KINS Kinesiology

KINS 6130 Research Design in Kinesiology  
3 Credit Hours.  3 Lecture Hours.  0 Lab Hours.  
Provides the student with the opportunity to develop skill in designing,  
evaluating and producing research, with a focus on critical thinking and  
problem solving.  
Prerequisite(s): Undergraduate course in research methods or  
Permission of Instructor.  

KINS 6131 Data Analysis in Kinesiology  
3 Credit Hours.  3 Lecture Hours.  0 Lab Hours.  
Provides the student with an advanced understanding of data analysis in  
kinesiology. The goal of the course is for the student to obtain advanced  
knowledge and skills to analyze and understand research data within the  
field of human movement.  

KINS 6132 Research Methods  
3 Credit Hours.  3 Lecture Hours.  0 Lab Hours.  
Introduces the student to fundamental principles underlying research  
methods in sport coaching. Included will be basic procedures for  
conducting experimental, descriptive, historical, qualitative research,  
computer applications, basic measurement concepts, statistical methods,  
critical thinking and scholarly writing.  

KINS 6133 Programming for Optimal Performance  
3 Credit Hours.  3 Lecture Hours.  0 Lab Hours.  
This course is designed to provide scientifically supported information  
covering sport training theory, periodization, and sport training methods  
that can be used by coaches, athletes, and strength and conditioning  
professionals.  

KINS 6134 Elementary Physical Education Methods  
3 Credit Hours.  3 Lecture Hours.  0 Lab Hours.  
This course develops instructional methods in planning, teaching &  
evaluating psychomotor, cognitive & affective learning in elementary  
physical education. The emphasis will be on student learning in health  
related fitness, movement concepts, and skill themes at the elementary  
physical education level. Specifically, the course will be oriented toward  
developing appropriate curriculum content & effective teaching skills for  
elementary physical education.  
Prerequisite(s): Admission to MAT in Health and Physical Education  
program.  

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

KINS 6234 Adapted Physical Education Methods  
3 Credit Hours.  3 Lecture Hours.  0 Lab Hours.  
This course is designed to develop advanced knowledge and skills of  
an adapted physical educator. Course activities will focus on advanced  
knowledge of ethics, professional leadership, and assessment of students  
with disabilities in the K-12 setting. Course objectives focus the specialized  
knowledge described by the National Consortium for Physical Education  
and Recreation for Individuals with Disabilities (NCPERID) in the Adapted  
Physical Education National Standards.  
Prerequisite(s): A minimum grade of "C" in HLTH 6133 and KINS 6134  
and admission to MAT in Health and Physical Education program.  

KINS 6325 Teaching Adapted and Elementary Skills and Concepts  
2 Credit Hours.  2 Lecture Hours.  0 Lab Hours.  
This course is designed to enhance the knowledge, skills, and concepts  
of health and physical education pertinent to adapted physical education  
and elementary physical education. The course identifies appropriate teaching  
sequences, assessment strategies, and developmentally appropriate  
modifications to enhance student learning in adapted and elementary  
physical education. Skill, strategy, and conceptual transfer, across  
avtivities will be identified to enhance learner skillfulness and adaptability.  
Content focus will be on activities involving individual and group skills to  
diversify movement efficiency for adapted physical education and  
elementary physical education. Strategies for integrating classroom  
concepts and fitness concepts into these activities will be addressed.  
Prerequisite(s): A minimum grade of "C" in HLTH 6133 and KINS 6134  
and admission to MAT in Health and Physical Education program.  

KINS 6326 Teaching Health and Secondary Physical Education  
Skills and Concepts  
2 Credit Hours.  2 Lecture Hours.  0 Lab Hours.  
This course is designed to enhance the knowledge, skills, and concepts  
of health and physical education pertinent to health and secondary  
physical education. The course identifies appropriate teaching sequences,  
assessment strategies, and developmentally appropriate modifications  
to enhance student learning in health and secondary physical education.  
Skill, strategy, and conceptual transfer, across activities will be identified  
to enhance learner skillfulness and adaptability. Content focus will be on  
avtivities involving individual and group skills to diversify movement  
efficiency for health and secondary physical education. Strategies for  
integrating classroom concepts and fitness concepts into these activities  
will be addressed.  
Prerequisite(s): A minimum grade of "C" in HLTH 6133 and KINS 6134  
and admission to MAT in Health and Physical Education program.  

