KINESIOLOGY, BS

Program Description
Students seeking a BS in Kinesiology can specialize in EC-12 Physical Education Certification, Exercise Science-Strength & Conditioning, or Pre-Allied Health. All majors must take a minimum of 42 SCH in University Core Courses and a minimum of 23 SCH in Kinesiology Major Requirements.

The Bachelor of Science Degree with a major in Kinesiology coursework includes:

1. General Education Core Requirements,
2. Kinesiology Major Requirements,
3. Special Emphasis Requirements, and

Beyond the General Education Core Requirements, students majoring in kinesiology must complete all courses in sections 2-4 above with a grade of "C" or better. Transfer credit hours into the kinesiology degree plans must adhere to the same grade standard.

EC-12 Physical Education Certification
Students seeking a certificate to teach EC-12 Physical Education must complete the Bachelor of Science Degree in Kinesiology and complete the College of Education and Human Development EC-12 Teacher Certification requirements. Information for students holding a degree and seeking certification may be obtained in the Certification Office.

Exercise Science – Strength & Conditioning Specialization
Students seeking a career in exercise science/strength and conditioning should complete the requirements for the Exercise Science – Strength & Conditioning Specialization of the kinesiology major. This specialization serves as an excellent program for students seeking careers as fitness trainers, exercise specialists, and strength and conditioning coaches. The Exercise Science - Strength & Conditioning Specialization is also an exceptional preparatory program for students pursuing graduate study in Exercise Science (e.g. exercise physiology, kinesiology, biomechanics, measurement/evaluation). Graduates with a BS in Kinesiology with an Exercise Science – Strength & Conditioning Specialization will demonstrate knowledge of structural kinesiology, exercise physiology, biomechanics, sport psychology, and measurement and evaluation.

Pre-Allied Health Professional Specialization
Students seeking a career in allied health fields (e.g. Cardiac Rehabilitation, Dentistry, Medicine, Occupational Therapy, and Physical Therapy) should complete the requirements of the Pre-Allied Health Professional Specialization of the kinesiology major. This specialization serves as an excellent preparatory program for students pursuing graduate study in these fields as well as post baccalaureate study in exercise science. Graduates with a BS in Kinesiology with a Pre-Allied Health Professional Specialization will demonstrate knowledge of basic kinesiology theory and principles as they relate to the fields in allied health.

Student Learning Outcomes
EC-12 Physical Education Certification
Students will:

- create safe, equitable, developmentally-appropriate and enjoyable movement experiences which benefit the participant and encourage life-long participation in movement;
- model a healthy, physically active lifestyle and model a life-long learner seeking opportunities to grow professionally;
- serve the community as a knowledgeable practitioner of the kinesiology profession who meets the needs of all students in a diverse society.

Exercise Science – Strength & Conditioning Specialization
Students will:

- apply the principles of exercise testing and prescription to safely and effectively assess fitness status and appropriately prescribe exercise training programs;
- apply the principles of biomechanics to assess the quantity and quality of human motion;
- apply the principles of sport psychology to enhance human performance;
- apply the principles of measurement and evaluation to collect, analyze, and interpret data.

Pre-Allied Health Professional Specialization
Students will:

- apply the principles of exercise physiology to prescribe safe and effective strength and conditioning programs;
- apply the principles of biomechanics to assess the quantity and quality of human motion;
- apply the principles of sport psychology to enhance human performance;
- apply the principles of measurement and evaluation to collect, analyze, and interpret data.

General Requirements

<table>
<thead>
<tr>
<th>EC-12 Physical Education Certification</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Core Curriculum Program</td>
<td>42</td>
</tr>
<tr>
<td>(<a href="http://catalog.tamucc.edu/undergraduate/university-college/programs/core-curriculum-program/">http://catalog.tamucc.edu/undergraduate/university-college/programs/core-curriculum-program/</a>)</td>
<td></td>
</tr>
<tr>
<td>First-Year Seminars (when applicable)</td>
<td>0-2</td>
</tr>
<tr>
<td>Kinesiology Major Requirements</td>
<td>26</td>
</tr>
<tr>
<td>Certification Requirements</td>
<td>15</td>
</tr>
<tr>
<td>Physical Education Certification</td>
<td>15-27</td>
</tr>
<tr>
<td>Special Emphasis</td>
<td></td>
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<tr>
<td>Physical Education Certification</td>
<td></td>
</tr>
<tr>
<td>Special Foundations</td>
<td></td>
</tr>
<tr>
<td>Total Credit Hours</td>
<td>126-128</td>
</tr>
</tbody>
</table>
1 Full-time, first time in college students are required to take the first-year seminars.
   • UNIV 1101 First-Year Seminar I (1 sch)
   • UNIV 1102 First-Year Seminar II (1 sch)

2 Transfer students with 24 or more hours are exempt from First-Year Seminar.

Exercise Science – Strength & Conditioning Specialization

Requirements | Credit Hours
--- | ---
Core Curriculum Program (http://catalog.tamucc.edu/undergraduate/university-college/programs/core-curriculum-program/) | 42
First-Year Seminars (when applicable) | 0-2
Kinesiology Major Requirements | 26
Exercise Science Special Emphasis Requirements | 28
Exercise Science Special Foundations | 25

