The Division of Kinesiology, Health and Sport Studies offers courses at the undergraduate level leading to Bachelor of Science degrees in several professional areas: Kinesiology (with concentrations in Exercise and Sport Science and Physical Education and Physical Activity Leadership) and Health Education (with concentrations in School Health and Community Health). The Division also offers teacher certification minors and/or endorsements in Physical Education, Health Education, or Adapted Physical Education. Additionally, the Division offers courses in lifestyle fitness activities available to all Wayne State University students.

The Lifestyle Fitness Activities (LFA) program is an integral part of the Division; it provides students with the opportunity to enhance physical well-being and to acquire developmental skills, knowledge, and attitudes which can be utilized throughout life. Participation in these courses also enhances self-esteem, self-responsibility, and self-determination. LFA courses are offered to both undergraduate and graduate Wayne State students; however, these courses are not offered for graduate credit. LFA courses may also be elected by non-matriculated and visiting students.

- 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; Lecturer
- EDGAR, TIFFANY: M.S., United States Sports Academy; B.S., University of Toledo; Lecturer
- ENGELS, HERMANN-JOSEF: Ph.D., Florida State University; M.S., B.A., Florida International University; 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
- JIMENEZ, LINDA: M.Ed., B.S., Wayne State 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; Assistant 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
- MCCAUHTRY, NATHAN: Ph.D., University of Alabama; M.S., B.A., University of Wisconsin, LaCrosse; Professor
- 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; Associate Professor
- VASSALLO, MARIO J.: M.A., B.S., Central Michigan University; Lecturer
- WHALEN, LAUREL: M.A., Wayne State University; B.A., Albion College; Lecturer

Health Education

HE 1010 Foundations of Health and Health Promotion Cr. 3

Foundations of the community health education profession and practice, including history, settings, organizations, ethics and employment. Offered Yearly.

Restriction(s): Enrollment is limited to Undergraduate level students.
HE 2310 Dynamics of Personal Health Cr. 3
Critical health issues relevant to both traditional and non-traditional college students today. In-depth study of varied health issues and applications to personal, family and community needs. Offered Every Term.

HE 2320 Advancing Policy in Community Health Education Cr. 3
Provides an overview of the community health policy process, advocacy and social, political and environmental issues affecting urban populations. Offered Every Other Year.

HE 3300 Health of the School Child Cr. 3
Health status and problems of school-age children. Role of teacher and schools in promoting healthy behavior. Emphasis on impact of institutional forces (e.g., family, media) on development of children’s health beliefs and behavior. Offered Every Term.

HE 3330 Methods in Teaching Health Cr. 3-4
Principles, curriculum development, and techniques in teaching health at elementary and secondary school levels. Offered Fall.
Prerequisites: HE 3300 with a minimum grade of D- and HE 3440 with a minimum grade of D- and HE 4340 with a minimum grade of D- and HE 5440 with a minimum grade of D- and HEA 2310 with a minimum grade of D-
Restrictions: Enrollment limited to students in the College of Education.

HE 3344 Methods and Materials in Community Health Education Cr. 3
Frameworks, practical applications and mechanics of conducting health interventions in community settings. Offered Every Other Year.
Prerequisites: HE 1010 with a minimum grade of D-
Restrictions: Enrollment is limited to Undergraduate level students.

HE 3440 Nutrition and Health Education Cr. 3
Relationships between dietary intake and health status in various populations. Role and responsibilities of health educators in nutrition programs. Concepts from health psychology applied to school and community approaches. Offered Fall, Winter.
Prerequisites: HEA 2310 with a minimum grade of D- or HE 2310 with a minimum grade of D- or HE 3300 with a minimum grade of D-

HE 3500 Human Disease Cr. 3
Body system impairments from disease, injury or congenital abnormalities that relate to morbidity and mortality in the U.S. Signs, symptoms, causes, prevention, and treatment. Offered Fall, Winter.
Restrictions: Enrollment is limited to students with a major in Health Education, Health Education Honors, Kinesiology or Kinesiology Honors.

