

# KINESIOLOGY, HEALTH AND SPORT STUDIES

Office: 2152 Faculty Administration Building; 313-577-4249

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<https://education.wayne.edu/health-exercise-sports> (<https://education.wayne.edu/health-exercise-sports/>)

Health and kinesiology, as integral parts of a general education, focus attention upon the vital needs of the human being to acquire attitudes, knowledge and skills necessary for regular participation in healthful living and physical and leisure-time activities. Accordingly, the Division provides courses of instruction both to promote physical well being through athletic and exercise programs, and to prepare teachers and practitioners to promote such health in others. The decreased demands for physical vigor, as well as the increased tensions caused by the technological progress of the modern society, demand a scientific approach to these vital phases of well-being.

The Division of Kinesiology, Health and Sport Studies (KHS) provides courses of instruction in athletic training, health and physical education pedagogy, community health, exercise and sport science and sports administration for the general student body. In addition, it provides professional curricula at the undergraduate and graduate levels for those students seeking careers in these areas. For students interested in advanced study and research the Division offers a doctoral program in Kinesiology: concentrations (Exercise and Sport Science, Community Health and Health and Physical Education Pedagogy).

## Advisors

Each student admitted to the College at the graduate level and seeking a degree is assigned to a faculty member who acts as the advisor. The advisor guides the student in the selection of courses and counsels the student in solving academic problems.

## Admission to Master's Programs

Current and prospective students should always review the KHS webpage (<http://coe.wayne.edu/kinesiology/>), for the most current information regarding admission and degree requirements.

Admission to graduate programs in the Division of Kinesiology, Health and Sport Studies is contingent upon admission to the Graduate School (<http://bulletins.wayne.edu/graduate/general-information/admission/>). In addition, applicants to any program in the Division must meet the following criteria, as applicable:

### Regular Admission

Applicants must have an undergraduate grade point average of 3.0 or above, and an undergraduate degree directly relating to the field of specialization being applied for, or an undergraduate degree accompanied by an extensive educational background in a closely-related field.

### Qualified Admission

Applicants whose undergraduate grade point average is between 2.5 and 2.9, and who otherwise meet the criteria for regular admission, will be admitted on this basis but will be required to successfully complete additional coursework and/or other requirements as stipulated by the Division Graduate Officer.

### Non-Degree Admission (Pre- or Post-Master's)

Applicants must have an undergraduate grade point average of 2.5 or above, and an undergraduate degree in any field. Non-degree applicants

must include a personal statement with their initial graduate application, specifying their intent to apply to a Kinesiology, Health and Sport Studies degree program prior to the earning of nine credit hours. Only one semester of full-time graduate study, part-time registrations not to exceed nine credits, are normally permitted in this classification. Based on the approval of the College of Education Graduate Officer, no more than nine credits taken in graduate non-degree admission status may later be applied to graduate degree program requirements.

### Post-Bachelor Admission

Applicants must have an undergraduate grade point average of 2.25 or above, and an undergraduate degree in any field. Post-Bachelor status allows students to elect courses through the 6000 level, for undergraduate credit only.

### Special Admission (Non-Degree or Post-Bachelor)

Upon the recommendation of an advisor and the Division Graduate Officer, an applicant whose undergraduate grade point average is below 2.25 may be admitted on Non-Degree or Post-Bachelor status, if the applicant demonstrates substantial evidence of meritorious academic achievement subsequent to the conferral of his/her undergraduate degree.

### Senior Rule Admission

In their last undergraduate semester, Wayne State students with a 3.0 (or above) upper division grade point average have the option of taking a limited number of graduate credits. Graduate credit is awarded only for those courses taken in excess of baccalaureate degree requirements. Undergraduate and graduate courses combined may not exceed sixteen credits for the final semester of baccalaureate degree work. A Senior Rule student must register for at least one credit which is required for the undergraduate degree in order to be eligible for this status. Students who have completed all required registrations for the baccalaureate may not obtain Senior Rule status. Completion of the *Application for Graduate Admission* form is required, and students are advised to consult their advisors and the Office of University Admissions. Application deadlines for Senior Rule admission are the same as for regular graduate admission. Students who qualify and are recommended by the department or college will be admitted for one semester. Graduate admission will be regularized upon evidence that the student has completed all requirements for the bachelor's degree; it is the student's responsibility to provide this transcript.

As a courtesy, the University permits a student to pay undergraduate fees for the graduate courses elected in a Senior Rule status. It is recommended that students elect only courses numbered 5000-6999 in their Senior Rule semester.

