Courses

KINS 1001. Aerobics I. 2 Credit Hours.
This course leads to the development and maintenance of aerobic capacity of the circulatory and respiratory systems primarily through various aerobic activities. The course includes information on the values and means of developing and assessing aerobic fitness.
Repeatability: This course may not be repeated for additional credits.

KINS 1002. Aerobics II. 2 Credit Hours.
This course introduces advanced theory and training in aerobic fitness. Advanced practical knowledge on class planning, choreography, skill building, physical assessment, and the physiological and psychological benefits of aerobic fitness training are included. Physical and psychological preparation and values of the activity are included.
Repeatability: This course may not be repeated for additional credits

Pre-requisites:
KINS 1001|Minimum Grade of C-|May not be taken concurrently.

KINS 1005. Aikido I. 2 Credit Hours.
This course introduces the art of self-defense based on non-resistance rather than strength. No attempt is made to stop attacks in Aikido; they are met and guided in a way that causes attackers to be thrown by the directional force of their own attack. Physical and psychological preparation and values of the activity are included.
Repeatability: This course may not be repeated for additional credits

Pre-requisites:
KINS 1005|Minimum Grade of C-|May not be taken concurrently.

KINS 1006. Aikido II. 2 Credit Hours.
This course advances the basic skills learned in beginning Aikido to include the use of weapons and the history and philosophy of self-defense. Physical and psychological preparation and values of the activity are included.
Repeatability: This course may not be repeated for additional credits

Pre-requisites:
KINS 1005|Minimum Grade of C-|May not be taken concurrently.

KINS 1007. Aqua Aerobics I. 2 Credit Hours.
This course deals with the theory and practice of aerobics using the water as the exercise environment. The course leads to the improvement of cardio-respiratory fitness and the knowledge and skills for developing and maintaining fitness using the water as the exercise medium.
Repeatability: This course may not be repeated for additional credits

Pre-requisites:
KINS 1049|Minimum Grade of C|May not be taken concurrently.

KINS 1009. Backpacking and Camping I. 2 Credit Hours.
This course introduces the techniques of low impact, all-weather backpacking and camping, including choosing equipment, planning trips, finding the way, cooking, and survival. Class meetings are rescheduled into weekend trips after initial instruction and planning meetings on campus. Physical and psychological preparation and values of the activity are included.
Repeatability: This course may not be repeated for additional credits.

KINS 1012. Badminton I. 2 Credit Hours.
This course introduces the skills, strategies, etiquette, knowledge of the rules and how to select proper equipment, as well as opportunities for participation in badminton. Physical and psychological preparation and values of the activity are included.
Repeatability: This course may not be repeated for additional credits.

KINS 1014. Cycling I. 2 Credit Hours.
This course introduces the knowledge, skills, and abilities necessary to bicycle for fun and for fitness. Selection and maintenance of equipment, training techniques and racing strategies will be covered. Students will increase bicycle training progressively throughout the semester. NOTE: Students must supply their own equipment.
Repeatability: This course may not be repeated for additional credits.

KINS 1016. Fencing I. 2 Credit Hours.
This course introduces fencing for form and/or competition. It includes defensive and offensive strategies; care and selection of proper equipment; rules, officiating, injury prevention, and chivalry. Physical and psychological preparation and values of the activity are included.
Repeatability: This course may not be repeated for additional credits.
KINS 1017. Fencing II. 2 Credit Hours.
This course advances the skills learned in beginning foil fencing through the refinement of skills and techniques. Students will also have the opportunity to gain a more thorough understanding of the different aspects of fencing, namely tactics, rules, refereeing, fitness, safety, discipline, and etiquette. Physical and psychological preparation and values of participation in the activity are included.
Repeatability: This course may not be repeated for additional credits
Pre-requisites:
KINS 1016|Minimum Grade of C-|May not be taken concurrently.

KINS 1018. Fitness for Life. 2 Credit Hours.
This course introduces the principles and activities for the development of optimal levels of cardiovascular endurance, muscular strength and endurance, flexibility, body weight, and body composition. Assessment of fitness level, development of an individual activity program commensurate with personal goals, and current research findings concerning exercise and nutrition are included. Physical and psychological preparation and values of the activity are included.
Repeatability: This course may not be repeated for additional credits.

KINS 1019. Golf I. 2 Credit Hours.
This course introduces the skills, strategies, etiquette, knowledge of the rules, and how to select proper equipment, as well as opportunities for participation in golf. Physical and psychological preparation and values of the sport are included. NOTE: Transport costs and greens fees are the responsibility of the student.
Repeatability: This course may not be repeated for additional credits.
Pre-requisites:
KINS 1019|Minimum Grade of C-|May not be taken concurrently.

KINS 1021. Golf II. 2 Credit Hours.
This course advances the skills learned in Golf I and is intended for the intermediate golfer wishing to enhance their knowledge, skills, and abilities on the golf course. Physical training and psychological skills training will also be included. NOTE: Transportation and greens fees must be supplied by the student.
Repeatability: This course may not be repeated for additional credits.

KINS 1022. Gymnastics I. 2 Credit Hours.
This course introduces the skills of floor exercise, tumbling, trampoline, and vaulting (for men and women); rings, horizontal bar, parallel bars, and side horse (for men); balance beam and uneven bars (for women). Physical and psychological preparation and values of the sport are included.
Repeatability: This course may not be repeated for additional credits.

KINS 1024. Judo I. 2 Credit Hours.
This course introduces the principles and techniques of falling, throwing, grappling, and the rules and customs of judo as a sport. Physical and psychological preparation and values of the activity are included.
Repeatability: This course may not be repeated for additional credits.

KINS 1026. Karate I. 2 Credit Hours.
This course introduces the principles and techniques of striking, kicking, punching, blocking, the code of ethics of karate, and the rules of competition. Physical and psychological preparation and values of the activity are included.
Repeatability: This course may not be repeated for additional credits.
Pre-requisites:
KINS 1026|Minimum Grade of C-|May not be taken concurrently.