HE 3990 Individual Problems in Health Cr. 1-3
Solving a specific personal health problem or studying a specific community health problem under the guidance of divisional staff. Offered Every Term.
Prerequisite: HE 2310 with a minimum grade of C or HE 2320 with a minimum grade of C

Repeatable for 3 Credits

HE 4010 Foundations of Community Health Program Planning Cr. 3
Introduction and practical application of health promotion program planning, including: developing a need assessment, recruiting community support, writing program goals and objectives, developing a program plan, identifying existing interventions and/or designing new intervention activities to address program objectives, using theory to enhance effective programming, program implementation, budgeting and measurement. Offered Fall.
Prerequisites: HE 1010 with a minimum grade of C

HE 4340 Family and Reproductive Health 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 4902 Health Education Internship Cr. 5-6
Students contribute expertise and enthusiasm to their host agency and demonstrate their ability to perform the duties of a community health professional. Offered Every Term.
Prerequisites: May be taken concurrently: HE 4010 with a minimum grade of D- and HE 5220 with a minimum grade of D- and HE 5993 with a minimum grade of D- or KHS 5522 with a minimum grade of D-
Restrictions: Enrollment is limited to Undergraduate level students.
Course Material Fees: $16
Repeatable for 6 Credits

HE 5220 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 or AFS 2390 with a minimum grade of C or ENG 2390 with a minimum grade of C or ENG 3010 with a minimum grade of C or ENG 3020 with a minimum grade of C or ENG 3050 with a minimum grade of C

HE 5440 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.
Restrictions: Enrollment limited to students in the College of 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 5620 Performance Based Assessment in Health Education 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.
Restrictions: Enrollment limited to students in the College of Education.

HE 5780 Directed Student Teaching Cr. 10
Secondary school teaching experience. Offered Fall, Winter.
Restrictions: 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 or AFS 2390 with a minimum grade of C or ENG 2390 with a minimum grade of C or ENG 3010 with a minimum grade of C or ENG 3020 with a minimum grade of C or ENG 3050 with a minimum grade of C
Corequisite: HE 5522
Restrictions: Enrollment is limited to students with a major, minor, or concentration in Health Education or Health Education Honors.
HE 6350 Health Education and the Nation’s Health Cr. 3
Introductory course for graduate health program. Current national health status; contributory factors including: behaviors linked to disease, policies, problems in the health care system and delivery of health care. Offered Every Other Year.

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; enrollment is limited to students with a major in Health Education.

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 Comprehensive School Health Education Cr. 3
Overview of comprehensive school health education. Study of major comprehensive health curricula with intensive training in the Michigan Model. This class leads to certification to teach the Michigan Model in public schools. Offered Fall.
Prerequisite: HEA 2310 with a minimum grade of D- and HE 3300 with a minimum grade of D- and HE 3440 with a minimum grade of D- and HE 4340 with a minimum grade of D- and HE 5440 with a minimum grade of D-
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 6420 with a minimum grade of C or HE 4010 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 6550 Teaching Methods and Techniques in Health Education Cr. 3
Strategies employed in dissemination of health information in the community and school system. Integration of cognitive skills, behavior change theory, and materials used to produce effective health instruction. Offered Every Other Year.

Kinesiology

KIN 1991 Professional Perspectives in Kinesiology Cr. 3
Overview of academic professional and career perspectives of kinesiology. Introduction of basic concepts and applications of fitness, physical activity, wellness, nutrition and assessment. Offered Fall, Winter.

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 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
Satisfies General Education Requirement: Writing Intensive Competency 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 or ENG 2390 with a minimum grade of C or ENG 3010 with a minimum grade of C or 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: KIN 1991 with a minimum grade of C and BIO 2870 with a minimum grade of C and STA 1020 with a minimum grade of C or MAT 1000-6XXX with a minimum grade of C
Restriction(s): Enrollment limited to students in the College of Education.