Total Credit Hours | 121-123

1 Full-time, first time in college students are required to take the first-year seminars.
   • UNIV 1101 First-Year Seminar I (1 sch)
   • UNIV 1102 First-Year Seminar II (1 sch)

2 Transfer students with 24 or more hours are exempt from First-Year Seminar.

Pre-Allied Health Professional Specialization

Requirements | Credit Hours
--- | ---
Core Curriculum Program (http://catalog.tamucc.edu/undergraduate/university-college/programs/core-curriculum-program/) | 42
First-Year Seminars (when applicable) | 0-2
Kinesiology Major Requirements | 26
Special Emphasis Requirements | 30
Special Foundations | 24

Total Credit Hours | 122-124

1 Full-time, first time in college students are required to take the first-year seminars.
   • UNIV 1101 First-Year Seminar I (1 sch)
   • UNIV 1102 First-Year Seminar II (1 sch)

2 Transfer students with 24 or more hours are exempt from First-Year Seminar.

Program Requirements

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>UNIV 1101</td>
<td>First-Year Seminar I</td>
<td>1</td>
</tr>
</tbody>
</table>
**Special Emphasis**

Students completing the EC-12 Physical Education Certification must complete five courses (a minimum of 15 semester hours) in a special emphasis area (second emphasis area) approved by their faculty mentor. All courses in the special emphasis area must be passed with a grade of "C" or better.

**Required Courses**

- **KINE 1106**: Weight Training
- **KINE 2326**: Essentials of Professional Fitness Training
- **KINE 2375**: Nutrition for Human Performance
- **KINE 3318**: Prevention and Care of Athletic Injuries
- **KINE 3339**: Elementary Physical Education Programs (3 sch)
- **KINE 3341**: Secondary Physical Education Programs (3 sch)

Students must complete five courses (a minimum of 15 semester hours) in the special emphasis area approved by their faculty mentor. Special emphasis areas include:

- **Blended offering**

**Special Foundations**

(See “College of Education and Human Development Certification Requirements” in this catalog for the EDUC courses required for teacher certification.) Prior to being admitted into the Field-based block course, students pursuing EC-12 Certification must complete KINE 3339 Elementary Physical Education Programs (3 sch) and KINE 3341 Secondary Physical Education Programs (3 sch). Students must have a minimum grade point average of 2.75 on all academic work taken in Kinesiology prior to being admitted into the Teacher Education Program.

**Exercise Science – Strength & Conditioning**

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>KINE 1106</td>
<td>Weight Training</td>
<td>1</td>
</tr>
<tr>
<td>KINE 2326</td>
<td>Essentials of Professional Fitness Training</td>
<td>3</td>
</tr>
<tr>
<td>KINE 2375</td>
<td>Nutrition for Human Performance</td>
<td>3</td>
</tr>
<tr>
<td>KINE 3318</td>
<td>Prevention and Care of Athletic Injuries</td>
<td>3</td>
</tr>
<tr>
<td>SMGT 3335</td>
<td>Legal Issues in Sport</td>
<td>3</td>
</tr>
<tr>
<td>KINE 4340</td>
<td>Exercise Testing and Prescription</td>
<td>3</td>
</tr>
<tr>
<td>KINE 4693</td>
<td>Professional Field Experience I</td>
<td>6</td>
</tr>
<tr>
<td>KINE 4694</td>
<td>Professional Field Experience II</td>
<td>6</td>
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**Special Foundations**

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Hours</th>
</tr>
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<tbody>
<tr>
<td>CHEM 1411</td>
<td>General Chemistry I</td>
<td>4</td>
</tr>
<tr>
<td>KINE 3320</td>
<td>Introduction to Therapeutic Interventions</td>
<td>3</td>
</tr>
<tr>
<td>KINE 4329</td>
<td>Essentials of Strength and Conditioning</td>
<td>3</td>
</tr>
<tr>
<td>SMGT 2314</td>
<td>Introduction to Sport Management</td>
<td>3</td>
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<tr>
<td>SMGT 3330</td>
<td>Promotion of Sport</td>
<td>3</td>
</tr>
<tr>
<td>SMGT 3366</td>
<td>Managing Sport and Leisure Services</td>
<td>3</td>
</tr>
<tr>
<td>SMGT 4308</td>
<td>Sport Facilities and Event Management</td>
<td>3</td>
</tr>
<tr>
<td>SMGT 4309</td>
<td>Finance Management in Sport</td>
<td>3</td>
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</table>

**Total Hours**: 58

^ Blended offering

**Pre-Allied Health Professional Specialization**

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>KINE 2326</td>
<td>Essentials of Professional Fitness Training</td>
<td>3</td>
</tr>
<tr>
<td>KINE 2375</td>
<td>Nutrition for Human Performance</td>
<td>3</td>
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<tr>
<td>KINE 4693</td>
<td>Professional Field Experience I</td>
<td>6</td>
</tr>
<tr>
<td>KINE 4694</td>
<td>Professional Field Experience II</td>
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**Special Foundations**

Select a minimum of 24 hours of advisor-approved courses

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>KINE 1106</td>
<td>Weight Training</td>
<td>1</td>
</tr>
<tr>
<td>KINE 2326</td>
<td>Essentials of Professional Fitness Training</td>
<td>3</td>
</tr>
<tr>
<td>KINE 2375</td>
<td>Nutrition for Human Performance</td>
<td>3</td>
</tr>
<tr>
<td>KINE 3318</td>
<td>Prevention and Care of Athletic Injuries</td>
<td>3</td>
</tr>
<tr>
<td>KINE 3339</td>
<td>Elementary Physical Education Programs (3 sch)</td>
<td>3</td>
</tr>
<tr>
<td>KINE 3341</td>
<td>Secondary Physical Education Programs (3 sch)</td>
<td>3</td>
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</table>

**Total Hours**: 54

^ Students must pass these courses with a grade of "C" or better.