KINS 1027. Karate II. 2 Credit Hours.
This course advances the basic skills learned in beginning karate. New striking and kicking techniques are introduced and more advanced kata (forms) are taught. Emphasis includes: concentrating focus and power; pro per distancing in partner drills; moving, shifting and pivoting the body; and combining techniques smoothly and powerfully. Physical and psychological preparation and values of the activity are included.
Repeatability: This course may not be repeated for additional credits.

KINS 1028. Lifeguard Training. 3 Credit Hours.
This course introduces the skills and knowledge in water safety, rescue skills, and pool operation and management skills. Physical and psychological preparation and values of participation in the activity are included. NOTE: This course can lead to ARC Lifeguard Certification. Certification fee required.
Repeatability: This course may not be repeated for additional credits
Pre-requisites:
KINS 1051|Minimum Grade of C-|May not be taken concurrently.

KINS 1029. Martial Arts I. 2 Credit Hours.
This course introduces the student to a wide variety of martial art forms. Physical and psychological preparation and values of the martial arts to life and health will be included.
Repeatability: This course may not be repeated for additional credits.
KINS 1036. Personal Defense for Women. 2 Credit Hours.
This course introduces a five-stage approach to personal protection (awareness, avoidance, prevention, physical action, and follow up). Physical
defensive skills involve "live" simulations while focusing on the concerns and needs of women. Physical and psychological preparation and values of the
activity are included.
Repeatability: This course may not be repeated for additional credits.

KINS 1037. Physical Activity Workshop I. 1 Credit Hour.
These workshops are designed to enable students to develop the knowledge and skills needed to participate at a beginning level in one or four
activity spheres: aquatics, lifetime, fitness, and/or survival. NOTE: For a list of activities offered each semester, contact the workshop coordinator in the
Department of Kinesiology in Pearson Hall, Room 123. Kinesiology 1037 begins on the first Tuesday of each semester and runs for the first seven (7)
weeks of the semester.
Repeatability: This course may be repeated for additional credit.

KINS 1038. Physical Activity Workshop II. 1 Credit Hour.
These workshops are designed to enable students to develop the knowledge and skills needed to participate at a beginning level in one or four
movement spheres: aquatics, lifetime, fitness, and survival. NOTE: For a list of activities offered each semester, contact the workshop coordinator in the
Department of Kinesiology in Pearson Hall, Room 123. Kinesiology 1038 begins mid-semester and runs for the last seven (7) weeks of the semester.
Repeatability: This course may be repeated for additional credit.

KINS 1039. Racquetball I. 2 Credit Hours.
This course introduces the skills, strategies, etiquette, knowledge of the rules and how to select proper equipment, as well as opportunities for
participation in racquetball. The three-wall game is taught with modifications for four and one wall play. Physical and psychological preparation and
values of the activity are included.
Repeatability: This course may not be repeated for additional credits.

KINS 1046. SCUBA Diving I. 3 Credit Hours.
This course introduces the skills and knowledge necessary to develop into a competent, safe, and responsible scuba diver capable of making
independent decisions. Specifically, students will develop the ability to recognize and implement alternative solutions for coping with stressful problems.
Equipment is provided for campus coursework. Physical and psychological preparation and values of participation in the activity are included. NOTE:
Lab fee required. Students can earn NAUI Certification by signing up for an open water trip. (The student at the end of the course must rent SCUBA
equipment.)
Repeatability: This course may not be repeated for additional credits
Pre-requisites:
KINS 1051|Minimum Grade of C-|May not be taken concurrently.

KINS 1047. SCUBA Diving II. 2 Credit Hours.
This course will prepare the novice SUCBA diver to learn about advanced diving equipment and to perform skill activities safely and proficiently without
in-water supervision. Areas of study will include, but are not limited to, search and recovery, underwater communications, navigation, limited visibility
diving, and/or Nitrox theory. Certification is not required at the end of the course; however, any student wishing to get certified will be presented with
such opportunities. Any and/or all costs associated with this optional certification will need to be paid by the student directly to the independent dive shop
and/or instructor leading the certification dives.
Repeatability: This course may not be repeated for additional credits
Pre-requisites:
KINS 1046|Minimum Grade of C-|May not be taken concurrently.

KINS 1048. Swimming for the Non-Swimmer. 2 Credit Hours.
This course introduces students to basic personal aquatic safety skills for the purpose of developing confidence in the water. Physical and psychological
preparation and values of participation in the activity are included. NOTE: For students who are not comfortable in shallow water or with their faces in the
water.
Repeatability: This course may not be repeated for additional credits.

KINS 1049. Swimming I. 2 Credit Hours.
This course introduces students to basic aquatic skills to assure confidence and mobility in aquatic activities as well as the development of confidence in
deep water. Physical and psychological preparation and values of participation in the activity are included. NOTE: For students with little or no swimming
ability.
Repeatability: This course may not be repeated for additional credits.

KINS 1051. Swimming II. 2 Credit Hours.
This course advances the skills learned in Swimming I and focuses on stroke improvement and swimming endurance. Physical and psychological
preparation and values of participation in the activity are included.
Repeatability: This course may not be repeated for additional credits
Pre-requisites:
KINS 1049|Minimum Grade of C-|May not be taken concurrently.
KINS 1052. Tae Kwon Do I. 2 Credit Hours.
This course introduces the skills and knowledge for using the hands, arms, legs, and feet to attack and defend oneself; breathing and muscle control; competitive rules; the ranking system; safety; fitness; and history, values, and etiquette. Tae Kwon Do is a Korean form of martial arts and is taught from a traditional perspective and supplemented by modern scientific principles. Physical and psychological preparation and values of participation in the activity are included.
Repeatability: This course may not be repeated for additional credits.

KINS 1053. Tae Kwon Do II. 2 Credit Hours.
This course advances the skills learned in Tae Kwon Do I and applies them in two areas. First, students will learn how to design and teach a complete martial arts class that will focus the material in a manner easily understood by students while at the same time keeping students stimulated, interested, and challenged. Second, students will be able to design a training regimen for martial arts students interested in competing in Olympic style sport martial arts. Physical and psychological preparation and values of participation in the activity are included.
Repeatability: This course may not be repeated for additional credits
Pre-requisites:
KINS 1052|Minimum Grade of C-|May not be taken concurrently.

