

KINS Kinesiology

KINS 1090 Selected Topics in Physical Activity**1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.**

Provides an introduction to alternative physical activity courses.

Cross Listing(s): KINS 1090S.**KINS 1110 Aerobics****1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.**

A course designed to introduce basic aerobic skills and knowledge.

KINS 1111 Aerobic Cross Training**1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.**

A course designed to challenge the experienced student's basic aerobic exercise techniques and knowledge. Intermediate skills and knowledge will be introduced. It is recommended that students be able to participate in a minimum of 20 minutes of continuous aerobic activity prior to enrolling in the course.

KINS 1112 Badminton**1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.**

A course designed to introduce basic badminton skills and knowledge.

KINS 1113 Basketball**1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.**

A course designed to introduce the basic basketball skills and knowledge.

KINS 1114 Body Conditioning**1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.**

A course designed to introduce the student to the proper techniques and safety concerns in body conditioning.

KINS 1115 Bowling**1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.**

A course designed to introduce the basic bowling skills and knowledge. An additional fee is required.

KINS 1116 Canoeing**1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.**

This course is designed to introduce the safe and skilled use of a canoe and canoe camping.

KINS 1117 Dance: Ballet**1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.**

A course designed to introduce beginning ballet techniques. Basic barwork and various combinations will be included.

KINS 1118 Dance: Clogging**1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.**

A course designed to introduce basic clogging steps and dance routines.

KINS 1119 Dance: Country Western**1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.**

A course designed to introduce popular country-western couple dances such as the Texas Two-Step, Sway, etc. Basic dance steps such as the waltz, two-step, and cha-cha will be included.

KINS 1121 Mountaineering**1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.****KINS 1210 Dance: Folk****1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.**

A course designed to introduce folk dances from a variety of nationalities/countries of the world.

KINS 1211 Dance: Line**1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.**

A course designed to introduce a variety of popular line dances which are performed without a partner. The dances are primarily country-western in nature and involve basic steps.

KINS 1212 Dance: Modern**1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.**

A course designed to introduce the elements of dance, proper warm up techniques, basic modern dance movement and creative application of dance principles.

KINS 1213 Dance: Social**1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.**

A course designed to introduce the basic steps and variations for eight selected ballroom dances.

Cross Listing(s): KINS 1213S.**KINS 1214 Dance: Square****1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.**

A course designed to include basic square dance movements and beginning square dance routines.

KINS 1215 Dance: Tap**1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.**

A course designed to introduce the eight elements of dance, proper warm-up techniques, basic tap steps, and an application of skills learned.

KINS 1216 Equestrian**1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.**

A course designed to introduce fundamental skills and basic knowledge necessary for riding a horse safely. An additional fee is required.

KINS 1217 Fencing**1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.**

A course designed to introduce the basic fundamentals and skills of foil fencing.

KINS 1218 Fitness Walking**1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.**

A course designed to introduce students to walking as a fitness activity while implementing a walking program.

KINS 1219 Football: Flag**1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.**

A course designed to introduce flag football skills, rules, and strategies.

KINS 1310 Golf**1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.**

A course designed to introduce golf skills, fundamentals and knowledge. An additional fee is required.

KINS 1311 Jogging**1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.**

A course designed to introduce the basic fundamentals of jogging and cardiovascular training.

KINS 1312 Outdoor Education Activities**1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.**

A course designed to introduce knowledge and skills that will enhance participation in outdoor activities.

KINS 1313 PA for People with Disabilities I**1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.**

A course designed for the student with a disabling condition who cannot satisfy the physical activity requirement provided through the other activity course listings. This course provides individualized programs with a variety of training modalities modified for the individual student. An introduction to a variety of physical activity concepts, skills, and techniques (Level I) will also be presented.

KINS 1314 PA for People with Disabilities II**1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.**

A course designed for the student with a disabling condition who cannot satisfy the physical activity requirement provided through the other activity course listings. This course provides an individualized program with a variety of training modalities modified for the individual student. A variety of physical activity concepts, skills, techniques (Level II) will also be presented.

KINS 1315 PA for People with Disabilities III
1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.

A course designed for the student with a disabling condition who cannot satisfy the physical activity requirement provided through the other activity course listings. This course provides an individualized program with a variety of training modalities modified for the individual student. A variety of physical activity concepts, skills, and techniques (Level III) will also be presented.

KINS 1316 PA for People with Disabilities IV
1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.

A course designed for the student with a disabling condition who cannot satisfy the physical activity requirement provided through the other activity course listings. This course provides an individualized program with a variety of training modalities modified for the individual student. A variety of physical concepts, skills, and techniques (Level IV) will also be presented.

KINS 1317 Racquetball**1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.**

A course designed to introduce the basic racquetball skills and knowledge.

KINS 1318 Scuba**1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.**

A course designed to introduce the fundamental skills and knowledge necessary for entry level certification and to meet the standards set forth by the Recreational Scuba Training Council (RSTC). An additional fee is required.

KINS 1319 Self Defense**1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.**

A course designed to introduce basic self-defense techniques and principles.

Cross Listing(s): KINS 1319S.

KINS 1410 Soccer**1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.**

A course designed to introduce basic soccer skills and knowledge.

KINS 1411 Softball**1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.**

A course designed to introduce basic softball skills and knowledge.

KINS 1412 Swimming**1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.**

A course designed to introduce basic skills and knowledge for swimming effectively and safely.

KINS 1413 Swimming: Aquatic Aerobics**1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.**

A course designed to introduce students of various ages and fitness levels to participate in a vigorous, aerobic activity while reducing the change of injury. Activities which promote cardiovascular endurance, muscular strength and endurance, and flexibility are emphasized and modified to be done in an aquatic setting.

KINS 1414 Swimming: Fitness**1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.**

A course designed to introduce the student to the type and quality of exercise needed to maintain a high degree of fitness through a vigorous exercise program in the swimming pool.

KINS 1415 Tennis**1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.**

A course designed to introduce basic tennis skills and knowledge.

KINS 1416 Tumbling**1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.**

A course designed to introduce basic tumbling skills and knowledge.

KINS 1417 Volleyball**1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.**

A course designed to introduce basic volleyball skills and knowledge.

KINS 1418 Weight Training**1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.**

A course designed to introduce basic weight training skills and knowledge.

KINS 1419 Water Safety: Survival Swimming**1 Credit Hour. 1 Lecture Hour. 1 Lab Hour.****KINS 1510 Mountaineering****1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.**

A course designed to introduce mountaineering skills, fundamentals and knowledge.

Cross Listing(s): MSCI 1510.

KINS 1511 Ultimate Frisbee**1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.**

A course designed to introduce basic ultimate Frisbee skills and knowledge.

KINS 1512 Yoga and Pilates**1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.**

This course will introduce the student to the fundamental concepts of Yoga and Pilates, encourage the appreciation of leisure activities, and promote a healthy lifestyle.