BARCELONA, JEANNE: Ph.D., University of Texas at Austin; M.A.E., Olivet Nazarene University; B.A., Saint Mary's College; Assistant Professor

DOMBROWSKI, RACHAEL: Ph.D., University of Illinois Chicago; M.P.H., B.S., University of Michigan; Assistant Professor

EDGAR, TIFFANY: M.S., United States Sports Academy; B.S., University of Toledo; Lecturer

EISMAN, ANDRIA: Ph.D., University of Michigan; Assistant Professor

FAHLMAN, MARIANE: Ph.D., University of Toledo; M.A., Wayne State University; B.A., University of South Florida; Professor

GERMAN, RACHAEL: M.S., Kent State University; B.S., Central Michigan University; Lecturer

HEW-BUTLER, TAMARA: Ph.D., University of Cape Town, South Africa; D.M.P., Temple University; B.S., University of California, Los Angeles; Associate Professor

HOWARD, CANDICE: Ph.D., Eastern Michigan University, M.S., B.S., Miami University; Lecturer

KASZETA, KRISTEN: M.A., Wayne State University; B.B.A., Saginaw Valley State University; Lecturer

KULIK, NOEL: Ph.D., University of North Carolina; M.A., B.S., Wayne State University; Associate Professor

LAI, QIN: Ph.D., Texas A & M University; M.Ed., B.S., Beijing University of Physical Education; Associate Professor

MARTIN, JEFFREY: Ph.D., M.S., University of North Carolina-Greensboro; B.S., Brock University; B.A., Bowling Green State University; Professor

MASON, PATRICK: M.S., Oakland University; B.S., Oakland University; Lecturer

MCCAUGHTRY, NATHAN: Ph.D., University of Alabama; M.S., B.A., University of Wisconsin, LaCrosse; Assistant Dean and Professor

MOHNEY, GRETCHEN: Ph.D., M.A., Western Michigan University; B.S., Mercyhurst College; Lecturer

MOORE, WHITNEY: Ph.D., University of Kansas; M.S., Colorado State; B.S., West Virginia University; Assistant Professor

REED, ASHLEY: Ph.D., Kent State University; M.S., University of Kentucky; B.S., Central Michigan University; Lecturer

ROBERTS, PETER: M.A., B.S., Michigan State University; Assistant Professor

SHEN, BO: Ph.D., University of Maryland; M.E., Shanghai Institute of Physical Education; B.B., Central China Normal University; Professor

VASSALLO, MARIO J.: M.A., B.S., Central Michigan University; Lecturer

WHALEN, LAUREL L.: Ph.D., M.A., Wayne State University; B.A., Albion College; Lecturer

- Community Health (M.S.) (<http://bulletins.wayne.edu/graduate/college-education/kinesiology-health-sport-studies/community-health-ms/>)
- Exercise and Sport Science (M.S.) (<http://bulletins.wayne.edu/graduate/college-education/kinesiology-health-sport-studies/exercise-sport-science-ms/>)
- Health and Physical Education Teaching (M.S.) (<http://bulletins.wayne.edu/graduate/college-education/kinesiology-health-sport-studies/health-physical-education-teaching-ms/>)
- Sports Administration (M.A.) (<http://bulletins.wayne.edu/graduate/college-education/kinesiology-health-sport-studies/sports-administration-ma/>)
- Kinesiology (Ph.D.) (<http://bulletins.wayne.edu/graduate/college-education/kinesiology-health-sport-studies/kinesiology-phd/>)

## Athletic Training

### ATR 5110 Pathophysiology of Sports Injuries Cr. 3

Explores musculoskeletal sports injury from a pathophysiological and pathomechanical perspective. The effects of acute trauma and repetitive stress on the musculoskeletal system are examined. Additionally, the pathophysiology of sports related concussion is explored. Cumulative emphasis is placed on the evaluation process contributing to the foundational level of differential diagnosis. Offered Spring/Summer.

**Restriction(s):** Enrollment is limited to students with a major in Athletic Training.

### ATR 5115 Acute Care of Athletic Injuries Cr. 3

Students will develop an understanding of fundamental clinical practice concepts utilized by athletic trainers in the prevention, recognition, treatment and disposition of acute athletics-related illnesses and injuries. Emphasis is placed on the implementation of the emergency action plan and on-field/on-site assessment. Students will cultivate practical skills necessary for emergent care while developing the foundational level of differential diagnosis for acute injury/and illness. Offered Spring/Summer.

**Restriction(s):** Enrollment is limited to students with a major in Athletic Training.

**Course Material Fees:** \$30

### ATR 5125 Orthopedic Assessment Cr. 3

Addresses assessment of musculoskeletal and orthopedic related impairments and injury. Focuses on the evaluation process and diagnostic procedures associated with clinical reasoning and the development of differential diagnosis for clinical application. Offered Fall.

