**KIN330E - Techniques and Theory of Coaching-Track and Field** Credit Hours: 2

**KIN330F - Techniques and Theory of Coaching-Wrestling** Credit Hours: 2

**KIN330G - Techniques and Theory of Coaching-Tennis** Credit Hours: 2

**KIN330H - Techniques and Theory of Coaching-Gymnastics** Credit Hours: 2

**KIN330I - Techniques and Theory of Coaching-Golf** Credit Hours: 2

**KIN330J - Techniques and Theory of Coaching-Badminton** Credit Hours: 2

**KIN330K - Techniques and Theory of Coaching-Field Hockey** Credit Hours: 2

**KIN330L - Techniques and Theory of Coaching-Softball** Credit Hours: 2

**KIN330M - Techniques and Theory of Coaching-Volleyball** Credit Hours: 2

**KIN342 - Pharmacology for Sport and Allied Health Professionals** This course is designed to make the allied health and exercise professional aware of the effects of prescription, non-prescription, performance enhancing and street drugs on the performance of physically active persons. Prerequisite: PHS 201, CHEM 140A or 200/201. Credit Hours: 3

**KIN345 - Sport Psychology** This course is designed to expose students to psychological concepts that influence or are influenced by involvement in sport, physical activity, and other physical contexts. The course fosters an understanding of how social psychological principles relate to performance and the overall quality of the sport or physical experience of participants (athletes/fans/coaches/

administrators). There is an emphasis on conceptual frameworks and the applied aspects of sport performance enhancement and mental skills. Application of these principles for future practitioners of teaching, coaching, sports medicine, counseling, and administrative fields will be highlighted. Credit Hours: 3

**KIN350A - Special Topics-Kinesiology** The class will focus on various topics depending on the needs and interests of students and the expertise of faculty. 1 to 3 credit hours; may be repeated three times for a max of 9 hours. Special approval needed from the instructor. Credit Hours: 1-3

**KIN350B - Special Topics-Exercise Science** The class will focus on various topics depending on the needs and interests of students and the expertise of faculty. 1 to 3 credit hours; may be repeated three times for a max of 9 hours. Special approval needed from the instructor. Credit Hours: 1-3

**KIN350C - Special Topics-Athletic Training** The class will focus on various topics depending on the needs and interests of students and the expertise of faculty. 1 to 3 credit hours; may be repeated three times for a max of 9 hours. Special approval needed from the instructor. Credit Hours: 1-3

**KIN350D - Special Topics-Physical Education Teacher Education** The class will focus on various topics depending on the needs and interests of students and the expertise of faculty. 1 to 3 credit hours; may be repeated three times for a max of 9 hours. Special approval needed from the instructor. Credit Hours: 1-3

**KIN350E - Special Topics-Sport Administration/Coaching** The class will focus on various topics depending on the needs and interests of students and the expertise of faculty. 1 to 3 credit hours; may be repeated three times for a max of 9 hours. Special approval needed from the instructor. Credit Hours: 1-3

**KIN355A - Practicum-Aquatics** Restricted to written consent of instructor. Credit Hours: 2

**KIN355B - Practicum-Special populations** Restricted to written consent of instructor. Credit Hours: 2

**KIN355C - Practicum-Coaching** The 355C practicum requires a minimum of 90 hours of hands-on training under a certified coach. See Coaching minor description for other details. Mandatory Pass/Fail. Restricted to written consent of instructor. Prerequisites: KIN 201, 313, 324, 329, 345. Co-requisite course (concurrent enrollment allowed): KIN 329, 345. Credit Hours: 2

**KIN355E - Practicum-Dance** Restricted to written consent of instructor. Credit Hours: 2

**KIN355F - Practicum-Exercise Science** Restricted to written consent of instructor. Fee: \$20. Credit Hours: 2

**KIN355G - Practicum-Teaching of Sport** Restricted to written consent of instructor. Credit Hours: 2

**KIN360 - Introduction to Sport Administration** The course will provide students with the foundations and principles of sport administration, including an overview of the structure of the sport industry and basic fundamental knowledge and skills necessary for the successful sport administrator. The course will address essential topics in sport administration, the history of sport administration, management and marketing principles, amateur and professional sport industry & career preparation. Credit Hours: 3

**KIN364 - Legal & Ethical Issues in Sport** This course provides an extensive overview of legal principles and ethical issues in sport. This course will begin with an introduction to the different fields of law & a survey of the broad issues related to sport law (federal amendment, torts, contracts, labor relations). The second half of this course examines the basic philosophical issues concerning ethics and moral reasoning and how these issues relate to sport. Credit Hours: 3

**KIN365 - Business Aspects of Sport** The course will provide students with basic knowledge and understanding of the principles, processes, and strategies related to financing, marketing and managing sport resources. The focus will be on applications of the principles and concepts of sport finance and marketing, and event management to the sport industry. The course will address a variety of current topics associated with the sport industry. Credit Hours: 3