KINS 1054. Tennis I. 2 Credit Hours.
This course provides opportunities to develop the skills, strategies, etiquette, knowledge of the rules and how to select proper equipment, as well as opportunities for participation in tennis. Physical and psychological preparation and values of the sport are included. Emphasis is on preparing students to be lifelong participants in tennis.
Repeatability: This course may not be repeated for additional credits.

KINS 1055. Tennis II. 2 Credit Hours.
This course advances the skills learned in Tennis I through the refinement of skills and techniques and by developing more sophisticated skills and strategies in tennis. Physical and psychological preparation and values of participation in the activity are included.
Repeatability: This course may not be repeated for additional credits
Pre-requisites:
KINS 1054|Minimum Grade of C-|May not be taken concurrently.

KINS 1056. Volleyball I. 2 Credit Hours.
This course introduces the skills, strategies, etiquette, knowledge of the rules, and how to select proper equipment, as well as opportunities for participation in volleyball. Physical and psychological preparation and values of participation in the activity are included.
Repeatability: This course may not be repeated for additional credits.

KINS 1057. Volleyball II. 2 Credit Hours.
This course advances the skills learned in Volleyball I. Skill foci include mastery of passing and serving while improving setting, spiking and blocking. Traditional court positioning is reviewed and new offensive and defensive rotations and team configurations and transitions are explored. Knowledge and demonstrations of skills mechanics, rules, regulations, safety and etiquette are reviewed and enhanced. Mental aspects of the game are also included.
Repeatability: This course may not be repeated for additional credits
Pre-requisites:
KINS 1056|Minimum Grade of C-|May not be taken concurrently.

KINS 1058. Walking/Jogging/Running I. 2 Credit Hours.
This course focuses on the physical, cognitive, and social skills necessary to safely participate in walking and jogging for a lifetime. Areas of emphasis include, but are not limited to, site selection, safety, equipment, heart rate and perceived exertion, different methods of training, fitness principles, and/or record keeping.
Repeatability: This course may not be repeated for additional credits.

KINS 1061. Water Safety Instructor. 3 Credit Hours.
This course introduces skills in teaching aquatics through formal training in the American Red Cross methods of teaching the following types of aquatic programs: Adapted, Preschool, Competitive, Springboard Diving, Learn to Swim, and Water Safety. Physical and psychological preparation and values of participation in the activity are included.
Repeatability: This course may not be repeated for additional credits.

KINS 1062. Weight Training I. 2 Credit Hours.
This course introduces the knowledge and skills needed to train with weights for sport, recreation, health, and fitness. Muscular contraction, overload, specificity of training, progression, and various types of exercise and programs are taught. Students learn to develop and participate in personal weight training programs. Physical and psychological preparation and values of the activity are included.
Repeatability: This course may not be repeated for additional credits
Pre-requisites:
KINS 1062|Minimum Grade of C-|May not be taken concurrently.

KINS 1063. Weight Training II. 2 Credit Hours.
This course furthers the knowledge and skills needed to train with weights for sport, recreation, health and fitness. Advanced forms of muscular contraction, overload, specificity of training, progression, and various types of exercise and programs are taught. Students further develop their ability to participate in personal weight training programs at more advanced levels. Psychological preparation and values of activity are included.
Repeatability: This course may not be repeated for additional credits
Pre-requisites:
KINS 1062|Minimum Grade of C-|May not be taken concurrently.
KINS 1064. Yoga I. 2 Credit Hours.
This course introduces the principles of yoga for developing fitness in the individual as a whole and for the reduction of stress. The concept of body image and developing the fundamental skills for making yoga a safe, daily practice is included. Physical and psychological preparation and values of the activity are included.
Repeatability: This course may not be repeated for additional credits.

KINS 1201. Introduction to Kinesiology. 3 Credit Hours.
This course is designed for entry-level Kinesiology majors as well as students considering transferring into Kinesiology. Theories, principles, and professional applications of Kinesiology and its subdisciplines while integrating technology and writing enhancement are included.
Repeatability: This course may not be repeated for additional credits.

KINS 1202. Concepts in Health-Related Fitness. 2 Credit Hours.
This course introduces Kinesiology majors to the principles, components, and values of physical fitness and the means of improving the level of fitness of each component. A balanced emphasis will be placed on personal development and application of teaching fitness to low fitness people. Physical and psychological preparation and values of participation in the activity are included. NOTE: This course is for majors only.
Field of Study Restrictions: Must be enrolled in one of the following Majors: Kinesiology
Repeatability: This course may not be repeated for additional credits
Pre-requisites:
(KINS 1223|Minimum Grade of C|May not be taken concurrently OR KIN1 Y|May not be taken concurrently) AND (KINS 1224|Minimum Grade of C|May not be taken concurrently OR KIN2 Y|May not be taken concurrently).

KINS 1221. Principles of Anatomy and Physiology I. 3 Credit Hours.
Kinesiology 1221 is the first in a two course sequence dealing with the structure and functional systems of the human body. Emphasis is placed upon systems integration as well as the manner in which organ systems undergo homeostatic regulation. This course considers general body organization and the skeletal, muscular, nervous, and endocrine systems. NOTE: To determine if this course in combination with another course can satisfy the GenEd Science & Technology requirement, see your advisor. This course is not equivalent to Kinesiology 1223 (Anatomy and Physiology with Lab) and cannot be used to replace the grade earned in Kinesiology 1223.
Repeatability: This course may not be repeated for additional credits.

KINS 1222. Principles of Anatomy and Physiology II. 3 Credit Hours.
Kinesiology 1222 is the second in a two course sequence dealing with the structure and functional systems of the human body. Emphasis is placed upon systems integration as well as the manner in which organ systems undergo homeostatic regulation. This course considers the cardiovascular, respiratory, lymphatic, and reproductive systems to include nutrition, metabolism, and electrolyte balance. NOTE: To determine if this course in combination with another course can satisfy the GenEd Science & Technology requirement, see your advisor. This course is not equivalent to Kinesiology 1224 (Anatomy and Physiology with Lab II) and cannot be used to replace the grade earned in Kinesiology 1224.
Repeatability: This course may not be repeated for additional credits
Pre-requisites:
KINS 1221|Minimum Grade of C-|May not be taken concurrently.

