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, sport psychology, and measurement and 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

Upon graduation, graduates 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

Upon graduation, graduates will be able to

1. enter programs of study leading to advanced degrees in related disciplines;
2. obtain entry-level employment in Kinesiology related career fields;
3. effectively prepare for and achieve professional certification;
4. utilize acquired educational acumen for continued professional development.

Pre-Allied Health Professional Specialization

Upon graduation, graduates will be able to

1. enter programs of study leading to advanced degrees in related disciplines;
2. obtain entry-level employment in Kinesiology-related career fields;
3. effectively prepare for and achieve professional certification;
4. utilize acquired educational acumen for continued professional development.

General Requirements

EC-12 Physical Education Certification

<table>
<thead>
<tr>
<th>Requirements</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Core Curriculum Program</td>
<td>42</td>
</tr>
<tr>
<td>Kinesiology Major Requirements</td>
<td>26</td>
</tr>
<tr>
<td>Certification Requirements</td>
<td>16</td>
</tr>
<tr>
<td>Physical Education Certification Special Emphasis</td>
<td>15</td>
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<tr>
<td>Physical Education Certification Special Foundations</td>
<td>27</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 University Seminar I (1 sch)
- UNIV 1102 University Seminar II (1 sch)
Transfer students with 24 or more hours are exempt from First-Year Seminar.

**Exercise Science – Strength & Conditioning Specialization**

<table>
<thead>
<tr>
<th>Requirements</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Core Curriculum Program</td>
<td>42</td>
</tr>
<tr>
<td>First-Year Seminars (when applicable)</td>
<td>0-2</td>
</tr>
<tr>
<td>Kinesiology Major Requirements</td>
<td>26</td>
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<tr>
<td>Exercise Science-Strength &amp; Conditioning Special Emphasis Requirements</td>
<td>28</td>
</tr>
<tr>
<td>Exercise Science-Strength &amp; Conditioning Special Foundations</td>
<td>25</td>
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</tbody>
</table>

Total Credit Hours 121-123

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

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

**Pre-Allied Health Professional Specialization**

<table>
<thead>
<tr>
<th>Requirements</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Core Curriculum Program</td>
<td>42</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>Special Emphasis Requirements</td>
<td>30</td>
</tr>
<tr>
<td>Special Foundations</td>
<td>24</td>
</tr>
</tbody>
</table>

Total Credit Hours 122-124

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

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

3 Special Foundations: 16-24 hours depending on graduate aspirations/status.

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**Program Requirements**

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>UNIV 1101</td>
<td>University Seminar I</td>
<td>1</td>
</tr>
<tr>
<td>UNIV 1102</td>
<td>University Seminar II</td>
<td>1</td>
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</tbody>
</table>

**Core Curriculum Program**

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>University Core Curriculum</td>
<td>42</td>
<td></td>
</tr>
</tbody>
</table>

If these courses are not taken in the University Core, they will still need to be completed, if required in the chosen specialization. These hours are listed in the Foundation Courses of the Degree Requirements:

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIOL 2401</td>
<td>Anatomy and Physiology I</td>
<td></td>
</tr>
<tr>
<td>BIOL 2402</td>
<td>Anatomy and Physiology II</td>
<td></td>
</tr>
<tr>
<td>MATH 1442</td>
<td>Statistics for Life</td>
<td></td>
</tr>
<tr>
<td>PSYC 2301</td>
<td>General Psychology</td>
<td></td>
</tr>
</tbody>
</table>

**Kinesiology Major Requirements**

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>KINE 2313</td>
<td>Foundations of Kinesiology</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>
<td>1</td>
</tr>
<tr>
<td>KINE 3337</td>
<td>Sport and Exercise Psychology</td>
<td>3</td>
</tr>
<tr>
<td>KINE 3338</td>
<td>Motor Development/Motor Learning</td>
<td>3</td>
</tr>
<tr>
<td>KINE 4311</td>
<td>Measurement and Evaluation</td>
<td>3</td>
</tr>
<tr>
<td>KINE 4325</td>
<td>Kinetic Anatomy</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>
<td>3</td>
</tr>
</tbody>
</table>

**Certification or Specialization**

Select one of the following: 53-58

- EC-12 Physical Education Certification (p. 2)
- Exercise Science – Strength & Conditioning Specialization (p. 3)
- Pre-Allied Health Professional Specialization (p. 3)

Total Hours 123-128

1 See "Core Curriculum Program" in this catalog. It is recommended that Kinesiology students take the following courses when fulfilling the Life & Physical Sciences, Math, and Social Sciences requirements of the University Core Curriculum depending on specialization. Please consult your faculty mentor or academic advisor for specific details. These hours are listed in the Foundation Courses of the Degree Requirements.

