Kinesiology

Rick Swalm, Assistant Chair for Undergraduate Studies
Pearson 233-A
215-204-8713
rswalm@temple.edu

John Jeka, Ph.D, Chair
Pearson 230
215-204-4405
jjeka@temple.edu
http://cph.temple.edu/kinesiology

The undergraduate programs in Kinesiology leading to the Bachelor of Science degree or the Bachelor of Science in Athletic Training degree require students to complete coursework in three broad areas: the General Education (GenEd) Curriculum, the Kinesiology Core, and a professional application of the discipline of Kinesiology.

The university General Education Curriculum is divided into nine categories:

1. Analytical Reading & Writing
2. Mosaic I & II
3. Arts
4. Human Behavior
5. Global/World Society
6. U.S. Society
7. Race & Diversity
8. Science & Technology
9. Quantitative Literacy

All University GenEd courses must be completed with a minimum C- grade in order to count toward graduation. Even though there are numerous courses which can be taken to meet these requirements, the department requires KINS 1223 Human Anatomy and Physiology I and KINS 1224 Human Anatomy and Physiology II in place of the Science & Technology requirement.

Kinesiology is the study of physical activity. The Kinesiology Core includes a group of foundation courses that deal with the intellectual, physical, social, psychological, and philosophical factors which influence and are influenced by human beings as they move.

**Foundation Courses**

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>KINS 1201</td>
<td>Introduction to Kinesiology</td>
<td>3</td>
</tr>
<tr>
<td>KINS 1223</td>
<td>Human Anatomy and Physiology I</td>
<td>4</td>
</tr>
<tr>
<td>KINS 1224</td>
<td>Human Anatomy and Physiology II</td>
<td>4</td>
</tr>
<tr>
<td>KINS 2203</td>
<td>Physiology of Physical Activity</td>
<td>4</td>
</tr>
<tr>
<td>KINS 2204</td>
<td>Motor Behavior</td>
<td>3</td>
</tr>
<tr>
<td>KINS 3202</td>
<td>Biomechanics of Physical Activity</td>
<td>4</td>
</tr>
<tr>
<td>KINS 3296</td>
<td>The Social-Psychology of Physical Activity</td>
<td>3</td>
</tr>
<tr>
<td>KINS 4296</td>
<td>History and Philosophy of Kinesiology</td>
<td>3</td>
</tr>
</tbody>
</table>

In addition to taking the foundation courses, students are required to satisfy the forms of movement requirement, which consists of developing knowledge and skills in a broad spectrum of movement activities (i.e., aquatics, fitness, survival, and lifestyle). All Kinesiology Core courses must be completed with a minimum grade of C in order to count toward graduation.

The Kinesiology Department offers four professional application options to allow students to concentrate their studies:

- Athletic Training
- Kinesiology's Exercise and Sport Science concentration
- Kinesiology's Physical and Health Education Teacher Education (PHETE) concentration
- Kinesiology's Pre-Health Professions concentration.

Students select the professional application option that satisfies their short term educational and professional objectives. All required professional application courses must be completed with a minimum grade of C in order to count toward graduation (PHETE requires a minimum grade of B-).
The **Athletic Training Education Major** prepares students to work with physically-active populations (e.g. athletic teams, dance, circus, NASCAR, Disney, rodeo, PT clinics, etc.). The certified athletic trainer functions as an integral member of the athletic health care team in secondary schools, colleges, universities, professional teams, and sports medicine clinics, providing leadership in the prevention, evaluation, immediate care, and rehabilitation of sport-related injuries. The athletic training major requires fulfillment of both academic coursework and clinical fieldwork experiences. This program of study is approved by the Commission on the Accreditation of Athletic Training Education (CAATE) and is designed to prepare students for certification as athletic trainers by the Board of Certification (BOC) and for Class "A" certification in the Commonwealth of Pennsylvania.

The **Exercise and Sport Science Concentration** provides students with knowledge and competencies required for professional service in a variety of sport, fitness, wellness and rehabilitation settings. The exercise and sport science concentration also prepares students for graduate study in exercise physiology or in a variety of related health professions. Program competencies include health screening, fitness assessment, exercise program development, health-fitness counseling, and therapeutic exercise supervision of patients with special needs. Concentration courses include, but are not limited to advanced exercise physiology, exercise in health and disease, exercise testing and programming, electrocardiography, exercise and aging, and applied technologies. The exercise and sport scientist understands the complexity of the human body and the interaction among physical activity, exercise, and good health. The improved function, health, and well-being of the total person - **Body, Mind, and Spirit** - are the ultimate goals of professionals in this field.