KINS 6334 Secondary Physical Education Methods  
3 Credit Hours.  3 Lecture Hours.  0 Lab Hours.  
This course develops instructional methods in planning, teaching &  
evaluating psychomotor, cognitive & affective learning in secondary  
physical education. The emphasis will be student learning in health  
related fitness and game/sport at the secondary physical education levels.  
Specifically, the course will be oriented toward developing appropriate  
curriculum content & effective teaching skills for secondary physical  
education.  
Prerequisite(s): A minimum grade of "C" in HLTH 6133 and KINS 6134  
and admission to MAT in Health and Physical Education program.  

KINS 7099 Selected Topics in Kinesiology  
1-3 Credit Hours.  1-3 Lecture Hours.  0 Lab Hours.  
Provides the student with an opportunity for in-depth study of selected  
topics in kinesiology.  
Prerequisite(s): Permission of Instructor.  

KINS 7110 Multicultural Issues in Physical Education  
1 Credit Hour.  1 Lecture Hour.  0 Lab Hours.  
This course focuses on the critical analysis of multicultural issues and  
other ecological variables in physical activity settings including equity,  
accessibility, social responsibility, and cultural influences.  

KINS 7131 Ethical Issues in Sport and Exercise Psychology  
3 Credit Hours.  3 Lecture Hours.  0 Lab Hours.  
This course is designed to provide students with an overview of  
ethical issues and implications within sport, exercise, and performance  
psychology contexts. In addition to satisfying the ethics requirement  
certification with the Association for Applied Sport Psychology, this  
course is designed to expose students to knowledge about ethics and  
ethical decision-making. In addition to gaining knowledge in this area, it  
is intended for students to have the opportunity to become more aware of  
their own value system as a sport and exercise psychology professional  
and gain an understanding as to how ethics and values influence their own  
professional practice in teaching, research, and applied areas within the  
field.  
Prerequisite(s): A minimum grade of "C" in KINS 7530.
KINS 7230 Advanced Exercise Physiology
3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.
This course focuses on the advanced study of the acute and chronic effects of exercise on the physiological systems of the human body.
Prerequisite(s): Undergraduate course in exercise physiology.

KINS 7231 Laboratory Techniques in Exercise Physiology
3 Credit Hours. 2 Lecture Hours. 3 Lab Hours.
Acquaints the student with the use of typical laboratory equipment used in exercise physiology.
Prerequisite(s): A minimum grade of "C" in KINS 7230 or Permission of instructor.

KINS 7232 Health Appraisal and Fitness Testing
3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.
Examines advanced fitness assessments and exercise prescription. Students will learn assessment techniques for a wide variety of client categories and will be responsible for demonstrating application of measurement skill in a format similar to national certification exams.
Prerequisite(s): A minimum grade of "C" in KINS 7230 or Permission of instructor.

KINS 7233 Fitness Program Administration
3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.
Focuses on the administrative aspects involved in conducting safe and effective fitness programs. Students will learn exercise leadership, patient counseling, emergency procedures, and administrative principles as they apply to clinical exercise settings.

KINS 7234 Clinical Applications of Biomechanics
3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.
Provides the student with the biomechanical knowledge essential to conduct systematic quantitative and qualitative analysis of human movement in clinical settings.
Prerequisite(s): Undergraduate courses in biomechanics, physics, and functional anatomy or permission of instructor.

KINS 7235 Instrumentation and Techniques in Biochemistry
3 Credit Hours. 2 Lecture Hours. 3 Lab Hours.
Provides students with theoretical knowledge and skills for the biomechanical analysis of movement.
Prerequisite(s): A minimum grade of "C" in an undergraduate class in biomechanics, algebra, trigonometry, or permission of instructor.

KINS 7236 Cardiopulmonary Pathophysiology and ECG Interpretation
3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.
Focuses on the pathophysiology, epidemiology and rehabilitation from the effects of cardiovascular and respiratory disease. Students will learn electrocardiograph interpretation and become familiar with exercise prescriptions for persons with cardiovascular and respiratory disease.
Prerequisite(s): A minimum grade of "C" in KINS 7230 or KINS 7232 or Permission of instructor.