**Prerequisite:** ATR 5110 with a minimum grade of C and ATR 5115 with a minimum grade of C

### ATR 5130 Therapeutic Interventions I Cr. 3

A lecture and lab experience, focused on the principles and procedures for the selection and application of physical agents and mechanical techniques, essential for the management of musculoskeletal injury and/or dysfunction. Evidence-based practice (EBP) will be integrated throughout the course to enhance the development of treatment plans and clinical application. Offered Fall.

### ATR 5135 Evidence-Based Practice in Athletic Training Cr. 3

Introduces the concepts of evidence-based medicine and provides the student with information on how evidence-based medicine can affect the clinical practice of athletic training and enhance the care given to patients. Offered Fall.

**Restriction(s):** Enrollment is limited to students with a major in Athletic Training.

### ATR 5140 Clinical Gross Anatomy Cr. 3

Comprehensive review of human anatomy as it pertains to athletic training clinical practice. Students will develop an understanding of human anatomy and its relationship to etiology, evaluation, diagnosis, treatment, and rehabilitation of various medical conditions. Course content will emphasize, but is not limited to, the muscular, skeletal, nervous, and vascular systems. Prosected human cadavers, plastinated specimens, anatomical models, and computerized software/imaging will be used as instructional methods. Offered Winter.

**Course Material Fees:** \$220

### ATR 5145 Therapeutic Interventions II Cr. 3

Provides conceptual and practical application of therapeutic interventions addressing musculoskeletal and orthopedic related conditions. Students will determine therapeutic intervention care plans consistent with patient-centered functional outcomes. Specific emphasis will be placed on therapeutic and corrective exercise. Offered Winter.

**ATR 5149 Pre-Season Integrative Experience I Cr. 1**

Provides a clinical experience designed to satisfy the clinical education requirements for professional athletic training program. As a part of this experience, students will be supervised by a preceptor at an approved clinical site. Specific emphasis will be placed on taping, wrapping, pathology recognition, first aide, and acute injury management. Offered Spring/Summer.

**Restriction(s):** Enrollment is limited to students with a major in Athletic Training.

**Course Material Fees:** \$50

**ATR 5150 Integrative Experience in Athletic Training I Cr. 4**

Provides a clinical experience designed to satisfy the clinical education requirements for a professional level AT curricular program. As a part of this experience, students will be supervised by a preceptor at an approved clinical site. Specific emphasis will be placed on taping and bracing techniques, acute care of athletic injuries and the injury evaluation process. Clinical skill integration and competency completion appropriate for current level of didactic coursework and clinical integration will be assessed. Offered Fall.

**Prerequisite:** ATR 5149 with a minimum grade of C

**Course Material Fees:** \$50

**ATR 5151 Integrative Experience in Athletic Training II Cr. 4**

Provides a clinical experience designed to satisfy the clinical education requirements for a professional level AT curricular program. As a part of this experience, students will be supervised by a preceptor at an approved clinical site. Specific emphasis will be placed on orthopedic evaluation, the clinical diagnosis process and the clinical application of therapeutic modalities. Clinical skill integration and competency completion will be assessed. Offered Winter.

**Course Material Fees:** \$50

**ATR 5159 Pre-Season Integrative Experience II Cr. 1**

Students will engage in a second-year clinical experience, participating in a pre-season training camp. The experience will be designed to increase clinical competence concurrent with didactic material. This course provides a clinical field experience emphasizing progressive athletic training skills and procedures. As part of this experience, students will be assigned to a preceptor at an appropriate clinical site. Students will be assigned to intercollegiate, interscholastic, or professional sports organizations, rehabilitation facilities, or other health care facilities. Offered Spring/Summer.

**Restriction(s):** Enrollment is limited to students with a major in Athletic Training.

**Course Material Fees:** \$50

**ATR 5215 Medical and Pharmacologic Interventions Cr. 3**

This course will explore a systems approach to clinical medicine, to include pathology and pharmacology management of injury and illness commonly encountered in athletic training professional practice. Knowledge of medical examination, patient monitoring, and standard techniques and procedures as applied to clinical decision making and risk-reduction will be advanced. Offered Spring/Summer.

**Prerequisite:** ATR 5130 with a minimum grade of C and ATR 5145 with a minimum grade of C

**ATR 5225 Organization and Administration in Athletic Training Cr. 3**

Students will be acquainted with the proper organization and management techniques utilized by certified athletic trainers in health care administration of athletic training programs. Offered Fall.

**Prerequisite:** ATR 5140 with a minimum grade of C and ATR 5145 with a minimum grade of C and ATR 5215 with a minimum grade of C

**ATR 5230 Transition to Practice Cr. 3**

Students will engage in a comprehensive review of the athletic training curriculum in preparation for the national credentialing examination required for professional practice. Emphasis will be placed on effective strategies and preparation for transitioning to employment as an athletic trainer. Additionally, students will gain exposure to the history, rationale, and clinical implementation for a variety of contemporary interventions practiced in the professional setting. Offered Winter.

