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

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>(<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>16</td>
</tr>
<tr>
<td>Physical Education Certification</td>
<td></td>
</tr>
<tr>
<td>Special Emphasis</td>
<td></td>
</tr>
<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**

<table>
<thead>
<tr>
<th>Requirements</th>
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<td></td>
</tr>
</tbody>
</table>

| First-Year Seminars (when applicable) | 0-2 |
| Kinesiology Major Requirements | 26 |
| Exercise Science Special Emphasis Requirements | |
| 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**

<table>
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<td></td>
</tr>
</tbody>
</table>

| First-Year Seminars (when applicable) | 0-2 |
| 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>
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<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>

UNIV 1102 First-Year Seminar II 1

**Core Curriculum Program**

| University Core Curriculum | 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**

<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 4329</td>
<td>Essentials of Strength and Conditioning</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.

* Online offering
^ Blended offering

**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

**Special Foundations**
Select 27 semester hours 27

Total Hours 58

^ 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

<table>
<thead>
<tr>
<th>Code</th>
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</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>
</tr>
</tbody>
</table>

Special Foundations
Select a minimum of 24 hours of advisor-approved courses 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.
^ Blended offering

Pre-Allied Health Professional Specialization

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<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>SMGT 3335</td>
<td>Legal Issues in Sport</td>
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^ Blended offering

Courses

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<tr>
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<th>Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>KINE 1101</td>
<td>Beginning Racquetball</td>
<td>1</td>
</tr>
<tr>
<td>KINE 1102</td>
<td>Swimming</td>
<td>1</td>
</tr>
<tr>
<td>KINE 1103</td>
<td>Badminton</td>
<td>1</td>
</tr>
<tr>
<td>KINE 1104</td>
<td>Gymnastics</td>
<td>1</td>
</tr>
<tr>
<td>KINE 1105</td>
<td>Sailing</td>
<td>1</td>
</tr>
<tr>
<td>KINE 1106</td>
<td>Weight Training</td>
<td>1</td>
</tr>
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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.

^ Blended offering
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 MSCI 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)  
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 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 MAT WORK.

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. Prerequisite: KINE 2317.

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.
Prerequisite: KINE 2113.

KINE 3214 Physical Education Activities
2 Semester Credit Hours (2 Lecture Hours)
APPLICATION OF PRINCIPLES OF PHYSICAL ACTIVITIES, GAMES AND
SPORTS.

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 3291 Clinical Experience in Athletic Training III
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 3320*.
* May be taken concurrently.

KINE 3292 Clinical Experience in Athletic Training IV
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 3324*.
* May be taken concurrently.

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 1320 or 2313) and
(KINE 3112*).
* May be taken concurrently.

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 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 4322.
* 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 pre-requisite: KINE 4325.
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 PRE-REQUISITE: KINE 2314.

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.