KINESIOLOGY (KIN)

College of Health Sciences

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.
Typically offered in Fall & Spring.

KIN 102. Adventure and Contemporary Activities. 2 Credits.
Provides future physical educators with the knowledge and skills necessary to instruct, demonstrate, and assess a variety of adventure and contemporary activities. Students will be able to setup, facilitate and process various ground activities as well as low and high ropes course elements. Students will also become proficient performing various contemporary or "alternative" activities such as mountain biking, orienteering and trampoline amongst others. Typically offered in Spring.

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.
Typically offered in Fall.

KIN 104. Fitness and Wellness I. 2 Credits.
Fitness and Wellness I is designed to provide Physical Education Teacher Education (PETE) students the foundational knowledge needed for teaching a comprehensive K-12 fitness and wellness curriculum. PETE students will gain the knowledge and skills they need to make meaningful and lasting behavior changes for living a healthy lifestyle. They will examine contemporary literature and research on fitness and wellness and participate in, design, implement, and assess numerous pedagogical activities.
Typically offered in Fall.

KIN 105. Fitness and Wellness II. 2 Credits.
This course (FW2) builds upon the information and concepts established in Fitness and Wellness I (FW1). While FW1’s foci were on scholastic curriculum and pedagogy, FW2 examines individual subjects commonly taught in public school physical education. In this course students will a) examine best instructional practices, b) study developmentally appropriate content, and c) apply pedagogical content knowledge by planning, teaching, and assessing fitness and wellness content. The goal of this course is to provide Physical Education Teacher Certification students with contemporary content and methods necessary to teach meaningful and effective classes.
Pre / Co requisites: KIN 105 requires a prerequisite of KIN 104.
Typically offered in Spring.

KIN 110. American Sign Language I. 3 Credits.
This is the first in a sequence of 4 American Sign Language courses. Students in this course will develop a fundamental vocabulary and understanding of American Sign Language. You will recognize, comprehend, apply and demonstrate culturally appropriate linguistic behaviors (vocabulary selection, grammar usage, turn-taking skills, feedback signals, eye-gaze, etc.) in order to communicate with other students and signers. In addition, information will be provided about deaf culture, general impact, barriers and opportunities related to hearing loss and Deaf Gain.
Typically offered in Fall & Spring.
Cross listed courses CSD 110, KIN 110.

KIN 111. American Sign Language II. 3 Credits.
This is the second of 4 courses in the ASL foreign language option. In this course students will increase communication skills; develop conversational skills in ASL. The students in this course will also continue to expand their knowledge of deaf culture by being provided with a better understanding of cultural values and behavioral roles of the Deaf community on the U.S. This course includes receptive and expressive activities, sign vocabulary, grammatical structure, receptive and expressive finger spelling, and facial expressions and body language.
Pre / Co requisites: KIN 111 requires a prerequisite of KIN 110 or CSD 110.
Typically offered in Fall & Spring.
Cross listed courses CSD 111, KIN 111.

KIN 140. Aquatic Fundamentals/ Emergency Water Safety. 2 Credits.
Review of basic aquatic skills with advanced stroke techniques, safety, and survival techniques. Typically offered in Fall & Spring.

KIN 186. Motor Development and Motor Learning. 3 Credits.
Understanding how children and adolescents acquire motor skills and become a skillful mover requires an integration of knowledge from the fields of motor development and motor learning. Motor development focuses on the progressive age-related changes in motor behavior attributed to growth, development and maturation. Motor learning focuses on the relatively permanent changes in motor behavior brought about by practice and experience. The focus of motor development and motor learning each provides a unique aspect to understanding the motor behavior of the moving child and adolescent; however it is the relationship between the aspects that provide a rich understanding of how both acquire motor skills. Physical education teachers must be able to use motor development knowledge to design goals appropriate for the developmental stage and perceptual motor abilities of the learner; and use motor learning knowledge to design appropriate movement tasks and practice conditions for the type of skill.
Typically offered in Fall.