KINS 1513 Swing/Shag**1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.**

A course designed to introduce basic Swing/Shag Dance skills and knowledge.

KINS 1514 Spinning**1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.**

A course designed to introduce basic aerobic skills and knowledge pertinent to understanding and participating in spinning.

KINS 1515 Fitness for Life**1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.**

A course designed to introduce basics of weight management through exercise and nutritional education.

KINS 1516 Beginning Archery**1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.**

To introduce the student to the fundamental concepts/technique of archery, and to encourage the appreciation of leisure activities in promoting a healthy lifestyle.

KINS 1519 Rock Climbing**1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.**

Students will learn the skills needed to rock climb indoors. Students will learn knot tying, proper handling of a rope, how to put on a climbing harness, proper belaying techniques, spotting, and basic climbing techniques and terms.

KINS 1525 Concepts of Health and Physical Activity**2 Credit Hours. 1 Lecture Hour. 2 Lab Hours.**

This course combines health-related content knowledge with weekly participation in fitness or sport based physical activity. The health-related topics may include; behavioral change, personal safety, components of fitness, nutrition and weight management, prevention of chronic disease, mental health and stress management, substance use and abuse, and sexual health. The combined course content promotes a healthy lifestyle while teaching lifelong physical activities.

KINS 2110 Aerobics: Intermediate**1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.**

A course designed to refine the experience student's basic aerobic exercise techniques and knowledge. Intermediate skills and knowledge will be introduced. It is recommended that students be able to participate in a minimum of 20 minutes of continuous aerobic activity prior to enrolling in the course.

KINS 2112 Badminton: Intermediate**1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.**

A course designed to refine an experienced student's basic skills and knowledge. Intermediate strategies are introduced.

KINS 2113 Basketball: Intermediate**1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.**

A course designed to refine an experienced student's basic basketball skills and knowledge. Intermediate skills and strategies will be introduced.

KINS 2115 Bowling: Intermediate**1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.**

A course designed to refine an experienced student's basic bowling skills and knowledge. Intermediate skills and strategies will be introduced. It is recommended that students average 130 or higher prior to enrolling in this course. An additional fee is required.

KINS 2117 Dance: Ballet Intermediate**1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.**

A course designed to refine an experienced student's fundamental understanding of ballet techniques and introduce the students to basic choreography of a short self-created dance.

KINS 2113 Dance: Social Intermediate**1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.**

A course designed to emphasize leading and following techniques and more advanced patterns/variations of the waltz, cha-cha, Texas two-step and swing (shag).

KINS 2216 Equestrian: Intermediate**1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.**

This course is open to any student at Georgia Southern University with horsemanship or riding experience. There are no prerequisites for this course; however we do observe CHA national standards for horse and rider safety. Based upon these guidelines, a weight limit for riders of up to approximately 250 pounds will be observed.

KINS 2217 Fencing: Intermediate**1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.**

A course designed to refine an experienced student's basic fencing skills and knowledge. Intermediate skills and strategies will be introduced.

KINS 2219 Football: Flag Intermediate**1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.**

A course designed to refine an experienced student's basic flag football skills and knowledge. Intermediate football skills and strategies will be introduced.

KINS 2310 Golf: Intermediate**1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.**

A course designed to refine an experienced student's basic golf skills and knowledge. Intermediate skills and strategies will be introduced. It is recommended that students shoot between 85-115 for 18 holes prior to enrolling in this course. An additional fee is required.

KINS 2317 Racquetball: Intermediate**1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.**

A course designed to refine an experienced student's basic racquetball skills and knowledge. Intermediate skills and strategies will be introduced.

KINS 2318 Scuba: Intermediate**1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.**

A course designed to refine an experienced diver's skills and knowledge. Intermediate skills and strategies will be introduced. An additional fee is required.

KINS 2319 Self Defense: Intermediate**1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.**

A course designed to refine an experienced student's basic self-defense skills and knowledge. Intermediate skills and strategies will be introduced.

KINS 2321 Clinical Skills in Athletic Training I**2 Credit Hours. 0 Lecture Hours. 6 Lab Hours.**

This course provides the student with a supervised clinical experience in athletic training. Clinical assignment, clinical skill competencies and clinical proficiency evaluation are included in this course. Content of this course includes; lower extremity taping, bracing and pad fabrication, skills in emergency and non-emergency life threatening injury and illness care.

Prerequisite(s): Athletic Training major status.

KINS 2322 Clinical Skills in Athletic Training II**2 Credit Hours. 0 Lecture Hours. 6 Lab Hours.**

This course provides the student with a supervised clinical experience in athletic training. Clinical assignment, clinical skill competencies and clinical proficiency evaluation are included in this course. Content of this course includes; upper extremity taping, wrapping, bracing, immobilization and protective devices.

Prerequisite(s): A minimum grade of "C" in KINS 2321 and Athletic Training major status.

KINS 2410 Soccer: Intermediate**1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.**

A course designed to refine the experienced student's basic soccer skills and knowledge. Intermediate skills and strategies will be introduced.

KINS 2411 Softball: Intermediate**1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.**

A course designed to refine the experienced student's basic softball skills and knowledge. Intermediate skills and strategies will be introduced.

KINS 2412 Swimming: Intermediate**1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.**

A course designed to refine the experienced student's basic swimming skills and knowledge. Intermediate skills and knowledge will be introduced.

KINS 2415 Tennis: Intermediate**1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.**

A course designed to refine the experienced student's basic tennis skills and knowledge. Intermediate skills and strategies will be introduced.

KINS 2417 Volleyball: Intermediate**1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.**

A course designed to refine the experienced student's basic volleyball skills and knowledge. Intermediate skills and strategies will be introduced.

KINS 2418 Weight Training: Intermediate**1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.**

A course designed to refine the experienced student's basic weight training techniques and knowledge. Intermediate techniques and programs will be introduced.

KINS 2419 Swimming: Water Polo**1 Credit Hour. 0 Lecture Hours. 1 Lab Hour.**

Designed to introduce the student to water polo basic skills and knowledge.

KINS 2420 Lifeguard Training**2 Credit Hours. 2 Lecture Hours. 0 Lab Hours.**

Prepares students to meet the requirements of the American Red Cross and qualify for certification as a lifeguard.

KINS 2421 Water Safety Instruction**2 Credit Hours. 2 Lecture Hours. 0 Lab Hours.**

Prepares the student to meet the requirements of the American Red Cross and qualify for certification as a water safety instructor.

KINS 2431 Foundations of Health and Physical Education**3 Credit Hours. 1 Lecture Hour. 4 Lab Hours.**

Defines health and physical education and their role within the school curriculum. Introduces past, present, and future issues with school-based health and physical education. Reviews the HPE program requirements and sequence, and initiates student portfolio project. Introduces fundamental pedagogical concepts and components including instructional strategies, developmentally appropriate practice, planning, managerial strategies and assessment. Observations in a variety of public school roles including administration, physical education and health classroom teaching is required. Assist teachers in facilitating lesson segments.