KINS 7237 Exercise and Special Populations
3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.
Examines the various physiological processes as they are affected by pregnancy, maturation and aging, and how these changes alter a person's response to, and ability to participate in, exercise.
Prerequisite(s): A minimum grade of "C" in KINS 7230 or permission of instructor.

KINS 7238 Human Performance and Nutrition
3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.
Examines the interaction between nutrition and physical activity, including exercise and athletic performance. Topics will include the latest research on nutrients and ergogenic aids.
Prerequisite(s): Undergraduate course in exercise physiology or permission of instructor.

KINS 7239 Clinical Exercise Physiology
3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.
Prepares the student to supervise and direct exercise for the management and rehabilitation of clinical cardiovascular, pulmonary, renal, and metabolic disease.
Prerequisite(s): A minimum grade of "C" in an undergraduate course in exercise physiology or permission of instructor.

KINS 7310 Introduction to Clinical Instruction
1 Credit Hour. 1 Lecture Hour. 0 Lab Hours.
This course introduces the newly certified athletic trainer to the clinical instructor role in an athletic training clinical setting. Content includes: learning and instruction styles, educational competencies, legal and ethical behaviors, instructional skills of mentoring, supervision, administration, evaluation and assessment of the undergraduate athletic training student in the clinical setting.

KINS 7320 Advanced Exercise Physiology
3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.
This course considers micronutrient metabolism in sports nutrition at an advanced level with respect to the metabolism, function, and requirements of macronutrients for physical activity.
Prerequisite(s): A minimum grade of "C" in KINS 7238.

KINS 7321 Laboratory Techniques in Exercise Physiology
3 Credit Hours. 2 Lecture Hours. 3 Lab Hours.
Acquaints the student with the use of typical laboratory equipment used in exercise physiology.
Prerequisite(s): A minimum grade of "C" in KINS 7230 or Permission of instructor.

KINS 7322 Health Appraisal and Fitness Testing
3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.
Examines advanced fitness assessments and exercise prescription. Students will learn assessment techniques for a wide variety of client categories and will be responsible for demonstrating application of measurement skill in a format similar to national certification exams.
Prerequisite(s): A minimum grade of "C" in KINS 7230 or Permission of instructor.

KINS 7323 Fitness Program Administration
3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.
Focuses on the administrative aspects involved in conducting safe and effective fitness programs. Students will learn exercise leadership, patient counseling, emergency procedures, and administrative principles as they apply to clinical exercise settings.

KINS 7324 Clinical Applications of Biomechanics
3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.
Provides the student with the biomechanical knowledge essential to conduct systematic quantitative and qualitative analysis of human movement in clinical settings.
Prerequisite(s): Undergraduate courses in biomechanics, physics, and functional anatomy or permission of instructor.

KINS 7325 Instrumentation and Techniques in Biochemistry
3 Credit Hours. 2 Lecture Hours. 3 Lab Hours.
Provides students with theoretical knowledge and skills for the biomechanical analysis of movement.
Prerequisite(s): A minimum grade of "C" in an undergraduate class in biomechanics, algebra, trigonometry, or permission of instructor.

KINS 7326 Cardiopulmonary Pathophysiology and ECG Interpretation
3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.
Focuses on the pathophysiology, epidemiology and rehabilitation from the effects of cardiovascular and respiratory disease. Students will learn electrocardiograph interpretation and become familiar with exercise prescriptions for persons with cardiovascular and respiratory disease.
Prerequisite(s): A minimum grade of "C" in KINS 7230 or KINS 7232 or Permission of instructor.

KINS 7327 Exercise and Special Populations
3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.
Examines the various physiological processes as they are affected by pregnancy, maturation and aging, and how these changes alter a person's response to, and ability to participate in, exercise.
Prerequisite(s): A minimum grade of "C" in KINS 7230 or permission of instructor.

