

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
4. Special Foundations Requirements.

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

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

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

Pre-Allied Health Professional Specialization

Upon graduation, graduates will be able to

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

General Requirements

EC-12 Physical Education Certification

| Requirements | Credit Hours |
|--|----------------|
| Core Curriculum Program (http://catalog.tamucc.edu/undergraduate/university-college/programs/core-curriculum-program/) | 42 |
| First-Year Seminars (when applicable) ^{1,2} | 0-2 |
| Kinesiology Major Requirements | 26 |
| Certification Requirements | 16 |
| Physical Education Certification Special Emphasis | 15 |
| Professional Development and Reading Sequence | 27 |
| Total Credit Hours | 126-128 |

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.

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) ^{1,2} | 0-2 |
| Kinesiology Major Requirements | 26 |
| Exercise Science-Strength & Conditioning Special Emphasis Requirements | 28 |
| Exercise Science-Strength & Conditioning 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 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

| Requirements | Credit Hours |
|--|----------------|
| Core Curriculum Program (http://catalog.tamucc.edu/undergraduate/university-college/programs/core-curriculum-program/) | 42 |
| First-Year Seminars (when applicable) ^{1,2} | 0-2 |
| Kinesiology Major Requirements | 26 |
| Special Emphasis Requirements | 30 |
| Special Foundations ³ | 24 |
| 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.

Program Requirements

| Code | Title | Hours |
|---|------------------------------------|----------------|
| Full-time, First-year Students | | |
| UNIV 1101 | University Seminar I | 1 |
| UNIV 1102 | University Seminar II | 1 |
| Core Curriculum Program | | |
| University Core Curriculum ¹ | | 42 |
| 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: | | |
| BIOL 2401 | Anatomy and Physiology I | |
| BIOL 2402 | Anatomy and Physiology II | |
| MATH 1442 | Statistics for Life | |
| PSYC 2301 | General Psychology | |
| Kinesiology Major Requirements | | |
| KINE 2313 | Foundations of Kinesiology | 3 |
| KINE 3312 | Physiology of Exercise | 3 |
| KINE 3112 | Physiology of Exercise Lab | 1 |
| KINE 3337 | Sport and Exercise Psychology | 3 |
| KINE 3338 | Motor Development/Motor Learning | 3 |
| KINE 4311 | Measurement and Evaluation | 3 |
| KINE 4325 | Kinetic Anatomy | 3 |
| KINE 4327 | Biomechanics | 3 |
| KINE 4127 | Biomechanics Lab | 1 |
| KINE 4339 | Special Populations in Kinesiology | 3 |
| 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

| Code | Title | Hours |
|--|--|-------|
| Required Courses | | |
| KINE 1110 | Individual/Dual/Lifetime Sports | 1 |
| KINE 2317 | Re-inventing Games | 3 |
| KINE 2325 | Physiological Aspects of Kinesiology | 3 |
| KINE 2375 | Nutrition for Human Performance | 3 |
| KINE 3339 | Elementary Physical Education Programs | 3 |
| KINE 3341 | Secondary Physical Education Programs | 3 |
| Special Emphasis | | |
| Select a minimum of 15 hours in a second emphasis area | | 15 |
| Professional Development and Reading Sequence | | |

| | | |
|--------------------|---|-----------|
| EDUC 2211 | Foundations of Education | 2 |
| SPED 3310 | Individual Differences in Schools and Communities | 3 |
| READ 3353 | Content Area Reading for Secondary Students | 3 |
| or READ 3352 | Content Area Reading for Elementary Students | |
| EDUC 3211 | Culturally and Linguistically Responsive Teaching | 2 |
| BIEM 4357 | Methods of Teaching English as a Second Language | 3 |
| EDUC 4305 | Seminar I | 3 |
| IDET 3210 | Design and Development of Technology-Integrated Learning Environments | 2 |
| EDUC 4694 | Clinical Teaching | 6 |
| EDUC 4395 | Seminar II | 3 |
| Total Hours | | 58 |

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Blended offering

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. 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.

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 Specialization

| Code | Title | Hours |
|---|---|-------|
| Required Courses | | |
| KINE 1106 | Weight Training | 1 |
| KINE 2326 | Essentials of Professional Fitness Training | 3 |
| KINE 2375 | Nutrition for Human Performance | 3 |
| KINE 3318 | Prevention and Care of Athletic Injuries | 3 |
| KINE 4340 | Exercise Testing and Prescription | 3 |
| KINE 4693 | Professional Field Experience I ¹ | 6 |
| KINE 4694 | Professional Field Experience II ¹ | 6 |
| SMGT 3335 | Legal Issues in Sport | 3 |
| Special Foundations ² | | |
| CHEM 1411 | General Chemistry I | 4 |
| KINE 2321 | Resistance Training and Conditioning Lab | 3 |
| KINE 3320 | Introduction to Therapeutic Interventions | 3 |
| KINE 3343 | Program Design in Strength and Conditioning | 3 |
| KINE 4329 | Essentials of Strength and Conditioning I | 3 |
| KINE 4330 | Essentials of Strength and Conditioning II | 3 |

| | | |
|--------------------|----------------------------------|-----------|
| SMGT 2314 | Introduction to Sport Management | 3 |
| Total Hours | | 50 |

1

To enroll in the Professional Field Experiences students must have departmental approval as well as an overall and Kinesiology GPA of 2.75.

