School of Health & Kinesiology

Vision

The School of Health and Kinesiology at Georgia Southern University seeks to become an elite academic unit focusing on the interdisciplinary study of athletic training, coaching, exercise science, nutrition and food science, pedagogy, physical activity/healthful living, and sport psychology. The department promotes undergraduate and graduate education, scholarship, research, and grant procurement and a commitment to professional and public service. To this end, the School of Health and Kinesiology at Georgia Southern University will be characterized by:

1. Student preparation for future excellence through interdependent leadership, innovation, and service.
2. Diverse faculty and staff who are internationally acclaimed, use emerging technology, are innovative with curriculum, produce grants and scholarly manuscripts, are socially responsible, and have a genuine regard for students.
3. Community partnerships to enhance human well being.
4. An environment that promotes academic distinction, high expectations, and intellectual engagement through student centered research and learning initiatives, faculty research collaboration, and technological advancement.
5. A clearly focused and valued purpose for each program:
   • Athletic Training – prepare clinically competent and critical thinking health care professionals to work in the allied health profession of Athletic Training.
   • Coaching – prepare competent athlete-centered coaches who meet the national coaching standards
   • Exercise Science – prepare students to demonstrate an understanding of the application of theoretical knowledge to practical situations or issues in Exercise Science.
   • Nutrition and Food Science – promote the integration of knowledge in nutrition and food science and to develop leadership and critical thinking skills necessary for achievement of excellence in the profession of dietetics.
   • Pedagogy – prepare students to become a health and physical educator in a traditional school setting.
   • Physical Activity/Healthful Living – educate the university community on the importance of understanding the factors that promote health and wellness throughout the lifespan.
   • Sport Psychology – prepare students for professional advancement in the field of sport and exercise psychology by applying theoretical knowledge to practical situations on issues in sport and exercise psychology.

Health & Kinesiology Minors

• Nutrition and Food Science Minor  (http://catalog.georgiasouthern.edu/archive/2015-2016/undergraduate/health-human-sciences/health-kinesiology/nutrition-food-science-minor)

Health & Kinesiology Majors

• Nutrition and Food Science B.S.  (http://catalog.georgiasouthern.edu/archive/2015-2016/undergraduate/health-human-sciences/health-kinesiology/nutrition-food-science-bs)
• Sport Management B.S.  (http://catalog.georgiasouthern.edu/archive/2015-2016/undergraduate/health-human-sciences/health-kinesiology/sport-management-bs)

Health & Kinesiology Minors

• Athletic Training Minor  (http://catalog.georgiasouthern.edu/archive/2015-2016/undergraduate/health-human-sciences/health-kinesiology/athletic-training-minor)
• Nutrition and Food Science Minor  (http://catalog.georgiasouthern.edu/archive/2015-2016/undergraduate/health-human-sciences/health-kinesiology/nutrition-food-science-minor)

HLTH 1520 Healthful Living
2 Credit Hours. 2 Lecture Hours. 0 Lab Hours.
Introduces students to fundamental concepts associated with healthful living throughout the life span in modern society. Course content focuses upon the promotion of health and wellness within individuals, families and communities through an understanding of healthful living, development of healthy lifestyles and avoiding or overcoming harmful habits. Cross Listing(s): HLTH 1520H and HLTH 1520S.

HLTH 1520H Healthful Living
2 Credit Hours. 2 Lecture Hours. 0 Lab Hours.
Introduces students to fundamental concepts associated with healthful living throughout the life span in modern society. Course content focuses upon the promotion of health and wellness within individuals, families and communities through an understanding of healthful living, development of healthy lifestyles and avoiding or overcoming harmful habits. Cross Listing(s): HLTH 1520, HLTH 1520S.

HLTH 1520S Healthful Living
2 Credit Hours. 2 Lecture Hours. 0 Lab Hours.
Introduces students to fundamental concepts associated with healthful living throughout the life span in modern society. Course content focuses upon the promotion of health and wellness within individuals, families and communities through an understanding of healthful living, development of healthy lifestyles and avoiding or overcoming harmful habits. Cross Listing(s): HLTH 1520 and HLTH 1520H.