KINS 7328 Human Performance and Nutrition
3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.
Examines the interaction between nutrition and physical activity, including exercise and athletic performance. Topics will include the latest research on nutrients and ergogenic aids.
Prerequisite(s): Undergraduate course in exercise physiology or permission of instructor.
KINS 7339 Energy Balance for Weight Management
3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.
This course analyzes the importance of energy balance in weight management as well as investigates genetic, metabolic, environmental factors that contribute to overweight and obesity. Physiological and psychological consequences of overweight and obesity as well as the roles of diet, behavior, and exercise in its prevention and treatment will be discussed. Special emphasis will be placed on the application of weight management theory to the development, presentation, and analysis of weight loss and weight maintenance protocols.
Prerequisite(s): A minimum grade of "C" in KINS 7238 and acceptance into the Georgia Southern University Dietetic internship.
KINS 7430 Administrative Issues in Coaching
3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.
Provides the student with the opportunity to study philosophy, principles and procedures in administering an athletic team or program.
KINS 7431 Applied Sport Physiology
3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.
Focuses on the study of exercise physiology principles applied to developing training and conditioning programs for enhancing health-related fitness and performance.
Prerequisite(s): Undergraduate course in exercise physiology or permission of instructor.
KINS 7432 Applied Sport Biomechanics
3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.
Provides the student with an in-depth study of the internal and external forces acting on the human body and the effects produced by these forces.
Prerequisite(s): Undergraduate courses in biomechanics, physics, and functional anatomy or permission of instructor.
KINS 7433 Prevention, Recognition and Care of Athletic Injuries
3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.
Focuses on the study of advanced knowledge in the concepts, practices, and procedures in the prevention, recognition and care of athletic injury and illness.
Prerequisite(s): Undergraduate courses in anatomy, physiology, and exercise physiology or permission of instructor.
KINS 7434 Current Issues in Coaching
3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.
Provides the student with an overview of the skills, techniques and knowledge involved in becoming a coach, focusing on current issues affecting the coaching profession.
KINS 7435 Physical Educ Meas/Eval
3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.
KINS 7436 Phys Activ Prog Sr Adults
3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.
KINS 7437 Analysis of Teaching Physical Education
3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.
Examines practices of effective teaching techniques and their relationship to learning. Provides the student with an understanding of opportunities to practice effective teaching strategies and skills.
KINS 7438 Motor Behavior
3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.
Presents the major theoretical frameworks for acquisition of motor skill. Emphasis is given to the understanding of concepts of motor development, motor control, motor learning and the implications for pedagogy.
Prerequisite(s): Undergraduate course in motor behavior of permission of instructor.
KINS 7439 History/Philosophy of PE
3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.
KINS 7530 Psychology of Sport and Exercise Performance
3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.
Examines the psychological factors that may lead to peak performances in exercise and sport. Students will be introduced to the physical, mental, and emotional variables related to the readiness states of this ideal performance condition. Research and interventions associated with the common qualities of peak performance will be discussed.
Prerequisite(s): Undergraduate course in sport psychology or permission of instructor.
KINS 7531 Team Dynamics
3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.
Provides the student with an understanding of the influence of teams/groups within exercise and sport upon the individual performer, as well as, the influence of individuals upon teams/groups. Based upon the science/practice model, thus theory, research and application within team/group dynamics. The assignments are structured to give students experience with working in teams/groups.
Prerequisite(s): Undergraduate course in sport psychology or permission of instructor.
KINS 7533 Sport and Exercise Psychology Interventions
3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.
Provides an introduction to the application of exercise and sport psychology intervention strategies to enhance performance. Students will participate in various individual-focused performance enhancement training procedures and produce a personalized performance enhancement manual.
Prerequisite(s): A minimum grade of "C" in KINS 7530 or permission of instructor.
KINS 7534 Current Issues in Sport and Exercise Psychology
3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.
This course provides student with an in-depth examination of special areas, current topics, and relevant issues in the field of sport and exercise psychology.
KINS 7535 Fitness and Wellness Education
3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.
The purpose of this course is to provide the teacher with current theories and knowledge regarding fitness and wellness education in P-12 Physical Education. The course will additionally provide the teacher opportunities to design and evaluate fitness and wellness education programs.
KINS 7536 Assessment and Technology in Physical Education
3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.
The purpose of this course is to develop skills and knowledge necessary to effectively assess student learning in P-12 Physical Education. The course will additionally provide an overview of the various types of technology that can be utilized in teaching and assessing physical education. The course includes personal computer use in creating materials to enhance instruction and aid in assessment. Also included are other technologies, such as personal digital assistants (PDA), digital cameras/camcorders, various physical education software and Internet options.
KINS 7537 Evaluation and Rehabilitation of the Lumbar Spine
3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.
This course provides the student an opportunity for advanced study of lumbar pathology, assessment, and rehabilitation. Students will be exposed to both theoretical framework as well as psychomotor aspects of assessment and rehabilitation of the lumbar spine.
KINS 7538 Motor Behavior
3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.
The purpose of KINS 7539 is to learn exercise behavior change strategies and provide knowledge and skills necessary to improve health and physical activity adherence for both individuals and groups. This course offers an applied inquiry into individual behaviors and lifestyles that affect physical and mental health from a health promotion, exercise science, and psychological perspective.
Prerequisite(s): A minimum grade of "C" in KINS 7530.
KINS 7590  Action Research in Physical Education
1-3 Credit Hours.  1-3 Lecture Hours.  0 Lab Hours.
The purpose of this course is to develop the skills and knowledge necessary to effectively conduct research in P-12 Physical Education to assess effective teaching skills.

