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.

KINS 1090S Selected Topics in Physical Activity
1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.
Provides an introduction to alternative physical activity courses.

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.
Cross Listing(s): KINS 1112S.

KINS 1112S Badminton
1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.
A course designed to introduce basic badminton skills and knowledge.
Cross Listing(s): KINS 1112.

KINS 1113 Basketball
1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.
A course designed to introduce 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.
Cross Listing(s): KINS 1212S.

KINS 1212S 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 1213.

KINS 1213S 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.

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.
This course is open to any student at Georgia Southern University. 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 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 1310S 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 1319S 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 1319.

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 basic aerobic 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.
Cross Listing(s): KINS 1417S.

KINS 1417S Volleyball
1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.
A course designed to introduce basic volleyball skills and knowledge.
Cross Listing(s): KINS 1417.

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.
A course designed to introduce basic skills and knowledge for swimming done in an aquatic setting.

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 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 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 2213 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 2312 Handball: Intermediate
1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.
A course designed to refine an experienced student's basic handball 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.
A course designed to refine the experienced student's basic skills and knowledge. Intermediate skills and strategies will be introduced.

KINS 2323 Clinical Skills in Athletic Training III
2 Credit Hours. 0 Lecture Hours. 6 Lab Hours.
A course designed to refine the experienced student's basic skills and knowledge. Intermediate skills and strategies will be introduced.
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. The course is a continuation of KINS 2531 and includes the 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.

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 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.

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.

Prerequisite(s): Students must be declared as Pre-Exercise Science and have earned a minimum grade of C in a 4 credit lecture/lab science course (preferably KINS 2531/2511 - A&P 1 Lecture/Lab) and a GPA of 2.25 or higher.

Cross Listing(s): KINS 2535S.

KINS 3111H Kinesiology Honors Thesis Seminar I
1 Credit Hour. 1 Lecture Hour. 0 Lab Hours.
This is a seminar course that prepares students to complete a senior honors thesis proposal. The student will develop a research topic, a review of literature, and first draft of a research proposal.

KINS 3112H Kinesiology Honors Thesis Seminar II
1 Credit Hour. 1 Lecture Hour. 0 Lab Hours.
This is the second seminar course, students will complete the final research proposal, develop and defend an oral presentation of their research proposal, and complete IRB and IBC forms necessary to collect data for their Senior Honors Thesis.

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.

Cross Listing(s): KINS 3130S.

KINS 3130H Research Methods in Kines (H)
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
0.3 Credit Hours. 0.2 Lecture Hours. 0.3 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
0.2 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
0.2 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.
Along with KINS 3432, it is designed to focus on 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 Life Span Motor Development
3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.
Develops the ability to survey the developmental perspective of motor development, the knowledge of changing motor behavior, the knowledge of the factors affecting motor development and the ability to apply information about motor development sequences and developmental constraints analysis to the teaching of motor skills.
Prerequisite(s): Admissions into Teacher Education Program in Health and Physical Education.
KINS 3436 Performance and Technique in Physical Activity I
0.3 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
0.4 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
0.4 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
0.4 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 1111 and PHYS 1113.

KINS 4099 Religion, Spirituality, & Sport
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 4111H Kinesiology Honors Thesis Seminar III
1 Credit Hour. 1 Lecture Hour. 0 Lab Hours.
In a seminar setting, students will continue writing and revising their thesis. This course provides the student with the opportunity to review manuscript proposal based upon previous work in Honors Thesis Seminar I and II. Student will be guided through primary data collection and analysis. Student will complete writing the first draft of the Research Manuscript.  

KINS 4112H Kinesiology Honors Thesis Seminar IV
1 Credit Hour. 1 Lecture Hour. 0 Lab Hours.
Students will complete a Honor's Research thesis and successfully defend their original research project to their Research Director and Research Committee. Revisions to the Honor's thesis will be based upon feedback from the oral defense. To demonstrate proficiency in oral research presentation, students will present their original research at the Honors Research Symposium and Phi Kappa Phi Research Symposium and/or a regional professional conference. Finally, students will submit the final Research Manuscript for publication in a professional peer reviewed journal.

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 4195S International Studies Abroad in Health and Kinesiology
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.
Prerequisite(s): Junior or Senior status.
Cross Listing(s): NTFS 4195S.

KINS 4231 Fitness Evaluation and Exercise Prescription
0.3 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, implementation and management of fitness programs.
Prerequisite(s): A minimum grade of "C" in HLTH 1520 and KINS 3541; and prior or concurrent enrollment with a minimum grade of "C" in KINS 3542 or KINS 3131 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.
Prepares students to undertake responsibilities in the areas of coaching, fitness programming and or related areas.
Prerequisite(s): KINS 4430 and Admission into the Teacher Education Program.
Corequisite(s): KINS 4333.
KINS 4332 Therapeutic Modalities in Athletic Training
3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.
Prepares students to investigate an area of interest under the direction of a faculty mentor.
Prerequisite(s): A minimum grade of "C" in KINS 4330.
Corequisite(s): A minimum grade of "C" in PHYS 1112 and KINS 2511.
KINS 4333 Therapeutic Exercise and Rehabilitation
3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.
Develops instructional skills in planning, teaching and evaluating teaching physical education lessons.
Prerequisite(s): A minimum grade of "C" in CHEM 1146 or CHEM 1146H
KINS 4420 Sport Conditioning Laboratory
3 Credit Hours. 0 Lecture Hours. 0 Lab Hours.
Prepares students to undertake responsibilities in the areas of coaching, fitness programming and or related areas.
Prerequisite(s): Permission of Instructor.
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.
Prerequisite(s): A minimum grade of "C" in KINS 2511 and KINS 2512.
KINS 4422 Sport Conditioning Laboratory
0.2 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 4430 Instructional Design in Health and Physical Education for Elementary Students
3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.
Prepares students to undertake responsibilities in the areas of coaching, fitness programming and or related areas.
Prerequisite(s): A minimum grade of "C" in KINS 4430.
Corequisite(s): EDUF 3232.
KINS 4431 Instructional Design in Health and Physical Education for Middle and High School Students
0.3 Credit Hours. 0.3 Lecture Hours. 0 Lab Hours.
Prepares students to undertake responsibilities in the areas of coaching, fitness programming and or related areas.
Prerequisite(s): KINS 4430.
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.