

# KINESIOLOGY (KINS)

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## **KINS 101 Foundations in Kinesiology 3 Credit Hours (3,0)**

Students will explore strategies aimed at creating success as they pursue their university and professional goals. Using a holistic and integrated approach, students will actively examine the multi-faceted field of Kinesiology. The breadth and impact of human movement will be revealed through field and reflection based experiences. Career opportunities, history, philosophy, current trends, curriculum development and how to navigate the university will be the emphasis.

## **KINS 105 Program Dev & Leadership 3 Credit Hours (3,0)**

Principles of leadership skills and styles are applied to various recreation settings with emphasis on group interaction and face-to-face leading. Programming fundamentals for effective leisure services delivery are explored and implemented. Also listed as RECS105.

## **KINS 140 Health and Fitness 3 Credit Hours (3,0)**

Introductory course: Theoretical basics of exercise, diet and nutrition and the wellness lifestyle. Topics include aerobic and musculoskeletal fitness, weight control, stress reduction, alcohol and tobacco abuse and presents principles for promoting a wellness lifestyle.

## **KINS 141 Introduction to Movement 3 Credit Hours (3,0)**

This course reviews and applies the pertinent aspects of the prerequisite disciplines of anatomy and physiology. Specific attention will be placed on muscles, bones, joint structures, and functions as well as the fundamentals of leverage, balance, and 'the feel of the movement'. A detailed understanding of movement description is the most critical element in the student's mastery of the subject matter.

## **KINS 202 Diversity & Inclusion in Sport 3 Credit Hours (3,0)**

This course will focus on diversity, inclusion and equity in sport and exercise participation and how differences based on primary dimensions, including gender, sexual orientation and race, and secondary dimensions, including religion and socioeconomic status, impact sport experience. A historical and contemporary view will be used to highlight the manner in which sport and exercise is often a reflection of the social processes of society.

**Prerequisite(s):** Sophomore Standing

## **KINS 230 Ath Injury Illness Prevention 3 Credit Hours (3,0)**

This is an introductory class to the field of athletic training. It will provide an overview for the student as to what an athletic trainer does. Topics included will be a history of athletic training, developing conditioning programs, nutrition, protective equipment in sports, the healing process, emergency plans, injury assessment, psychology of injury, environmental conditions and the use of drugs in sports.

## **KINS 232 Ath Injury Illness Rec & Eval 3 Credit Hours (3,0)**

This class will be a continuation of KINS230. After a general knowledge base is established in KINS230, KINS232 will elaborate on those concepts and extend them to the various extremities of the body as well as the spine and head.

**Prerequisite(s):** KINS230 and BIOL122

## **KINS 234 Preventative Taping Techniques 1 Credit Hour (0,2)**

To present current and comprehensive taping and wrapping techniques used in athletic training.

**Prerequisite(s):** KINS232

## **KINS 248 Psy Sport Performance/Coaching 3 Credit Hours (3,0)**

A review of the psychological aspects related to success in sport and athletics. Emphasis will be placed on presenting techniques for improving individual and team athletic performance, as well as consideration of the psychological aspects of coaching. Specific topics will include personality and sport, attention/anxiety/arousal regulation, motivational techniques, the aggression-performance relationship, and the development of team cohesion and leadership.

## **KINS 262 Exercise Physiology 3 Credit Hours (3,0)**

Introduction to biological energy systems and support systems involved in physical activity and exercise. Emphasis on energy system recruitment dynamics, acute and chronic adaptations to training, and applications to programs employing physically based activities.

**Prerequisite(s):** BIOL121 and CHEM104 or CHEM115

## **KINS 265 Personal Fitness Training 3 Credit Hours (3,0)**

This course will enable the student to develop knowledge and expertise in the components of sport-related fitness. Specifically, strength training, cardiovascular endurance, flexibility, reaction time, speed and agility will be explored in both traditional and non-traditional sports. Emphasis will be placed on the implementation and measurement of the above sport-related fitness components and the design of a strength training and conditioning program for the purpose of enhancing athletic performance.

## **KINS 268 Fitness Eval I: Func Assessmnt 3 Credit Hours (2,2)**

Provides Theoretical background and measurement concepts specific to field tests employed in exercise science settings. Emphasis on skill, development and interpretation of results relative to normative data.

**Prerequisite(s):** BIOL121 and KINS140

## **KINS 270 Sports Management 3 Credit Hours (3,0)**

This course will provide philosophies, organization techniques and administration principles for youth sports, officiating, intramurals, organized athletics and recreational sports. Issues on assessment, design, implementation, and evaluation for sports programs in today's society will be explored. Investigation of appropriate resources, professional organization's impact, training methods, certification processes and gender issues will be highlighted.