**Prerequisite:** ATR 5151 with a minimum grade of C

**Corequisite:** ATR 5252

**ATR 5250 Interprofessional Practice Experience Cr. 2**

Students will be exposed to clinical experiences within various health care settings and areas of medicine (e.g., emergency rooms, surgery, primary care/general medicine, dermatology, etc.). In addition, the clinical experiences will foster interprofessional practice by including interactions and collaborations with other health care professions.

As part of this experience, students will be supervised by a preceptor at an approved clinical site. Specific emphasis will be placed on interprofessional practice, patient practitioner interactions, and communication. Offered Spring/Summer.

**Prerequisite:** ATR 5151 with a minimum grade of C

**Corequisite:** ATR 5215

**ATR 5251 Integrative Experience in Athletic Training III Cr. 4**

Provides a clinical experience designed to satisfy the clinical education requirements for a professional level AT curricular program. As a part of this experience, students will be supervised by a preceptor at an approved clinical site. Specific emphasis will be placed on the clinical application of therapeutic rehabilitation/exercise, manual therapies, treatment and management of dislocations, general medical conditions/evaluation/diagnosis/treatment, concussion evaluation/diagnosis/management, and sport performance and injury prevention. In addition, simulations will be used as an instructional strategy to advance clinical skill acquisition, expose students to various pathologies and conditions, and assess competence. Clinical skill integration and competency completion will be assessed. Offered Fall.

**Prerequisite:** ATR 5140 with a minimum grade of C and ATR 5145 with a minimum grade of C and ATR 5215 with a minimum grade of C

**Course Material Fees:** \$50

**ATR 5252 Clinical Immersion in Athletic Training Cr. 6**

Provides a clinical experience designed to satisfy the clinical education requirements for an accredited professional level AT curricular program. In particular, the course will be associated with a 12-week clinical immersion where the student is assigned to a preceptor at an approved clinical site. The purpose of the clinical immersion is to provide students with a real-world depiction of athletic training to prepare them for employment. In addition, simulation examinations will be used as an instructional strategy to advance clinical skill acquisition, expose students to various pathologies and conditions, and assess competence. Offered Winter.

**Course Material Fees:** \$50

## Health Education

**HE 5522 Health Psychology Cr. 3**

Foundations of health, research methods, biological foundations of health/illness, stress, nutrition, obesity, eating disorders, substance abuse and health, cardiovascular disease, diabetes and health, exercise and cancer; HIV, AIDS, and health; pain management and patient behavior, complementary and alternative medicine, health psychology across the life span. Offered Fall.

**Prerequisites:** PSY 1010-6999

**HE 5780 Directed Student Teaching Cr. 10**

Secondary school teaching experience. Offered Fall, Winter.

**Restriction(s):** Enrollment limited to students in the College of Education.

**HE 5993 Writing Intensive Course in Health Education Cr. 0**

**Satisfies General Education Requirement:** Writing Intensive Competency Disciplined writing assignments under direction of a faculty member. Satisfies University General Education Writing Intensive Course in the Major requirement. Offered Fall.

**Prerequisites:** PSY 1010-6999 and (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)

**Corequisite:** HE 5522

**Restriction(s):** Enrollment is limited to students with a major, minor, or concentration in Health Education or Health Education Honors.

**HE 6000 Yoga: History, Philosophy, and Practice Cr. 3**

The in-depth study of yoga history, philosophy, research, and ethics, as well as the physical and mental practice, used for self-care as well as introducing professional training. Offered Every Term.

**HE 6050 Mindfulness: Philosophy, Theory, Practice, and Research Cr. 3**

The in-depth study of mindfulness history, theory, research, and practice used for self-development and self-care. The course prepares students to successfully complete an optional Mindfulness-Based Stress Reduction (MBSR) training and receive a MBSR certificate of completion. Offered Every Term.

**HE 6100 Health Communication Methods and Techniques Cr. 3**

Provides students with a framework for identifying, understanding, creating and evaluating health communication efforts. Focus will be on multilevel health communication and behavior change, factors affecting communication and the development of effective materials. Offered Intermittently.

**HE 6200 Yoga and Mindfulness in Professional Practice Cr. 3**

Introduction to yoga and mindfulness as applied to professional settings. Topics will include the research on and availability of yoga & mindfulness programs in a variety of professions, how to design a yoga and/or mindfulness program in varied settings, and also a discussion of concerns, ethics, self-care, and scope of practice. Offered Every Term.

**Prerequisite:** HE 6000 with a minimum grade of C and HE 6050 with a minimum grade of C

**HE 6310 Reproductive Health Education Cr. 3**

Program planning, curriculum development and classroom teaching strategies in the areas of human sexuality, reproductive health and venereal disease, family planning and family health. Course will satisfy Michigan Department of Education requirements for teaching in these areas. Offered Fall.