**EC-12 Physical Education Certification**

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>KINE 1110</td>
<td>Individual/Dual/Lifetime Sports</td>
<td>1</td>
</tr>
<tr>
<td>KINE 2317</td>
<td>Re-inventing Games</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 3339</td>
<td>Elementary Physical Education Programs</td>
<td>3</td>
</tr>
<tr>
<td>KINE 3341</td>
<td>Secondary Physical Education Programs</td>
<td>3</td>
</tr>
</tbody>
</table>

**Special Emphasis**

Select a minimum of 15 hours in a second emphasis area 15

**Special Foundations**
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. Students must pass these courses with a grade of “C” or better. It is strongly recommended that students take at least one additional course beyond the required five in this discipline to better prepare for the TExES certification test taken after state issuance of initial teaching certificate in EC-12 Physical Education.

### Exercise Science – Strength & Conditioning Specialization

<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>
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<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 4340</td>
<td>Exercise Testing and Prescription</td>
<td>3</td>
</tr>
<tr>
<td>KINE 4693</td>
<td>Professional Field Experience I ¹</td>
<td>6</td>
</tr>
<tr>
<td>KINE 4694</td>
<td>Professional Field Experience II ¹</td>
<td>6</td>
</tr>
<tr>
<td>SMGT 3335</td>
<td>Legal Issues in Sport</td>
<td>3</td>
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### 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>
</tr>
<tr>
<td>KINE 3318</td>
<td>Prevention and Care of Athletic Injuries</td>
<td>3</td>
</tr>
<tr>
<td>KINE 3320</td>
<td>Introduction to Therapeutic Interventions</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 ¹</td>
<td>6</td>
</tr>
<tr>
<td>KINE 4694</td>
<td>Professional Field Experience II ¹</td>
<td>6</td>
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<tr>
<td>SMGT 3335</td>
<td>Legal Issues in Sport</td>
<td>3</td>
</tr>
</tbody>
</table>

### Special Foundations

Select a minimum of 16-24 hours of advisor-approved courses

### Total Hours

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>54</td>
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</tbody>
</table>

To enroll in the Professional Field Experiences students must have departmental approval as well as an overall and Kinesiology GPA of 2.75. Although a 2.75 GPA is the minimum standard for the Professional Field Experiences I and II, students should take note that most allied health graduate programs are extremely competitive. A 3.5 or higher GPA is mostly needed to position themselves for acceptance. This is especially true for Physical Therapy graduate programs that a 3.7 or higher GPA is essential.

Students must pass these courses with a grade of “C” or better.

### Course Sequencing

#### EC-12 Physical Education Certification

**First Year**

<table>
<thead>
<tr>
<th>Semester</th>
<th>Course</th>
<th>Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fall</td>
<td>UNIV 1101</td>
<td>University Seminar I</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>ENGL 1301</td>
<td>Writing and Rhetoric I</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>POLS 2306</td>
<td>State and Local Government</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>MATH 1314</td>
<td>College Algebra</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>ARTS 1301</td>
<td>Art and Society (or from Core List)</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>KINE 2313</td>
<td>Foundations of Kinesiology</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>Total</td>
<td></td>
<td>16</td>
</tr>
<tr>
<td>Spring</td>
<td>UNIV 1102</td>
<td>University Seminar II</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>COMM 1311</td>
<td>Foundation of Communication</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>HIST 1301</td>
<td>U.S. History to 1865</td>
<td>3</td>
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<tr>
<td></td>
<td>PSYC 2301</td>
<td>General Psychology</td>
<td>3</td>
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<tr>
<td></td>
<td>KINE 2325</td>
<td>Physiological Aspects of Kinesiology</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>KINE 2375</td>
<td>Nutrition for Human Performance</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>KINE 1110</td>
<td>Individual/Dual/Lifetime Sports</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>Total</td>
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<td>17</td>
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</table>

**Second Year**

<table>
<thead>
<tr>
<th>Semester</th>
<th>Course</th>
<th>Title</th>
<th>Hours</th>
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</thead>
<tbody>
<tr>
<td>Fall</td>
<td>LIFE 2390</td>
<td>Life &amp; Physical Science Core Requirement</td>
<td>3</td>
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<tr>
<td></td>
<td>POLS 2305</td>
<td>U.S. Government and Politics</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>KINE 2317</td>
<td>Re-inventing Games</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>University Core Curriculum</td>
<td>3</td>
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</tbody>
</table>
ENGL 2316 or ENGL 2332 or ENGL 2333

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>ENGL 2316</td>
<td>Literature and Culture</td>
<td>3</td>
</tr>
<tr>
<td>or ENGL 2332</td>
<td>or Literature of the Western World: From the Classics to the Renaissance</td>
<td></td>
</tr>
<tr>
<td>or ENGL 2333</td>
<td>or Literature of the Western World: From the Enlightenment to the Present</td>
<td></td>
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</tbody>
</table>

