KINS Kinesiology

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.
Prerequisite(s): Undergraduate course in statistics and a minimum grade of "C" in KINS 6130 or Permission of Instructor.

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 6195S Studies Abroad in Health/Kines 3-9 Credit Hours. 3-9 Lecture Hours. 0 Lab Hours.
This course offers students the opportunity to examine health, nutrition and food science, or kinesiology practices in a foreign country through travel abroad. Classroom instruction will be combined with on-site experiences to provide a realistic learning experience.
Cross Listing(s): HLTH 6195S and NTFS 6195S.

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

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 of 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/g 
roups 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 7538 Clinical Gait Analysis
3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.
This course provides the student with an advanced understanding of the principles of Gait Analysis. Students will learn the determinants of normal and pathological gait and additional locomotor processes. Additionally, this course provides students laboratory experience in the acquisition, interpretation, and analysis of biomechanical data commonly assessed in the analysis of human gait.
Prerequisite(s): A minimum grade of "B" in KINS 7234.

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 7530 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): KINS 6130 or KINS 6131.

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 7331 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 7899 Directed Individual Study
1-3 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 in the teaching of clinical athletic training skills.
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.