**HE 6320 Mental Health and Substance Abuse Cr. 3**

Identification, treatment, and prevention of mental health/substance abuse problems. How school-age children and their families are affected by these problems; role of the teacher. Offered Fall, Winter.

**HE 6330 Health Behavior Change Cr. 3**

Principles of behavior modification; theories of health behavior and program planning as they relate to health promotion and wellness. Offered Every Other Year.

**Prerequisites:** PSY 1010-6999 and (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)

**HE 6340 Advanced Concepts in Health Cr. 3**

An in-depth study of health content areas taught in the K-12 school system. Offered Every Other Year.

**Restriction(s):** Enrollment is limited to students with a major in Health & Phys Ed Teaching.

**HE 6360 Performance Based Assessment Cr. 3**

Assessment and evaluative techniques applied to health education, including test construction and performance-based assessment.

Designed to meet assessment and evaluative competencies required for entry-level health teachers in Michigan. Offered Spring/Summer.

**Restriction(s):** Enrollment limited to students in the College of Education.

**HE 6420 Introduction to Health Education Program Design Cr. 3**

Overview of health education program process in all practice settings. Introduction to needs assessment, objective writing, staff training, and evaluation in health education. Offered Every Other Year.

**Restriction(s):** Enrollment is limited to Graduate level students.

**HE 6430 School Health Curriculum Cr. 3**

**Satisfies General Education Requirement:** Writing Intensive Competency Principles and application of school health programming. Philosophy and foundations of health education, conducting a needs assessment and design instruction based on the assessment, implementing and evaluating the instruction, implementation of skills in a secondary classroom, assessment of the process. Satisfies General Education program Writing Intensive requirement for health teaching majors. Offered Winter.

**Prerequisite:** HE 3330 with a minimum grade of D- or HE 6500 with a minimum grade of D-

**Restriction(s):** Enrollment limited to students in the College of Education.

**HE 6500 Secondary Health Methods Cr. 3**

Principles, curriculum development and techniques in teaching health grades 6-12. Offered Fall.

**Restriction(s):** Enrollment limited to students in the College of Education.

**HE 6501 Measurement and Evaluation in Community Health Education Cr. 3**

Frameworks, principles, models and strategies for evaluating health education programs. Offered Every Other Year.

**Prerequisites:** HE 4010 with a minimum grade of C or HE 6420 with a minimum grade of C

**HE 6530 Principles and Practice of Health Education and Health Promotion Cr. 3**

Principles, resources and practical application of community health education in various settings, with emphasis on the role of the community health education specialist. Offered Every Other Year.

**HE 6560 Integrating Evidence-Based Practices in Community Health: Translating Research-To-Practice Cr. 3**

Integrating evidence-based practices into community health settings is recognized as the foundational gold standard for improving population health and is a key skill required of community health specialists. This course will examine approaches, including theories and frameworks, which can be utilized to guide the effective translation of evidence-based community health interventions into practice. It will also help prepare students to identify and implement best practices that are theory-based, evidence-based, community-based, and reality-based. Offered Intermittently.

**HE 6570 Advancing Community Health and Health Equity Cr. 3**

Examines approaches in policy and advocacy to advance health equity and community health. Social and public health injustices among key populations will be reviewed and the saliency of policy and advocacy advancement strategies to improve health of disenfranchised populations will be discussed and assessed. Offered Intermittently.

**HE 7200 Grant Writing and Management in Health Sciences Cr. 3**

Provides a hands-on approach to grant writing for health sciences programs. Strategies and tactics for seeking out, developing and managing proposals for health programs will be discussed. Offered Every Other Year.

**Restriction(s):** Enrollment is limited to Graduate level students.



**HE 7310 Psychology of Learning Across Development Cr. 3**

Course blends a selection of human development and learning theories and concepts; emphasizes application to various professional contexts, e.g., community, health, business, school, and other organizational settings; focus is on late adolescence (ages 18-22) and adulthood. Offered Yearly.

**Restriction(s):** Enrollment is limited to Graduate level students.

**Equivalent:** EDP 7310

## Health and Physical Education

**HPE 6120 Sports I Cr. 3**

This course is designed for students to learn sports across three different categories: tag, new/wall, and invasion games. It will include skill/techniques, instructional strategies, basic concepts, as well as planning for effective teaching in the sports. Offered Every Other Year.

**HPE 6130 Sports II Cr. 3**

This course is designed for students to learn sports across two different categories: target, fielding/striking games. It will include skill/techniques, instructional strategies, basic concepts, as well as planning for effective teaching in the sports. Offered Every Other Year.