**Course Sequencing**

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Hours</th>
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<tbody>
<tr>
<td>UNIV 1101</td>
<td>First-Year Seminar I</td>
<td>1</td>
</tr>
<tr>
<td>ENGL 1301</td>
<td>Composition I</td>
<td>3</td>
</tr>
<tr>
<td>POLS 2306</td>
<td>State and Local Government</td>
<td>3</td>
</tr>
<tr>
<td>MATH 1314</td>
<td>College Algebra</td>
<td>3</td>
</tr>
<tr>
<td>ARTS 1301</td>
<td>Art and Society (or from Core List)</td>
<td>3</td>
</tr>
<tr>
<td>KINE 2313</td>
<td>Foundations of Kinesiology</td>
<td>3</td>
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</tbody>
</table>

**EC-12 Physical Education Certification**

**First Year**

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fall</td>
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<td></td>
</tr>
<tr>
<td>UNIV 1101</td>
<td>First-Year Seminar I</td>
<td>1</td>
</tr>
<tr>
<td>ENGL 1301</td>
<td>Composition I</td>
<td>3</td>
</tr>
<tr>
<td>POLS 2306</td>
<td>State and Local Government</td>
<td>3</td>
</tr>
<tr>
<td>MATH 1314</td>
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</tr>
<tr>
<td>ARTS 1301</td>
<td>Art and Society (or from Core List)</td>
<td>3</td>
</tr>
<tr>
<td>KINE 2313</td>
<td>Foundations of Kinesiology</td>
<td>3</td>
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**Total Hours**: 16

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Hours</th>
</tr>
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<tbody>
<tr>
<td>Spring</td>
<td></td>
<td></td>
</tr>
<tr>
<td>UNIV 1102</td>
<td>First-Year Seminar II</td>
<td>1</td>
</tr>
<tr>
<td>COMM 1311</td>
<td>Foundation of Communication</td>
<td>3</td>
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<tr>
<td>HIST 1301</td>
<td>U.S. History to 1865</td>
<td>3</td>
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<tr>
<td>PSYC 2301</td>
<td>General Psychology</td>
<td>3</td>
</tr>
<tr>
<td>KINE 2325</td>
<td>Physiological Aspects of Kinesiology</td>
<td>3</td>
</tr>
<tr>
<td>KINE 2375</td>
<td>Nutrition for Human Performance</td>
<td>3</td>
</tr>
<tr>
<td>KINE 1110</td>
<td>Individual/Dual/Lifetime Sports</td>
<td>1</td>
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**Second Year**

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Hours</th>
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</thead>
<tbody>
<tr>
<td>Fall</td>
<td></td>
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</tr>
<tr>
<td>BIOL 2401</td>
<td>Anatomy and Physiology I</td>
<td>4</td>
</tr>
<tr>
<td>POLS 2305</td>
<td>U.S. Government and Politics</td>
<td>3</td>
</tr>
<tr>
<td>KINE 2317</td>
<td>Re-inventing Games</td>
<td>3</td>
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</table>
## University Core Curriculum

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Hours</th>
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<tbody>
<tr>
<td>ENGL 2316</td>
<td>Literature and Culture or Literature of the Western World: From the Classics to the Renaissance or Literature of the Western World: From the Enlightenment to the Present</td>
<td>3</td>
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</tbody>
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**Hours**: 3

### Spring

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Hours</th>
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</thead>
<tbody>
<tr>
<td>BIOL 2402</td>
<td>Anatomy and Physiology II</td>
<td>4</td>
</tr>
<tr>
<td>HIST 1302</td>
<td>U.S. History Since 1865</td>
<td>3</td>
</tr>
<tr>
<td>KINE 3338</td>
<td>Motor Development/Motor Learning</td>
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**SPECIAL EMPHASIS**: 3

**Hours**: 16

## Third Year

### Fall

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Hours</th>
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<tbody>
<tr>
<td>KINE 3339</td>
<td>Elementary Physical Education Programs</td>
<td>3</td>
</tr>
<tr>
<td>KINE 3312</td>
<td>Physiology of Exercise</td>
<td>3</td>
</tr>
<tr>
<td>KINE 3112</td>
<td>Physiology of Exercise Lab</td>
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</tr>
<tr>
<td>KINE 4325</td>
<td>Kinetic Anatomy</td>
<td>3</td>
</tr>
<tr>
<td>KINE 3337</td>
<td>Sport and Exercise Psychology</td>
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**SPECIAL EMPHASIS**: 3

**Hours**: 16

### Spring

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Hours</th>
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</thead>
<tbody>
<tr>
<td>KINE 3341</td>
<td>Secondary Physical Education Programs</td>
<td>3</td>
</tr>
<tr>
<td>KINE 4311</td>
<td>Measurement and Evaluation</td>
<td>3</td>
</tr>
<tr>
<td>KINE 4327</td>
<td>Biomechanics</td>
<td>3</td>
</tr>
<tr>
<td>KINE 4127</td>
<td>Biomechanics Lab</td>
<td>1</td>
</tr>
<tr>
<td>KINE 4339</td>
<td>Special Populations in Kinesiology</td>
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**SPECIAL EMPHASIS**: 3