HLTH 2120 Safety Principles and First Aid Techniques
0,2 Credit Hours. 0,1 Lecture Hours. 0,3 Lab Hours.
Enables students to learn to function more effectively in personal, social and vocational roles by developing expertise that will enable them to reduce to a minimum the risk of accident involvement. Special emphasis is placed on the concepts of accident causation, counter measures and how to respond to a wide variety of injury and sudden illness emergencies. Students satisfying American Red Cross standards will receive certification in Community First Aid and Safety/Community CPR.

HLTH 2510 Medical Terminology
1 Credit Hour. 1 Lecture Hour. 0 Lab Hours.
Equips the student with the basic skills needed to read, understand and interpret medical terms common to health related issues and tasks.

HLTH 3133S Health Prom Prog Planning
3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.
Provides the student with the theory and practical applications of planning, developing, implementing and evaluating health promotion programs in a variety of settings. The focus will be on a global approach to planning with emphasis on the worksite, hospital and the community as settings for health promotion programming.
HLTH 3135 Topics in Coordinated School Health
3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.
This course will review and synthesize content on selected topics in school health such as mental health, intention and unintentional injury, personal health, chronic and communicable disease, and environmental health.
Prerequisite(s): A minimum grade of "C" in HLTH 1520.

HLTH 3332 Coordinated School Health Programs
3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.
Designed to study the basic principles and practices underlying the organization and administration of a coordinated school health program including the relationship to current child health status. Assessment and planning of developmentally appropriate health instruction, examination of health education curricula with content focus on the following health topics: nutrition, consumer health, environmental/community health, disease prevention, sexuality and substance use education will also be addressed.
Prerequisite: A minimum grade of "C" in HLTH 1520; and junior standing and formal acceptance into the Teacher Education Program or consent of instructor.

HLTH 3431 Methods and Materials for School Health Education
0.3 Credit Hours. 0.2 Lecture Hours. 0.3 Lab Hours.
Introduces the student to productive, creative, innovative and effective methods needed to implement comprehensive school health education. Students will become familiar with organizing and presenting health content, health materials, health curricula, community resources and using technology for K-12 with emphasis on middle and secondary school students. An integral component of the class will be the participation in peer teaching experiences in the school setting.
Prerequisite(s): A minimum grade of "C" in HLTH 1520 and Sophomore status and above.

HLTH 3432 HPE Curriculum Development
3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.
Provides the student with the knowledge, skills, and resources to develop a philosophical position and curricular materials consistent with that position and with state and national guidelines.
Prerequisite(s): Admission to Teacher Education Program in Health and Physical Education.

HLTH 3530 Health and Physical Education for the Early Childhood Teacher
3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.
Develops the elementary classroom teacher's ability to organize and implement a developmentally appropriate health and physical education program for students. Emphasis will be placed upon teaching strategies and methodologies.
Prerequisite(s): Admission to Teacher Education Program.

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.

KINS 1112S 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 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.

KINS 1214 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 1215 Cross Training
1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.
A course designed to introduce the basic aerobic skills and knowledge. An additional fee is required.

KINS 1216 Aerobics
1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.
A course designed to introduce basic aerobic skills and knowledge.

KINS 1217 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 1218 Badminton
1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.
A course designed to introduce basic badminton skills and knowledge.

KINS 1219 Basketball
1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.
A course designed to introduce the basic basketball skills and knowledge.

KINS 1220 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 1221 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 1222 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 1223 Cross Training
1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.
A course designed to introduce the basic aerobic skills and knowledge. An additional fee is required.

KINS 1224 Aerobics
1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.
A course designed to introduce basic aerobic skills and knowledge.
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.
Cross Listing(s): KINS 1213.

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 an individualized program with a variety of training modalities modified for the individual student. 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 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. 
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 water safety skills and knowledge.

KINS 1410 Equestrian: Intermediate
1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.
A course designed to introduce intermediate riding skills and knowledge. 
Cross Listing(s): KINS 1409.

KINS 1411 Ultimate Frisbee
1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.
A course designed to introduce ultimate Frisbee skills and knowledge.

KINS 1412 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, and promote a healthy lifestyle.

KINS 1413 Swing/Shag
1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.
A course designed to introduce basic Swing/Shag Dance skills and knowledge.