**HPE 6140 Fitness and Dance Cr. 3**

Introduces students to health and skill-related fitness concepts as well as different genres of dance. Additionally, skill competencies will be sought in both health-related fitness and dance. Students will work towards mastery of skills as well as how to begin instructing children, youth, and adolescents, in group fitness and dance environments. Offered Winter.

**HPE 6150 Adventure and Outdoor Pursuits Cr. 3**

Provides an introduction to instructing youth in adventure activities and outdoor pursuits. Includes basic principles and concepts of adventure education as well as appropriate instructional strategies. Offered Spring/Summer.

**Restriction(s):** Enrollment limited to students in the College of Education.

**HPE 6160 Aquatic Leadership Cr. 3**

This course is designed to prepare students for leadership responsibilities in the area of aquatics. It will emphasize a broad range of aquatic experiences and teaching methodologies and will include swimming and rescue skills necessary to complete certification as an American Red Cross Water Safety Instructor and Lifeguard. It will also include program development, risk management, and staff management. Offered Winter.

**Restriction(s):** Enrollment limited to students in the College of Education.

**HPE 6200 Management and Instruction in Health and Physical Education Cr. 3**

This course is the study of effective teaching and instructional practices in health and physical education. It will include the study of the learning process, factors that influence the learning process, effective teaching skills, effective task presentation and content development, and management of and motivation in the learning environment. Students will also investigate teaching styles that lead to effective instruction. Offered Fall.

**HPE 6210 Curriculum and Instruction in Health and Physical Education Cr. 3**

The purpose of this course is to introduce the student to a variety of curriculum models in health and physical education and to provide the student with experience in long-range planning, developing, and evaluating health and physical education curriculum. Emphasis will be on planning lessons that are standards-based, developmentally-appropriate, and progressive in nature. Candidates will evaluate completed curriculums using an existing curriculum evaluation tool. Offered Fall.

**Restriction(s):** Enrollment limited to students in the College of Education.

**HPE 6220 Technology in Health and Physical Education Cr. 3**

Current best practices for the use of technology in health and physical education and physical activity programming. Course includes how to use technology including apps, mobile devices and online assessment tools to implement instruction and evaluation. Offered Winter.

**Restriction(s):** Enrollment limited to students in the College of Education.

**HPE 6230 Socio-cultural Issues in Physical Activity Cr. 3**

Contemporary and historical perspective on socio-cultural and philosophical issues that influence American youth and instruction in a physical activity setting, including race, gender, sexuality, obesity, and urbanization. Offered Fall.

**HPE 6400 Physical Activity in Pediatric Disabilities Cr. 3**

This course is designed to discuss historical and contemporary issues in adapted physical activity including evidence-based interventions; techniques for adapting the environmental conditions; and designing, implementing, and evaluating individualized programs for individuals with disabilities. Offered Fall.

**Restriction(s):** Enrollment limited to students in the College of Education.

**HPE 6410 Teaching Adapted Physical Activity and Sport Cr. 3**

Teaching and coaching of developmental, recreational, and competitive sports across school and community-based settings. Includes assessment, teaching, conditioning, and coaching strategies for individuals with disabilities as well as administrative/management strategies. Offered Winter.

**HPE 6420 Teaching Aquatics to Special Populations Cr. 3**

Developing and implementing swimming and water-related activities designed to meet the needs of special populations including water orientation, swim instruction, fitness instruction, facilities and equipment considerations, and research on adapted aquatics. Offered Spring/Summer.

**Restriction(s):** Enrollment limited to students in the College of Education.

**HPE 6430 Physical Activity Assessment in Special Populations Cr. 3**

Appropriate and accurate selection, administration and interpretation of assessment results for adapted physical education purposes. Includes use of assessment results to design effective adapted physical education programs and participate in the IEP process. Offered Fall.

**Restriction(s):** Enrollment limited to students in the College of Education.

**HPE 6440 Leadership Training and Practicum in Adapted Physical Education Cr. 3**

Directed fieldwork placement in teaching physical education to students with special needs in schools. Required for State of Michigan Approval as a Teacher of Students Requiring Adapted Physical Education (SP Endorsement). Offered Fall.

**Restriction(s):** Enrollment limited to students in the College of Education.

**HPE 6510 Elementary Health and Physical Education Methods Cr. 3**

Developmental approach to teaching elementary physical education and health in the schools. Beginning movement concepts, Michigan Health Education Model, and fundamental motor skills that are developmentally appropriate for children to participate in games, gymnastics, dance, and fitness activities. Curriculum design and implementation of activities in the practicum application. Offered Fall.

**Restriction(s):** Enrollment limited to students in the College of Education.

**HPE 6520 Secondary Physical Education Methods Cr. 3**

The purpose of the course is to prepare students for secondary instruction of physical education and includes authentic classroom experience, planning for instruction in physical education with emphasis on unit and lesson planning, assessment, and developmental curriculum planning. It is meant to help future secondary physical education teachers know what to teach in the physical education classroom and how to teach it. Offered Winter.