KINS 2511 Human Anatomy and Physiology I Laboratory
1 Credit Hour. 0 Lecture Hours. 3 Lab Hours.

The laboratory component of the first course in a two semester sequence in which human anatomy and physiology are studied using a body systems approach, with emphasis on the interrelationships between form and function at the gross and microscopic levels of organization. The laboratory course is intended to provide students with hands on experiences that will enhance and reinforce the content of KINS 2531. The experiences will be structured to encourage critical thinking, understanding of scientific methodology and the application of scientific principles.

KINS 2512 Human Anatomy and Physiology II Laboratory
1 Credit Hour. 0 Lecture Hours. 3 Lab Hours.

The laboratory component of the second course in a two semester sequence in which human anatomy and physiology are studied using a body systems approach, with emphasis on the interrelationships between form and function at the gross and microscopic levels of organization. The laboratory course is intended to provide students with hands on experiences that will enhance and reinforce the content of KINS 2532. The experiences will be structured to encourage critical thinking, understanding of scientific methodology, and the application of scientific principles.

KINS 2531 Human Anatomy and Physiology I
3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.

A two semester sequence in which human anatomy and physiology are studied using a body systems approach, with emphasis on the interrelationships between form and function at the gross and microscopic levels of organization. Course content includes: basic anatomical and directional terminology; fundamental concepts and principles of chemistry and cell biology; histology; the integumentary, skeletal, muscular, and somatic nervous systems and special senses.

Cross Listing(s): KINS 2531H.

KINS 2532 Human Anatomy and Physiology II
3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.

A two semester sequence in which human anatomy and physiology are studied using a body systems approach, with emphasis on the interrelationships between form and function at the gross and microscopic levels of organization. This course is a continuation of KINS 2531 and includes the endocrine system, autonomic nervous system, cardiovascular system, the lymphatic system and immunity, the respiratory system, the digestive system and metabolism, the urinary system, fluid/electrolyte and acid/base balance and the reproductive systems.

Prerequisite(s): A minimum grade of "C" in KINS 2531.

KINS 2533 Pathophysiology
3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.

This course introduces abnormal physiological health transitions across the lifespan incorporating evidence-based interaction in professional practice. Disorders affecting cells, organs, and systems involved in the regulation of structure and function within the human organism are examined. How diseases affect the structures, functions, and systems of the human organism are explored. The influence of genetics, ethnicity, environment, and age are incorporated.

Prerequisite(s): A minimum grade of "C" in KINS 2512 and KINS 2532.

KINS 2535 Introduction to Exercise Science
3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.

A career-based introduction to the field of Exercise Science and the Exercise Science major at Georgia Southern University. Students will explore resources that can enhance their academic and career goals. Students will also meet medical, health promotion and fitness professionals, as well as representatives from graduate schools, that can help them learn more career requirements and opportunities in these fields.

KINS 3125 Technology in Sport
2 Credit Hours. 1 Lecture Hour. 2 Lab Hours.

This course is designed to introduce coaching behavior students to existing technologies in sport and how those technologies can enhance sport performance.

KINS 3130 Research Methods in Kinesiology
3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.

Introduces the student to fundamental principles underlying research methods in kinesiology. Included will be basic procedures for conducting experimental, descriptive, historical, qualitative research, computer applications, basic measurement concepts, statistical methods, critical thinking and scholarly writing.

KINS 3131 Biophysical Foundations of Human Movement
3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.

Surveys biological systems and physical principles as applied to human movement and the relationship of these systems and principles to the development of the study of human movement.

Prerequisite(s): A minimum grade of "C" in KINS 2511 and KINS 2512 and KINS 2531 and KINS 2532.

KINS 3132 Foundations of Exercise and Sport Psychology
3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.

Introduces the student to how individuals behave in physical activity settings. Psychological antecedents and consequences of primary and secondary involvement in exercise and sport will be explored.

Prerequisite(s): PSYC 1101.

KINS 3230 Motor Control, Coordination, and Skill
3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.

Focuses on the nature of motor skill performance, motor skill learning, and the factors influencing motor skill acquisition.

Prerequisite(s): PSYC 1101 and a minimum grade of "C" in KINS 3131 or KINS 3541 and Permission of Instructor.

KINS 3321 Clinical Applications in Athletic Training I
2 Credit Hours. 0 Lecture Hours. 6 Lab Hours.

This course provides the student with a supervised clinical experience in athletic training. Clinical assignment, clinical skill competencies and clinical proficiency evaluation are included in this course. Content of this course includes; therapeutic modality laboratory experience.

Prerequisite(s): A minimum grade of "C" in KINS 2322 and Athletic Training major status.

KINS 3322 Clinical Applications in Athletic Training II
2 Credit Hours. 0 Lecture Hours. 6 Lab Hours.

This course provides the student with a supervised clinical experience in athletic training. Clinical assignment, clinical skill competencies and clinical proficiency evaluation are included in this course. Content of this course includes; abdominal injury and illness evaluation.

Prerequisite(s): A minimum grade of "C" in KINS 3321 and Athletic Training major status.

KINS 3330 Prevention of Injury and Illness in Athletic Training
3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.

This course provides an introduction to the profession of athletic training. The student will be acquainted with the domains of athletic training. Emphasis will be based on basic emergency management as well as injury prevention including strength and conditioning, nutrition and supplements, environmental considerations and protective equipment.

Prerequisite(s): A minimum grade of "C" in HLTH 2120 and KINS 2511 and KINS 2512 and KINS 2531 and KINS 2532.

KINS 3331 Pathology and Care of Athletic Injury and Illness
3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.

This course will emphasize the recognition of common athletic injuries and illness. Emphasis will be placed on pathology as well as mechanism, signs and symptoms, evaluation findings and basic management and/or referral of injuries and illness.

Prerequisite(s): A minimum grade of "C" in KINS 3330.

KINS 3426 Coaching Baseball and Softball
2 Credit Hours. 0,2 Lecture Hours. 0 Lab Hours.

Provides the prospective coach with the knowledge and understanding of basic skills, fundamentals, techniques, team organization, team strategy and conditioning in baseball and softball.

KINS 3427 Coaching Basketball**2 Credit Hours. 0,2 Lecture Hours. 0 Lab Hours.**

Provides the prospective coach with the knowledge and understanding of basic skills, fundamentals, techniques, team organization, team strategy and conditioning in basketball.

KINS 3428 Coaching Football**2 Credit Hours. 1 Lecture Hour. 3 Lab Hours.**

Provides the prospective coach with the knowledge and understanding of basic skills, fundamentals, techniques, team organization, team strategy, and conditioning in football.