KINS 1414 Aerobics: Intermediate
1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.
A course designed to refine intermediate aerobic exercise techniques and knowledge. Intermediate skills and knowledge will be introduced. This course includes; lower extremity taping, bracing and pad fabrication, skills in emergency and non-emergency life threatening injury and illness care. Content of this course includes: lower extremity taping, bracing and pad fabrication, skills in emergency and non-emergency life threatening injury and illness care.

KINS 1415 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 1416 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 1417 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 1418 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 1419 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 2210 Aerobics: Intermediate
1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.
A course designed to refine an 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 2211 Badminton: Intermediate
1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.
A course designed to refine an experienced student’s basic badminton skills and knowledge. Intermediate strategies are introduced.

KINS 2212 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 strategies are introduced. Cross Listing(s): KINS 2212S.

KINS 2213 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 2214 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 2215 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. Recommended that students shoot between 85-115 for 18 holes prior to enrolling in this course. An additional fee is required.

KINS 2216 Horseshoes: Intermediate
1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.
A course designed to refine an experienced student’s basic horseshoe skills and knowledge. Intermediate skills and strategies will be introduced.

KINS 2217 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 2218 Volleyball: Intermediate
1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.
A course designed to refine an experienced student’s basic volleyball skills and knowledge. Intermediate skills and strategies will be introduced.

KINS 2219 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 2220 Cross Country Running: Intermediate
1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.
A course designed to refine an experienced student's basic cross-country running skills and knowledge. Intermediate skills and strategies will be introduced.

KINS 2221 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): An additional fee is required.

KINS 2222 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 2223 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 cell biology; histology; the integumentary, skeletal, muscular, and nervous systems; special senses; and the endocrine system.

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 2535 Introduction to Exercise Science
3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.
This course introduces basic concepts and theory of exercise science and basic principles of exercise training. It includes an introduction to exercise science, exercise physiology, exercise nutrition, and physical fitness development. This course also includes an introduction to the role of exercise science professionals, as well as representatives from graduate schools, that can help student learn more career requirements and opportunities in these fields.

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.
Provides the introduction to a developmentally appropriate approach to teaching the elementary physical education content (gymnastics, games, and dance). Focus in 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 Credit Hours. 1 Lecture Hours. 0 Lab Hours.
Provides students with an in-depth study of selected topics in kinesiology.
Prerequisite(s): Permission of Instructor.

KINS 4111H Kinesiology Honors Thesis Seminar I
3 Credit Hours. 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 revise manuscript proposal based upon previous work in Honors Thesis Seminar I and II. Students will be guided through primary data collection and analysis. Students 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 Credit Hours. 3 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, interpretation, implementation and management of fitness programs.
Prerequisite(s): A minimum grade of "C" in KINS 3512; 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 4333 General Medical and Pharmacological Issues 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 4334 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.
Cross Listing(s): KINS 4331.

KINS 4343 Adapted Physical Education
3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.
Develops 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.
Corequisite(s): KINS 4430.

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 4430 Instructional Design in Health and Physical Education for Elementary Students
3 Credit Hours. 3 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 youth in both middle school and high school, appropriate curriculum content in high school health education, and effective teaching skills for middle school physical education and high school health education.
Prerequisite(s): KINS 4430.

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.
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 youth in both middle school and high school, appropriate curriculum content in high school health education, and effective teaching skills for middle school physical education and high school health education.
Prerequisite(s): KINS 4430.

KINS 4433 Adapted Physical Education
3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.
Develops 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.
Corequisite(s): KINS 4430 and Admission into the Teacher Education Program.

KINS 4434 General Medical and Pharmacological Issues in Athletic Training
3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.
Provides 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.

KINS 4617 Senior Seminar in Health and Physical Education
1 Credit Hour. 1 Lecture Hour. 0 Lab Hours.
Provides senior level health and physical education majors 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 4721 Clinical Practicum in Athletic Training I
2 Credit Hours. 0 Lecture Hours. 0 Lab Hours.
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
activities within the physical 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 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.

NTFS 2514 Professional Practice Strategies
1 Credit Hour. 1 Lecture Hour. 0 Lab Hours.
Provides an overview of the career opportunities in nutrition, food science and dietetics.
Focuses on the development of personal and professional skills required for success in the profession.