Exercise scientists apply their knowledge, skills, and beliefs to all people regardless of gender, age, social status, and current health-related fitness level or disease state. Wherever there is a need to improve functionality, health-fitness, medical prognosis, optimal aging, or wellness, one will find an exercise scientist providing leadership in programs that help individuals optimize their lives and health. In summary, exercise science is a stimulating area of study and a rewarding professional application with a very bright future.

Teacher education is the focus of the **Physical and Health Education Teacher Education (PHETE) Concentration**. This concentration prepares students to teach physical and health education in public and private schools (grades K through 12). The PHETE concentration integrates academic preparation with fieldwork experiences each semester, culminating in a dual-level (secondary and elementary) full semester, student-teaching experience. Coursework in discipline specific content, methods of teaching, assessment and evaluation, educational psychology, educational foundations, cultural diversity and adapted activities, and administration all help teacher education students assume their roles as competent teachers in today's society. Admission into the PHETE program takes place after the sophomore year upon completing the pre-admission coursework; two in-school teaching experiences; the PECT PAPA tests in reading, mathematics, and writing; the Praxis II test in fundamental content knowledge, as well as an interview with the PHETE faculty. All PHETE, Public Health, and special education courses must be completed with a minimum grade of B- in order to count toward admission and graduation. All PHETE and Health courses are valid toward certification for a maximum of five (5) years. If one does not get certified within this time period, those courses that have expired must be retaken. A cumulative GPA of 3.0 or greater is required for admission into the junior year and certification. After admission, one additional Praxis II test is required for certification: Health and Physical Education Content Knowledge. Upon completion of the PHETE concentration, passing the appropriate standardized tests, and applying to the Pennsylvania Department of Education for an Instructional I Certificate in Health and Physical Education, graduates will be licensed to teach K-12 Health and Physical Education by the Commonwealth of Pennsylvania.

The **Pre-Health Professions Concentration** prepares students for admission into graduate programs in a multitude of the health professions such as physical therapy, occupational therapy, medicine, dentistry, physician’s assistant. The Department of Kinesiology's Core is a perfect complement to the standard prerequisite courses and expanded elective courses available through this concentration. This combination of coursework and practical experience will position students well for continued study at the graduate level. While the Pre-Health Professions concentration includes the standard prerequisite courses and the option for elective courses for admission into graduate programs for a multitude of health professions, students are advised to check the prerequisites for their intended graduate programs and work these into their programs where elective coursework is afforded. Students are also advised to maintain a minimum grade point average of 3.0 (B) since entry into graduate programs in the health professions is highly competitive. A “B” or better in the specific prerequisites is required for most graduate programs. In addition to the pre-health professions concentration, the Department of Kinesiology has a memorandum of understanding with Temple University’s Doctor of Physical Therapy (DPT) program providing academically gifted students the opportunity to enter into a 3 + 3 program. Students who are accepted into Temple’s DPT program at the conclusion of their junior year are allowed to count the first year of their DPT program as the fourth year of their undergraduate studies, thus eliminating one year of academic work. Students can only start the 3 + 3 program the first semester of their freshmen year.

**Programs**

- Bachelor of Science in Athletic Training ([http://bulletin.temple.edu/undergraduate/health-professions-social-work/kinesiology/bs-athletic-training](http://bulletin.temple.edu/undergraduate/health-professions-social-work/kinesiology/bs-athletic-training))
- Bachelor of Science in Kinesiology: Pre-Health Professions Concentration ([http://bulletin.temple.edu/undergraduate/health-professions-social-work/kinesiology/bs-kinesiology-prehealth-professions-concentration-33-program](http://bulletin.temple.edu/undergraduate/health-professions-social-work/kinesiology/bs-kinesiology-prehealth-professions-concentration-33-program))
Kinesiology 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 1003. Adventure Climbing I. 2 Credit Hours.
This course focuses on the physical, cognitive, and social skills necessary to safely participate in climbing at ropes courses and related settings for a lifetime. Particular areas of emphasis include: safety and spotting, climbing equipment, knot tying, Prusik climbing, rappelling and belaying. Psychological skills training and values of the activity are included.
Repeatability: This course may not be repeated for additional credits.