**KIN366 - Sport Promotion Management** This course provides an introduction to promotions and communications within the sport industry. This course is designed to help students achieve a

basic understanding of the principles, processes, and strategies pertaining to sport promotions and communications. Emphasis shall be placed on the application of promotional principles to the sport industry. This course addresses topics important to sport organizations, including sport consumers and their decisions, sport segmentation, the 4-Ps (Product, Price, Place, and Promotion), the role of sport media, media relations in sport, and sport public relations. Credit Hours: 3

**KIN367 - Sport Venue and Event Management** This course provides students with the essentials of planning, funding, and managing facilities and events within the sport industry. This course will focus on specific strategies for organizing and executing sporting events. Topics include meeting the challenges of managing sport facilities, issues involved with crowd & alcohol management, risk management, event planning, event logistics, budget development, sponsorship proposals, negotiations and contracts, working with customers and athletes, and event promotion plans. Credit Hours: 3

**KIN369 - Sport Analytics** Students will be introduced to analytical techniques common in Sport. Topics and skills covered include the importance of current findings in the field, how to find and analyze information, how to distinguish reliable from unreliable sources, how to ask data analysis questions, how to choose methods for data analytics, and how to discuss findings from the data analysis. Credit Hours: 3

**KIN370 - Measurement, Evaluation, and Assessment in Physical Education** The purpose of this course is to introduce students to the theory and practical application of measurement, evaluation, and assessment in physical education. The course will provide an overview of multiple assessments of student learning within the psycho-motor, cognitive, and affective domains covering basic statistical techniques and interpretation and application of performance results. Restricted to PETE majors accepted in the Teacher Education Program. Concurrent enrollment in EDUC 303. Credit Hours: 3

**KIN380 - Aerobics** A study of theoretical and practical framework within which the concepts of aerobic fitness exist. Both an evaluation and a hands-on experience with the direct and indirect procedures commonly used to determine oxygen uptake capacity and aerobic power. A thorough discussion of the meaning of aerobic fitness as it applies to general fitness of the adult and aging person. Prerequisite: KIN 320. Restricted to junior standing. Special approval needed from the instructor in the semester prior to enrollment. Credit Hours: 2

**KIN381 - Exercise and Nutrition** This course develops the interrelationship of exercise and nutrition. The course begins with an overview of food nutrients and bioenergetics. It then examines optimal nutrition for physical activity, nutritional ergogenic aids, and weight control and disordered eating. Prerequisite: KIN 320. Restricted to junior standing. Credit Hours: 3

**KIN382 - Graded Cardiovascular Testing and Exercise Prescription** A study of the controlled use of exercise to evaluate the cardiovascular function of an adult population and in specific persons of middle and older aged groups. The scientific basis of recommending exercise programs as a preventive rather than a treatment of heart disease will be stressed. Prerequisite: KIN 320. Restricted to junior standing. Credit Hours: 3

**KIN400 - Psychology of Injury** This course will explore the theory and research related to the psychological aspects of injury and injury rehabilitation. The focus is on theory and application. Case studies will be used to explore assessment and intervention approaches relevant for different levels of athletic training, sports medicine and sport psychology professionals. Credit Hours: 3

**KIN402 - Exercise Programming for Cancer Survivors and Caregivers** The primary goal of this course is to give both graduate and undergraduate students the necessary tools to successfully prescribe and administer safe and effective exercise programs and assessments for cancer survivors and caregivers as a staff member for the Strong Survivors Exercise and Nutrition Program for Cancer Survivors and Caregivers. The course will also give students a baseline of knowledge that will help prepare them to sit for cancer exercise trainer certification exams. Special approval needed from the instructor. Credit Hours: 2

**KIN408 - Advanced Exercise Prescription** Advanced exercise prescription provides an analysis of physical fitness as it relates to the total well-being of the individual. The course contains specific units on fitness parameters, hypokinetic disease, stress, current levels of physical fitness, but emphasizes the



creation of training programs. The course contains exercise prescription for healthy, at risk, overweight and chronically ill populations. Prerequisite: KIN 382 and KIN 320. Credit Hours: 3

**KIN416 - Introduction to Team Building** The purpose of this course is to acquaint students, teachers, coaches and administrators with the "team building model". The course will focus on icebreakers, trust and communication initiatives, problem solving skills and processing. The goal of this introductory course is for the participants to become familiar and acquire team building skills, to develop a workable team building model and initiate the plan in the classroom or workplace. Credit Hours: 3

**KIN420 - Advanced Exercise Physiology** The general physiological effects of motor activity upon the structure and function of body organs; specific effect of exercise on the muscular system. Prerequisite: PHSL 201 and KIN 320. Credit Hours: 3

**KIN421 - Principles of Skeletal Muscle Action** The neural, physiological and mechanical basis of skeletal muscle action and plasticity in relation to the expression of strength and power. Prerequisite: PHSL 201 and KIN 320. Credit Hours: 3