KINS 7630  Seminar in Kinesiology
3 Credit Hours.  3 Lecture Hours.  0 Lab Hours.
Provides the student with an in-depth literature review and discussion of contemporary topics in kinesiology.
Prerequisite(s): A minimum grade of "C" in KINS 6130 or KINS 6131.

KINS 7637  Health and Physical Education Seminar
3 Credit Hours.  3 Lecture Hours.  0 Lab Hours.
This course is intended to provide MAT health and physical education majors with a colloquium in which to discuss job search strategies, trends and current issues in the profession, certification issues in education, student teaching responsibilities, and advocacy strategies for promoting the profession. This course is taken simultaneously with the student teaching experience.
Prerequisite(s): A minimum grade of "C" in KINS 6234, KINS 6325, KINS 6326, and KINS 6334 and admission to MAT in Health and Physical Education program.
Corequisite(s): ESED 5799G.

KINS 7730  Practicum in Coaching
3 Credit Hours.  0 Lecture Hours.  0 Lab Hours.
Provides the student with coaching experiences in planning, teaching skills, conducting practice sessions, organizing game situations and analysis, scouting and structuring off- season programming.
Prerequisite(s): Permission of instructor.

KINS 7731  Clinical Practicum for Teaching Athletic Training Skills
3 Credit Hours.  0 Lecture Hours.  0 Lab Hours.
Provides the student with an opportunity to practice knowledge and skills of teaching clinical skills in athletic training. Students will be placed in clinical environments and will assist in the teaching of clinical athletic training skills.
Prerequisite(s): A minimum grade of "C" in KINS 7330 or Permission of instructor.

KINS 7732  Clinical Practicum for Evaluating Athletic Training Skills
3 Credit Hours.  0 Lecture Hours.  0 Lab Hours.
Allows the student to practice knowledge and skills of evaluating clinical skills in athletic training. Students will be placed in clinical environments and will assist with the supervision and evaluation of the application of athletic training skills.
Prerequisite(s): A minimum grade of "C" in KINS 7333 or KINS 7731 or permission of instructor.

KINS 7733  Practicum in Sport and Exercise Psychology
3 Credit Hours.  0 Lecture Hours.  0 Lab Hours.
This course provides the student with the opportunity to practice knowledge and skills of sport and exercise psychology intervention. Students will be involved in supervised, applied environments that allow them to work with a team or individual.
Prerequisite(s): A minimum grade of "C" in KINS 7531 and KINS 7533 or permission of instructor.

KINS 7799  Internship in Kinesiology
6-9 Credit Hours.  0 Lecture Hours.  0 Lab Hours.
Provides the student with an opportunity to receive practical experiences in a selected movement related setting.
Prerequisite(s): Permission of graduate program director.

KINS 7898  Project in Athletic Training
1-6 Credit Hours.  0 Lecture Hours.  0 Lab Hours.
This course will allow the student to understand the research process and expand the student's knowledge within athletic training. The student will work alongside a faculty member with shared research interests.
Prerequisite(s): A minimum grade of "C" in KINS 6130 and KINS 6131.

KINS 7899  Directed Individual Study
1-3 Credit Hours.  0 Lecture Hours.  0 Lab Hours.
Provides the student with an opportunity to investigate an area of interest under the direction of a faculty mentor.
Prerequisite(s): Permission of graduate program director.

KINS 7999  Thesis
1-6 Credit Hours.  0 Lecture Hours.  0 Lab Hours.
Provides the student with an opportunity to complete an independent research project. A written and oral defense of the project is required.
Prerequisite(s): Permission of graduate program director.