KINESIOLOGY (KINE)

KINE 5306  Sport Nutrition
3 Semester Credit Hours (3 Lecture Hours)
This course is designed to provide scientific evidence for the use of nutrient ingestion to enhance sport performance and maintain optimal health. Special emphasis will be placed on the chemical and biological changes caused by the ingestion of specific nutrients. In this course the student will learn to utilize current nutrition research to enhance the athlete's energy systems within various categories of sport.

KINE 5307  Research Design in Kinesiology
3 Semester Credit Hours (3 Lecture Hours)
The application of fundamental research methods to the design and development of a research proposal in kinesiology.

KINE 5308  Leadership in Kinesiology
3 Semester Credit Hours (3 Lecture Hours)
This course assists students in identifying and defining leadership in formal and non-formal kinesiology settings. The theoretical foundations interweaves: (a) formation of self-identification and self-awareness as a leader, (b) development of applied knowledge and skills, and (c) real-world application of effectively functioning as both a follower and a leader, thus developing a more complete and holistic leadership framework.

KINE 5309  Scientific Foundations of Strength and Conditioning
3 Semester Credit Hours (3 Lecture Hours)
This course is designed to examine the acute and chronic adaptations to anaerobic and aerobic training programs, as well as the energy systems of exercise and training. KINE 2325 or equivalent approved by KINE Graduate Coordinator.
Prerequisite: KINE 2325.

KINE 5311  Statistics in Kinesiology
3 Semester Credit Hours (3 Lecture Hours)
A study of basic statistical concepts and their application to research problems in kinesiology. Topics include issues related to descriptive and inferential statistics. Recommended
Prerequisite: KINE 4311.

KINE 5312  Sport Physiology
3 Semester Credit Hours (3 Lecture Hours)
This course expands basic undergraduate exercise physiology principles and focuses on the role of exercise physiology in sports performance, applied and research settings. Recommended

KINE 5313  Athletic Testing
3 Semester Credit Hours (3 Lecture Hours)
An advanced assessment course designed to provide techniques for physiological, athletic, and sport-specific tests associated with athletic performance. Test selection, test administration, data analysis, and appropriate evaluation techniques will be presented.

KINE 5314  Applied Principles of Strength and Conditioning
3 Semester Credit Hours (3 Lecture Hours)
The purpose of this course is to provide theoretical and practical knowledge of the physiological, biomechanical, and administrative aspects of designing and supervising strength and conditioning programs for various populations.

KINE 5325  Program Design for Resistance Training
3 Semester Credit Hours (3 Lecture Hours)
This course presents information on the process of designing scientifically based resistance training programs, modifying and adapting programs to meet the needs of special populations, and understanding how designing programs works in the real world.
KINE 5698 Thesis in Progress
3-6 Semester Credit Hours (3-6 Lecture Hours)
Students are required to successfully complete a thesis under the
direction and supervision of their thesis chair and committee members.
The thesis will require a minimum of two semesters of work and possibly
more depending upon their topic and design, thus students will be
allowed to register for three hours each semester. The thesis option is
designed for students that want to gain extensive experience in research
and/or greater knowledge about a specific topic area. It is also designed
for those that anticipate more advanced research (e.g., Ph.D.). Upon
completion of their work there is a thesis defense. The final product
includes: 1) Journal Abstract; 2) Journal Manuscript (choice of journal
is decided by thesis chair); 3) Poster Presentation; and 4) Power Point
Presentation (Defense).
Prerequisite: KINE 5307 and 5311.