KINS 1223. Human Anatomy and Physiology I. 4 Credit Hours.
This course is the first of a two-course sequence dealing with the anatomical and functional relationships of the human body. Emphasis is placed on systems integration leading to an understanding of the functions of the human organism. Kinesiology 1223 covers basic structure and function of the body (cells and tissues, organs, systems) through detailed investigations of the skeletal, muscular, and nervous systems. NOTE: To determine if this course in combination with another course can satisfy the GenEd Science & Technology requirement, see your advisor. This course is not equivalent to Kinesiology 1221 (Principles of Anatomy and Physiology I) and cannot be used to replace the grade earned in Kinesiology 1221.
Course Attributes: SA
Repeatability: This course may not be repeated for additional credits.

KINS 1224. Human Anatomy and Physiology II. 4 Credit Hours.
This course is the second in a two-course sequence dealing with the anatomical and functional relationships of the human body. Emphasis is placed on systems integration leading to an understanding of the functions of the human organism through detailed investigations of the endocrine, circulatory, digestive, urinary, and reproductive systems. NOTE: (1) Lab fee required. (2) To determine if this course in combination with another course can satisfy the GenEd Science & Technology requirement, see your advisor. This course is not equivalent to Kinesiology 1222 (Principles of Anatomy and Physiology II) and cannot be used to replace the grade earned in Kinesiology 1222.
Course Attributes: SB
Repeatability: This course may not be repeated for additional credits
Pre-requisites:
KINS 1223|Minimum Grade of C-|May not be taken concurrently.
KINS 1225. General Human Anatomy & Physiology. 3 Credit Hours.
The purpose of this course is to provide an overview of the human body's general organization; and integumentary, skeletal, muscular, nervous, endocrine, cardiovascular, lymphatic, respiratory, digestive, urinary and reproductive systems. NOTE: This course is for Social Administration majors only.
Field of Study Restrictions: Must be enrolled in one of the following Majors: Social Work - Undergraduate
Repeatability: This course may not be repeated for additional credits.

KINS 1442. Basic Techniques in Athletic Training. 2 Credit Hours.
This course introduces students to basic taping and wrapping techniques that are commonly used in the prevention of joint injury in the athletic training profession. Students will obtain both didactic information and practical application of basic taping and wrapping techniques, splinting and ambulatory devices, as well as the guidelines for fitting protective equipment. NOTE: Lab fee required. Athletic Training majors only. Spring only.
Field of Study Restrictions: Must be enrolled in one of the following Majors: Athletic Training
Repeatability: This course may not be repeated for additional credits
Pre-requisites:
KINS 1223|Minimum Grade of C-|May not be taken concurrently.

KINS 1444. Movement Injuries: Prevention and Care. 3 Credit Hours.
This lecture course introduces students to the care and prevention of movement injuries. The content includes a review of pertinent anatomical structures and their relationship to injuries. The course also covers mechanisms, extrinsic and intrinsic factors, as well as basic preventative and treatment measures for common sports-related injuries. Lastly, an overview of legal issues related to sports health care is also discussed.
Repeatability: This course may not be repeated for additional credits
Pre-requisites:
KINS 1223|Minimum Grade of C-|May not be taken concurrently.

KINS 2203. Physiology of Physical Activity. 4 Credit Hours.
This course focuses on the functional changes brought about by single or repeated exercise sessions with the intent to improve the exercise response and promote health-related fitness. Laboratories include the measurement of muscular function, metabolism, respiration, cardiovascular function, body composition, work in the heat, and other aspects of human performance. NOTE: Lab fee required.
Field of Study Restrictions: Must be enrolled in one of the following Majors: Athletic Training, Kinesiology
Repeatability: This course may not be repeated for additional credits
Pre-requisites:
KINS 1224|Minimum Grade of C|May not be taken concurrently
OR KIN2 Y|May not be taken concurrently.

KINS 2204. Motor Behavior. 3 Credit Hours.
This course provides an overview of the psychology of human movement behavior to include motor development, motor learning, perceptual motor behavior, and individual differences. Laboratory experiences are used to enhance the lectures.
Field of Study Restrictions: Must be enrolled in one of the following Majors: Athletic Training, Kinesiology, Therapeutic Recreation
Repeatability: This course may not be repeated for additional credits
Pre-requisites:
PSY 1061|Minimum Grade of C-|May not be taken concurrently.

KINS 2362. Introduction to Exercise and Sport Science. 3 Credit Hours.
The course explores in detail the relationship between physical activity and health. It also examines roles and responsibilities of the health-fitness specialist and the exercise specialist as defined by the American College of Sports Medicine. This course serves as an introduction of the professional applications in Exercise and Sport Science to include fitness promotion, preventative (wellness), and rehabilitative (clinical) exercise programming. The student will be encouraged to investigate the nature and scope of the health-fitness professional, to define applications of the physiology of exercise, and to integrate the concepts into their personal health-fitness, or exercise programs.
Repeatability: This course may not be repeated for additional credits
Pre-requisites:
(KINS 1201|Minimum Grade of C|May not be taken concurrently
OR KIN3 Y|May not be taken concurrently)
AND (KINS 1224|Minimum Grade of C|May not be taken concurrently
OR KIN2 Y|May not be taken concurrently).

KINS 2364. Applied Technologies in Kinesiology. 3 Credit Hours.
This course introduces students to recent technological advances in computer software and hardware and their application to Exercise and Sport Science. The course includes, but is not limited to, web page design, word processing, spreadsheets, databases, and presentation software.
Repeatability: This course may not be repeated for additional credits
Pre-requisites:
KINS 2362|Minimum Grade of C-|May not be taken concurrently.
KINS 2389. Field Work in Exercise and Sport Science I. 3 to 6 Credit Hours.
This course affords students academic credit for field work in exercise and sport science. Students gain practical real-life experience in a variety of fitness, health-fitness and therapeutic exercise settings. Students will work under the supervision of a seasoned professional and attend weekly on-campus meetings with an instructor. Three academic credits are equal to 150 on-site hours of practical experience.
Repeatability: This course may be repeated for additional credit.
Pre-requisites:
KINS 2362|Minimum Grade of C|May not be taken concurrently.