**KIN428 - Physical Activity and Exercise for Older Adults** (Same as GRON 428) This course is designed to introduce the student to physical changes of the older person with reference to activity and exercise and to teach the student about rational activity and exercise programs for the older person with consideration of the care and prevention of typical injuries that may occur with such programs. Credit Hours: 3

**KIN455 - Internship in Sports Administration** The internship is a culminating experience directly related to the student's intended employment or area of interest. To enroll students must be of senior status (at least 90 credit hours completed) and have a 2.5 g.p.a or have approval from the instructor. Prerequisites include KIN 301, KIN 329, KIN 345, KIN 360, KIN 365 and KIN 464. All conditions of placement, conduct and evaluation of the internship will be under jurisdiction of the appropriate faculty. Credit Hours: 1-12

**KIN493A - Individual Research-Dance** The selection, investigation, and writing of a research topic under supervision of an instructor. Written report required. Special approval needed from the instructor. Credit Hours: 2-4

**KIN493B - Individual Research-Kinesiology** The selection, investigation, and writing of a research topic under supervision of an instructor. Written report required. Special approval needed from the instructor. Credit Hours: 2-4

**KIN493C - Individual Research-Measurement** The selection, investigation, and writing of a research topic under supervision of an instructor. Written report required. Special approval needed from the instructor. Credit Hours: 2-4

**KIN493D - Individual Research-Motor Development** The selection, investigation, and writing of a research topic under supervision of an instructor. Written report required. Special approval needed from the instructor. Credit Hours: 2-4

**KIN493E - Individual Research-Physiology of Exercise** The selection, investigation, and writing of a research topic under supervision of an instructor. Written report required. Special approval needed from the instructor. Credit Hours: 2-4

**KIN493F - Individual Research-History and Philosophy** The selection, investigation, and writing of a research topic under supervision of an instructor. Written report required. Special approval needed from the instructor. Credit Hours: 2-4

**KIN493G - Individual Research-Motor Learning** The selection, investigation, and writing of a research topic under supervision of an instructor. Written report required. Special approval needed from the instructor. Credit Hours: 2-4

**KIN493H - Individual Research-Psycho-social Aspects** The selection, investigation, and writing of a research topic under supervision of an instructor. Written report required. Special approval needed from the instructor. Credit Hours: 2-4

**KIN493I - Individual Research-Sport Management** The selection, investigation, and writing of a research topic under supervision of an instructor. Written report required. Special approval needed from the instructor. Credit Hours: 2-4

**KIN494A - Practicum in Kinesiology** Supervised practical experience at the appropriate level in selected kinesiology activities in conjunction with class work. Work may be in the complete administration of a tournament, field testing, individual or group work with special populations, administration of athletics or planning kinesiology facilities. Special approval needed from the instructor. Credit Hours: 1

**KIN494B - Practicum in Kinesiology** Supervised practical experience at the appropriate level in selected kinesiology activities in conjunction with class work. Work may be in the complete administration of a tournament, field testing, individual or group work with special populations, administration of athletics or planning kinesiology facilities. Special approval needed from the instructor. Credit Hours: 1

## Exercise Science Faculty

**Anton, Philip M.**, Associate Professor, Ph.D., University of Northern Colorado-Greeley, 2006. Exercise and cancer rehabilitation.

**Becque, M. Daniel**, Associate Professor, Ph.D., University of Michigan, 1988. Exercise physiology.

**Knapp, Bobbi**, Associate Professor, Ph.D., University of Iowa, 2008. Gender and sport.

**Park, Meungguk**, Associate Professor, Ph.D., The Ohio State University, 2005. Sport marketing and promotion.

**Partridge, Julie**, Professor, Ph.D., University of Northern Colorado-Greeley, 2003. Sport and exercise psychology.

**Quisenberry, Sean**, Assistant Professor, Ph.D., University of Tennessee, Knoxville, 2020. Human movement and biomechanics.

**Wallace, Juliane**, Associate Professor, Ph.D., Iowa State University, 2004. Cardiovascular exercise physiology.

**Yoh, Taeho**, Professor, Ph.D., Florida State University, 2001. Sport marketing, corporate social responsibility, and sport and recreation for STEM education (STREAM)

## Emeriti Faculty

**Ackerman, Kenneth**, Assistant Professor, Emeritus, M.A., Michigan State University, 1959.

**Blackman, Claudia J.**, Assistant Professor, Emerita, M.S.Ed., Southern Illinois University, 1968.

**Blinde, Elaine M.**, Professor, Emerita, Ph.D., University of Illinois, 1987.

**Brechtelsbauer, Kay M.**, Assistant Professor, Emerita, Ph.D., Southern Illinois University, 1980.

**Goode, Larry**, Associate Professor, Emeritus, Ph.D., Temple University, 1968.

**Illner, Julee Ann**, Assistant Professor, Emerita, M.S.Ed., Southern Illinois University, 1968.

**Knowlton, Ronald**, Professor, Emeritus, Ph.D., University of Illinois, 1961.

**Vogler, E. William**, Professor, Emeritus, Ed.D., University of Utah, 1980.

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Last updated: 02/08/2022