KIN 201. Developmental Gymnastics and Dance. 2 Credits.
The purpose of this two-credit course is to provide health and physical education teacher candidates with the appropriate methods, materials, and skills needed for teaching gymnastics and dance in the K-12 physical education curriculum. Focus will be placed on the development of skills and concepts as they relate to gymnastics and dance.
Typically offered in Fall.

KIN 202. Invasion Games. 2 Credits.
The course will incorporate three elements throughout the semester: teaching, performance, and analysis. The Tactical Games Approach for all subjects will be utilized along with a clear focus on an Invasion Game concept, will be used to develop a clear and logical teaching approach to various physical education subjects. With this approach the students will learn each sport in its entirety, not just the specific skills used when in possession of the ball or disc. Students will be required to develop fundamental demonstration skills for each sport while simultaneously learning the skill progression for each. After learning each skill, the students will then perform systematic analyses on their classmate’s performance on various motor skill elements.
Typically offered in Fall.

KIN 203. Net and Wall Games. 2 Credits.
The course provides future physical educators with the knowledge and skills necessary to instruct, demonstrate, and assess the lifetime sports of tennis, badminton, volleyball, and pickleball. The Tactical Games Approach for all subjects will be utilized along with a clear focus on the Invasion Games concept and will be used to develop a clear and logical teaching approach to various physical education topics. With this approach students will learn the different sports in their entirety, not just specific skills used when in possession of the ball. Students will be required to develop fundamental demonstration skills for each sport while simultaneously learning the skill progression for each. After learning each skill, the students will then perform systematic analyses on their classmate’s performances on various motor skill elements.
Typically offered in Spring.
KIN 205. Curriculum and Instruction: Inclusion in Health & Physical Education. 3 Credits.
To provide Health and Physical Education majors with the skills, knowledge and attitudes:
1) to provide individuals with disabilities appropriate physical education/activity in inclusive
setting, 2) to prepare participants with disabilities for lifetime physical activity and fitness
pursuits in the school and community settings, 3) to advocate for appropriate physical
activities for individuals with disabilities; 4) to modify the environment for participation
of individuals with disabilities to the maximal extent possible in the general physical
education class/community based settings; 5) to assess students with disabilities and make
recommendations for goals, objectives, specially designed instruction, placement, and
modifications to curriculum, equipment, and other support services; 6) to work as a team
player on the multidisciplinary team.
Pre / Co requisites: KIN 205 requires prerequisites of KIN 103 and KIN 186. KIN 205 requires a
co-requisite of KIN 206. Field clearances required.
Typically offered in Spring.

KIN 206. Adapted PE & Health for Students with Disabilities. 3 Credits.
Through classroom and hands-on teaching experiences this course will provide health
and physical education teacher certification majors with the skills, knowledge and attitudes to
meet the needs of students with disabilities in inclusive and segregated health and physical
education classes and to meet the NASPE beginning teacher standards and the PA chapter
49.13 special education standards.
Pre / Co requisites: KIN 206 requires prerequisites of KIN 103, KIN 186, and field clearances.
KIN 206 requires a co-requisite of KIN 205.
Typically offered in Spring.

KIN 210. Intermediate American Sign Language I. 3 Credits.
This course is the third in a sequence of 4 ASL courses. In this course, you will build on what was
learned in KIN/CSD 110 11, continuing to emphasize the development of proper ASL grammar,
syntax and vocabulary with emphasis on conversation and narration/storytelling. Vocabulary-
building and mastery of grammar will be through rigorous receptive and expressive language
activities. Topics discussed in ASL include the location and description of items in rooms and
buildings, complaints, making suggestions, and making requests. Exposure to and knowledge
of Deaf culture is an integral part of the course.
Pre / Co requisites: KIN 210 requires a prerequisite of KIN 111 or CSD 111.
Typically offered in Fall.
Cross listed courses KIN 210, CSD 210.