2

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

Pre-Allied Health Professional Specialization

| Code | Title | Hours |
|-------------------------|---|-------|
| Required Courses | | |
| KINE 2326 | Essentials of Professional Fitness Training | 3 |
| KINE 2375 | Nutrition for Human Performance | 3 |
| KINE 3318 | Prevention and Care of Athletic Injuries | 3 |
| KINE 3320 | Introduction to Therapeutic Interventions | 3 |
| KINE 4340 | Exercise Testing and Prescription | 3 |
| KINE 4693 | Professional Field Experience I ¹ | 6 |
| KINE 4694 | Professional Field Experience II ¹ | 6 |
| SMGT 3335 | Legal Issues in Sport | 3 |

Special Foundations

Select a minimum of 16-24 hours of advisor-approved courses ² 16-24

Total Hours **54**

1

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.

2

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

Course Sequencing

EC-12 Physical Education Certification

First Year

| Fall | | Hours |
|--------------------------------|----------------------------|-----------|
| UNIV 1101 | University Seminar I | 1 |
| ENGL 1301 | Writing and Rhetoric I | 3 |
| POLS 2306 | State and Local Government | 3 |
| MATH 1314 | College Algebra | 3 |
| KINE 2313 | Foundations of Kinesiology | 3 |
| Creative Arts Core Requirement | | 3 |
| Hours | | 16 |

Spring

| | | |
|--------------|--------------------------------------|---|
| UNIV 1102 | University Seminar II | 1 |
| EDUC 1354 | Child Growth and Development | 3 |
| ENGL 1302 | Writing and Rhetoric II | 3 |
| or COMM 1311 | or Foundation of Communication | |
| KINE 1110 | Individual/Dual/Lifetime Sports | 1 |
| KINE 2325 | Physiological Aspects of Kinesiology | 3 |

| | | |
|---|--|-----------|
| KINE 2375 | Nutrition for Human Performance | 3 |
| American History Core Requirement | | 3 |
| Hours | | 17 |
| Second Year | | |
| Fall | | |
| POLS 2305 | U.S. Government and Politics | 3 |
| KINE 2317 | Re-inventing Games | 3 |
| Component Area Option Requirement | | 3 |
| Language, Philosophy and Culture Core Requirement | | 3 |
| Life & Physical Science Core Requirement | | 3 |
| Hours | | 15 |
| Spring | | |
| EDUC 2211 | Foundations of Education | 2 |
| KINE 3338 | Motor Development/Motor Learning | 3 |
| American History Core Requirement | | 3 |
| Component Area Option Requirement | | 3 |
| Life & Physical Science Core Requirement | | 3 |
| SPECIAL EMPHASIS | | 3 |
| Hours | | 17 |
| Third Year | | |
| Fall | | |
| KINE 3337 | Sport and Exercise Psychology | 3 |
| KINE 3339 | Elementary Physical Education Programs | 3 |
| KINE 4325 | Kinetic Anatomy | 3 |
| READ 3353 or READ 3352 | Content Area Reading for Secondary Students or Content Area Reading for Elementary Students | 3 |
| SPED 3310 | Individual Differences in Schools and Communities | 3 |
| SPECIAL EMPHASIS | | 3 |
| Hours | | 18 |
| Spring | | |
| EDUC 3211 | Culturally and Linguistically Responsive Teaching | 2 |
| KINE 3341 | Secondary Physical Education Programs | 3 |
| KINE 4311 | Measurement and Evaluation | 3 |
| KINE 4339 | Special Populations in Kinesiology | 3 |
| SPECIAL EMPHASIS | | 3 |
| Hours | | 14 |
| 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 | | |
| BIEM 4357 | Methods of Teaching English as a Second Language | 3 |
| EDUC 4305 | Seminar I | 3 |
| IDET 3210 | Design and Development of Technology- Integrated Learning Environments | 2 |

| | | |
|--------------------|-------------------|------------|
| SPECIAL EMPHASIS | | 3 |
| SPECIAL EMPHASIS | | 3 |
| Hours | | 14 |
| Spring | | |
| EDUC 4395 | Seminar II | 3 |
| EDUC 4694 | Clinical Teaching | 6 |
| Hours | | 9 |
| Total Hours | | 128 |