**Restriction(s):** Enrollment limited to students in the College of Education.

**HPE 6600 Student Teaching and Seminar Cr. 10**

Prepares students for initial teaching certification through K-12 student teaching experience and seminars. The regular seminar will cover a variety of issues and topics related to teaching methods and becoming an effective teacher. Offered Fall, Winter.

**Restriction(s):** Enrollment limited to students in the College of Education.

## Kinesiology

**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.

**Course Material 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.

## Kinesiology, Health and Sport Studies

**KHS 6540 Workshop in Kinesiology, Health and Sport Studies Cr. 1-3**

Exploration of topics of current interest for the profession. Offered Spring/Summer.

**Restriction(s):** Enrollment limited to students in the College of Education.

**Repeatable for 12 Credits**

**KHS 7990 Special Problems in KHS Cr. 1-3**

Offered Fall, Winter.

**Restriction(s):** Enrollment is limited to Graduate level students.

**Repeatable for 9 Credits**

**KHS 7999 Master's Essay and Project Direction Cr. 3**

Development and review of essay or project. Offered Fall, Winter.

**Restriction(s):** Enrollment is limited to Graduate level students.

**Repeatable for 9 Credits**

**KHS 8540 Theories of Health Behavior Cr. 3**

Overview of select social and behavioral theories used to understand health-related behaviors and develop interventions. Offered Every Other Year.

**Restriction(s):** Enrollment is limited to Graduate level students.

**KHS 8700 Research in the Psychosocial Aspects of Physical Activity Cr. 3**

Development of in-depth understanding of psychosocial aspects of research in physical activity (exercise, sport, leisure activity). Offered Winter.

**Restriction(s):** Enrollment limited to students with a class of Doctorate; enrollment is limited to students with a major in Kinesiology; enrollment is limited to Graduate level students; enrollment limited to students in a Doctor of Philosophy degree; enrollment is limited to students in the Department of Kinesiology, Hlth & Sport Std.

**KHS 8750 Internship in Kinesiology, Health and Sport Studies Cr. 1-8**

Professional experience in public or private institutions relevant to student's field of specialization. Initial plan of involvement and final evaluation. Offered Every Term.

**Restriction(s):** Enrollment is limited to Graduate level students.

**Course Material Fees:** \$16

**Equivalent:** SAM 8750

**Repeatable for 8 Credits**

**KHS 8800 Social Ecological Theories for Health Cr. 3**

Doctoral level course designed to provide an overview of social and behavioral theories related to health. Offered Every Term.

**Restriction(s):** Enrollment is limited to students with a major in Kinesiology; enrollment limited to students in a Doctor of Philosophy degree.

**KHS 8850 Physical Activity and Health Interventions Cr. 3**

Doctoral level course designed to provide an overview of physical activity and health interventions developed and tested across different populations. Offered Every Term.

**Restriction(s):** Enrollment is limited to students with a major in Kinesiology; enrollment limited to students in a Doctor of Philosophy degree.

**KHS 8999 Master's Thesis Direction Cr. 1-8**

Offered Fall, Winter.

**Restriction(s):** Enrollment is limited to Graduate level students.

**Repeatable for 8 Credits**

**KHS 9600 Doctoral Seminar in Kinesiology, Health and Sport Studies Cr. 3**

Introduction to active programs of research in the field of kinesiology; research presentations and discussion by faculty, guest lecturers and students. Offered Fall.

**Restriction(s):** Enrollment is limited to Graduate level students; enrollment limited to students in a Doctor of Philosophy degree; enrollment is limited to students in the Department of Kinesiology, Hlth & Sport Std.

**KHS 9601 Professional Seminar Cr. 1**

Critical examination, presentation, and discussion of current interest in kinesiology and health. The emphasis is on interdisciplinary communication and presentation skills. Offered Every Term.

**Restriction(s):** Enrollment limited to students in a Doctor of Philosophy degree.

**Repeatable for 6 Credits**

# Sport Administration and Management

## **SAM 5000 Professional Practicum Cr. 3**

Students will be introduced to various areas within the sports industry through guided fieldwork and service learning experiences. Students will analyze career placement opportunities, the internship process, and associate requirements while preparing professional materials for use in the sports industry. Offered Fall.

**Prerequisite:** SAM 2100

## **SAM 5510 Principles of Coaching Cr. 3**

Specific topics on the coach and the athlete in areas of administration, motor learning, physical growth, motor skill acquisition, philosophy, psychology and sociology. Offered Spring/Summer.