KIN 211. Intermediate American Sign Language II. 3 Credits.
This is the final course in the WCU American Sign Language program and provides students
with opportunities to expand their sign production and comprehension skills in ASL. Students
continue to expand their awareness of ASL conventions, grammar and vocabulary, including
an extensive review of topical signs and idioms. Students develop a greater competency in
their receptive understanding of connected ASL discourse and in their expression of extended
ideas, concepts, and stories in ASL. Their expressive competency in discussion of ideas includes
an expression of their understanding of Deaf culture. Students continue the growth of their
technical awareness of Deaf culture and ASL linguistics.
Pre / Co requisites: KIN 211 requires a prerequisite of KIN 210 or CSD 210.
Typically offered in Spring.
Cross listed courses CSD 211, KIN 211.

KIN 246. Sport, Culture and Society. 3 Credits.
Current theories and research in the area of sport and society will be introduced. Focus of the
course is interdisciplinary, incorporating sociological, psychological, historical, anthropological,
philosophical, and economic perspectives. Topics include moral, ethical, racial, and gender
issues in sport in relation to the North American culture.
Gen Ed Attribute: Diversity Requirement, Interdisciplinary Requirement.

KIN 253. Adapted Aquatics, Lifetime Sport and Fitness. 3 Credits.
Course designed to increase knowledge and skills in providing appropriate and safe adapted
aquatics, sports, and fitness activities to individuals with disabilities. Outside hours required.
Typically offered in Fall.

KIN 254. Disability Studies: An Interdisciplinary Introduction. 3 Credits.
A study of the psychological and social implications of physical disabilities.
Gen Ed Attribute: American Sign Language Culture Cluster, Diversity Requirement, Foreign
Language Culture Cluster.
Distance education offering may be available.
Typically offered in Fall & Spring.

KIN 255. Introduction to Deaf Studies. 3 Credits.
This course introduces students to topics central to the Deaf and Deaf community,
including etiology and prevalence, diagnosis, service delivery systems, medical advances,
communication, education, literature, history and media. Utilizing readings, lectures, and
group discussion, students will learn about the anatomy and causes of deafness, medical,
therapeutic and vocational interventions, early intervention and education of deaf children,
communication strategies and their effectiveness, Deaf/Hearing relationships, and Deaf
literature and media. Upon course completion, students will understand deaf individuals and
their community in a holistic perspective and apply this knowledge toward their future studies
into Deaf culture and ASL.
Pre / Co requisites: KIN 255 requires prerequisite KIN/CSD 110/111 or permission of instructor.
Typically offered in Fall.

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 300. Curriculum and Instruction Elementary PE. 3 Credits.
Students in this course will examine the design, implementation and assessment of an
elementary physical education program.
Pre / Co requisites: KIN 300 requires prerequisites of KIN 201 and KIN 205.
Typically offered in Fall.

KIN 302. Curriculum and Instruction Mid-Sec PE. 3 Credits.
This third course in pedagogy will relate all topics to the middle and secondary physical
education setting. Intended to give students a comprehensive overview of topics that relate to
the planning, execution and reflection of lessons presented in the physical education setting.
Pre / Co requisites: KIN 302 requires prerequisites of KIN 205 and KIN 206 and Formal
Admission to Teacher Education.
Typically offered in Spring.

KIN 310. Fingerspelling and Numbers in ASL. 3 Credits.
Development of expressive and receptive skills in fingerspelling and numbers. Receptive skills
focus on whole word phase recognition and fingerspelling/number comprehension in text.
Expressive skills focus on the development of speech clarity and fluency. Students will learn
how to sign cardinal numbers, ordinal numbers, time, money, dates, addresses, and telephone
numbers. Fingerspelling will be developed with an emphasis on real world situations.
Pre / Co requisites: CSD 111 requires prerequisite of CSD 110.