**Hours**: 16

### Summer

<table>
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<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Hours</th>
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<tbody>
<tr>
<td>READ 3353</td>
<td>Content Area Reading for Secondary Students</td>
<td>3</td>
</tr>
<tr>
<td>EDUC 3311</td>
<td>School and Society</td>
<td>3</td>
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</table>

**Hours**: 6

## Fourth Year

### Fall

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Hours</th>
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</thead>
<tbody>
<tr>
<td>EDUC 4311</td>
<td>Classroom Management</td>
<td>3</td>
</tr>
<tr>
<td>EDUC 4605</td>
<td>Planning, Teaching, Assessment and Technology</td>
<td>6</td>
</tr>
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</table>

**SPECIAL EMPHASIS**: 3

**SPECIAL EMPHASIS**: 3

**Hours**: 15

### Spring

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>EDUC 4321</td>
<td>Instructional Design for Special Populations</td>
<td>3</td>
</tr>
<tr>
<td>EDUC 4995</td>
<td>Clinical Teaching</td>
<td>9</td>
</tr>
</tbody>
</table>

**Hours**: 12

**Total Hours**: 130

## Courses

**KINE 1101** Beginning Racquetball
1 Semester Credit Hour (1 Lab Hour)
Instruction and practice in the skills, rules, and strategies of racquetball.

**KINE 1102** Swimming
1 Semester Credit Hour (1 Lab Hour)
Instruction and practice in the techniques, skills and safety practices for levels of swimming.

**KINE 1103** Badminton
1 Semester Credit Hour (1 Lab Hour)
Instruction and practice of badminton skills, rules and strategy.

**KINE 1104** Gymnastics
1 Semester Credit Hour (1 Lab Hour)
Skills, techniques, safety practices, rules and scoring criteria for gymnastics.

**KINE 1105** Sailing
1 Semester Credit Hour (1 Lab Hour)
Instruction and practice in skills and safety involved in sailing.

**KINE 1106** Weight Training
1 Semester Credit Hour (1 Lab Hour)
The study and practice of physiological principles related to training programs for the development of muscular strength and endurance.

**KINE 1107** Karate
1 Semester Credit Hour (1 Lab Hour)
Instruction and practice of contemporary techniques of karate.

**KINE 1108** Strength Conditioning for Women
1 Semester Credit Hour (1 Lab Hour)
The study and practice of physiological principles relating to training programs for the development of muscular strength and endurance for women.

**KINE 1109** Rhythmic Aerobics
1 Semester Credit Hour (1 Lab Hour)
A study of dance movement as it relates to physical fitness development.

**KINE 1110** Individual/Dual/Lifetime Sports
1 Semester Credit Hour (1 Lab Hour)
Instruction, participation, and practice in a variety of individual, dual, and lifetime sports.

**KINE 1111** Beginning Golf
1 Semester Credit Hour (1 Lab Hour)
The study of techniques and knowledge pertinent to the game of golf.

**KINE 1112** Personal Self Defense
1 Semester Credit Hour (1 Lab Hour)
Instruction and practice of contemporary techniques of self protection.

**KINE 1113** Tennis
1 Semester Credit Hour (1 Lab Hour)
Instruction and practice of techniques, skills, and strategy involved in tennis.

**KINE 1114** Volleyball
1 Semester Credit Hour (1 Lab Hour)
Instruction and practice of techniques, skills and strategy involved in volleyball.

**KINE 1115** Soccer
1 Semester Credit Hour (1 Lab Hour)
Instruction and practice of techniques, skills, and strategies involved in soccer.
KINE 1116  Ranger Leadership Laboratory
1 Semester Credit Hour (1 Lab Hour)
Practical leadership and teamwork training in rappelling, rope bridges, weapons firing, map reading and land navigation, water safety, patrolling, and other ranger skills. Includes a weekend field trip where the techniques learned will be applied in competitive events. Cross listed with MSC 1172.

KINE 1117  Basketball
1 Semester Credit Hour (1 Lab Hour)
Instruction and practice of techniques, skills, and instructional strategies involved in basketball.

KINE 1118  Softball
1 Semester Credit Hour (1 Lab Hour)
Instruction and practice of techniques, skills, and instructional strategies involved in softball.

KINE 1119  Baseball
1 Semester Credit Hour (1 Lab Hour)
Instruction and practice of techniques, skills, and instructional strategies involved in baseball.

KINE 1120  Football
1 Semester Credit Hour (1 Lab Hour)
Instruction and practice of techniques, skills, and instructional strategies involved in football.

KINE 1121  Track and Field
1 Semester Credit Hour (1 Lab Hour)
Instruction and practice of techniques, skills, and instructional strategies involved in track and field.

KINE 1122  Non-traditional Team Sports
1 Semester Credit Hour (1 Lab Hour)
Instruction and practice of techniques, skills and instructional strategies involved in non-traditional team sports. Typical topics may include lacrosse, field/floor hockey, ultimate Frisbee, flickerball, cricket and team handball.