KINS 2421. Emergency Medical Care for Health Professionals. 3 Credit Hours.
This course will provide an introduction to emergency care procedures for the health professional. Students will have the opportunity to learn about and demonstrate the skills necessary to manage acute injuries and illnesses. This will include surveying the scene, conducting initial assessments, utilizing universal precautions, activating an emergency action plan, implementing appropriate emergency techniques and procedures, conducting a secondary assessment and implementing appropriate first aid techniques and procedures for non-life-threatening situations.
Repeatability: This course may not be repeated for additional credits.

KINS 2424. Functional Anatomy for Kinesiology. 3 Credit Hours.
This course is designed to introduce the student to the basic principles of kinesiology and functional anatomy as they relate to normal movement. Basic neuromusculoskeletal assessment techniques such as identification and palpation will be emphasized in the course.
Repeatability: This course may not be repeated for additional credits
Pre-requisites:
KINS 1223|Minimum Grade of C|May not be taken concurrently
OR KIN1 Y|May not be taken concurrently.

KINS 2441. Lower Extremity: Assessment and Treatment of Injuries. 3 Credit Hours.
Study of athletic injury assessment principles and techniques at the advanced level. Specific areas include assessment and treatment of emergency medical situations, orthopedic injuries of the lower extremity. First of five supervised clinical experiences in the application of athletic training techniques. Successful completion of 200 hours and a maximum of 225 hours of clinical experience is required. Background checks, CPR Certification, and medical requirements must be completed prior to the first day of class. Athletic training majors only. Spring only.
Field of Study Restrictions: Must be enrolled in one of the following Majors: Athletic Training
Repeatability: This course may not be repeated for additional credits
Pre-requisites:
(KINS 1223|Minimum Grade of C|May not be taken concurrently
AND KINS 1442|Minimum Grade of C|May not be taken concurrently
AND KINS 1444|Minimum Grade of C|May not be taken concurrently).

KINS 2442. Upper Extremity: Assessment and Treatment of Injuries. 3 Credit Hours.
Study of athletic injury assessment principles and techniques at the advanced level. Specific areas include assessment and treatment of injuries and conditions involving the upper extremities. Fall only.
Field of Study Restrictions: Must be enrolled in one of the following Majors: Athletic Training
Repeatability: This course may not be repeated for additional credits
Pre-requisites:
KINS 2441|Minimum Grade of C|May not be taken concurrently.

KINS 3202. Biomechanics of Physical Activity. 4 Credit Hours.
This course focuses on the anatomical and functional relationships among the skeletal and muscular systems and the basic mechanical principles involved in physical activity.
Field of Study Restrictions: Must be enrolled in one of the following Majors: Athletic Training, Kinesiology
Repeatability: This course may not be repeated for additional credits
Pre-requisites:
KINS 1223|Minimum Grade of C|May not be taken concurrently
OR KIN1 Y|May not be taken concurrently.
KINS 3213. Physical Growth, Development & Aging. 3 Credit Hours.
This course is an advanced course in motor development. The course examines in detail the development of motor skills across the lifespan. Laboratory experiences are used to enhance the lectures.
Repeatability: This course may not be repeated for additional credits
Pre-requisites:
KINS 2204|Minimum Grade of C|May not be taken concurrently
OR KIN4 Y|May not be taken concurrently.

KINS 3296. The Social-Psychology of Physical Activity. 3 Credit Hours.
This course provides an overview of the study of Kinesiology from a psychosocial perspective. It focuses on the interactions of selected social institutions and social processes as related to physical activity as well as the role of exercise and sport psychology within Kinesiology.
Field of Study Restrictions: Must be enrolled in one of the following Majors: Athletic Training, Kinesiology
Course Attributes: WI
Repeatability: This course may not be repeated for additional credits
Pre-requisites:
KINS 1201|Minimum Grade of C|May not be taken concurrently
OR KIN3 Y|May not be taken concurrently.

KINS 3363. Basic Electrocardiography. 3 Credit Hours.
Basic Electrocardiography (EKG) presents the fundamentals of electrocardiography. Structure and function of the heart and circulatory system, the electrical and mechanical events of the cardiac cycle, normal and abnormal EKG responses at rest and during exercise will serve as the primary course content. The course is designed to provide the exercise science student with both the theoretical knowledge base of the heart and circulatory system as well as a practical working understanding of the resting and stress electrocardiogram. The student will develop the necessary skills to administer and interpret a 12-Lead resting electrocardiogram as well as an exercise EKG as part of graded exercise testing. NOTE: Lab fee required.
Repeatability: This course may not be repeated for additional credits
Pre-requisites:
(KINS 2203|Minimum Grade of C|May not be taken concurrently
AND KINS 2362|Minimum Grade of C|May not be taken concurrently).

KINS 3364. The Science of Health-Related Fitness. 4 Credit Hours.
The focus of this course is the scientific evidence linking physical activity and or exercise programming to optimal health and well-being. The epidemiology of physical activity will be investigated thoroughly. Methods and means of developing individual and group health-related fitness programs will be explored. Students will be expected to develop and maintain a personalized health-fitness program. NOTE: Laboratory activities are integrated into the course schedule.
Repeatability: This course may not be repeated for additional credits
Pre-requisites:
KINS 2203|Minimum Grade of C|May not be taken concurrently.

KINS 3368. Principles of Health Fitness Program Management. 3 Credit Hours.
This course deals with the economics of health-fitness programs on personal, commercial, community, and corporate levels. Topics include: health care cost containment, absenteeism, productivity, and the public/personal relations value of corporate and community programs, along with financial and managerial considerations in successful commercial ventures. Students will study various models based upon specific objectives as well as investigate strategies for the implementation of the various models. Practical and theoretical aspects of designing and managing a health-fitness facility, along with techniques of marketing and promotion to ensure long term adherence and program success are also covered.
Repeatability: This course may not be repeated for additional credits
Pre-requisites:
KINS 2362|Minimum Grade of C|May not be taken concurrently.