KINS 3429 Coaching Olympic Sports**2 Credit Hours. 1 Lecture Hour. 3 Lab Hours.**

Provides the prospective coach with the knowledge and understanding of basic skills, fundamentals, techniques, team organization, team strategy, and conditioning in three of the following sports: golf, soccer, tennis, track and field, volleyball and other Olympic sports.

KINS 3430 Principles of Coaching**3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.**

Introduces the student to the sport science principles of coaching. Topics include philosophy, psychology, pedagogy, physiology, management, first aid and injury prevention. Successful completion of the course leads to certification by the National Federation Interscholastic Coaches Education Program.

KINS 3431 Psychology of Coaching**3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.**

Provides the prospective coach with the science and practice of various sport psychology principles as applied to coaching and athletic performance.

KINS 3432 Elementary Physical Education I**3 Credit Hours. 1 Lecture Hour. 4 Lab Hours.**

Provides the introduction to a developmentally appropriate approach to teaching the elementary physical education content (gymnastics, games, and dance). Focus is on gymnastic and dance-like activities to build a movement foundation that encourages learners to resolve movement problems in unique ways. Balance, tumbling, movement exploration, whole and part body expression, and simple rhythms are the core to these learning activities. Students will be required to design and implement a variety of movement challenges for elementary learners.

Prerequisite(s): Admission into the Teacher Education Program in Health and Physical Education.

KINS 3433 Elementary Physical Education II**3 Credit Hours. 1 Lecture Hour. 4 Lab Hours.**

Along with KINS 3432, it is designed to focus on a developmentally appropriate approach to teaching the foundations of movement to children. Focus is on dance and game-like activities to build a movement foundation that encourages learners to resolve movement problems and manipulate objects in unique ways. Movement exploration, whole and part body expression, rhythms, game creation, game variations, game strategies and game/cooperative skills are the core to these learning activities. Also emphasizes the inclusion of fitness concepts in the elementary curriculum. Students will be required to design and implement a variety of movement challenges for elementary learners.

Prerequisite(s): Admission into the Teacher Education Program in Health and Physical Education and a minimum grade of 'C' or higher in KINS 3432.

KINS 3435 Motor Learning and Development**3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.**

Motor Learning and Development explains how motor development affects motor learning and provides a framework for establishing programs that facilitate skill acquisition for all learners. The course examines the development of movement skill in humans from infancy to older adulthood and how differing motor, cognitive, and social abilities affect when, why, and how an individual learns motor skills. By providing a thorough understanding of the factors that drive the development of motor skills throughout the life span, Motor Learning and Development assists future and current movement educators in teaching movement skills to learners at any age and skill level.

Prerequisite(s): Admissions into Teacher Education Program in Health and Physical Education.

KINS 3436 Performance and Technique in Physical Activity I**3 Credit Hours. 0,1 Lecture Hours. 0,4 Lab Hours.**

Enhances the knowledge, skill and understanding of activities and games pertinent to middle and high school physical education. Identifies appropriate teaching sequences, assessment strategies, and developmentally appropriate modifications to enhance student learning. Reviews and analyzes "traditional" game and sports activities and concerns in regard to maximizing learning. Skill, strategy and conceptual transfer, across activities and games, will be identified to enhance learner skillfulness and adaptability. Content focus will be on traditional and non-traditional games and activities involving individual and group skills to diversify movement efficiency. Students will be required to design and implement a variety of movement challenges for middle and high school learners. Strategies for integrating fitness concepts into these activities will be addressed.

Prerequisite(s): Admission into the Teacher Education Program in Health and Physical Education.

KINS 3437 Performance and Technique in Physical Activity II**3 Credit Hours. 1 Lecture Hour. 4 Lab Hours.**

Enhances the knowledge, skill, and understanding of dance, cooperative and adventure activities pertinent to middle and high school physical education. Identifies appropriate teaching sequences, assessment strategies and developmentally appropriate modifications to enhance student learning. Reviews and analyses strategies for incorporating these activities into the middle and high school curriculum. Skill, strategy and conceptual transfer, across activities will be identified to enhance learner skillfulness and adaptability. Content focus will be on activities which develop social dance, teamwork, communication and outdoor/adventure skills and to diversify movement efficiency. Students will be required to design and implement a variety of movement challenges for middle and high school learners. Strategies for integrating fitness concepts into these activities will be addressed. This course will involve two weekend adventure experiences.

Prerequisite(s): A minimum grade of "C" in KINS 3436 and admission into the Teacher Education Program in Health and Physical Education.

KINS 3438 Principles of Personal Training**3 Credit Hours. 2 Lecture Hours. 2 Lab Hours.**

The objective of the class is to develop an understanding of the physiological mechanisms and basic skills necessary to evaluate healthy populations and prescribe exercise. Additionally, this class is set up as a means to prepare students to sit for the national personal trainer certification (NSCA-CPT).

Prerequisite(s): A minimum grade of "C" in KINS 3541.

KINS 3541 Structural Kinesiology**4 Credit Hours. 0,3 Lecture Hours. 0,3 Lab Hours.**

This course surveys biological systems and physical principles as applied to human movement and the relationship of these systems and principles to the development of the study of human movement.

Prerequisite(s): A minimum grade of "C" in KINS 2511 and KINS 2512 and KINS 2531 and KINS 2532.

KINS 3542 Physiological Aspects of Exercise**4 Credit Hours. 0,3 Lecture Hours. 0,3 Lab Hours.**

Provides an in-depth perspective of physiological and biochemical responses of the human body when subjected to exercise.

Prerequisite(s): A minimum grade of "C" in KINS 3131 or KINS 3541.**KINS 3543 Biomechanical Analysis of Movement****4 Credit Hours. 0,3 Lecture Hours. 0,3 Lab Hours.**

Focuses on the study of human motion through an examination of forces acting on the body and the effects produced by these forces.

Prerequisite(s): A minimum grade of "C" in KINS 3131 or KINS 3541 and PHYS 1111K.**KINS 4099 Selected Topics in Kinesiology****1-3 Credit Hours. 1-3 Lecture Hours. 0 Lab Hours.**

Provides the student with an in-depth study of selected topics in kinesiology.

Prerequisite(s): Permission of Instructor.**KINS 4130 Administrative Principles in Kinesiology****3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.**

Focuses on the study of the processes of planning, organizing, directing and controlling the functioning of movement based professions (exercise science, athletic training).

Prerequisite(s): Senior status and school approval.**KINS 4131 Population Health Care Strategies****3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.**

Overview of the levels of prevention, epidemiological principles and their impact on health promotion and disease prevention. A major focus is primary prevention relative to exercise/activity. Emphasis is placed on the clinical application of activity for improving health.

Prerequisite(s): Junior or Senior status or Permission of Instructor.**KINS 4231 Fitness Evaluation and Exercise Prescription****3 Credit Hours. 0,2 Lecture Hours. 0,3 Lab Hours.**

Provides the student with an in-depth study of fitness appraisal and exercise prescription and the development, interpretation, implementation and management of fitness programs.