KINE 1123  Beginning Rock Climbing
1 Semester Credit Hour (1 Lab Hour)
The study and practice of the technical and educational skills necessary to safely conduct rock climbing and climbing associated activities.

KINE 1124  Beginning Jazz Dance
1 Semester Credit Hour (1 Lab Hour)
An examination of the basic steps (skills), movements, dance combinations and instructional practices that pertain to jazz dance. This course will also include multi-cultural application, history and choreography of jazz dance.

KINE 1130  Beginning Fencing
1 Semester Credit Hour (1 Lab Hour)
Instruction and practice of the skills, techniques, equipment and safety as it pertains to fencing.

KINE 1131  Yoga
1 Semester Credit Hour (1 Lecture Hour)
Instruction and practice of Yoga postures, breathing, meditation and relaxation.

KINE 1132  Fitness Walking
1 Semester Credit Hour (1 Lecture Hour)
Instruction and practice of fitness walking.

KINE 1133  Tai Chi
1 Semester Credit Hour (1 Lab Hour)

KINE 1134  Beginning Surfing
1 Semester Credit Hour (1 Lab Hour)
This course is designed to provide student with the skills and knowledge necessary to safely enjoy surfing activities. Through structured classroom lectures (including videos) and laboratory activities (beach program), the student will be introduced to the history of surfing, proper use of equipment, skill techniques of surfing, and environmental factors and issues specific to this sport.

KINE 1135  Army Physical Fitness Training
1 Semester Credit Hour (3 Lab Hours)
Instruction and practice of the skills, techniques and fitness activities that are germane to typical Army training.

KINE 1136  Pilates
1 Semester Credit Hour (3 Lab Hours)
Instruction and practice in the skills, techniques, and principles of Pilates with emphasis on the Classical Pilates matwork.

KINE 1151  Scuba and Snorkeling
1 Semester Credit Hour (1 Lab Hour)
Knowledge and techniques of snorkeling and scuba diving. Instruction will be directed toward obtaining a basic open water diver certification.

KINE 1222  Basic Equestrian Skills
2 Semester Credit Hours (2 Lab Hours)
Instruction and practice of skills and abilities involved in basic horsemanship and equitation.

KINE 1320  Introduction to Athletic Training
3 Semester Credit Hours (3 Lecture Hours)
This course provides general knowledge of the athletic training profession, epidemiology of athletic injuries, the pre-participation physical exam, strength and conditioning of athletes, environmental concerns, protective equipment, emergency management of athletic injuries and sports nutrition. Materials fee required.

KINE 2101  Teacher Development Practicum
1 Semester Credit Hour
This course is designed to expose kinesiology majors with an EC-12 specialization to the teaching profession by working with and assisting cooperating physical education instructors who teach activity classes for the Department of Kinesiology. This will include, but is not limited to, assisting with planning lessons, teaching skills/games/activities, and evaluation of knowledge and skills.

KINE 2102  Conditioning Swimming
1 Semester Credit Hour (3 Lab Hours)
The course addresses the principles and practice of conditioning swimming and other fitness activities in an aquatic environment.

KINE 2107  Intermediate Karate
1 Semester Credit Hour (1 Lab Hour)
Instruction and practice in intermediate karate form and exercises. Solo and partner practice. Instruction and practice of contemporary techniques of karate.

Prerequisite: KINE 1107.
KINE 2113 Intermediate Tennis
1 Semester Credit Hour (1 Lab Hour)
Intermediate tennis is designed to provide instruction and practice of techniques, mental skills, and strategy involved in tennis at a level beyond what is taught at the beginning level tennis course (KINE 1113).
Prerequisite: KINE 1113.

KINE 2134 Advanced Tai Chi
1 Semester Credit Hour (1 Lab Hour)
Instruction and practice in advanced Taijiquan form and exercises. Solo and partner practice. May be repeated for credit by non-kinesiology majors.
Prerequisite: KINE 1133.

KINE 2135 Intermediate Surfing
1 Semester Credit Hour (1 Lecture Hour)
This course is designed to provide students with the skills and knowledge necessary to safely enjoy intermediate surfing activities. Through structured classroom lectures (including videos) and beach laboratories the student will be introduced to: proper use of equipment, surfing history, environmental issues and the 'Goals To Success In Surfing'.
Prerequisite: KINE 1134.

KINE 2191 Clinical Experience in Athletic Training I
1 Semester Credit Hour
A field based professional experience to provide the student the opportunity to apply knowledge and theory related to the philosophy, principles, and competencies of the athletic training profession.
Prerequisite: KINE 1320.
* May be taken concurrently.

KINE 2192 Clinical Experience in Athletic Training II
1 Semester Credit Hour
A field based professional experience to provide the student the opportunity to apply knowledge and theory related to the philosophy, principles, and competencies of the athletic training profession.
Prerequisite: KINE 3318.
* May be taken concurrently.

KINE 2214 Coaching of Volleyball
2 Semester Credit Hours (2 Lecture Hours)
Instruction and practice of techniques, skills, and instructional strategies involved in volleyball. Additional information will cover skill development strategies, class/group management, risk management, budget, fund raising and public/family relations.

KINE 2215 First Aid and Safety
2 Semester Credit Hours (2 Lecture Hours)
Basic CPR and first aid instruction leading to American Red Cross certification.