## **SAM 5700 Sport Leadership Cr. 3**

Combines theory and practical application to provide an introduction to the various segments of the sports industry, including youth, interscholastic, collegiate, professional, and commercial sports. Additionally, sociocultural, legal, historical and political concepts as applied to sport will be integrated into the curriculum to enable students to develop industry-appropriate competencies. Coursework will also emphasize strategies for career success within the sports industry. Offered Fall, Winter.

## **SAM 5750 Internship in Sports Management Cr. 1-6**

Professional experience in public or private institutions relevant to student's field of industry specialization. Offered Fall, Winter.

**Prerequisite:** SAM 5000

**Course Material Fees:** \$15

**Repeatable for 6 Credits**

## **SAM 6300 Interscholastic Athletic Directing Cr. 3**

Michigan and national interscholastic athletic directing organizations; issues and skills to direct athletic programs in middle and secondary education. Philosophy, personnel, financial and general athletic policies and guidelines. Offered Yearly.

**Prerequisites:** SAM 2100 with a minimum grade of C

## **SAM 6310 Collegiate Athletic Administration Cr. 3**

Provides an overview of intercollegiate athletic administration. Focuses on the history of college athletics, NCAA compliance rules and regulations, operations, finances, strategic planning, and critical issues and future trends that impact college sport. Offered Yearly.

**Prerequisites:** SAM 2100 with a minimum grade of C

## **SAM 6320 Youth Sports and Recreation Cr. 3**

Explores issues related to organized and competitive sport for youth, with an emphasis on biological, psychological, and sociological perspectives. Emphasis is placed on the impact of sport managers and leaders in the delivery of youth sport programs. Offered Spring/Summer.

## **SAM 6410 Introduction to Sports Administration Cr. 3**

Current categories of competitive sports and athletics identified and analyzed to determine potential administrative positions in their structures and the qualifications necessary for each position. Offered Fall, Winter.

## **SAM 6530 Professional Sport Administration Cr. 3**

Introduction to the business strategies of a professional sports team, including an in depth look at breaking into the industry, the importance and value of community affairs, corporate sponsorship, business public relations and player relations. Offered Winter.

**Prerequisites:** SAM 2100 with a minimum grade of C

## **SAM 6531 Sports Event Management Cr. 3**

Comprehensive study of the planning, maintenance, operations, financial considerations, customer engagement, and personnel management of sporting events and the facilities that host the events. Offered Spring/Summer.

**Prerequisites:** SAM 2100 with a minimum grade of C

## **SAM 6560 Media Design and Communication Cr. 3**

Examines the impact sports and the media have on each other and explores the use of technology in promoting, marketing, and managing health, PE, recreation, and sports programs. Offered Winter.

**Prerequisites:** SAM 2100 with a minimum grade of C

## **SAM 6570 Sports Marketing Cr. 3**

Concepts and principles of marketing as applied to sports. Topics include: structure of sports industry, sports markets and products, market research, and sports sponsorships. Offered Fall.

**Prerequisites:** SAM 2100 with a minimum grade of C

## **SAM 6640 Legal Issues in Health, Physical Education and Recreation Cr. 3**

Identification and analysis of legal issues in the health, physical education, and recreation profession. Review of relevant litigation patterns. Offered Yearly.

## **SAM 6660 Risk Management in Physical Education and Sports Cr. 3**

Fundamentals of safety and liability and the risks involved in managing activity-related programs. Development of knowledge and skills to recognize potential litigation in management, supervision and administration. Offered Fall.

## **SAM 6661 Equity and Access in Sport Cr. 3**

Historical and contemporary sport and physical activity experience in context of race, socioeconomic class, gender, age, disability, and culture. Offered for graduate credit only. Offered Fall.

**Restriction(s):** Enrollment is limited to Graduate level students.

## **SAM 6750 Field Work in Sports Administration and Management Cr. 1-4**

Professional experience in public or private institutions relevant to student's specialization. Supervision by professional supervisor and university faculty. Can be taken at any time during student's program. Offered Fall, Winter.

**Repeatable for 8 Credits**

## **SAM 7540 Concepts of Management in Health, Physical Education and Recreation Cr. 3**

Responsibilities and concerns of administrators of health, physical education and recreation programs. Basic administrative procedures, policy-making and evaluation; establishment of program goals; alternative management styles; leadership principles. Offered Winter.

**Restriction(s):** Enrollment is limited to Graduate level students.

## **SAM 7581 Sport Finance Cr. 3**

Understanding financial management for planning, administering, and evaluating financial performance of sport-related entities. Offered Winter.

**Restriction(s):** Enrollment is limited to Graduate level students.

## **SAM 8750 Internship in Sports Administration Cr. 1-8**

Professional experience in public or private institutions relevant to student's field of specialization. Offered Every Term.

**Restriction(s):** Enrollment is limited to Graduate level students.

**Course Material Fees:** \$15

**Equivalent:** KHS 8750

**Repeatable for 8 Credits**