KINS 3389. Field Work in Exercise and Sport Science II. 3 to 6 Credit Hours.
This course affords students academic credit for field work in exercise and sport science. Students gain practical real-life experience in a variety of fitness, health-fitness and therapeutic exercise settings. Students will work under the supervision of a seasoned professional and attend weekly on-campus meetings with an instructor. Three academic credits are equal to 150 on-site hours of practical experience.
Repeatability: This course may be repeated for additional credit.
Pre-requisites:
KINS 2389|Minimum Grade of C|May not be taken concurrently.

KINS 3441. Therapeutic Modalities in Athletic Training. 4 Credit Hours.
This course provides baseline knowledge regarding the indications, principles of application, and clinical decision making for thermal, electrical, and mechanical agents used in the management of athletic injuries. Fall only.
Repeatability: This course may not be repeated for additional credits
Pre-requisites:
(KINS 1223|Minimum Grade of C|May not be taken concurrently
OR KIN1 Y|May not be taken concurrently)
AND (KINS 1444|Minimum Grade of C|May not be taken concurrently).
KINS 3442. Therapeutic Exercises in Athletic Training. 4 Credit Hours.
This course introduces the concepts and principles of a comprehensive rehabilitation program for managing athletic injuries. Spring only.
Field of Study Restrictions: Must be enrolled in one of the following Majors: Athletic Training
Co-requisites: KINS 3443, KINS 3687
Repeatability: This course may not be repeated for additional credits
Pre-requisites:
(KINS 1444|Minimum Grade of C|May not be taken concurrently)
AND (KINS 2442|Minimum Grade of C|May not be taken concurrently)
AND (KINS 3441|Minimum Grade of C|May not be taken concurrently).

KINS 3443. Head, Neck, and Spine: Assessment and Treatment of Injuries. 3 Credit Hours.
Study of athletic injury assessment principles and techniques at the advanced level. Specific areas include assessment and treatment of injuries and conditions to the head, neck, and spine. Spring only.
Field of Study Restrictions: Must be enrolled in one of the following Majors: Athletic Training
Co-requisites: KINS 3442, KINS 3687
Repeatability: This course may not be repeated for additional credits
Pre-requisites:
KINS 2442|Minimum Grade of C|May not be taken concurrently.

KINS 3444. General Medical Conditions in Athletic Training. 3 Credit Hours.
This course examines current issues in athletic training and sports medicine not previously presented in the undergraduate athletic training curriculum to include conditions of the thorax and abdomen, and systemic diseases. Fall only.
Field of Study Restrictions: Must be enrolled in one of the following Majors: Athletic Training
Repeatability: This course may not be repeated for additional credits
Pre-requisites:
KINS 1224|Minimum Grade of C|May not be taken concurrently.

KINS 3487. Practicum in Athletic Training I. 3 Credit Hours.
Course is designed to teach the athletic training student the knowledge and application of clinical skills necessary for the development of competency in athletic training. Focus is on lower extremity evaluation skills. Second of five supervised clinical experiences in the application of athletic training techniques. Successful completion of 200 hours and a maximum of 225 hours of clinical experience is required. In addition to clinical experience/practicum hours, students also attend review sessions to assist with performance during the practicum experience. Background checks, CPR Certification, and medical requirements must be completed prior to the first day of class. Athletic training majors only. Fall only.
Field of Study Restrictions: Must be enrolled in one of the following Majors: Athletic Training
Repeatability: This course may be repeated for additional credit.
Pre-requisites:
KINS 2441|Minimum Grade of C|May not be taken concurrently.

KINS 3687. Practicum in Athletic Training II. 3 Credit Hours.
Course is designed to teach the athletic training student the knowledge and application of clinical skills necessary for the development of competency in athletic training. Focus is on upper extremity evaluation skills. Third of five supervised clinical experiences in the application of athletic training techniques. Successful completion of 200 hours and a maximum of 225 hours of clinical experience is required. In addition to clinical experience/practicum hours, students also attend review sessions to assist with performance during the practicum experience. Background checks, CPR Certification, and medical requirements must be completed prior to the first day of class. Athletic training majors only. Spring only.
Field of Study Restrictions: Must be enrolled in one of the following Majors: Athletic Training
Repeatability: This course may be repeated for additional credit.
Pre-requisites:
KINS 3442, KINS 3443

KINS 4202. Advanced Biomechanics and Movement Analysis. 3 Credit Hours.
This course in an advanced course in biomechanics. It includes advanced knowledge, skills and abilities in the mechanical analysis of human physical activities. High-speed film, video and computer analysis techniques will be employed to better understand the mechanics of movement. Laboratory experiences are used to enhance the lectures.
Repeatability: This course may not be repeated for additional credits
Pre-requisites:
KINS 3202|Minimum Grade of C|May not be taken concurrently.

KINS 4227. The Acquisition of Motor Skills. 3 Credit Hours.
This course is an advanced course in motor learning. It includes the knowledge, skills, and abilities to better understand how humans learn skills. Conditions of practice, feedback, and motivation will be investigated. Laboratory activities will be employed to enhance the lectures.
Repeatability: This course may not be repeated for additional credits
Pre-requisites:
KINS 2204|Minimum Grade of C|May not be taken concurrently
OR KIN4 Y|May not be taken concurrently.
KINS 4228. Perceptual Motor Development. 3 Credit Hours.
The focus of this course is the advanced study of motor development to include the perceptual integration or the use of visual and other sensory information in the control of movement. Dynamic systems theory will be emphasized. Laboratory experiences will be used to enhance the lecture.
Repeatability: This course may not be repeated for additional credits
Pre-requisites:
KINS 3213|Minimum Grade of C|May not be taken concurrently.