Prerequisite(s): A minimum grade of "C" in HLTH 1520 and KINS 3541 or KINS 3131; and prior or concurrent enrollment with a minimum grade of "C" in KINS 3542 or Permission of Instructor.**KINS 4330 Evaluation of Lower Extremity Injuries****3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.**

Presents principles and techniques in the clinical evaluation of athletic injuries and illnesses involving the lower extremities, thoracic/lumbar spine and gait analysis.

Prerequisite(s): A minimum grade of "C" in KINS 3331.**KINS 4331 Evaluation of Upper Extremity Injuries****3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.**

Presents principles and techniques in the clinical evaluation of athletic injuries and illnesses involving the upper extremities, head, face and cervical spine.

Prerequisite(s): A minimum grade of "C" in KINS 4330.**Corequisite(s):** KINS 4333.**KINS 4332 Therapeutic Modalities in Athletic Training****3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.**

Introduces the student to the physiological effects associated with therapeutic modalities used in the treatment and rehabilitation of athletic injuries.

Prerequisite(s): A minimum grade of "C" in PHYS 1112 and KINS 2511 and KINS 2512.**KINS 4333 Therapeutic Exercise and Rehabilitation****3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.**

Imparts knowledge pertaining to the physiological effects, indications, contraindications, and applications of therapeutic exercise in the rehabilitation of athletic injuries and illnesses.

Prerequisite(s): A minimum grade of "C" in KINS 2511 and KINS 2512.**Corequisite(s):** KINS 4331.**KINS 4334 General Medical and Pharmacological Issues in Athletic Training****3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.**

This course acquaints the student with general medical and pharmacological issues in the athletic population.

Prerequisite(s): A minimum grade of "C" in CHEM 1146 or CHEM 1146H and KINS 3331.**KINS 4420 Sport Conditioning Laboratory****2 Credit Hours. 0,2 Lecture Hours. 0 Lab Hours.**

Prepares students to undertake responsibilities in the areas of coaching, fitness programming and or related areas.

KINS 4421 Principles of Officiating**2 Credit Hours. 1 Lecture Hour. 3 Lab Hours.**

Provides the prospective coach with the knowledge and understanding of principles and basic techniques of officiating selective sports.

KINS 4432 Adapted Physical Education**3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.**

This is an introductory course designed to provide students with the knowledge and basic skills required to meet the professional and legal mandates pertaining to physical education for individuals with disabilities.

Prerequisite(s): KINS 4430 and Admission into the Teacher Education Program**Corequisite(s):** KINS 4441.**KINS 4440 Instructional Design in Health and Physical Education for Elementary Students****4 Credit Hours. 2 Lecture Hours. 4 Lab Hours.**

Develop skills and knowledge related to teaching physical education to young or beginning learners. Specifically the course will be oriented toward developing an understanding of the characteristics and needs of children, appropriate curriculum content in elementary school physical education and effective teaching skills for elementary school physical education. To the extent possible, the majority of the course will be conducted in elementary schools, providing continuous opportunities to observe, plan for, teach and evaluate teaching physical education lessons on a regular basis.

KINS 4441 Instructional Design in Health and Physical Education for Middle and High School Students**4 Credit Hours. 4 Lecture Hours. 0 Lab Hours.**

Develops instructional skills in planning, teaching and evaluating psychomotor, cognitive and affective learning in large group settings. The emphasis will be on intermediate level learning about current health issues and health related fitness at the high school level, and game/sport, dance, and fitness activities at the middle and high school levels. Specifically the course will be oriented toward developing an understanding of the characteristics of youths in both middle school and high school, appropriate curriculum content in middle school physical education, appropriate curriculum content in high school health education, and effective teaching skills for middle school physical education and high school health education.

Prerequisite(s): Completion of KINS 4430.**KINS 4618 Senior Seminar in Athletic Training****1 Credit Hour. 1 Lecture Hour. 0 Lab Hours.**

This course provides senior level athletic training students with a colloquium in which to discuss current athletic training issues and topics. Emphasis will be placed on professional responsibility, as well as ethical practice, and rules and regulations that govern the practice of athletic training. Course also includes: employment opportunities, professional development and continuing education.

KINS 4637 Senior Seminar in Health and Physical Education
3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.

This course is intended to provide senior level health and physical education majors with a colloquium in which to discuss job search strategies, trends and current issues in the profession, certification issues in education, student teaching responsibilities, and advocacy strategies for promoting the profession. This course is taken simultaneously with the student teaching experience.

Prerequisite(s): Admission into the Teacher Education Program.

KINS 4721 Clinical Practicum in Athletic Training I
2 Credit Hours. 0 Lecture Hours. 0 Lab Hours.

This course provides the student with a supervised clinical experience in athletic training. Clinical assignment, clinical skill competencies and clinical proficiency evaluation are included in this course. Content of this course includes: advanced techniques in manual muscle testing, goniometric measurements and orthotic fabrication.

Prerequisite(s): A minimum grade of "C" in KINS 3322 and Athletic Training major status.

KINS 4722 Clinical Practicum in Athletic Training II
2 Credit Hours. 0 Lecture Hours. 0 Lab Hours.

This course provides the student with a supervised clinical experience in athletic training. Clinical assignment, clinical skill competencies and clinical proficiency evaluation are included in this course. Content of this course includes; research methods, professional presentations and athletic training administration.

Prerequisite(s): A minimum grade of "C" in KINS 4721 and Athletic Training major status.

KINS 4730 Coaching Practicum

3 Credit Hours. 0 Lecture Hours. 0 Lab Hours.

Provides the student with supervised coaching experience in a sport.

Prerequisite(s): Beginning coaching course in sport or Permission of Instructor.

KINS 4735 Practicum in Exercise Science

3 Credit Hours. 0 Lecture Hours. 0 Lab Hours.

Offers the student the opportunity to participate in appropriate laboratory techniques and practices within the biophysical and behavioral domains of exercise science.

Prerequisite(s): Permission of Exercise Science Program Coordinator.

KINS 4799 Internship in Exercise Science

12 Credit Hours. 0 Lecture Hours. 0 Lab Hours.

Provides the senior level Exercise Science major student with a practical experience in an appropriate exercise setting.

KINS 4899 Directed Individual Study

1-3 Credit Hours. 0 Lecture Hours. 0 Lab Hours.

Provides the student with the opportunity to investigate an area of interest under the direction of a faculty mentor.

Prerequisite(s): Permission of Instructor.

KINS 4999 Senior Thesis

6 Credit Hours. 0 Lecture Hours. 0 Lab Hours.

Provides the student with a capstone experience focusing on designing and conducting an original research project or assisting a faculty mentor in ongoing research.

Prerequisite(s): 3.0 GPA and Permission of Exercise Science Program Coordinator.

KINS 6130 Research Design in Kinesiology

3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.