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 is limited to Graduate or Undergraduate level students; enrollment limited to students with a class of Unranked Grad, Junior or Senior.

KIN 5110 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 is limited to Graduate or Undergraduate level students; enrollment limited to students with a class of Unranked Grad, Junior or Senior.

KIN 5200 Effective Teaching and Instructional Practices Cr. 3
Effective teaching and instructional practices in physical education and physical activity. 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. Research on effective teaching practices, including behavior management, in quality physical education and physical activity programs. Offered Fall.
Restriction(s): Enrollment is limited to Graduate or Undergraduate level students; enrollment limited to students with a class of Unranked Grad, Junior or Senior.
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 is limited to Graduate or Undergraduate level students; enrollment limited to students with a class of Unranked Grad, Junior or Senior.

KIN 5220 Sports I Cr. 3
This course is designed for students to learn sports across three categories: tag, invasion, and field games. Students will learn multiple sports from each category and will be able to make extensions to many other sports in that category. In addition to instructional strategies, basic concepts, and planning for effective teaching, students will become familiar with the Sport Education Model and Tactical Games Approach. Offered Winter.
Prerequisites: KIN 5200 with a minimum grade of D-
Restriction(s): Enrollment is limited to Graduate or Undergraduate level students; enrollment limited to students with a class of Unranked Grad, Junior or Senior.

KIN 5230 Sports II Cr. 3
This course is designed for students to learn sports across two categories: target and net/wall games. Students will learn multiple sports from each category and will be able to make extensions to many other sports in that category. The specific instructional strategies, basic concepts, and planning for effective teaching will be focused and the sport education model will be further developed. Meanwhile, other instructional models for physical education, such as cooperative learning, teaching game for understanding, and teaching personal and social responsibility, will be introduced. Offered Spring/Summer.
Prerequisites: KIN 5200 with a minimum grade of D-
Restriction(s): Enrollment is limited to Graduate or Undergraduate level students; enrollment limited to students with a class of Unranked Grad, Junior or Senior.

KIN 5240 Fitness Instruction Cr. 3
Introduction to instructing children, youth, adolescents, and young adults in group fitness activities both in a physical activity environment and community setting. Instructional strategies, basic concepts, and planning for teaching group fitness as well as using basic technology to enhance teaching will be taught. Offered Winter.
Prerequisites: KIN 5200 with a minimum grade of D-
Restriction(s): Enrollment is limited to Graduate or Undergraduate level students; enrollment limited to students with a class of Unranked Grad, Junior or Senior.

KIN 5250 Adventure and Outdoor Pursuits Cr. 3
Instructing youth in adventure activities and outdoor pursuits. Basic principles and concepts behind teaching youth how to be physically active in the outdoors; planning appropriate instructional strategies. Content might include lessons focusing on initiatives and trust activities appropriate for school-aged youth as well rock climbing, hiking, kayaking, and orienteering. Offered Spring/Summer.
Prerequisites: KIN 5200 with a minimum grade of D-
Restriction(s): Enrollment is limited to Graduate or Undergraduate level students; enrollment limited to students with a class of Unranked Grad, Junior or Senior.

KIN 5260 Aquatic Leadership Cr. 3
Leadership responsibilities in the area of aquatics. Emphasis on a broad range of aquatic experiences and teaching methodologies including swimming and rescue skills necessary to complete certification as an American Red Cross Water Safety Instructor and Lifeguard. The course will also include program development, including programming for individuals with disabilities, risk management, and staff management. Offered Winter.
Prerequisites: KIN 5200 with a minimum grade of D-
Restriction(s): Enrollment is limited to Graduate or Undergraduate level students; enrollment limited to students with a class of Unranked Grad, Junior or Senior.