Spring

Life & Physical Science Core Requirement | 3
University Core Curriculum | 3
HIST 1302 | U.S. History Since 1865 | 3
KINE 3338 | Motor Development/Motor Learning | 3
SPECIAL EMPHASIS | 3

Hours | 15

Third Year

Fall

KINE 3339 | Elementary Physical Education Programs | 3
READ 3353 | Content Area Reading for Secondary Students | 3
KINE 3337 | Sport and Exercise Psychology | 3
KINE 4325 | Kinetic Anatomy | 3
SPECIAL EMPHASIS | 3

Hours | 15

Spring

KINE 3341 | Secondary Physical Education Programs | 3
KINE 4311 | Measurement and Evaluation | 3
EDUC 3311 | School and Society | 3
KINE 4339 | Special Populations in Kinesiology | 3
SPECIAL EMPHASIS | 3

Hours | 15

Summer

KINE 3312 | Physiology of Exercise | 3
KINE 3112 | Physiology of Exercise Lab | 1
KINE 4327 | Biomechanics | 3
KINE 4127 | Biomechanics Lab | 1

Hours | 8

Fourth Year

Fall

EDUC 4311 | Classroom Management | 3
EDUC 4605 | Planning, Teaching, Assessment and Technology | 6
SPECIAL EMPHASIS | 3
SPECIAL EMPHASIS | 3

Hours | 15

Spring

EDUC 4321 | Instructional Design for Special Populations | 3
EDUC 4995 | Clinical Teaching | 9

Hours | 12

Total Hours | 128

Exercise Science - Strength & Conditioning Specialization

First Year

Fall

UNIV 1101 | University Seminar I | 1
ENGL 1301 | Writing and Rhetoric I | 3
POLS 2306 | State and Local Government | 3
MATH 1442 | Statistics for Life | 4
University Core Curriculum | 3
KINE 2313 | Foundations of Kinesiology | 3

Hours | 17

Spring

UNIV 1102 | University Seminar II | 1
ENGL 1302 | Writing and Rhetoric II | 3
HIST 1301 | U.S. History to 1865 | 3
BIOL 2401 | Anatomy and Physiology I | 4
KINE 2326 | Essentials of Professional Fitness Training | 3
KINE 2375 | Nutrition for Human Performance | 3
KINE 1106 | Weight Training | 1

Hours | 18

Second Year

Fall

PSYC 2301 | General Psychology | 3
POLS 2305 | U.S. Government and Politics | 3
ENGL 2316 or ENGL 2332 or ENGL 2333 | 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 | 3
Biol 2402 | Anatomy and Physiology II | 4
University Core Curriculum | 3

Hours | 16

Spring

HIST 1302 | U.S. History Since 1865 | 3
CHEM 1411 | General Chemistry I | 4
ARTS 1301 | Art and Society | 3
SMGT 2314 | Introduction to Sport Management | 3
KINE 2321 | Resistance Training and Conditioning Lab | 3

Hours | 16

Third Year

Fall

KINE 3318 | Prevention and Care of Athletic Injuries | 3
KINE 3312 | Physiology of Exercise | 3
KINE 3112 | Physiology of Exercise Lab | 1
KINE 3343 | Program Design in Strength and Conditioning | 3
KINE 4325 | Kinetic Anatomy | 3
KINE 4329 | Essentials of Strength and Conditioning I | 3

Hours | 16

Spring

KINE 4311 | Measurement and Evaluation | 3
KINE 3320 | Introduction to Therapeutic Interventions | 3
KINE 4327 | Biomechanics | 3
KINE 4127 Biomechanics Lab 1
KINE 3337 Sport and Exercise Psychology 3
KINE 4330 Essentials of Strength and Conditioning II 3

**Hours** 16

**Fourth Year**

**Fall**
- KINE 439 Special Populations in Kinesiology 3
- KINE 3338 Motor Development/Motor Learning 3
- KINE 4340 Exercise Testing and Prescription 3
- SMGT 3335 Legal Issues in Sport 3

**Hours** 12

**Spring**
- KINE 4693 Professional Field Experience I 6
- KINE 4694 Professional Field Experience II 6

**Total Hours** 12

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**Pre-Allied Health Professional Specialization**

**First Year**

**Fall**
- UNIV 1101 University Seminar I 1
- ENGL 1301 Writing and Rhetoric I 3
- POLS 2306 State and Local Government 3
- MATH 1442 Statistics for Life 4
- KINE 2313 Foundations of Kinesiology 3
- University Core Curriculum 3

**Hours** 17

**Spring**
- UNIV 1102 University Seminar II 1
- ENGL 1302 Writing and Rhetoric II 3
- or COMM 1311 or Foundation of Communication 3
- HIST 1301 U.S. History to 1865 3
- BIOL 2401 Anatomy and Physiology I 4
- KINE 2326 Essentials of Professional Fitness Training 3
- KINE 2375 Nutrition for Human Performance 3