Exercise Science - Strength & Conditioning Specialization

| | | |
|---|--|-----------|
| First Year | | |
| Fall | | |
| UNIV 1101 | University Seminar I | 1 |
| ENGL 1301 | Writing and Rhetoric I | 3 |
| KINE 2313 | Foundations of Kinesiology | 3 |
| MATH 1442 | Statistics for Life | 4 |
| POLS 2306 | State and Local Government | 3 |
| Creative Arts Core Requirement | | 3 |
| Hours | | 17 |
| Spring | | |
| UNIV 1102 | University Seminar II | 1 |
| BIOL 2401 | Anatomy and Physiology I | 4 |
| ENGL 1302 | Writing and Rhetoric II | 3 |
| or COMM 1311 | or Foundation of Communication | |
| KINE 1106 | Weight Training | 1 |
| KINE 2326 | Essentials of Professional Fitness Training | 3 |
| KINE 2375 | Nutrition for Human Performance | 3 |
| American History Core Requirement | | 3 |
| Hours | | 18 |
| Second Year | | |
| Fall | | |
| PSYC 2301 | General Psychology | 3 |
| POLS 2305 | U.S. Government and Politics | 3 |
| BIOL 2402 | Anatomy and Physiology II | 4 |
| Language, Philosophy and Culture Core Requirement | | 3 |
| Component Area Option Requirement | | 3 |
| Hours | | 16 |
| Spring | | |
| CHEM 1411 | General Chemistry I | 4 |
| KINE 2321 | Resistance Training and Conditioning Lab | 3 |
| SMGT 2314 | Introduction to Sport Management | 3 |
| American History Core Requirement | | 3 |
| Component Area Option Requirement | | 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 4339 | 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 |
| Hours | | 12 |
| Total Hours | | 123 |

Pre-Allied Health Professional Specialization

| | | |
|---|---|--------------|
| First Year | | |
| Fall | | |
| | Hours | |
| UNIV 1101 | University Seminar I | 1 |
| ENGL 1301 | Writing and Rhetoric I | 3 |
| KINE 2313 | Foundations of Kinesiology | 3 |
| MATH 1442 | Statistics for Life | 4 |
| POLS 2306 | State and Local Government | 3 |
| Component Area Option Requirement | | 3 |
| Hours | | 17 |
| Spring | | |
| UNIV 1102 | University Seminar II | 1 |
| BIOL 2401 | Anatomy and Physiology I | 4 |
| ENGL 1302 | Writing and Rhetoric II | 3 |
| or COMM 1311 | or Foundation of Communication | |
| KINE 2326 | Essentials of Professional Fitness Training | 3 |
| KINE 2375 | Nutrition for Human Performance | 3 |
| American History Core Requirement | | 3 |
| Hours | | 17 |
| Second Year | | |
| Fall | | |
| BIOL 2402 | Anatomy and Physiology II | 4 |
| POLS 2305 | U.S. Government and Politics | 3 |
| Language, Philosophy and Culture Core Requirement | | 3 |
| Special Foundations | | 3-4 |
| Special Foundations | | 3-4 |
| Hours | | 16-18 |

| | | |
|-----------------------------------|---|----------------|
| Spring | | |
| PSYC 2301 | General Psychology | 3 |
| American History Core Requirement | | 3 |
| Creative Arts Core Requirement | | 3 |
| Component Area Option Requirement | | 3 |
| Special Foundations | | 3-4 |
| Hours | | 15-16 |
| Third Year | | |
| Fall | | |
| KINE 3312 | Physiology of Exercise | 3 |
| KINE 3112 | Physiology of Exercise Lab | 1 |
| KINE 3318 | Prevention and Care of Athletic Injuries | 3 |
| KINE 4325 | Kinetic Anatomy | 3 |
| Special Foundations | | 3-4 |
| Special Foundations | | 3-4 |
| Hours | | 16-18 |
| Spring | | |
| KINE 3320 | Introduction to Therapeutic Interventions | 3 |
| KINE 4327 | Biomechanics | 3 |
| KINE 4127 | Biomechanics Lab | 1 |
| Special Foundations | | 3-4 |
| Special Foundations | | 3-4 |
| Hours | | 13-15 |
| Summer | | |
| KINE 3337 | Sport and Exercise Psychology | 3 |
| KINE 3338 | Motor Development/Motor Learning | 3 |
| Hours | | 6 |
| Fourth Year | | |
| Fall | | |
| KINE 4311 | Measurement and Evaluation | 3 |
| KINE 4339 | Special Populations in Kinesiology | 3 |
| KINE 4340 | Exercise Testing and Prescription | 3 |
| SMGT 3335 | Legal Issues in Sport | 3 |
| Special Foundations | | 3-4 |
| Hours | | 15-16 |
| Spring | | |
| KINE 4693 | Professional Field Experience I | 6 |
| KINE 4694 | Professional Field Experience II | 6 |
| Hours | | 12 |
| Total Hours | | 127-135 |

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)**

Instruction and practice in a short Taijiquan form and exercises. Solo and partner practice. An introduction to Chinese martial arts theory and practice. Introductory Qigong meditation practices for martial applications and health benefits.

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*.

* May be taken concurrently.

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, 2402 and KINE 2313.

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 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.