KINE 2216 Coaching of Soccer
2 Semester Credit Hours (2 Lecture Hours)
Instruction and practice of techniques, skills, and instructional strategies involved in soccer. Additional information will cover skill development strategies, class/group management, risk management, budget, fund raising and public/family relations.

KINE 2217 Coaching of Basketball
2 Semester Credit Hours (2 Lecture Hours)
Instruction and practice of techniques, skills, and instructional strategies involved in basketball. Additional information will cover skill development strategies, class/group management, risk management, budget, fund raising and public/family relations.

KINE 2218 Coaching of Softball
2 Semester Credit Hours (2 Lecture Hours)
Instruction and practice of techniques, skills, and instructional strategies involved in softball. Additional information will cover skill development strategies, class/group management, risk management, budget, fund raising and public/family relations.

KINE 2219 Coaching of Baseball
2 Semester Credit Hours (2 Lecture Hours)
Instruction and practice of techniques, skills, and instructional strategies involved in baseball. Additional information will cover skill development strategies, class/group management, risk management, budget, fund raising and public/family relations.

KINE 2220 Coaching of Football
2 Semester Credit Hours (2 Lecture Hours)
Instruction and practice of techniques, skills, and instructional strategies involved in football. Additional information will cover skill development strategies, class/group management, risk management, budget, fund raising and public/family relations.

KINE 2221 Coaching of Track and Field
2 Semester Credit Hours (2 Lecture Hours)
Instruction and practice of techniques, skills, and instructional strategies involved in track and field. Additional information will cover skill development strategies, class/group management, risk management, budget, fund raising and public/family relations.

KINE 2225 Sports Conditioning
2 Semester Credit Hours (2 Lecture Hours)
This course addresses the principles and practice of sports conditioning from a coaching perspective. Topics will include athletic needs evaluation, exercise programming, and program implementation. Issues regarding resistance exercise, speed, endurance, explosiveness training, and agility will be addressed.

KINE 2227 Group Fitness Instructor Training Certification
2 Semester Credit Hours (2 Lecture Hours)
This course is designed to provide theoretical knowledge and practical skills in preparation for a national certification exam in group-fitness instruction. Topics include guidelines for instructing safe, effective, and purposeful exercise, essentials of the instructor-participant relationship, the principles of motivation to encourage adherence in the group fitness setting, effective instructor-to-participant communication techniques, methods for enhancing group leadership, and the group fitness instructor's professional role. A national group fitness instructor certification is offered at the end of the course.

KINE 2255 Water Safety Instruction
2 Semester Credit Hours (2 Lecture Hours)
Skills and techniques of aquatic rescues and swimming programs. May be repeated for credit by non-kinesiology majors. Materials fee required.

KINE 2313 Foundations of Kinesiology
3 Semester Credit Hours (3 Lecture Hours)
An overview of the field of physical education which includes the history, philosophy, principles, current concepts of physical education and career options. For kinesiology majors this course must be taken prior to any senior level (4000) kinesiology courses.

TCCNS: PHED 1301
KINE 2316 Health and Fitness
3 Semester Credit Hours (3 Lecture Hours)
An overview of relevant health and fitness topics including mental and physical health, nutrition, human sexuality, communicable and non-communicable diseases, use and abuse of drugs/alcohol and safety. This course will include

KINE 2317 Re-inventing Games
3 Semester Credit Hours (3 Lecture Hours)
This course is designed to introduce a framework for the development of games, sports, and activities through an inclusive and developmentally appropriate process of change, challenge, and choice. A wide array of sports, sports-related games and activities are introduced, deconstructed for their current exclusivity and then reconstructed through a framework which seeks to change the existing exclusivity of the rules, to challenge participating students of all cognitive and physical abilities, and then build in a choice component into the activity. This course is recommended prior to enrolling in KINE 3339 and KINE 3341.

KINE 2325 Physiological Aspects of Kinesiology
3 Semester Credit Hours (3 Lecture Hours)
An introduction to the fundamental principles of human physiology and their application to kinesiology.

KINE 2326 Essentials of Professional Fitness Training
3 Semester Credit Hours (3 Lecture Hours)
This course is designed to provide theoretical knowledge and practical skills in preparation for a national certification exam in personal training. Topics include guidelines for instructing safe, effective, and purposeful exercise, essentials of the client-trainer relationship, conducting health and fitness assessments, and designing and implementing appropriate exercise programming.

KINE 2355 Lifeguard Training
3 Semester Credit Hours (3 Lecture Hours)
This course provides instruction in first aid, CPR for professional rescuers, Automated External Defibrillator (AED) training, water safety and rescue skills.

KINE 2357 Sport Officiating
3 Semester Credit Hours (3 Lecture Hours)
Designed to provide an understanding of the foundations of officiating for sport, and the effective organization, training, and supervision of officials for sport programs.

KINE 2375 Nutrition for Human Performance
3 Semester Credit Hours (3 Lecture Hours)
This course is an introduction to the physiological, anatomical, and psychological aspects of nutrition in relation to human performance and optimal health. Special emphasis is placed on sport and fitness enhancement and achievement of peak training levels, through proper nutrient ingestion.

KINE 3112 Physiology of Exercise Lab
1 Semester Credit Hour (1 Lecture Hour)
The required laboratory course with KINE 3312. Demonstration and hands-on learning will introduce students to the scientific basis, techniques, and methods used in exercise physiology. Lab activities will complement lecture materials from KINE 3312. KINE 3112 must be taken concurrently with KINE 3312.