## **KINS 275 Nutrition Sprt Exer Performnce 3 Credit Hours (3,0)**

Explicitly details the role of the major nutrients in their application to wellness and fitness settings, as well as athletic performance. Specifically addresses the interaction of diet and exercise in modifying the condition of the individuals with metabolic dysfunction (diabetes, obesity) or compromised cardiovascular health (hypertension, coronary heart disease). Also examines the special nutritional needs of athletes and the effectiveness of ergogenic aids in enhancing sport performance.

**Prerequisite(s):** BIOL121

## **KINS 295 Facility & Program Operations 3 Credit Hours (1,4)**

Practical experiences that explore various types of work settings in kinesiology, working under a specialist in the student's chosen area of interest utilizing facilities on campus and in the community.

**Pre or Corequisite(s):** KINS265

## **KINS 332 Health Promotions 3 Credit Hours (3,0)**

Health promotion raises a number of economic, public policy, and ethical issues that cut across society. This course will provide students with a strong theoretical foundation for wellness, health promotion and disease prevention for the purpose of maintaining function across the lifespan. Best evidence practice for the design and implementation of worksite health programs and the benefits of these programs for employers and employees will be examined. In addition, this course will examine different theories and models of health promotion from an organizational/community and population perspective.

**KINS 340 Therapeutic Modalities Ath Trn 3 Credit Hours (2,2)**

This course will introduce the student to the theory and application of physical medicine devices commonly used in athletic training and sports medicine settings. Specific attention will be placed on the use of cryotherapy, thermotherapy, electrotherapy, ultrasound, traction, intermittent compression, and therapeutic massage in caring for physical injuries or illness. This course will focus on determining the most effective therapeutic modality for a given situation and the correct application of the selected therapeutic modality. This course is designed to present the knowledge, skills and values an entry-level certified athletic trainer must possess to plan, implement, document and assess the efficacy of therapeutic modalities in the care of physical injuries and illnesses.

**Prerequisite(s):** KINS232 and BIOL122

**KINS 344 Kinesiology 3 Credit Hours (3,0)**

Science of movement applied to muscle, joint structure and function and application of physical laws of gravity, leverage, motion and balance to human performance. Video tape motion analysis is used to apply these theories into practical experience.

**Prerequisite(s):** KINS141

**KINS 345 Adapted Sports and Recreation 3 Credit Hours (3,0)**

A study of specialized recreational and athletic opportunities available to individuals with illnesses and disabilities. Related associations, equipment, rules and classifications, resources and research will be encountered for a wide range of activities and conditions. When available, practical opportunities will be included as part of the learning process.

**Prerequisite(s):** junior standing

**KINS 346 Therapeutic Ex Rehabilitation 3 Credit Hours (2,2)**

KINS346 will introduce the student to the theory and application of commonly used rehabilitative exercises in the field of athletic training. Students will be introduced to the '10 Goals of Rehabilitation', and will then study the relationship that therapeutic exercise plays in the attainment of each goal. Students will then develop a comprehensive rehabilitation plan that will enable a physically active person to return to activity as safely as possible. Students will be exposed to current surgical techniques and the rehabilitation that is involved.

**Prerequisite(s):** KINS262

**KINS 348 Fitness Eval II Lab Procedures 3 Credit Hours (2,2)**

Provides theoretical background and technical aspects specific to laboratory procedures employed in clinical exercise science settings. Emphasis on developing skills with instrumentation for assessing cardiac activity, respiratory functioning, metabolic dynamics, anthropometer, and administering exercise protocols for diseased populations.

**Prerequisite(s):** KINS268 and KINS262

**KINS 349 Orthopedic Assessment 3 Credit Hours (3,0)**

Provides a clear, concise process of physical examination of the spine and extremities which would direct the student in a logical, efficient and thorough search of anatomy relevant to the field of sports medicine. This course will allow the student to continue to build a solid foundation in anatomy specific to orthopedic education.

**Prerequisite(s):** KINS230 and KINS232

**KINS 358 Research Methods Kinesiology 3 Credit Hours (3,0)**

Introduction to research methods and related statistical procedures for constructing and analyzing research activities. Presentation of statistical concepts including correlation, t-tests and analysis of variance and their use in exercise science. Introduction to measurement concepts of validity and reliability and the facets of writing a research report.

**Prerequisite(s):** MATH207 and KINS262

**KINS 362 Applied Exercise Physiology 3 Credit Hours (3,0)**

Extends the study of the physiological aspects of exercise by examining advanced topic areas. Specific topics covered are the endocrine system and exercise, effects of exercise on the immune system, exercise and altitude, exercise and thermal stress, as well as exercise physiology concerns of various clinical populations.