KIN 5350 Exercise Science Internship Cr. 2-4
Supervised experience in health and exercise programs with various populations at approved sites. Offered Every Term.
Prerequisite: KIN 6320 with a minimum grade of C and LFA 2330 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 5400 Adapted Physical Activity Cr. 3
Discussion of historical and contemporary issues in adapted physical activity; instruction on appropriate evidence-based intervention strategies for individuals with varying disabling conditions; techniques for adapting the environmental conditions to improve performance and attending behaviors; and designing, implementing, and evaluating individualized programs of physical activity for individuals with emerging disabilities that face the community. Offered Fall.
Prerequisites: KIN 3400 with a minimum grade of D- or KIN 5110 with a minimum grade of D-
Restriction(s): Enrollment limited to students in the College of Education.
KIN 5410 Methods and Materials: Adapted Aquatics Cr. 3
Teaching methods and materials to meet the needs individuals with special needs through adapted aquatics including water orientation, swim instruction, fitness instruction, facilities and equipment considerations, and research on adapted aquatics. Offered Spring/Summer.
Prerequisite: KIN 5400 with a minimum grade of C
KIN 5420 Disability and Sports Cr. 3
This course will address teaching and coaching of developmental, recreational, and competitive sports across school-based and community-based settings including Paralympic, Special Olympic and deaf sport; and wheelchair and ambulatory sports for various age groups. Offered Winter.
Prerequisite: KIN 5400 with a minimum grade of C
KIN 5425 Assessment and Service Delivery in Adapted Physical Education Cr. 3
This course addresses how to appropriately and accurately select, administer and interpret assessment results for adapted physical education purposes; use assessment results to design and implement effective adapted physical education programs for PK-12 populations of students with disabilities; and participate collaboratively in the individualized education program (IEP) process. Offered Spring/Summer.
Prerequisites: KIN 5400 with a minimum grade of D-
KIN 5430 Leadership Training and Practicum in Adapted Physical Education Cr. 3
Prepares adapted physical education specialists for leadership positions in K-12 adapted physical education programs and community-based adapted physical activity programs. Includes directed fieldwork in adapted physical education as required by the State of Michigan. Offered Winter.
Prerequisite: KIN 5400 with a minimum grade of C and KIN 5410 with a minimum grade of C and KIN 5420 with a minimum grade of C

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: PSY 1010-5999 with a minimum grade of C or AFS 2390 with a minimum grade of C or ENG 2390 with a minimum grade of C or ENG 3010 with a minimum grade of C or ENG 3020 with a minimum grade of C or ENG 3050 with a minimum grade of C
Restriction(s): Enrollment limited to students in the College of Education.

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: PSY 1010-5999 with a minimum grade of C or AFS 2390 with a minimum grade of C or ENG 2390 with a minimum grade of C or EN 3010 with a minimum grade of C or EN 3020 with a minimum grade of C or EN 3050 with a minimum grade of C
Restriction(s): Enrollment limited to students in the College of Education.

KIN 5530 Technology and Assessment in Kinesiology Cr. 3
Current methods and activities for assessment in physical education and physical activity programming. Course also includes the use of technology in physical education and physical activity programming. Offered Winter.
Prerequisites: KIN 5200 with a minimum grade of D- and KIN 5210 with a minimum grade of D- and KIN 5220 with a minimum grade of D- and KIN 5240 with a minimum grade of D-

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 5600 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.
Restriction(s): Enrollment is limited to Graduate or Undergraduate level students.

KIN 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 Winter.

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 is limited to Graduate or Undergraduate level students; enrollment limited to students with a class of Unranked Grad, Junior or Senior.

KIN 5780 Student Teaching and Seminar Cr. 10
This course 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.

KIN 6100 Methods of Group Exercise Instruction Cr. 2
This course will provide students the opportunity to gain fitness leadership knowledge and ability of how to safely instruct a group exercise class. Offered Fall, Winter.
Prerequisites: KIN 6300 with a minimum grade of C
Restriction(s): Enrollment is limited to Graduate or Undergraduate level students; enrollment limited to students with a class of Unranked Grad, Junior or Senior.