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.

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 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 of 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 SCUBA 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

Pre-requisites:
KINS 1056|Minimum Grade of C-|May not be taken concurrently.

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.
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 2431. Pharmacology and Medical Documentation in Athletic Training. 3 Credit Hours.
This course is designed to introduce students to the basic principles of pharmacology and introduce them to terminology, note writing, and documentation techniques utilized in athletic training practice.
**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 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
OR KIN1 Y|May not be taken concurrently)
AND (KINS 2421|Minimum Grade of C|May not be taken concurrently)
AND (KINS 2424|Minimum Grade of C|May not be taken concurrently)
AND (KINS 3441|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 nutrient 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 in regard to the role of exercise in people's lives and 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 4487. 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.

PHETE Courses

PHTE 2541. Introduction to Teaching Health Education I. 1 Credit Hour.
First in a two-course sequence designed to introduce health education to students preparing to be teachers of health and physical education in grades K to 12. Three teaching strategies (lecture and discussion, texts and work sheets, and media) are taught while introducing three non-sensitive areas of health (personal health, nutrition, and safety). Students are introduced to various health curricula.

Co-requisites: PHTE 2543, PHTE 2555

Repeatability: This course may not be repeated for additional credits.

PHTE 2542. Introduction to Teaching Health Education II. 1 Credit Hour.
Second in a two-course sequence designed to introduce health education to students preparing to be teachers of health and physical education in grades K to 12. Four teaching strategies (role play, dramatizations, cooperative learning, and learning stations) are taught while introducing three sensitive areas of health (drug abuse, human sexuality, and emotional health). Students are introduced to various health curricula.

Co-requisites: PHTE 2544, PHTE 2556

Repeatability: This course may not be repeated for additional credits

Pre-requisites:
PHTE 2541|Minimum Grade of B-|May not be taken concurrently.

PHTE 2543. Basic Movement I. 1 Credit Hour.
First in a two-course sequence designed to introduce basic movement forms to students preparing to be teachers of health and physical education in grades K to 12. Fundamental locomotor, axial, and manipulative movements are studied along with their teaching progressions. Basic game play and developmental sequencing are studied along with teaching progressions. NOTE: This course is designed for PHETE students.

Co-requisites: PHTE 2541, PHTE 2555

Repeatability: This course may not be repeated for additional credits.

PHTE 2544. Basic Movement II. 1 Credit Hour.
Second in a two-course sequence designed to introduce basic movement forms to students preparing to be teachers of health and physical education in grades K to 12. Rhythmic activities and developmental dance are studied along with their teaching progressions. Fundamental aquatic skills, safety, games, and springboard diving are studied along with their teaching progressions. NOTE: This course is designed for PHETE students.

Co-requisites: PHTE 2542, PHTE 2556

Repeatability: This course may not be repeated for additional credits

Pre-requisites:
PHTE 2543|Minimum Grade of B-|May not be taken concurrently.

PHTE 2555. Microteaching in PHETE. 1 Credit Hour.
First in a two-course sequence designed to introduce physical education to students preparing to be teachers of health and physical education in grades K to 12. Fundamentals of planning activities, analyzing tasks, demonstrating techniques, and managing skills are learned. Students practice teaching a small group of students (6-7) one period a week in a local elementary school. NOTE: Transportation may be required.

Co-requisites: PHTE 2541, PHTE 2543

Repeatability: This course may not be repeated for additional credits.

PHTE 2556. Tutorial in PHETE. 1 Credit Hour.
Second in a two-course sequence designed to introduce physical education to students preparing to be teachers of health and physical education in grades K to 12. Fundamentals of planning activities, analyzing tasks, managing discipline, questioning techniques, providing feedback, and managing skills are learned. Students practice teaching a small group of students (6-7) one period a week in a local elementary school. NOTE: Transportation may be required.