Provides the student with the opportunity to develop skill in designing, evaluating and producing research, with a focus on critical thinking and problem solving.

Prerequisite(s): Undergraduate course in research methods or Permission of Instructor.

KINS 6131 Data Analysis in Kinesiology

3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.

Provides the student with an advanced understanding of data analysis in kinesiology. The goal of the course is for the student to obtain advanced knowledge and skills to analyze and understand research data within the field of human movement.

KINS 6132 Research Methods

3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.

Introduces the student to fundamental principles underlying research methods in sport coaching. Included will be basic procedures for conducting experimental, descriptive, historical, qualitative research, computer applications, basic measurement concepts, statistical methods, critical thinking and scholarly writing.

KINS 6133 Programming for Optimal Performance

3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.

This course is designed to provide scientifically supported information covering sport training theory, periodization, and sport training methods that can be used by coaches, athletes, and strength and conditioning professionals.

KINS 6134 Elementary Physical Education Methods

3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.

This course develops instructional methods in planning, teaching & evaluating psychomotor, cognitive & affective learning in elementary physical education. The emphasis will be on student learning in health related fitness, movement concepts, and skill themes at the elementary physical education level. Specifically, the course will be oriented toward developing appropriate curriculum content & effective teaching skills for elementary physical education.

Prerequisite(s): Admission to MAT in Health and Physical Education program.

KINS 6234 Adapted Physical Education Methods

3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.

This course is designed to develop advanced knowledge and skills of an adapted physical educator. Course activities will focus on advanced knowledge of ethics, professional leadership, and assessment of students with disabilities in the K-12 setting. Course objectives focus the specialized knowledge described by the National Consortium for Physical Education and Recreation for Individuals with Disabilities (NCPERID) in the Adapted Physical Education National Standards.

Prerequisite(s): A minimum grade of "C" in HLTH 6133 and KINS 6134 and admission to MAT in Health and Physical Education program.

KINS 6325 Teaching Adapted and Elementary Skills and Concepts

2 Credit Hours. 2 Lecture Hours. 0 Lab Hours.

This course is designed to enhance the knowledge, skills, and concepts of health and physical education pertinent to adapted physical education and elementary physical education. The course identifies appropriate teaching sequences, assessment strategies, and developmentally appropriate modifications to enhance student learning in adapted and elementary physical education. Skill, strategy, and conceptual transfer, across activities will be identified to enhance learner skillfulness and adaptability. Content focus will be on activities involving individual and group skills to diversify movement efficiency for adapted physical education and elementary physical education. Strategies for integrating classroom concepts and fitness concepts into these activities will be addressed.

Prerequisite(s): A minimum grade of "C" in HLTH 6133 and KINS 6134 and admission to MAT in Health and Physical Education program.

KINS 6326 Teaching Health and Secondary Physical Education Skills and Concepts**2 Credit Hours. 2 Lecture Hours. 0 Lab Hours.**

This course is designed to enhance the knowledge, skills, and concepts of health and physical education pertinent to health and secondary physical education. The course identifies appropriate teaching sequences, assessment strategies, and developmentally appropriate modifications to enhance student learning in health and secondary physical education. Skill, strategy, and conceptual transfer, across activities will be identified to enhance learner skillfulness and adaptability. Content focus will be on activities involving individual and group skills to diversify movement efficiency for health and secondary physical education. Strategies for integrating classroom concepts and fitness concepts into these activities will be addressed.

Prerequisite(s): A minimum grade of "C" in HLTH 6133 and KINS 6134 and admission to MAT in Health and Physical Education program.

KINS 6334 Secondary Physical Education Methods**3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.**

This course develops instructional methods in planning, teaching & evaluating psychomotor, cognitive & affective learning in secondary physical education. The emphasis will be student learning in health related fitness and game/sport at the secondary physical education levels. Specifically, the course will be oriented toward developing appropriate curriculum content & effective teaching skills for secondary physical education.

Prerequisite(s): A minimum grade of "C" in HLTH 6133 and KINS 6134 and admission to MAT in Health and Physical Education program.

KINS 7099 Selected Topics in Kinesiology**1-3 Credit Hours. 1-3 Lecture Hours. 0 Lab Hours.**

Provides the student with an opportunity for in-depth study of selected topics in kinesiology.

Prerequisite(s): Permission of Instructor.

KINS 7110 Multicultural Issues in Physical Education**1 Credit Hour. 1 Lecture Hour. 0 Lab Hours.**

This course focuses on the critical analysis of multicultural issues and other ecological variables in physical activity settings including equity, accessibility, social responsibility, and cultural influences.

KINS 7131 Ethical Issues in Sport and Exercise Psychology**3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.**

This course is designed to provide students with an overview of ethical issues and implications within sport, exercise, and performance psychology contexts. In addition to satisfying the ethics requirement for certification with the Association for Applied Sport Psychology, this course is designed to expose students to knowledge about ethics and ethical decision-making. In addition to gaining knowledge in this area, it is intended for students to have the opportunity to become more aware of their own value system as a sport and exercise psychology professional and gain an understanding as to how ethics and values influence their own professional practice in teaching, research, and applied areas within the field.

Prerequisite(s): A minimum grade of "C" in KINS 7530.

KINS 7230 Advanced Exercise Physiology**3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.**

This course focuses on the advanced study of the acute and chronic effects of exercise on the physiological systems of the human body.

Prerequisite(s): Undergraduate course in exercise physiology.

KINS 7231 Laboratory Techniques in Exercise Physiology**3 Credit Hours. 2 Lecture Hours. 3 Lab Hours.**

Acquaints the student with the use of typical laboratory equipment used in exercise physiology.

Prerequisite(s): A minimum grade of "C" in KINS 7230 or Permission of instructor.

KINS 7232 Health Appraisal and Fitness Testing**3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.**

Examines advanced fitness assessments and exercise prescription. Students will learn assessment techniques for a wide variety of client categories and will be responsible for demonstrating application of measurement skill in a format similar to national certification exams.

Prerequisite(s): A minimum grade of "C" in KINS 7230 or Permission of instructor.

KINS 7233 Fitness Program Administration**3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.**

Focuses on the administrative aspects involved in conducting safe and effective fitness programs. Students will learn exercise leadership, patient counseling, emergency procedures, and administrative principles as they apply to clinical exercise settings.

KINS 7234 Clinical Applications of Biomechanics**3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.**

Provides the student with the biomechanical knowledge essential to conduct systematic quantitative and qualitative analysis of human movement in clinical settings.

Prerequisite(s): Undergraduate courses in biomechanics, physics, and functional anatomy or permission of instructor.

KINS 7235 Instrumentation and Techniques in Biochemics**3 Credit Hours. 2 Lecture Hours. 3 Lab Hours.**

Provides students with theoretical knowledge and skills for the biomechanical analysis of movement.

Prerequisite(s): A minimum grade of "C" in an undergraduate class in biomechanics, algebra, trigonometry, or permission of instructor.