NTFS 2530 Nutrition and Health
3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.
The basic principles of nutrition and their application to health and wellness. The interrelationship between personal nutrition and health
maintenance throughout the life cycle is included.

NTFS 2530H Nutrition and Health (Honors)
3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.
The basic principles of nutrition and their application to health and wellness. The interrelationship between personal nutrition and health
maintenance throughout the life cycle is included.

NTFS 2534 Introductory Food Science
0.3 Credit Hours. 0.1 Lecture Hours. 0.4 Lab Hours.
Develops basic understanding of the principles of food preparation. Applies principles to food preparation for individuals, families and
commercial food services.

NTFS 2535 Nutrition and Diet Therapy
3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.
Provides a basic understanding of the importance of nutrition in health
maintenance and disease. The role of the nurse/health care provider in
the nutritional assessment and the delivery of nutrition support services for individuals with illness and physical stress are emphasized.
Cross Listing(s): NTFS 2535H.

NTFS 2535H Nutrition and Diet Therapy-Hon
3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.
Provides a basic understanding of the importance of nutrition in health
maintenance and disease. The role of the nurse/health care provider in
the nutritional assessment and the delivery of nutrition support services for individuals with illness and physical stress are emphasized.

NTFS 2534 Human Nutrition
3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.
The fundamental principles of human nutrition and their application to food selection are discussed. Emphasis is placed upon the recommended
dietary allowances and other dietary guidelines which promote health
maintenance and disease prevention.
Prerequisite(s): A minimum grade of "C" in CHEM 1145 or Permission of instructor.

NTFS 2535 Life Cycle Nutrition
3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.
Investigates the role of nutrition and dietary factors on the growth,
development and maintenance of health in individuals from birth through aging.
Prerequisite(s): A minimum grade of "C" in NTFS 2530 or NTFS 2535 or NTFS 3534 or permission of instructor.

NTFS 2536 Meal Management
0.3 Credit Hours. 0.1 Lecture Hours. 0.4 Lab Hours.
Principles of nutrition and food science are integrated with the
management process in menu planning and quality meal service.
Prerequisite(s): Prior or concurrent enrollment with a minimum grade of
"C" in NTFS 2534 and NTFS 3534 and ServSafe Manager Certification.

NTFS 2537 Advanced Food Science
0.3 Credit Hours. 0.1 Lecture Hours. 0.4 Lab Hours.
Considers the chemical, physical, and biological properties of food
ingredients. Emphasis is placed on investigating the relationship between
preparation methods, proportions of ingredients and final product quality.
Prerequisite(s): A minimum grade of "C" in NTFS 2534 and NTFS 3534
and CHEM 3342 and BIOL 2240 and ServSafe Manager Certification.

NTFS 3538 Quantity Food Systems Administration
3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.
This course provides a general knowledge base of quantity food systems
administration with a focus on leadership and managerial roles in financial,
human resource, and procurement responsibilities. Knowledge and
skills are developed in this course to prepare students for administrative
positions in quantity food production and service and to prepare them for
the application of quantity food production and service principles in a
quantity food service facility.
Prerequisite(s): A minimum grade of "C" in NTFS 3536 and ACCT 2030.

NTFS 3630 Sports Nutrition
3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.
This course provides a basic understanding of the importance of nutrition
in physical activity and sport performance. Topics will include energy
metabolism during exercise, fluid intake and performance, common
nutritional deficiencies for athletes/exercisers, and the role of nutritional
supplements and ergogenic aids in physical activity.
Prerequisite(s): NTFS 2530 or NTFS 2535 or NTFS 3534.

NTFS 3631 Sustainable Foods
3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.
This course explores factors that influence the local ‘food system’,
including farming methods, food production and industrialization,
distribution, economics, and politics. Also included in this course is
a critical review of the current sustainable food issues of hunger and
nutrition, food justice and sovereignty, fair trade, labor issue, farm-
to-school/university, community supported agriculture, organic foods,
GMO and cloned foods, and food and water safety in the food supply
chain. Students participate in a service learning project with the local
community garden, the local farmers market, and/or several local farmers
to understand the real world application of sustainable foods.
NTFS 3730 Quantity Food Practicum
3 Credit Hours.  0 Lecture Hours.  0 Lab Hours.
Food science theories and principles are applied in an institutional food service facility. Food service production and techniques are developed in this course as are skills in the application of sanitation regulations.
Prerequisite(s): A minimum grade of "C" in NTFS 3537 or NTFS 3538 and ServSafe Manager Certification.