Co-requisites: PHTE 2542, PHTE 2544

Repeatability: This course may not be repeated for additional credits

Pre-requisites:
PHTE 2555|Minimum Grade of B-|May not be taken concurrently.
PHTE 2601. Movement and Learning in Early Childhood. 2 or 3 Credit Hours.
Movement and Learning in Early Childhood is designed to help prepare undergraduate teacher certification students in the College of Education's Early Childhood Education (PreK-4) program and the College of Health Professions and Social Work's Kinesiology-Physical and Health Education Teacher Education program plan and conduct movement experiences for preschool-aged children. The main content areas of the course include: 1) children's gross motor development, 2) teaching movement concepts (e.g., spatial awareness) and skills (e.g., locomotor movements), 3) using movement activities to teach academic content (e.g., literacy and math concepts), 4) facilitating children's unstructured free play, and 5) safety considerations when conducting movement experiences. Content will be delivered through online tasks, such as instructional videos for students to watch and then complete related assignments, and through in-class meetings to provide students with practical experience in planning and conducting movement activities. In addition, students will observe a movement-based lesson at a preschool program and document the experience. Students' knowledge and skills will be assessed primarily through 1) lesson plans, 2) peer-teaching episodes, 3) reaction papers, 4) quizzes, 5) discussion board responses, and 6) blog postings.

Repeatability: This course may not be repeated for additional credits.

PHTE 3541. Advanced Movement I. 3 Credit Hours.
First in a two-course sequence designed to introduce advanced movement forms to students preparing to be teachers of health and physical education in grades K to 12. Adventure activities, track and field, and dance are studied along with their teaching progressions. Instruction in a local public school plus a weekend field trip to participate in adventure activities are included in this course. NOTE: This course is designed for PHETE students.

Repeatability: This course may not be repeated for additional credits

Pre-requisites:
PHTE 2544|Minimum Grade of B-|May not be taken concurrently.

PHTE 3542. Advanced Movement II. 3 Credit Hours.
Second in a two-course sequence designed to introduce advanced movement forms to students preparing to be teachers of health and physical education in grades K to 12. Badminton, personal defense, line dancing, and soccer are studied along with their teaching progressions. NOTE: This course is designed for PHETE students.

Repeatability: This course may not be repeated for additional credits

Pre-requisites:
PHTE 3541|Minimum Grade of B-|May not be taken concurrently.

PHTE 3553. PHETE I. 4 Credit Hours.
First in a two-course sequence designed to develop competent teachers of health and physical education in grades K to 12. Topics include, but are not limited to, foundations of physical and health education, lesson plans, direct teaching styles, learning theory, discipline, and instructional media. Students micro-teach physical and health education lessons in lab settings.

Repeatability: This course may not be repeated for additional credits

Pre-requisites:
PHTE 2556|Minimum Grade of B-|May not be taken concurrently.

PHTE 3554. PHETE II. 4 Credit Hours.
Second in a two course sequence designed to develop competent teachers of health and physical education in grades K to 12. Topics include, but are not limited to, unit plans, indirect teaching styles, assessment, evaluation, and grading. Students micro-teach physical and health education lessons in lab settings.

Repeatability: This course may not be repeated for additional credits

Pre-requisites:
PHTE 3553|Minimum Grade of B-|May not be taken concurrently.

PHTE 3561. Health Science I. 3 Credit Hours.
Comprehensive health education information on physiological and environmental health for non-majors. Creative and innovative teaching methods. NOTE: This course is for PHETE majors only.

Repeatability: This course may not be repeated for additional credits

Pre-requisites:
PHTE 2542|Minimum Grade of B-|May not be taken concurrently.

PHTE 3562. Health Science II. 3 Credit Hours.
Health education and teaching methods in the areas of mental health, drug abuse, sexuality, family living, accident prevention, consumer health, and community health. NOTE: This course is for PHETE majors only.

Repeatability: This course may not be repeated for additional credits

Pre-requisites:
PHTE 3561|Minimum Grade of B-|May not be taken concurrently.

PHTE 3587. PHETE Practicum I. 1 Credit Hour.
This course is an in-school practicum whereby students spend two hours per week teaching physical and health education in a local middle school or high school.

Co-requisites: PHTE 3553, PHTE 3561

Repeatability: This course may be repeated for additional credit.