**Hours** 17

**Second Year**

**Fall**
- BIOL 2402 Anatomy and Physiology II 4
- POLS 2305 U.S. Government and Politics 3
- ENGL 2316 Literature and Culture 3
- or ENGL 2332 or Literature of the Western World: From the Classics to the Renaissance 3
- or ENGL 2333 or Literature of the Western World: From the Enlightenment to the Present 3

Special Foundations Elective 3-4
Special Foundations Elective 3-4

**Hours** 16-18

**Spring**
- PSYC 2301 General Psychology 3
- HIST 1302 U.S. History Since 1865 3
- ARTS 1301 Art and Society 3
- University Core Curriculum 3-4

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**Summer**

- KINE 4325 Kinetic Anatomy 3
- KINE 3318 Prevention and Care of Athletic Injuries 3

**Hours** 6

**Third Year**

**Fall**
- KINE 3320 Introduction to Therapeutic Interventions 3
- SMGT 3335 Legal Issues in Sport 3
- KINE 4327 Biomechanics 3
- KINE 4127 Biomechanics Lab 1

Special Foundations Elective 3-4
Special Foundations Elective 3-4

**Hours** 16-18

**Spring**
- KINE 3337 Sport and Exercise Psychology 3
- KINE 3338 Motor Development/Motor Learning 3
- KINE 3312 Physiology of Exercise 3
- KINE 3112 Physiology of Exercise Lab 1

Special Foundations Elective 3-4
Special Foundations Elective 3-4

**Hours** 12-13

**Fourth Year**

**Fall**
- KINE 4311 Measurement and Evaluation 3
- KINE 4339 Special Populations in Kinesiology 3
- KINE 4340 Exercise Testing and Prescription 3

Special Foundations Elective 3-4

**Hours** 12-13

**Spring**
- KINE 4693 Professional Field Experience I 6
- KINE 4694 Professional Field Experience II 6

**Total Hours** 12-13

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**Courses**

**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 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 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 1112 Personal Self Defense**
1 Semester Credit Hour (1 Lab Hour)
Instruction and practice of contemporary techniques of self protection.
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 MSCI 1172.

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

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

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 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 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 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 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 2321  Resistance Training and Conditioning Lab
3 Semester Credit Hours (3 Lab Hours)
This is a hands-on course designed to teach students to safely and properly perform a variety of muscle-strengthening exercises. Emphasis is placed on the introduction and review of the fundamental principles of physiology and kinesiology underlying the ability to properly perform a wide variety of muscular strength and conditioning exercises. Additionally, students will be taught to properly instruct individuals of varying ages and physical abilities through a variety of muscular strength and conditioning exercises. This course will include exercises using a variety of resistance equipment (including but not limited to) free weights, machines, light dumbbells, tubing, stability balls, and one's body weight to enhance muscular strength, endurance, power, and hypertrophy, while also reducing one's risk for developing musculoskeletal injuries. Students will be guided in the development of techniques and skills critical to safe, effective, and motivating instruction of strength and conditioning exercises. Several core competencies identified for the NSCA Certified Strength and Conditioning Specialist and Certified Personal Trainer examinations will be addressed.

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 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 Lab 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 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 3312  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.
Prerequisite: (KINE 2325 or BIOL 2401) and KINE 2313.
Co-requisite: KINE 3112.
KINE 3318  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 3320  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.
Prerequisite: KINE 3318.

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 rhythmical 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 3343  Program Design in Strength and Conditioning
3 Semester Credit Hours (3 Lecture Hours)
This course educates and trains students in the process of designing strength and conditioning, plyometric, speed and agility, and aerobic training programs. These programs are complex and require the recognition and manipulation of different variables and training principles to optimize physiological adaptations. Effective training programs involve the coordination of many variables in a systematic fashion that enables the human body to adapt and perform at an optimal level.
Prerequisite: BIOL 2401 and 2402.

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.
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 2313.

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 2313.

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 2313.
Co-requisite: KINE 4127.

KINE 4329  Essentials of Strength and Conditioning I
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, KINE 2313 and 3312.

KINE 4330  Essentials of Strength and Conditioning II
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 2313, 3312 and 4329.

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.
Prerequisite: (KINE 2325 or BIOL 2401) and KINE 2313 and 3312.

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 150 hours) to provide the student the opportunity to apply knowledge and theory related to the student’s specialization in kinesiology (e.g. Exercise Science and Pre-Allied Health Professional). Students must enroll in both KINE 4693 and KINE 4694 at the same time. To enroll students must have departmental approval as well as a 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 (6 Lecture Hours)
This course is in conjunction with Professional Field Experience I. A minimum of 150 hours is required for this portion of the internship for a total of 300 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.