KIN - KINESIOLOGY

KIN 2560 Individual Problems in Kinesiology Cr. 1-3
Solving a specific problem under the guidance of the divisional staff. Offered Fall, Winter.
Repeatable for 4 Credits

KIN 3000 Professional Perspectives in Kinesiology and Exercise Science Cr. 3
Synopsis of the academic, professional, and career perspectives of the Exercise and Sport Science major as well as the concepts and applications of the science of exercise, kinesiology, wellness, leadership, assessment, and internships. Offered Fall, Winter.

KIN 3400 Lifespan Growth and Development Cr. 3
Study of change in motor behavior from infancy to older adulthood. Competency in: ability to formulate a developmental perspective, knowledge of changing behavior across life-span, knowledge of factors affecting motor development, ability to apply knowledge in instructional and recreational settings. Offered Every Term.

KIN 3540 Cultural Foundations of Kinesiology Cr. 3
Introduction to cultural competence and cultural issues in physical activity, exercise, sport, and fitness for kinesiology and health care professionals. Offered Every Term.

KIN 3550 Motor Learning and Control Cr. 3
Study of motor skill acquisition and motor control with applications to physical activity. Focus on cognitive processes and neural mechanisms which contribute to motor learning and control. Satisfies General Education program Writing Intensive requirement for kinesiology majors. Offered Every Term.
Prerequisites: AFS 2390 with a minimum grade of C, ENG 2390 with a minimum grade of C, ENG 3010 with a minimum grade of C, ENG 3020 with a minimum grade of C, or ENG 3050 with a minimum grade of C

KIN 3580 Biomechanics Cr. 3
Application of knowledge of human physical structure and function in the analysis and appreciation of human movement; theory and practice of human movement analytic techniques. Offered Every Term.
Prerequisites: BIO 2870 with a minimum grade of C and KIN 3000 with a minimum grade of C

KIN 5100 Anatomical and Physiological Bases of Physical Activity Cr. 3
Basic anatomical and physiological principles that have direct application to physical activity programming in the K-12 school setting and in community-based physical activity settings. The course will include practical application experiences to illustrate the theoretical knowledge base. Offered Fall.
Restriction(s): Enrollment limited to students in the College of Education.

KIN 5210 Movement Education Cr. 3
Advanced study of elementary movement education through and in-depth analysis of Graham's movement skill themes. Study of movement concepts, skill themes, curriculum design, and the implementation of activities in a practical application. Students will also investigate research supporting the inclusion of movement education in quality physical education and physical activity programs. Offered Fall.
Prerequisites: KIN 5200 with a minimum grade of D-
Restriction(s): Enrollment limited to students with a class of Unranked Grad, Junior or Senior; enrollment is limited to Graduate or Undergraduate level students.

KIN 5350 Exercise Science Internship Cr. 4
Supervised experience in health and exercise programs with various populations at approved sites. Offered Every Term.
Prerequisites: KIN 6320 with a minimum grade of C
Restriction(s): Enrollment limited to students in the College of Education.
Fees: $16
Repeatable for 8 Credits

KIN 5360 Senior Research Project Cr. 1-5
Students conduct scientific research in exercise science; review of literature, data collection, assisting with data transformation, help with formal presentation of written or oral materials of findings from the study. Offered Every Term.
Restriction(s): Enrollment limited to students with a class of Junior or Senior.
Repeatable for 5 Credits

KIN 5520 Sport Psychology Cr. 3
History, personality, psychology of injury; theories of motivation, arousal, and anxiety; competition and cooperation, feedback, reinforcement and intrinsic motivation. Team dynamics, group cohesion, communication and leadership processes, psychological qualities and skills (such as goal setting, imagery, concentration). Unhealthy sport behaviors, burnout, over-training. Psychology of youth sport; character development. Offered Fall, Winter.
Prerequisites: (AFS 2390 with a minimum grade of C, ENG 2390 with a minimum grade of C, ENG 3010 with a minimum grade of C, ENG 3020 with a minimum grade of C, or ENG 3050 with a minimum grade of C) and PSY 1010-5999 with a minimum grade of C

KIN 5523 Physical Activity and Exercise Psychology Cr. 3
Introduction of physical activity and exercise psychology from a multi-theory perspective. Determinants, well-being and interventions in physical activity, physical education and exercise settings will be explored through a broad spectrum. Offered Fall, Winter.
Prerequisites: (AFS 2390 with a minimum grade of C, ENG 2390 with a minimum grade of C, ENG 3010 with a minimum grade of C, ENG 3020 with a minimum grade of C, or ENG 3050 with a minimum grade of C) and PSY 1010-5999 with a minimum grade of C

KIN 5550 Health and Physical Education for the Elementary School Teacher Cr. 3
Broad content knowledge of developmentally appropriate physical education and health education for children in grades K-6. Offered Every Term.