Pre-requisites:
PHTE 2541 to 2556|Minimum Grade of B-|May not be taken concurrently.
PHTE 3687. PHETE Practicum II. 1 Credit Hour.
This course is an in-school practicum whereby students spend two hours per week teaching physical and health education in a local middle school or high school (whichever level was not experienced in PHTE 3587 (0257)).
Co-requisites: PHTE 3554, PHTE 3562
Repeatability: This course may be repeated for additional credit.
Pre-requisites:
PHTE 3587|Minimum Grade of B-|May not be taken concurrently.

PHTE 3787. Parkway High School Practicum. 1 Credit Hour.
Parkway High School Practicum is a one-credit course designed to afford junior level, PHETE certification students the opportunity to put theory into practice by teaching both health and physical education classes to students from the School District of Philadelphia’s Parkway High School. This practicum experience affords PHETE students the opportunity to take full responsibility for designing and delivering units of instruction in both health and physical education.
Class Restrictions: Must be enrolled in one of the following Classes: Junior 60 to 89 Credits
Repeatability: This course may be repeated for additional credit.
Pre-requisites:
PHTE 2541 to 2556|Minimum Grade of B-|May not be taken concurrently.

PHTE 4554. The School Environment. 2 Credit Hours.
A survey course which deals with school organization, school law, legal liability, organization of intramural and interscholastic programs, professional associations and publications, and other sources of professional information.
Co-requisites: PHTE 4556, PHTE 4563, PHTE 4587
Repeatability: This course may not be repeated for additional credits.
Pre-requisites:
PHTE 3554|Minimum Grade of B-|May not be taken concurrently.

PHTE 4556. Developmental and Adapted PHETE. 3 Credit Hours.
This course is designed to assist students in meeting the needs of special populations. Students learn normal and abnormal patterns of human growth and development, and how to modify both curriculum and instruction to meet the needs of special populations. NOTE: Students practice teaching special needs students one hour per week in local schools and agencies.
Repeatability: This course may not be repeated for additional credits.
Pre-requisites:
PHTE 3554|Minimum Grade of B-|May not be taken concurrently.

PHTE 4563. Health Science III. 3 Credit Hours.
Addresses the issues of community/public health on consumer health, communicable diseases, self-help, medical care and child abuse. NOTE: This course is for PHETE majors only.
Field of Study Restrictions: Must be enrolled in one of the following Majors: Phete
Repeatability: This course may not be repeated for additional credits.
Pre-requisites:
PHTE 3562|Minimum Grade of B-|May not be taken concurrently.

PHTE 4587. PHETE Practicum III. 1 Credit Hour.
This course is an in-school practicum whereby students spend two hours per week teaching physical and health education in a local elementary school (same site as student teaching assignment).
Co-requisites: PHTE 4554, PHTE 4556
Repeatability: This course may be repeated for additional credit.
Pre-requisites:
PHTE 3687|Minimum Grade of B-|May not be taken concurrently.

PHTE 4588. Student Teaching in Health and Physical Education. 12 Credit Hours.
The final field work practicum providing with the PHETE program providing a full-time teaching experience in health and physical education. Students are assigned to two public schools (at least one in an urban setting), one elementary, and one secondary, for eight weeks each. NOTE: Students spend the entire day teaching under the supervision of a cooperating master teacher.
Co-requisites: PHTE 4589
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
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 (PHTE 2541 to 4587|Minimum Grade of B-|May not be taken concurrently).
PHTE 4589. Field Study in PHETE. 1 Credit Hour.
This seminar, taken in conjunction with student teaching, provides students with the opportunity to discuss their practicum experiences and learn from the experiences of others. Current topics facing the profession are also discussed. Systematic observation instruments employed to analyze teaching/learning environment are used to introduce students to teaching assessment.
Co-requisites: PHTE 4588
Repeatability: This course may be repeated for additional credit.

PHTE 4590. Special Topics in PHETE. 1 to 6 Credit Hour.
The focus of this course is a topic important to the field of teaching health and physical education. Different topics will be covered in different semesters. The emphasis will be on important topics in teaching, teacher preparation and the application of new ideas to the teaching and learning environment.
NOTE: PHETE majors only.
Field of Study Restrictions: Must be enrolled in one of the following Majors: Phete
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.