KIN 6120 Strength and Conditioning Cr. 3
Provides a comprehensive overview of strength and conditioning and is offered to available to both undergraduate and graduate students. Emphasis is placed on the exercise sciences (including anatomy, exercise physiology, and biomechanics) and nutrition, exercise technique, program design, organization and administration, and testing and evaluation. Additionally, this course is designed to prepare students for the nationally accredited Certified Strength and Conditioning Specialist (CSCS) certification exam. Offered Every Term.
Prerequisites: KIN 3580 with a minimum grade of C and KIN 6300 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 is limited to Graduate or Undergraduate level students; enrollment limited to students with a class of Unranked Grad, Junior or Senior.

KIN 6150 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 3580 with a minimum grade of C and 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 is limited to Graduate or Undergraduate level students; enrollment limited to students with a class of Unranked Grad, Junior or Senior.

Lifestyle Fitness Activities

LFA 1020 Individualized Skills Development Laboratory Cr. 1-2
Offered Fall, Winter. Repeatable for 4 Credits

LFA 1030 Fitness Infusion Cr. 2
Group exercise combination class that introduces five LFA courses offered in the program: Sculpt, Stretch and Tone; Cardio-Fit Kickboxing; Boot Camp Fitness; Weight Training and Fitness; and Step and Tone. Designed to promote a variety of cardio and resistance training formats. Offered Every Term.
Restriction(s): Enrollment is limited to Undergraduate level students. Repeatable for 4 Credits

LFA 1035 Fitness Trends Cr. 2
A fitness sampler class offering an introduction to top fitness and physical activity trends. Fitness activities will change annually based on health and fitness trends in the industry. Offered Fall, Winter. Repeatable for 4 Credits

LFA 1040 Healthy Lifestyle Basics Cr. 2
A study of healthy eating, physical activity, and other lifestyle strategies to promote healthy living and weight management. Students will examine individual health and wellness, identify healthy behaviors, and develop skills to support a healthy lifestyle. Offered Every Term. Repeatable for 4 Credits

LFA 1100 Swimming: Elementary Cr. 2
Fundamental skills and knowledge in aquatics for beginners. Offered Every Term. Repeatable for 4 Credits

LFA 1120 Cardio-Fit Kickboxing Cr. 2
Time-efficient workout that stimulates the cardiorespiratory and musculoskeletal systems. Structured routines for all fitness levels (basic, intermediate, advanced); utilizes only basic kickboxing techniques. Offered Every Term. Repeatable for 4 Credits

LFA 1210 Pilates Matwork Cr. 2
Total body exercise program using a series of floor exercises to increase strength, flexibility, stamina and concentration. Exercises are selected based on core strengths and stabilization methods. Offered Every Term. Repeatable for 4 Credits

LFA 1280 Piloxing Cr. 2
Offered Every Term. Repeatable for 4 Credits

LFA 1240 Step and Tone Cr. 2
Time-efficient workout that stimulates the cardiorespiratory and musculoskeletal systems. Structured routines for all fitness levels (basic, intermediate, advanced); utilizes only basic kickboxing techniques. Offered Every Term. Repeatable for 6 Credits

LFA 1250 Zumba Cr. 2
Zumba is a fusion of Latin and International music and dance themes; the routines feature easy-to-follow aerobic/fitness interval training with rhythms that tone and sculpt the body. Offered Every Term. Repeatable for 4 Credits

LFA 1275 Water Aerobics Cr. 2
Cardiovascular and muscular endurance program using water resistance exercises performed to music designed to improve strength, flexibility and overall cardiovascular fitness. Performed in shallow water, this class offers basic, structured drills and routines, with low-impact, variable workout intensities, and use of additional resistance devices. Swimming skills not necessary. Offered Every Term. Repeatable for 4 Credits