NTFS 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): KINS 4195S.

NTFS 4534 Medical Nutrition Therapy I
3 Credit Hours.  2 Lecture Hours.  2 Lab Hours.
Investigates the role and benefits of nutritional support and therapy in the metabolic and pathophysiological changes associated with disease in humans. Teaches the application and documentation of the nutritional care process to the needs of patients. Emphasis is placed upon energy in-balance, drug nutrient interactions, metabolic disorders, and gastrointestinal, hepato-biliary, endocrine, and cardiovascular diseases. Students will demonstrate the skills needed to apply the principles of medical nutrition therapy to clinical situations through laboratory experiences.
Prerequisite(s): A minimum grade of "C" in NTFS 3535 and NTFS 3536 and prior or concurrent enrolment in NTFS 4536 with a minimum grade of "C" or permission of instructor.

NTFS 4535 Community Nutrition
3 Credit Hours.  3 Lecture Hours.  0 Lab Hours.
Explores the role of nutritionists in the delivery of nutrition services through community agencies and health and wellness programs. Planning, implementation, monitoring and evaluation of community-based programs are emphasized. The role of government and the impact of the legislative process on the provision of services is examined.
Prerequisite(s): A minimum grade of "C" in NTFS 2530 or NTFS 2535 or NTFS 3534.

NTFS 4536 Metabolic Nutrition
0-3 Credit Hours.  0-3 Lecture Hours.  0 Lab Hours.
Considers the principles of nutrition science with special emphasis on integration of macro and micronutrient...
Prerequisite(s): A minimum grade of "C" in CHEM 3530 and KINS 2532 and KINS 2531 and KINS 2511 and KINS 2512 and NTFS 3534 or permission of instructor.

NTFS 4537 Experimental Food Science
0.3 Credit Hours.  0.1 Lecture Hours.  0.4 Lab Hours.
Considers the effects of composition, handling, and preparation techniques on food product quality. Emphasis is placed on basic concepts of research methodology, statistical analysis, and preparation of detailed technical reports.
Prerequisite(s): A minimum grade of "C" in NTFS 3537 or STAT 2231 or permission of instructor.

NTFS 4538 Medical Nutrition Therapy II
3 Credit Hours.  3 Lecture Hours.  0 Lab Hours.
Investigates the role and benefits of nutritional support and therapy in the metabolic and pathophysiological changes associated with disease in humans. Teaches the application and documentation of the nutritional care process to the needs of patients. Emphasis is placed upon sepsis, burns, trauma, cancer, immune and neurological disorders, hypertension, anemia, pulmonary, bone, and renal diseases, soft tissue disorders and diseases as well as adaptive feeding techniques and specialized equipment, parenteral and enteral nutrition, and complementary/alternative nutrition and herbal therapies. Students will demonstrate the skills needed to apply the principles of medical nutrition therapy to clinical situations through laboratory experiences.
Prerequisite(s): A minimum grade of "C" in NTFS 4534 or permission of instructor.

NTFS 4539 Issues and Trends in Food Science
3 Credit Hours.  3 Lecture Hours.  0 Lab Hours.
A study of current trends and issues in the field of food science and technology. Issues related to product development, marketing and regulations and standards will be addressed.
Prerequisite(s): A minimum grade of "C" in NTFS 3537 or permission of instructor.

NTFS 4610 Nutrition and Food Science Senior Seminar
1 Credit Hour.  1 Lecture Hour.  0 Lab Hours.
Provides nutrition and food science seniors with a colloquium in which to prepare and deliver presentations in trends and issues in the field of nutrition and food science in a seminar forum. The course also includes the process of applications for dietetic internships and/or employment opportunities. Resume writing, portfolio review and interviewing skills will be discussed.
Prerequisite(s): A minimum grade of "C" in NTFS 2514 and Senior status.