KIN 5770 Physical Activity Leadership Internship Cr. 7
Individually arranged, supervised, educational and professional experience at an approved on-campus or off-campus based internship site. Opportunities to organize and conduct physical activity leadership responsibilities under close supervision. Through this type of exposure, the student will receive practical, on-the-job experience in one or more types of physical activity leadership. Offered Winter.
Restriction(s): Enrollment limited to students with a class of Unranked Grad, Junior or Senior; enrollment is limited to Graduate or Undergraduate level students.

KIN 6100 Methods of Group Training Cr. 3
Provides a comprehensive overview of the group exercise industry and instructional strategies for safe group exercise training for various populations and differing environments. Offered Fall, Winter.
Prerequisites: KIN 6300 with a minimum grade of C

KIN 6110 Motor Learning and Development Cr. 3
Principles and practices that affect the learning and development of motor skills from birth to early adulthood. Study of theories of motor development, motor learning, and motor control; motor skill classification and games classification; developmental and motor learning stages; methodological considerations including how to measure and assess motor learning in field-based situations; and professional applications of the motor learning and development in physical education and physical activity programming. Offered Winter.
Restriction(s): Enrollment limited to students in the College of Education.

KIN 6120 Strength and Conditioning Cr. 3
Provides a comprehensive overview of strength and conditioning with an emphasis on the exercise sciences, nutrition, program design, organization and administration, measurement, and evaluation. Offered Every Term.
Prerequisites: KIN 6300 with a minimum grade of C and KIN 3580 with a minimum grade of C
Restriction(s): Enrollment is limited to Graduate or Undergraduate level students.

KIN 6150 ECG Interpretation Cr. 3
This course provides students with an understanding of ECG and how to interpret static and dynamic ECG strips. It gives the opportunity for students to gain a basic knowledge of ECG and how to recognize normal and abnormal ECGs. Offered Winter.
Prerequisites: KIN 6300 with a minimum grade of C
Restriction(s): Enrollment limited to students with a class of Unranked Grad, Junior or Senior; enrollment is limited to Graduate or Undergraduate level students.

KIN 6160 Pharmacology for the Physical Activity Professional Cr. 3
Provides students with an understanding of the concepts of pharmacology, how drugs work, and different pharmacologic actions and adverse effects that drugs produce. Offered Winter.
Prerequisites: KIN 6300 with a minimum grade of C-
Restriction(s): Enrollment is limited to Graduate or Undergraduate level students.

KIN 6210 Physical Activity and Cognition Cr. 3
An overview of physical activity as it relates to cognitive functioning across the lifespan. Exploration of measures of physical activity, neuropsychological test batteries assessing various domains of cognitive functioning. Review studies examining the effect of physical activity on cognition and its underlying mechanisms. Offered Winter.
Prerequisites: KIN 5523 with a minimum grade of C
Restriction(s): Enrollment limited to students with a class of Unranked Grad, Junior or Senior; enrollment is limited to Graduate or Undergraduate level students.

KIN 6300 Exercise Physiology I Cr. 3
Basic physiological concepts as they relate to exercise and human performance. Practical applications incorporated into the laboratory component. Offered Every Term.
Prerequisites: KIN 3000 with a minimum grade of C, KIN 5100 with a minimum grade of C, or BIO 2870 with a minimum grade of C

KIN 6310 Exercise Physiology II Cr. 3
Metabolic, neuromuscular, cardiovascular, and respiratory adjustments to acute and chronic exercise in health and disease, including body composition and weight control, nutritional considerations, and the effects of different environments on exercise performance. Offered Every Term.
Prerequisites: KIN 6300 with a minimum grade of C
Restriction(s): Enrollment limited to students in the College of Education.
Equivalent: PSL 6010, PT 6310

KIN 6320 Fitness Assessment and Exercise Prescription Cr. 3
Provides physiological principles of physical fitness, including the assessment of physical fitness and exercise prescription guidelines. Offered Every Term.
Prerequisites: (BIO 2870 with a minimum grade of C or KIN 5100 with a minimum grade of C) and KIN 6300 with a minimum grade of C

KIN 7580 Biomechanical Analysis of Motor Activity Cr. 3
Principles and practice in the analysis of human movement. Selected methods of analysis are used in demonstrations and lab experiences. Students complete a biomechanical analysis project on an appropriate human motor skill. Offered Winter.
Restriction(s): Enrollment is limited to Graduate level students.

KIN 8530 Motor Learning Cr. 3
Examination of research in motor learning and performance. Relation of the nervous system and other physiological mechanisms to motor behavior and other conditions which affect the acquisition of motor skill: perception, motivation, psychology of motor behavior. Offered Fall.
Restriction(s): Enrollment is limited to Graduate level students.