LFA 1280 Piloxing Cr. 2
Offered Every Term. Repeatable for 4 Credits

LFA 1310 Rock Climbing Cr. 2
Provides instruction in the fundamentals of the sport of rock climbing; practical instruction in correct tying of rock climbing knots and other rope work; techniques of safely belaying a climber; and physical climbing techniques. Climbing safety, technique, and equipment will be discussed. No previous experience necessary. Offered Every Term. Repeatable for 4 Credits

LFA 1315 Boxing Conditioning Cr. 2
A time-efficient workout which stimulates the cardio respiratory and musculoskeletal systems. It offers structured routines for all fitness levels (basic, intermediate, advanced). Utilizes basic boxing techniques. Boxing skills not necessary. Great for improving cardiovascular endurance. Offered Every Term. Repeatable for 4 Credits
LFA 1320 Total Body Conditioning Cr. 2
Group physical training class that mixes traditional calisthenics and body weight exercises with cardiovascular interval training and strength conditioning. Designed to promote fat loss, camaraderie and team effort. Offered Every Term.
Restriction(s): Enrollment is limited to Undergraduate level students.
Repeatable for 6 Credits

LFA 1330 Floor Hockey Cr. 2
Analysis, development and practice of fundamental skills, team play, strategies and rules of Floor Hockey. Offered Fall, Winter.
Restriction(s): Enrollment is limited to Undergraduate level students.
Repeatable for 4 Credits

LFA 1340 Zero to a 5K Cr. 2
A personalized walking/jogging/running program designed to improve the level of cardio-respiratory condition of the participant, with the ultimate goal of completing a 5K (3.1 miles). Considerations include: nutrition, endurance, strength, proper form and various injury prevention guidelines. Offered Every Term.
Restriction(s): Enrollment is limited to Undergraduate level students.
Repeatable for 4 Credits

LFA 1350 Pocket Billiards: Beginning Cr. 2
Basic skills and technique; history, rules, equipment and game courtesy. Offered Fall, Winter.
Repeatable for 4 Credits

LFA 1410 Golf Cr. 2
Analysis and practice of fundamentals focused on development of correct form in the use of different clubs. Offered Every Term.
Repeatable for 4 Credits

LFA 1420 Dance Fitness Cr. 2
Basic movement techniques to a variety of dance styles for increased cardiovascular fitness. Offered Every Term.
Repeatable for 4 Credits

LFA 1460 Yoga Fusion Cr. 2
Total body exercise program blending yoga, strength, core work, and dance to increase strength, flexibility, stamina and concentration. Offered Fall, Winter.
Repeatable for 4 Credits

LFA 1470 Mindfulness, Fitness and Stress Management Cr. 2
A variety of physical training methods which integrate a mind-body approach to achieve positive changes in physiological measures of physical fitness. Develop healthy coping habits to prevent or reduce stress. Techniques include but are not limited to exercise, yoga, breathing and meditation, and journaling. Offered Every Term.
Repeatable for 4 Credits

LFA 1480 Yoga Cr. 2
Yoga physical exercises to shape and strengthen the human body. Psychosomatic influences used to develop resistance against stress and to train the body and mind to relax. Utilization of auto-suggestion to influence lifestyle. Offered Every Term.
Repeatable for 4 Credits

LFA 1510 Women's Fitness Cr. 2
Students will be taught a variety of different methods of cardio and strength training in a different setting each week. Principles and benefits of cross training will be addressed through participation in a wide variety of activities in the gym, outside, and in the weight room. Offered Every Term.
Repeatable for 4 Credits

LFA 1520 Kickball/Dodgeball Cr. 2
Analysis, development and practice of fundamental skills, team play, strategies and rules of kickball and dodgeball. Offered Every Term.
Restriction(s): Enrollment is limited to Undergraduate level students.
Repeatable for 4 Credits

LFA 1530 Basketball: Fundamental Skills Cr. 2
Analysis and practice of fundamental skills, team play, and rules of basketball. Offered Every Term.
Repeatable for 4 Credits

LFA 1540 Basketball: Shooting Skills and Strategies Cr. 2
Analysis and practice of intermediate and advanced shot-making skills and game strategies. Offered Fall, Winter.
Repeatable for 4 Credits

