

KIN: KINESIOLOGY

Courses

KIN 101. Intro to Adventure Based Educ. 3 Credits.

A course designed for the student to understand the adventure approach to experiential education in various environments. The students will have the opportunity to experience an adventure curriculum including initiatives, problem-solving activities, and low and high ropes course elements.

KIN 103. Introduction to Teaching Physical Education. 3 Credits.

Students will gain an introduction to the field and basic foundational knowledge that will be used in succeeding coursework. The majority of the course will focus on best practices in physical education instruction and quality physical education programs. Students will have multiple opportunities to develop lesson plans and teach those plans at a local elementary school. Topics also include advising, clearances, ethics, health education, sub-disciplines of kinesiology and the history of physical education. Clearances must be presented during the first week of classes to remain enrolled, see the College of Education.

KIN 199. Kinesiology Transfer Credits. 0.5-18 Credits.

Transfer Credits
Repeatable for credit.

KIN 246. Sport, Wellness, and Society. 3 Credits.

Current theories and research in the area of sport, wellness, and society will be introduced. The focus of the course is interdisciplinary, incorporating sociological, psychological, historical, anthropological, philosophical, and economic perspectives. Topics include diversity and inclusion issues in sport, wellness, and the society at large, locally and globally.
Gen Ed Attribute: Diverse Community(select both), Interdisciplinary Requirement, Sustainability Pathway
Distance education offering may be available.

KIN 253. Adapted Aquatics, Lifetime Sport, and Fitness. 3 Credits.

This course is designed to increase knowledge and skills in providing appropriate and safe adapted aquatics, sports, and fitness activities to individuals with disabilities. Outside hours required.

KIN 254. Disability Studies: An Interdisciplinary Introduction. 3 Credits.

A study of the psychological and social implications of physical disabilities.
Gen Ed Attribute: ASL CC (select both), Diverse Community(select both)
Distance education offering may be available.

KIN 275. Lifeguarding. 2 Credits.

Theory and techniques relative to preventive lifeguarding, emergencies in and around water, water rescues, search and recovery operations, types and uses of equipment, records and reports, health and sanitation, and supervision of waterfront areas. Possibility of American Red Cross certification.

KIN 360. Path for Adapted Phys Act Specialists. 3 Credits.

Study of common disabling conditions with regard to anatomical and physiological changes and the modifications needed to be made during physical activity to be safe, successful and follow best practice.

KIN 362. Assessment and Programming Adapt Phy Act. 3 Credits.

For students who want to specialize in adapted physical education. To improve students' understanding of evaluation and programming in the psychomotor domain for special populations. Principles of therapeutic exercise, and guidelines for exercise programs for those disabilities commonly seen in schools and fitness centers.

KIN 400. Professional Seminar - Adapted Physical Activity. 3 Credits.

Issues and current events in the professional development of adapted physical activity specialists including communication and collaboration with related personnel; understanding requirements for job applications, resume building, and grant writing; professionalism; and current topics such as certification, ethics, and public relations.
KIN 400 has recommended prerequisites of HPE 205, HPE 206, and KIN 362 but does not require them.

KIN 448. Research Lab Techniques In Prevent Medicine. 3 Credits.

Research laboratory techniques in preventive medicine.
KIN 448 Prerequisite: Successful completion of BIO 259 with minimum grade of D-.

KIN 452. Principles of Coaching. 3 Credits.

Principles and methods of coaching sports in the school program.

KIN 458. Physical Disabilities Of Childhood. 2 Credits.

A course designed for students in special education. Common orthopedic and neurological disabilities of childhood, especially chronic deviations. Emphasis is on understanding the medical aspects and problems of rehabilitation.

KIN 465. Mechanical Analysis Of Motor Skill. 3 Credits.

A problem-solving approach to skill analysis using qualitative and quantitative video and cinematographic analysis as well as elementary force-time and accelerometry techniques. Useful for teachers, trainers, coaches, and exercise professionals.

KIN 473. Independent Study and Special Projects. 1-3 Credits.

Provide an opportunity for selected students to pursue areas of special interest and talent or to take advantage of special conferences or seminars.

KIN 475. Mental Training In Sport. 3 Credits.

Techniques of mental training for sport and physical activity, including relaxation training, concentration skills, breathing regulation, positive imagery, autogenic training, and meditation.