KINS 7236 Cardiopulmonary Pathophysiology and ECG Interpretation**3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.**

Focuses on the pathophysiology, epidemiology and rehabilitation from the effects of cardiovascular and respiratory disease. Students will learn electrocardiograph interpretation and become familiar with exercise prescriptions for persons with cardiovascular and respiratory disease.

Prerequisite(s): A minimum grade of "C" in KINS 7230 or KINS 7232 or Permission of instructor.

KINS 7237 Exercise and Special Populations**3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.**

Examines the various physiological processes as they are affected by pregnancy, maturation and aging, and how these changes alter a persons response to, and ability to participate in, exercise.

Prerequisite(s): A minimum grade of "C" in KINS 7230 or permission of instructor.

KINS 7238 Human Performance and Nutrition**3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.**

Examines the interaction between nutrition and physical activity, including exercise and athletic performance. Topics will include the latest research on nutrients and ergogenic aids.

Prerequisite(s): Undergraduate course in exercise physiology or permission of instructor.

KINS 7239 Clinical Exercise Physiology**3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.**

Prepares the student to supervise and direct exercise for the management and rehabilitation of clinical cardiovascular, pulmonary, renal, and metabolic disease.

Prerequisite(s): A minimum grade of "C" in an undergraduate course in exercise physiology or permission of instructor.

KINS 7310 Introduction to Clinical Instruction**1 Credit Hour. 1 Lecture Hour. 0 Lab Hours.**

This course introduces the newly certified athletic trainer to the clinical instructor role in an athletic training clinical setting. Content includes; learning and instruction styles, educational competencies, legal and ethical behaviors, instructional skills of mentoring, supervision, administration, evaluation and assessment of the undergraduate athletic training student in the clinical setting.

KINS 7330 Clinical Teaching Skills in Athletic Training**3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.**

Exposes the student to knowledge and skills of teaching clinical education programs in athletic training. Students will be exposed to the teaching theories and schema as they relate to clinical education in athletic training.

Prerequisite(s): Permission of instructor.

KINS 7333 Advanced Evaluation Skills in Athletic Training**3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.**

Focuses on the advancement of entry level knowledge and skills related to the evaluation of musculoskeletal related injury. Students will be exposed to both theoretical framework and psychomotor aspects of evaluation skills.

Prerequisite(s): Permission of instructor.

KINS 7334 Advanced Rehabilitation Skills in Athletic Training**3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.**

Focuses on the advancement of entry level knowledge and skills related to the rehabilitation of musculoskeletal related injury. Students will be exposed to both theoretical framework and psychomotor aspects of rehabilitation skills.

Prerequisite(s): Permission of instructor.

KINS 7335 Medical Aspects in Athletic Training**3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.**

This course is designed to enhance the student's knowledge of pathophysiology, clinical presentation, and diagnostic tests of common general medical conditions observed in physically active individuals. Content of the course will cover the following categories/systems: cardiovascular, hematological, pulmonary, ENT, renal, gastrointestinal, hepatology and immunology.

KINS 7336 Current Issues in Athletic Training**3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.**

An advanced course that focuses on current issues and/or special topics of interest to athletic training clinicians.

Prerequisite(s): Permission of instructor.

KINS 7337 Macronutrient Metabolism in Sports Nutrition**3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.**

This course considers macronutrient metabolism in sports nutrition at an advanced level with respect to the metabolism, function, and requirements of macronutrients for physical activity.

Prerequisite(s): A minimum grade of "C" in KINS 7238.

KINS 7338 Micronutrient Metabolism**3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.**

This course considers micronutrient metabolism in sports nutrition at an advanced level with respect to the metabolism, function, and requirements of micronutrients for physical activity.

Prerequisite(s): A minimum grade of "C" in KINS 7337 and acceptance into the Georgia Southern University Dietetic internship.

KINS 7339 Energy Balance for Weight Management**3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.**

This course analyzes the importance of energy balance in weight management as well as investigates genetic, metabolic, environmental factors that contribute to overweight and obesity. Physiological and psychological consequences of overweight and obesity as well as the roles of diet, behavior, and exercise in its prevention and treatment will be discussed. Special emphasis will be placed on the application of weight management theory to the development, presentation, and analysis of weight loss and weight maintenance protocols.

Prerequisite(s): A minimum grade of "C" in KINS 7238 and acceptance into the Georgia Southern University Dietetic internship.

KINS 7430 Administrative Issues in Coaching**3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.**

Provides the student with the opportunity to study philosophy, principles and procedures in administering an athletic team or program.

KINS 7431 Applied Sport Physiology**3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.**

Focuses on the study of exercise physiology principles applied to developing training and conditioning programs for enhancing health-related fitness and performance.

Prerequisite(s): Undergraduate course in exercise physiology or permission of instructor.

KINS 7432 Applied Sport Biomechanics**3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.**

Provides the student with an in-depth study of the internal and external forces acting on the human body and the effects produced by these forces.

Prerequisite(s): Undergraduate courses in biomechanics, physics, and functional anatomy or permission of instructor.

KINS 7433 Prevention, Recognition and Care of Athletic Injuries**3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.**

Focuses on the study of advanced knowledge in the concepts, practices, and procedures in the prevention, recognition and care of athletic injury and illness.

Prerequisite(s): Undergraduate courses in anatomy, physiology, and exercise physiology or permission of instructor.

KINS 7434 Current Issues in Coaching**3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.**

Provides the student with an overview of the skills, techniques and knowledge involved in becoming a coach, focusing on current issues affecting the coaching profession.

KINS 7435 Physical Educ Meas/Eval**3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.****KINS 7436 Phys Activ Prog Sr Adults****3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.****KINS 7437 Analysis of Teaching Physical Education****3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.**

Examines practices of effective teaching techniques and their relationship to learning. Provides the student with an understanding of opportunities to practice effective teaching strategies and skills.

KINS 7438 Motor Behavior**3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.**

Presents the major theoretical frameworks for acquisition of motor skill. Emphasis is given to the understanding of concepts of motor development, motor control, motor learning and the implications for pedagogy.

Prerequisite(s): Undergraduate course in motor behavior or permission of instructor.

KINS 7439 History/Philosophy of PE**3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.****KINS 7530 Psychology of Sport and Exercise Performance****3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.**

Examines the psychological factors that may lead to peak performances in exercise and sport. Students will be introduced to the physical, mental, and emotional variables related to the readiness states of this ideal performance condition. Research and interventions associated with the common qualities of peak performance will be discussed.

Prerequisite(s): Undergraduate course in sport psychology or permission of instructor.

KINS 7531 Team Dynamics**3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.**

Provides the student with an understanding of the influence of teams/groups within exercise and sport upon the individual performer, as well as, the influence of individuals upon teams/groups. Based upon the science/practice model, thus theory, research and application within team/group dynamics. The assignments are structured to give students experience with working in teams/groups.