KINS 4237. Minorities in Sport and Physical Activity. 3 Credit Hours.
The focus of this course is the differing perspectives and unique contributions minorities and minority groups have in regard to physical activity. The course examines physical activity participation from both a social-cultural and a political perspective. It examines the mores, traditions, and practices of minority groups in the various spheres of physical activity and looks at the impact minorities have made on society through their involvement in physical activity. NOTE: This course can be used to satisfy the university Core Studies in Race (RS) requirement. Although it may be usable towards graduation as a major requirement or university elective, it cannot be used to satisfy any of the university GenEd requirements. See your advisor for further information.
Course Attributes: RS
Repeatability: This course may not be repeated for additional credits
Pre-requisites:
KINS 3296|Minimum Grade of C|May not be taken concurrently.

KINS 4238. Sports in American Society. 3 Credit Hours.
The focus of this course is the unique role sports play in American society. The course deals with advanced theory in the sociology of physical activity. Topics include, but are not limited to, sexuality and sports, youth sports, violence in sports, mass media and sports, nationalism, and aging and physical activity.
Repeatability: This course may not be repeated for additional credits
Pre-requisites:
KINS 3296|Minimum Grade of C|May not be taken concurrently.

KINS 4239. Self-Development Through Physical Activity. 3 Credit Hours.
This course engages a group process-based experience in which students explore the impact of physical activity upon their lives. Emphasis is placed on interpreting past movement experiences from the present context and planning for a fit and active life.
Repeatability: This course may not be repeated for additional credits
Pre-requisites:
KINS 3296|Minimum Grade of C|May not be taken concurrently.

KINS 4242. Exercise, Nutrition and Behavior. 3 Credit Hours.
This course will provide an overview of the interaction among exercise, nutrition and behavior, specifically from a psychosocial approach. Students will learn about psychological factors, health behavior change, assessment and intervention strategies for exercise and nutrition. Course content is particularly relevant for undergraduate students in the social science and bioscience aspects of kinesiology, psychology, public health, and other health professions.
Repeatability: This course may not be repeated for additional credits.

KINS 4282. Independent Study in Kinesiology. 1 to 6 Credit Hour.
This course provides an opportunity for independent investigation and analysis of the intellectual, physical, social, psychological, and ethical bases of human movement.
Class Restrictions: Must be enrolled in one of the following Classes: Senior 90 to 119 Credits, Senior/Fifth Year 120+ Credits
Repeatability: This course may be repeated for additional credit.
Pre-requisites:
(KINS 1201|Minimum Grade of C|May not be taken concurrently
OR KIN3 Y|May not be taken concurrently)
AND (KINS 3296|Minimum Grade of C|May not be taken concurrently).

KINS 4283. Directed Readings and Study in Kinesiology. 1 to 6 Credit Hour.
This course provides an opportunity to participate in a variety of independent experiences (readings and study) in Kinesiology as directed by a faculty mentor.
Class Restrictions: Must be enrolled in one of the following Classes: Junior 60 to 89 Credits, Senior 90 to 119 Credits, Senior/Fifth Year 120+ Credits
Repeatability: This course may be repeated for additional credit.

KINS 4290. Special Topics in Kinesiology. 3 Credit Hours.
The focus of this course is a topic important to the discipline of Kinesiology or one of its sub-disciplines. Different topics will be covered in different semesters. The emphasis will be on current trends and new knowledge as it relates to one or more of the critical areas of investigation in Kinesiology.
Repeatability: This course may be repeated for additional credit.
KINS 4296. History and Philosophy of Kinesiology. 3 Credit Hours.
This is a capstone course in the Kinesiology major. The course is designed to examine the history and philosophy of kinesiology and how these subjects interact to influence the physical activity experience. The focus is on the development of one's personal philosophy of physical activity as well as the development of fundamental knowledge of the process of philosophy and how both process and product can influence the physical activity of self and others. Historically, people, places, events, and movements will be examined in relationship to how they helped to shape the philosophy of kinesiology.
Field of Study Restrictions: Must be enrolled in one of the following Majors: Athletic Training, Kinesiology
Class Restrictions: Must be enrolled in one of the following Classes: Senior 90 to 119 Credits, Senior/Fifth Year 120+ Credits
Course Attributes: WI
Repeatability: This course may not be repeated for additional credits
Pre-requisites: KINS 3296|Minimum Grade of C|May not be taken concurrently.

KINS 4311. Advanced Physiology of Exercise. 3 Credit Hours.
This course examines the interactive mechanisms of regulation of the metabolic, cardiovascular, pulmonary, and muscular/skeletal systems in response to an acute bout of exercise and as chronic adaptation to various types of exercise training regimens. Training principles for human performance and health/fitness promotion are derived based on these interactive physiological mechanisms and responses.
Repeatability: This course may not be repeated for additional credits
Pre-requisites: KINS 2203|Minimum Grade of C|May not be taken concurrently.

KINS 4312. Exercise and Nutrient Metabolism. 3 Credit Hours.
This course applies the physiological principles controlling the relationship between exercise and nutrition to metabolism, weight control/management, human performance, and disease processes. The mechanisms whereby exercise can be used in the prevention and treatment of various disease processes are discussed.
Repeatability: This course may not be repeated for additional credits
Pre-requisites: KINS 4311|Minimum Grade of C|May not be taken concurrently.

KINS 4313. Exercise and Aging. 3 Credit Hours.
This course examines the influence of exercise interventions on the aging process as indicated in current research. An examination of the scientific principles that govern aging and the influences of various modalities on these processes are also discussed.
Repeatability: This course may not be repeated for additional credits
Pre-requisites: KINS 2203|Minimum Grade of C|May not be taken concurrently.

KINS 4314. Neuromuscular Principles of Strength and Conditioning with Application to Special Populations. 4 Credit Hours.
The course involves an in-depth study of neuromuscular anatomy and physiology with special attention to the acquisition and expression of muscular strength. The scientific basis of muscle performance will be thoroughly investigated. Contemporary training theories for the modification of strength, endurance, speed and power of human skeletal muscle will be reviewed and the results applied to special populations across the movement spectrum. This course is designed to help students integrate and synthesize a large body of knowledge in regard to the role of strength in people's lives and how to best construct exercise-training programs whose outcomes aim to improve neuromuscular function. Via the laboratory component of this course, the students will develop expertise in exercise testing of muscular performance and exercise programming for optimal strength, endurance, speed and power. This course is predicated upon guidelines established by the National Strength and Conditioning Association (NSCA). NOTE: Lab fee required.
Repeatability: This course may not be repeated for additional credits
Pre-requisites: KINS 2203|Minimum Grade of C|May not be taken concurrently.