**Prerequisite(s):** BIOL122, CHEM115 and KINS262

**KINS 370 Recreation for the Elderly 3 Credit Hours (3,0)**

Geared to individuals who will be working with senior citizens in recreation programs, hospitals, nursing homes and family members. The aging process will be studied from the perspective that sound principles will be applied to leading and programming for this growing segment of our population.

**Prerequisite(s):** RECS101, KINS105 and 200-level recreation electives; or NURS290 and HLTH352

**KINS 375 Commercial Recreation 3 Credit Hours (3,0)**

An introduction to the scope, characteristics and management aspects of the commercial recreation industry. Substantial coverage of entrepreneurial strategies, economic concepts applied to commercial recreation, steps for creating feasibility studies, and operation management. An in-depth study of specific commercial recreation programs including travel, tourism, hospitality, club, and the entertainment industry will be included with emphasis on present and future trends and career opportunities.

**Prerequisite(s):** KINS105 or BUSN121, ACTG230, ECON202 and FINC245

**KINS 401 Internship I 2 Credit Hours (0,4)**

In this course, athletic training students continue to demonstrate an integration of risk management skills, assessment skills, and therapeutic rehabilitation skills into the health care of a physically active population in a variety of clinical settings.

**Prerequisite(s):** KINS302 with a grade of C or better

**KINS 402 Internship II 2 Credit Hours (0,4)**

In this course, athletic training students continue to demonstrate an integration of risk management skills, assessment skills, therapeutic rehabilitation skills and administrative skills into the healthcare of a physically active population in a variety of clinical settings.

**Prerequisite(s):** KINS401 with a grade of C or better

**KINS 428 Psych Exercise/Rehabilitation 3 Credit Hours (3,0)**

This course focuses upon the theoretical and applied concepts of psychology as it relates to exercise, rehabilitation and sport. Acute and chronic psychological consequences that occur as a result of involvement in physically based activities will be examined as they apply to recreational exercisers and sport enthusiasts, as well as individuals with health problems. Emphasis will be placed on developing an understanding of the theoretical background for specific topic areas and investigating the support for these theories by examining original research on the effects of exercise and rehabilitation on adherence, chronic pain, anxiety, depression, sport injury and sport performance.

**Prerequisite(s):** KINS358

**KINS 434 Neurological Basics Motor Lrn 3 Credit Hours (3,0)**

An overview of how the neurological system integrates external stimuli and internal processes in the effective control of movement. Introduced are control systems, attention processes, memory, and the role of feedback and practice on motor learning.

**Prerequisite(s):** BIOL122, KINS344 and KINS362

**KINS 440 Exercise Physiology Seminar 2 Credit Hours (2,0)**

Examines current issues in the field and students will prepare and present advanced physiological concepts related to special topics.

**KINS 442 Electrocardiography Kinesiology 3 Credit Hours (3,0)**

Examines electrophysiological basis of ECG, cardiac anatomy and metabolism responses to rest and exercise.

**Prerequisite(s):** KINS262 with a C grade or better

**KINS 444 Exercise Prescription 3 Credit Hours (3,0)**

Provides experience in writing and developing advanced training and conditioning programs for a variety of populations. Process oriented; considers needs analysis and cyclic training.

**KINS 450 Phil Human Perform/Leisure 3 Credit Hours (3,0)**

A study of the origins and development of leisure behavior, sport, athletics and personal fitness across cultures. Ethical issues such as violence, opportunity, exploitation, role models and equity will be examined.

**Prerequisite(s):** KINS262 or RECS101 and junior status

**KINS 452 Allied Health Administration 3 Credit Hours (3,0)**

This course is intended to enhance the administrative ability of allied health professionals. Students will learn to apply current management theories to administrative problems they may face. This will allow entry level allied health professionals the ability to craft creative solutions to administrative problems. Content in this course includes management strategies for the following: Program offerings, finances, human resources, facilities, information, insurance, and legal considerations.

**Prerequisite(s):** KINS230 and junior standing

**KINS 481 Prof Development Seminar 1 Credit Hour (1,0)**

Opportunities for students to refine personal and professional goals and initiate preparation of resumes and interviewing skills. Career planning and placement will be emphasized as well as internship evaluation. Seminar format.

**Prerequisite(s):** Senior status required

**KINS 482 Admin of Recreation Services 3 Credit Hours (3,0)**

This is a capstone course designed for upper level School of Kinesiology students. Learning and applying administration aspects of the profession will include, but is not limited to, labor management, risk management, liability, facility management and planning, marketing, fundraising, budgeting, and current trends for various types of facilities - recreation centers, water parks and pools, fitness centers, parks, sports complexes and resorts.

**Prerequisite(s):** KINS105 and Junior Standing

**KINS 496 Selected Research Topics 1-3 Credit Hours (1-3,0)**

Student carries out approved project(s) of his/her own initiative.

**Prerequisite(s):** Junior standing and instructor permission