Prerequisite(s): Undergraduate course in sport psychology or permission of instructor.

KINS 7533 Sport and Exercise Psychology Interventions**3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.**

Provides an introduction to the application of exercise and sport psychology intervention strategies to enhance performance. Students will participate in various individual-focused performance enhancement training procedures and produce a personalized performance enhancement manual.

Prerequisite(s): A minimum grade of "C" in KINS 7530 or permission of instructor.

KINS 7534 Current Issues in Sport and Exercise Psychology**3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.**

This course provides student with an in-depth examination of special areas, current topics, and relevant issues in the field of sport and exercise psychology.

KINS 7535 Fitness and Wellness Education**3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.**

The purpose of this course is to provide the teacher with current theories and knowledge regarding fitness and wellness education in P-12 Physical Education. The course will additionally provide the teacher opportunities to design and evaluate fitness and wellness education programs.

KINS 7536 Assessment and Technology in Physical Education**3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.**

The purpose of this course is to develop skills and knowledge necessary to effectively assess student learning in P-12 Physical Education. The course will additionally provide an overview of the various types of technology that can be utilized in teaching and assessing physical education. The course includes personal computer use in creating materials to enhance instruction and aid in assessment. Also included are other technologies, such as personal digital assistants (PDA), digital cameras/camcorders, various physical education software and Internet options.

KINS 7537 Evaluation and Rehabilitation of the Lumbar Spine**3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.**

This course provides the student an opportunity for advanced study of lumbar pathology, assessment, and rehabilitation. Students will be exposed to both theoretical framework as well as psychomotor aspects of assessment and rehabilitation of the lumbar spine.

KINS 7539 Health and Exercise Psychology**3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.**

The purpose of KINS 7539 is to learn exercise behavior change strategies and provide knowledge and skills necessary to improve health and physical activity adherence for both individuals and groups. This course offers an applied inquiry into individual behaviors and lifestyles that affect physical and mental health from a health promotion, exercise science, and psychological perspective.

Prerequisite(s): A minimum grade of "C" in KINS 7530.

KINS 7590 Action Research in Physical Education**1-3 Credit Hours. 1-3 Lecture Hours. 0 Lab Hours.**

The purpose of this course is to develop the skills and knowledge necessary to effectively conduct research in P-12 Physical Education to assess effective teaching skills.

KINS 7630 Seminar in Kinesiology**3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.**

Provides the student with an in-depth literature review and discussion of contemporary topics in kinesiology.

Prerequisite(s): A minimum grade of "C" in KINS 6130 or KINS 6131.

KINS 7637 Health and Physical Education Seminar**3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.**

This course is intended to provide MAT health and physical education majors with a colloquium in which to discuss job search strategies, trends and current issues in the profession, certification issues in education, student teaching responsibilities, and advocacy strategies for promoting the profession. This course is taken simultaneously with the student teaching experience.

Prerequisite(s): A minimum grade of "C" in KINS 6234, KINS 6325, KINS 6326, and KINS 6334 and admission to MAT in Health and Physical Education program.

Corequisite(s): ESED 5799G.

KINS 7730 Practicum in Coaching**3 Credit Hours. 0 Lecture Hours. 0 Lab Hours.**

Provides the student with coaching experiences in planning, teaching skills, conducting practice sessions, organizing game situations and analysis, scouting and structuring off-season programming.

Prerequisite(s): Permission of instructor.

KINS 7731 Clinical Practicum for Teaching Athletic Training Skills**3 Credit Hours. 0 Lecture Hours. 0 Lab Hours.**

Provides the student with an opportunity to practice knowledge and skills of teaching clinical skills in athletic training. Students will be placed in clinical environments and will assist in the teaching of clinical athletic training skills.

Prerequisite(s): A minimum grade of "C" in KINS 7330 or Permission of instructor.

KINS 7732 Clinical Practicum for Evaluating Athletic Training Skills**3 Credit Hours. 0 Lecture Hours. 0 Lab Hours.**

Allows the student to practice knowledge and skills of evaluating clinical skills in athletic training. Students will be placed in clinical environments and will assist with the supervision and evaluation of the application of athletic training skills.

Prerequisite(s): A minimum grade of "C" in KINS 7333 or KINS 7731 or permission of instructor.

KINS 7733 Practicum in Sport and Exercise Psychology**3 Credit Hours. 0 Lecture Hours. 0 Lab Hours.**

This course provides the student with the opportunity to practice knowledge and skills of sport and exercise psychology intervention.

Students will be involved in supervised, applied environments that allow them to work with a team or individual.

Prerequisite(s): A minimum grade of "C" in KINS 7531 and KINS 7533 or permission of instructor.

KINS 7799 Internship in Kinesiology**6-9 Credit Hours. 0 Lecture Hours. 0 Lab Hours.**

Provides the student with an opportunity to receive practical experiences in a selected movement related setting.

Prerequisite(s): Permission of graduate program director.

KINS 7898 Project in Athletic Training**1-6 Credit Hours. 0 Lecture Hours. 0 Lab Hours.**

This course will allow the student to understand the research process and expand the student's knowledge within athletic training. The student will work alongside a faculty member with shared research interests.

Prerequisite(s): A minimum grade of "C" in KINS 6130 and KINS 6131.

KINS 7899 Directed Individual Study**1-3 Credit Hours. 0 Lecture Hours. 0 Lab Hours.**

Provides the student with an opportunity to investigate an area of interest under the direction of a faculty mentor.

Prerequisite(s): Permission of instructor.

KINS 7999 Thesis**1-6 Credit Hours. 0 Lecture Hours. 0 Lab Hours.**

Provides the student with an opportunity to complete an independent research project. A written and oral defense of the project is required.

Prerequisite(s): Permission of graduate program director.

KINS 8430 Supervision of Instruction in Physical Education**3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.**

Assists the professional educator with acquiring the knowledge and skills essential to improving instruction and instructional programs in physical education. Supervision of novice and experienced physical education teachers will be discussed.

KINS 8431 Curriculum Issues and Trends in Physical Education**3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.**

Identifies theoretical frameworks of curriculum development in relationship to current issues and trends.

KINS 8432 Advanced Teaching Techniques in Health and Physical Education**3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.**

Purpose of this course is to develop and apply skills and knowledge to effectively implement various instructional models in health and physical education.

KINS 8433 Advanced Methods in Secondary Physical Education**3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.**

Purpose of this course is to develop skills and knowledge necessary to effectively design, evaluate, and analyze secondary Physical Education. The course will additionally provide an overview of the various types of supervision skills one needs to evaluate secondary Physical Education.

KINS 8434 Advanced Methods in Elementary Physical Education**3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.**

Purpose of this course is to develop skills and knowledge necessary to effectively design, evaluate, and analyze elementary Physical Education. The course will additionally provide an overview of the various types of supervision skills one needs to evaluate elementary Physical Education.