KIN 331. Water Safety Instruction. 2 Credits.
This course is designed to prepare individuals to become swim instructors. Testing during the
first week includes a 500-yard swim, basic rescue procedures, and a written community water
safety test. Opportunity exists to become an American Red Cross water safety instructor.
Typically offered in Fall & Spring.

KIN 347. Software Applications and Assessment HPE. 3 Credits.
Students apply word processing and graphics software to produce knowledge tests,
worksheets, skill checklists, certificates of merit, and public relations handouts. Spreadsheet
software will be applied to budget and inventory projects. Grading, crossword puzzle,
computer-assisted instruction, and physical fitness assessment software also will be applied.
Students also will learn e-mail. Typically offered in Spring.

KIN 355. Deaf History. 3 Credits.
The deaf experience is similar in many ways to the experience of many oppressed populations.
Unique to the deaf experience is the mode of communication and the desire of hearing people
to “fix problems” associated with deafness. This course will provide an in-depth investigation
into the deaf experience. Specifically, this course will focus on historical aspects of deaf people
and apply that knowledge to understanding the attitudes and expectations of deaf people
today.

KIN 360. Path for Adapted Phys Act Specialists. 3 Credits.
Study of common disabling conditions with regard to anatomical and physiological changes.
Typically offered in Spring.

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. Typically offered in Spring.
KIN 400. Professional Seminar - Adapted Physical Activity. 3 Credits.
Issues and current events in the professional development of adapted physical activity specialists.

KIN 402. Physical Education Practicum. 3 Credits.
Field-based teaching experience in K-12 health and physical education.
Pre / Co requisites: KIN 402 requires prerequisites of KIN 102, KIN 104, KIN 201, KIN 202, KIN 203, KIN 300, KIN 302, and KIN 140 or KIN 275; field clearances; FATE (formal admission to teacher education required). Typically offered in Fall.

KIN 410. Linguistics of ASL. 3 Credits.
The linguistic structure of sign languages. How sign languages around the world differ, and what properties they share. Accents and dialects in sign languages. How sign languages are similar and different from spoken languages. How and why sign languages have emerged.
Pre / Co requisites: KIN 410 requires a prerequisite of KIN 210 or CSD 210.

KIN 448. Research Lab Techniques in Prevent Medicine. 3 Credits.
Research laboratory techniques in preventive medicine.
Pre / Co requisites: KIN 448 requires prerequisite of BIO 209.

KIN 452. Principles of Coaching. 3 Credits.
Principles and methods of coaching sports in the school program.
Typically offered in Fall & Spring.

KIN 457. ASL Literature. 3 Credits.
Introduction to American Sign Language literature analyzes genres in their social and cultural contexts as expressions of Deaf identity and the Deaf experience, as well as how historical and current issues in Deaf culture are represented in literary form. Focus will be on art, traditional folklore, storytelling, poetry, drama, oratory, jokes, and nonfiction narrative.

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.
Consent: Permission of the Department required to add.

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.
Typically offered in Spring.

KIN 489. Student Teaching. 6 Credits.
Health and physical education teaching situations in elementary, junior, and senior high schools under qualified cooperating teachers and college supervisors.
Pre / Co requisites: KIN 489 requires prerequisites of KIN 402, HEA 304, HEA 306, HEA 440 with a grade of C or better and formal admission into teacher education. All field clearances required and successful completion of Praxis II test. Typically offered in Spring.

KIN 490. Student Teaching. 6 Credits.
Observation and participation in health and physical education teaching situations in elementary, junior, and senior high schools under qualified cooperating teachers and college supervisors.
Pre / Co requisites: KIN 490 requires prerequisites of KIN 402, HEA 304, HEA 306, HEA 440 and formal admission into teacher education. All field clearances needed and successful completion of Praxis II test. Typically offered in Spring.
Repeatable for Credit.

KIN 498. Physical Education Workshop. 1-3 Credits.
Contact department for more information about this course. Repeatable for Credit.