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 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 199. Transfer Credits. 0.5-18 Credits.
Transfer Credits. Repeatable for Credit.

KIN 233. 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.
Typically offered in Fall.

KIN 234. Disability Studies: An Interdisciplinary Introduction. 3 Credits.
A study of the psychological and social implications of physical disabilities.
Distance education offering may be available.
Typically offered in Fall & Spring.

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: Diversity Requirement, Interdisciplinary Requirement.
Distance education offering may be available.
Typically offered in Fall & Spring.

KIN 253. Adapted Aquatics, Lifetime Sport, and Fitness. 3 Credits.
A course designed 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 254. Disability Studies: An Interdisciplinary Introduction. 3 Credits.
A study of the psychological and social implications of physical disabilities.
Distance education offering may be available.
Typically offered in Fall.

KIN 263. Mechanics 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 275. 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.

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.
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.