LFA 1560 Team Sports Sampler Cr. 2
The analysis, development, and practice of fundamental skills, team play and rules of basketball, volleyball, dodgeball, kickball and other team sports. Offered Winter.
Repeatable for 4 Credits

LFA 1640 Strength Training for Beginners Cr. 2
Analysis and practice of sound weight training techniques; discussion of principles that underlie effective resistance exercise programs leading to improved personal fitness. Offered Every Term.
Repeatable for 4 Credits

LFA 1700 Brazilian Jiu Jitsu Cr. 2
Analysis and practice of fundamental skills, movements, and philosophy of Brazilian Jiu Jitsu as a modern martial art, self-defense, and competitive sport. Offered Every Term.
Repeatable for 4 Credits

LFA 1710 Fencing: Beginning Cr. 2
Analysis and practice of skills, rules, strategy, conduct of competitive means. Offered Fall, Winter.
Repeatable for 4 Credits

LFA 1780 Tai Chi Chuan: Beginning Cr. 2
An ancient Chinese exercise, Tai Chi is a series of postures and transitional movements, used to improve balance, strength, circulation, and relaxation. Offered Fall, Winter.
Repeatable for 4 Credits

LFA 1850 Soccer: Beginning Cr. 2
Fundamental playing skills and basic conditional and tactical aspects of the game of soccer. Rules of the game. Offered Every Term.
Repeatable for 4 Credits

LFA 1880 Soccer: Shooting Skills and Strategy Cr. 2
Analysis and practice of skills, team play, strategy, rule interpretation. Offered Fall, Winter.
Repeatable for 4 Credits

LFA 2330 First Aid and CPR Cr. 3
Theory and practice of First Aid and CPR. Students can qualify for national certificates in First Aid and CPR. Offered Every Term.
Course Material Fees: $30

LFA 2560 Freshmen Quests Cr. 2
Designed for incoming freshmen to help facilitate the transition to college life, workload, and expectations. During trips, students will be introduced to many faculty/staff from various departments to learn the keys to achieving a successful college career. Offered Fall.
Restriction(s): Enrollment is limited to Undergraduate level students.
Course Material Fees: $75
Sport Administration and Management

SAM 2020 History of Sport Cr. 3
Satisfies General Education Requirement: Social Inquiry
Examines the historical evolution of sport, from ancient to modern times in the United States and throughout the world. Offered Winter.

SAM 2100 Foundations of Sport Management Cr. 3
By combining theory and practical application, this course provides an overview of various facets of sports management and administration, including issues related to the recreational, amateur, interscholastic, collegiate, professional and lifestyle sports industries. Offered Fall.

SAM 3010 Ethics in Sport Cr. 3
Examines principles of ethics, and their application to sport, physical education, and sport. Students will acquire an awareness of ethical conduct and cultivate an effective, deliberative process for dealing with ethical issues in sport. Offered Winter.

SAM 3020 Sociology of Sport Cr. 3
Satisfies General Education Requirement: Diversity Equity Incl Inquiry
Examines the ways in which sports are entangled in social, cultural, political, and economic forces. Students will systematically investigate the complex connections among sports, society, and cultures. Offered Fall, Winter.

SAM 4020 Sport Governance Cr. 3
Covers governance structures and policy issues in sport and how policy development and strategic planning activities affect sport organizations, both amateur and professional. Offered Fall.
Prerequisite: SAM 2100

SAM 4030 Sport Finance Cr. 3
Introduces students to the concepts of financial management and sales as applied to the sports industry. Offered Winter.
Prerequisite: SAM 2100

SAM 4040 Sport Communication Cr. 3
General principles and strategies of sport communication are covered, including public relations, media relations, and publicity in a variety of settings. Effective use of technology in sport communication will be particularly emphasized. Offered Winter.
Prerequisite: SAM 2100

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 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
Examines 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