KINE 3113 Advanced Tennis
1 Semester Credit Hour (1 Lab Hour)
Advanced tennis is designed to provide instruction and practice for students with a high level of tennis ability and experience.

KINE 3214 Physical Education Activities
2 Semester Credit Hours (2 Lecture Hours)
Application of principles of physical activities, games and sports.

KINE 3216 Introduction to Therapeutic Interventions
3 Semester Credit Hours (3 Lecture Hours)
Provides the student with the general knowledge of current theory and application of various therapeutic interventions used in the treatment of musculoskeletal injuries, including thermal therapy, cryotherapy, manual therapy, and therapeutic exercises.

KINE 3217 Prevention and Care of Athletic Injuries
3 Semester Credit Hours (3 Lecture Hours)
Provides the general knowledge and general application of theory, principles, and skills used in the prevention, care, and rehabilitation of athletic injuries.

KINE 3218 Evaluation of Upper Extremity Injuries
3 Semester Credit Hours (3 Lecture Hours)
Provides the student with general knowledge of evaluation techniques of athletic injuries to the upper extremities including range of motion testing, neurologic, and orthopedic evaluations.

KINE 3220 Physiology of Exercise
3 Semester Credit Hours (3 Lecture Hours)
This course is an application of anatomy and physiology that allows for the understanding of the effects of various forms of exercise and the environment on the body systems and performance. Lab activities will complement lecture materials.

KINE 3244 Rhythmic and Dance Activities
2 Semester Credit Hours (2 Lecture Hours)
Instruction and practice in creative and structured dance as applied to elementary and secondary school programs.

KINE 3301 Outdoor Adventure Programs
3 Semester Credit Hours (3 Lecture Hours)
An introduction to a variety of outdoor adventure activities and basic outdoor skills. In addition to skill acquisition and assessment, this course covers such topics as: history and philosophy of outdoor adventure programs, risk and legal liability and trip planning.

KINE 3320 Evaluation of Upper Extremity Injuries
3 Semester Credit Hours (3 Lecture Hours)
Provides the student with general knowledge of evaluation techniques of athletic injuries to the upper extremities including range of motion testing, neurologic, and orthopedic evaluations.

KINE 3324 Evaluation of Upper Extremity Injuries
3 Semester Credit Hours (3 Lecture Hours)
Provides the student with general knowledge of evaluation techniques of athletic injuries to the upper extremities including range of motion testing, neurologic, and orthopedic evaluations.
KINE 3324 Evaluation of Lower Extremity Injuries
3 Semester Credit Hours (3 Lecture Hours)
Provides the student with general knowledge of evaluation techniques of athletic injuries to the lower extremities including range of motion testing, neurologic, and orthopedic evaluations.
Prerequisite: KINE 2325, 3318 or BIOL 2401.

KINE 3337 Sport and Exercise Psychology
3 Semester Credit Hours (3 Lecture Hours)
This course provides general knowledge of the psychological factors that are associated with participation and performance in sport, exercise, and other types of physical activity with emphasis on motivational techniques, personality dynamics, and mental health serving as focal points.

KINE 3338 Motor Development/Motor Learning
3 Semester Credit Hours (3 Lecture Hours)
A study of the fundamental principles related to human motor development and the scientific principles related to motor learning.

KINE 3339 Elementary Physical Education Programs
3 Semester Credit Hours (3 Lecture Hours)
The application of the fundamental principles related to human motor development, physical fitness, locomotor skills, non-locomotor skills, manipulative skills, and rhythmic activities with children at the elementary school level. Recommended
Prerequisite: KINE 2317 and 3338.

KINE 3341 Secondary Physical Education Programs
3 Semester Credit Hours (3 Lecture Hours)
The application of the fundamental principles related to human motor development, physical fitness, sports related activities and dance with children at the secondary school level. Recommended
Prerequisite: KINE 3338 and 3339.

KINE 4127 Biomechanics Lab
1 Semester Credit Hour (1 Lab Hour)
The required laboratory course with KINE 4327. The demonstration and application of mechanical factors and principles affecting human motion. Qualitative and quantitative analysis of human motion with emphasis on sport and fitness activities. KINE 4127 must be taken concurrently with KINE 4327.
Prerequisite: KINE 4327*
* May be taken concurrently.

KINE 4291 Clinical Experience in Athletic Training V
2 Semester Credit Hours
A field based professional experience to provide the student the opportunity to apply knowledge and theory related to the philosophy, principles, and competencies of the athletic training profession.
Prerequisite: KINE 3322*
* May be taken concurrently.

KINE 4292 Clinical Experience in Athletic Training VI
2 Semester Credit Hours
A field based professional experience to provide the student the opportunity to apply knowledge and theory related to the philosophy, principles, and competencies of the athletic training profession.
Prerequisite: KINE 4322*
* May be taken concurrently.

KINE 4293 Clinical Experience in Athletic Training VII
2 Semester Credit Hours (2 Lecture Hours)
A field based professional experience to provide the student the opportunity to apply knowledge and theory related to the philosophy, principles, and competencies of the athletic training profession.
Prerequisite: KINE 4326*
* May be taken concurrently.

KINE 4294 Clinical Experience in Athletic Training VIII
2 Semester Credit Hours
A field based professional experience to provide the student the opportunity to apply knowledge and theory related to the philosophy, principles, and competencies of the athletic training profession.
Prerequisite: KINE 4324*
* May be taken concurrently.