NTFS 4630 Cultural Foods
3 Credit Hours.  3 Lecture Hours.  0 Lab Hours.
This course explores the relationship between food and nutrition, history, geography, culture and traditions, religion, communication, and acculturation. This course includes the study of cultural parameters and current issues that have shaped and continue to influence foodways - food availability, farming and food production practices, economics, politics, globalization, and sustainability. Students will also examine their own heritage and family dynamics to better understand their personal food, nutrition, and health beliefs and practices.

NTFS 4899 Directed Individual Study
1-6 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. Permission of instructor.

SMGT 2130 Introduction to Sport Management
3 Credit Hours.  3 Lecture Hours.  0 Lab Hours.
Introduces students to the meaning of sport management in terms of its scope, foundations, issues and future trends. Examines the job responsibilities and competencies required of sport managers in a variety of sports, or sport-related organizations. Also provides the student with an overview of the different facets and career opportunities available in the field of sport management.

SMGT 2230 Social Issues of Sport
3 Credit Hours.  3 Lecture Hours.  0 Lab Hours.
Helps the student understand the social aspect of sport. Specifically, examines such topics as how social phenomena affect sport participation and behavior, and how the dynamic nature and diverse parameters of society affect the sport industry.
SMGT 3230 Economics of Sport
3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.
Examines major economic issues in the sport industry and introduces the methodology of economics that can be used to analyze these issues.
Prerequisite(s): A minimum grade of "C" in SMGT 2130, SMGT 2230, ACCT 2030, ECON 2105, STAT 2231 and either CISM 1110, CISM 1120, CISM 1130.

SMGT 2236 Financial Management of Sport
3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.
Examines the fundamental concepts and theories of finance applicable to the field of sport management.
Prerequisite(s): A minimum grade of "C" in SMGT 2130, SMGT 2230, ACCT 2030, ECON 2105, STAT 2231 and either CISM 1110, CISM 1120, CISM 1130.

SMGT 3237 International Sport Management
3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.
An in-depth examination of the nature and role of sport in contrasting cultures and the matters of sport governance that cross national boundaries as well as the possibilities of formulating reform measures in sport policy and practice around the world.
Prerequisite(s): A minimum grade of "C" in SMGT 2130, SMGT 2230, ACCT 2030, COMM 2332, ECON 2105, STAT 2231.
Cross Listing(s): SMGT 3237S.

SMGT 3237S International Sport Management
3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.
An in-depth examination of the nature and role of sport in contrasting cultures and the matters of sport governance that cross national boundaries as well as the possibilities of formulating reform measures in sport policy and practice around the world.
Prerequisite(s): A minimum grade of "C" in SMGT 2130, SMGT 2230, ACCT 2030, COMM 2332, ECON 2105, STAT 2231.
Cross Listing(s): SMGT 3237.

SMGT 3238 Management of Sport Organizations
3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.
Introduces the student to the operation of actual sport enterprises.
Prerequisite(s): A minimum grade of "C" in SMGT 2130, SMGT 2230, ACCT 2030, ECON 2105, STAT 2231 and either CISM 1110 and CISM 1120 or CISM 1130.

SMGT 3330 Sport Promotion and Marketing
3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.
Focuses on the application of marketing principles and practices to the sport industry.
Prerequisite(s): A minimum grade of "C" in SMGT 2130, SMGT 2230, ACCT 2030, ECON 2105, MKTG 3131, STAT 2231 and either CISM 1110, CISM 1120, CISM 1130.
Cross Listing(s): SMGT 3330H.

SMGT 3330H Sport Promotion and Marketing
3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.
Focuses on the application of marketing principles and practices to the sport industry.
Prerequisite(s): A minimum grade of "C" in SMGT 2130, SMGT 2230, ACCT 2030, ECON 2105, MKTG 3131, STAT 2231 and either CISM 1110, CISM 1120, CISM 1130.
Cross Listing(s): SMGT 3330.

SMGT 4090 Selected Topics in Sport Management
1-3 Credit Hours. 1-3 Lecture Hours. 0 Lab Hours.
Provides a student with in-depth of selected topics in Sport Management.
Prerequisite(s): Permission of instructor.

SMGT 4090S Selected Topics in Sport Management
1-3 Credit Hours. 1-3 Lecture Hours. 0 Lab Hours.
Provides a student with in-depth of selected topics in Sport Management.
Prerequisite(s): Permission of instructor.
SMGT 4899 Directed Individual Study
1-6 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.