KINS 4334. Principles and Practices of Graded Exercise Testing and Exercise Program Development. 4 Credit Hours.
The course explores the role of exercise and wellness programming in health and disease. Techniques of functional capacity determination through exercise testing will be studied and practiced. Methods of quantifying the energy cost of activity and the development of exercise and wellness programs for people with known disease, those at high risk, and the apparently healthy individual will be emphasized. As the penultimate class in the student's program of study in Exercise and Sport Science, this class is designed to help students integrate and synthesize a large body of knowledge. The students will develop a strong rationale for the role of exercise and physical activity in the lives and health of all people. They will learn how to perform risk stratification and determine the necessity, if any, for closely supervised exercise programs. Specifically the students will develop expertise in exercise testing and exercise programming for one group or special population. They will demonstrate this expert knowledge through written as well as oral communication. NOTE: Lab fee required.
Repeatability: This course may not be repeated for additional credits
Pre-requisites: (KINS 3363|Minimum Grade of C|May not be taken concurrently AND KINS 4311|Minimum Grade of C|May not be taken concurrently).
KINS 4385. Internship in Exercise and Sport Science. 3 to 12 Credit Hours.
This course is an internship experience designed to provide a practical, real life education for the student in the Exercise and Sport Science Program. Under the supervision of a Temple University faculty member and a trained professional in the field, the students will have an opportunity to enhance their knowledge and skills in functional fitness, community health, preventive health-fitness, and/or therapeutic exercise programming. NOTE: Minimum of 360 clock hours over the length of the semester.
Repeatability: This course may be repeated for additional credit.
Pre-requisites:
(KINS 2203|Minimum Grade of C|May not be taken concurrently)
AND (KINS 2204|Minimum Grade of C|May not be taken concurrently)
OR KIN4 Y|May not be taken concurrently)
AND (KINS 3202|Minimum Grade of C|May not be taken concurrently)
AND (KINS 4279|Minimum Grade of C|May not be taken concurrently)
OR KINS 4296|Minimum Grade of C|May not be taken concurrently)
AND (KINS 4311 to 4334|Minimum Grade of C|May not be taken concurrently).

KINS 4443. Organization and Administration in Athletic Training. 3 Credit Hours.
This course focuses on all administrative aspects of the athletic training profession and includes, but is not limited to, risk management, budget development, policies and procedures as well as identifying facility hazards. This course will also cover contemporary guidelines of the prescreening and physical examination of athletes in addition to record keeping policies, injury, and progress documentation. Lastly, students will learn to develop a safe and efficient athletic training facility incorporating federal and state guidelines. Athletic training majors only. Fall only.
Field of Study Restrictions: Must be enrolled in one of the following Majors: Athletic Training
Repeatability: This course may not be repeated for additional credits
Pre-requisites:
KINS 3687|Minimum Grade of C|May not be taken concurrently.

KINS 4450. Special Topics in Athletic Training. 3 Credit Hours.
This course will provide advanced information about current techniques in orthopaedic surgery, functional rehabilitation, psychosocial intervention, strength and conditioning, and research. Contemporary topics such as pharmacology and nutrition as related to physically active populations will also be discussed. This course will provide opportunities to observe surgical procedures as well as participate in all aspects of current research in athletic training. Athletic Training majors only. Spring only.
Field of Study Restrictions: Must be enrolled in one of the following Majors: Athletic Training
Repeatability: This course may be repeated for additional credit.
Pre-requisites:
KINS 4487|Minimum Grade of C|May not be taken concurrently.

KINS 4487. Practicum in Athletic Training III. 3 Credit Hours.
Course is designed to teach the athletic training student the knowledge and application of clinical skills necessary for the development of competency in athletic training. Focus is on rehabilitation skills. Fourth of five supervised clinical experiences in the application of athletic training techniques. Successful completion of 200 hours and a maximum of 225 hours of clinical experience is required. In addition to clinical experience/practicum hours, students also attend review sessions to assist with performance during the practicum experience. Background checks, CPR Certification, and medical requirements must be completed prior to the first day of class. Athletic training majors only. Fall only.
Field of Study Restrictions: Must be enrolled in one of the following Majors: Athletic Training
Repeatability: This course may be repeated for additional credit.
Pre-requisites:
(KINS 3687|Minimum Grade of C|May not be taken concurrently)
AND (KINS 3442|Minimum Grade of C|May not be taken concurrently)
AND (KINS 3443|Minimum Grade of C|May not be taken concurrently).

KINS 4687. Practicum in Athletic Training IV. 3 Credit Hours.
Course is designed to teach the athletic training student the knowledge and application of clinical skills necessary for the development of competency in athletic training. Serves as the capstone experience. Fifth of five supervised clinical experiences in the application of athletic training techniques. Successful completion of 200 hours and a maximum of 225 hours of clinical experience is required. In addition to clinical experience/practicum hours, students also attend review sessions to assist with performance during the practicum experience. Background checks, CPR Certification, and medical requirements must be completed prior to the first day of class. Athletic training majors only. Spring only.
Field of Study Restrictions: Must be enrolled in one of the following Majors: Athletic Training
Repeatability: This course may be repeated for additional credit.
Pre-requisites:
KINS 4487|Minimum Grade of C|May not be taken concurrently.
KINS 4808. Sport Concussion. 3 Credit Hours.
This online course is designed to provide students information about sport concussion. It is designed for undergraduate and graduate students seeking to augment their sport concussion education. Students will receive targeted course lectures, readings, and online resources on topics such as concussion pathomechanics, pathophysiology, recognition, assessment, management, and return to play guidelines.

Repeatability: This course may not be repeated for additional credits

Pre-requisites:  
KINS 1223|Minimum Grade of C|May not be taken concurrently  
OR KIN1 Y|May not be taken concurrently.