KINE 4310 Programs in Sports and Physical Fitness
3 Semester Credit Hours (3 Lecture Hours)
A study of the principles of physical fitness and biomechanics of sports with an emphasis upon student performance in a variety of sport activities.
Prerequisite: KINE 2313.

KINE 4311 Measurement and Evaluation
3 Semester Credit Hours (3 Lecture Hours)
Use and function of the various tests used in kinesiology together with the purpose, scope and techniques of test construction. Development of statistical techniques necessary for manipulation and interpretation of physical performance data.
Prerequisite: KINE 1320 or 2313.

KINE 4322 Rehabilitation of Athletic Injuries
3 Semester Credit Hours (3 Lecture Hours)
Rehabilitation for athletic injuries including goniometry, muscle testing, therapeutic exercises, and the use of SOAP notes.
Prerequisite: KINE 2325, 3318 or BIOL 2401.

KINE 4324 Administration of Athletic Training
3 Semester Credit Hours (3 Lecture Hours)
Provides the general knowledge and application of athletic training administration including facility design, insurance claims, liability issues, and injury and treatment records.

KINE 4325 Kinetic Anatomy
3 Semester Credit Hours (3 Lecture Hours)
An analysis of the skeletal, muscular, and neurological structure and functional aspects of human movement with emphasis on sport and fitness activities.
Prerequisite: KINE 2325 or BIOL 2401 and KINE 1320 or 2313.

KINE 4326 Medical Terminology and Conditions in Sport and Exercise
3 Semester Credit Hours (3 Lecture Hours)
Provides information about team physician and athletic trainer relationships, physical examinations, emergency equipment, medical terminology, athletic injuries, and problems related to the team physician.
Prerequisite: KINE 2325, 3318 or BIOL 2401.

KINE 4327 Biomechanics
3 Semester Credit Hours (3 Lecture Hours)
An analysis of the mechanical factors and principles influencing human motion with emphasis on sport and fitness activities. Recommended
Prerequisite: (KINE 2325 or BIOL 2401) and (KINE 1320 or 2313) and KINE 4127*
* May be taken concurrently.
KINE 4328  Sport and Exercise Pharmacology
3 Semester Credit Hours (3 Lecture Hours)
Provides general knowledge of the classifications, legal concerns, therapeutic uses, actions, side effects, and adverse reactions of major drug groups related to sports activities.
Prerequisite: KINE 2325, 3318 or BIOL 2401.

KINE 4329  Essentials of Strength and Conditioning
3 Semester Credit Hours (3 Lecture Hours)
This course is designed to provide a comprehensive overview of strength and conditioning. Emphasis is placed on the exercise sciences (including anatomy, exercise physiology, and biomechanics) and nutrition, exercise technique, program design, organization and administration, and testing and evaluation. Additionally, this course is designed to prepare students for either the nationally accredited Certified Strength and Conditioning Specialist (CSCS) or the NSCA Certified Personal Trainer (CPT) exams.
Prerequisite: (BIOL 2401, 2402, KINE 4312 and 4327).

KINE 4339  Special Populations in Kinesiology
3 Semester Credit Hours (3 Lecture Hours)
A course designed to direct kinesiology educators toward meeting the program needs of the exceptional individual in physical education or kinesiology professional setting. Practical teaching application with exceptional individuals is stressed.
Prerequisite: KINE 2313.

KINE 4340  Exercise Testing and Prescription
3 Semester Credit Hours (3 Lecture Hours)
This course provides classroom and hands on experience addressing all facets of exercise testing and prescription ranging from health appraisal, physical fitness testing, principles of exercise prescription, clinical exercise physiology, and special populations.

KINE 4363  Sport Programming
3 Semester Credit Hours (3 Lecture Hours)
Designed to provide initial foundation of basic sport programming skills, methods, and techniques necessary to deliver sports activities within a variety of settings, agencies and/or organizations. Recommended

KINE 4390  Seminar in Exercise and Sport
1-3 Semester Credit Hours (1-3 Lecture Hours)
Contemporary issues in Exercise and Sport; topics vary with the individual. May be repeated for credit when topic varies.

KINE 4693  Professional Field Experience I
6 Semester Credit Hours (6 Lecture Hours)
This course is a field-based experience (minimum of 200 hours) to provide the student the opportunity to apply knowledge and theory related to the student’s specialization in kinesiology (e.g. Exercise Science, Pre-Allied Health Professional, Sport Management). Students must enroll in both KINE 4693 and KINE 4694 at the same time. To enroll students must have departmental approval as well as an overall and kinesiology GPA of 2.75. The field experience is for seniors only and they should enroll during their last semester. Students are allowed to enroll in other coursework but not to exceed the 18-hour university limit.

KINE 4694  Professional Field Experience II
6 Semester Credit Hours
This course is in conjunction with Professional Field Experience I. A minimum of 200 hours is required for this portion of the internship for a total of 400 hours. Students must enroll in both KINE 4693 and KINE 4694 at the same time. All of the requisites and limitations of KINE 4693 apply to this course as well.

KINE 4696  Directed Individual Study
1-6 Semester Credit Hours
Investigative study on selected problems by students with particular needs through special permission of the Department Chair and Dean. May be repeated for credit when topic varies.