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>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>15</td>
</tr>
<tr>
<td>Special Emphasis</td>
<td></td>
</tr>
<tr>
<td>Physical Education Certification</td>
<td>27</td>
</tr>
<tr>
<td>Special Foundations</td>
<td></td>
</tr>
<tr>
<td><strong>Total Credit Hours</strong></td>
<td><strong>126-128</strong></td>
</tr>
</tbody>
</table>
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)

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

## Exercise Science – Strength & Conditioning Specialization

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<tr>
<td>Kinesiology Major Requirements</td>
<td>26</td>
</tr>
<tr>
<td>Exercise Science Special Emphasis</td>
<td>28</td>
</tr>
<tr>
<td>Foundations</td>
<td>25</td>
</tr>
<tr>
<td><strong>Total Credit Hours</strong></td>
<td><strong>121-123</strong></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.

## Pre-Allied Health Professional Specialization

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<tr>
<td>Special Emphasis Requirements</td>
<td>30</td>
</tr>
<tr>
<td>Foundations</td>
<td>24</td>
</tr>
<tr>
<td><strong>Total Credit Hours</strong></td>
<td><strong>122-124</strong></td>
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## Program Requirements

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<tbody>
<tr>
<td>UNIV 1101</td>
<td>First-Year Seminar I</td>
<td>1</td>
</tr>
</tbody>
</table>

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.

2. Online offering

3. 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>

1. Special Emphasis

   Select a minimum of 15 hours in a second emphasis area

2. Special Foundations
Specialization

Exercise Science – Strength & Conditioning

Kinesiology prior to being admitted into the Teacher Education Program. 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

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<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

CHEM 1411 General Chemistry I 4
KINE 3320 Introduction to Therapeutic Interventions 3
KINE 4329 Essentials of Strength and Conditioning 3
SMGT 2314 Introduction to Sport Management 3
SMGT 3330 Promotion of Sport 3
SMGT 3366 Managing Sport and Leisure Services 3
SMGT 4308 Sport Facilities and Event Management 3
SMGT 4309 Finance Management in Sport 3

Total Hours 53

Pre-Allied Health Professional Specialization

Required Courses

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<tr>
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<tr>
<td>KINE 2326</td>
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<td>KINE 4694</td>
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</table>

Total Hours 54

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

Fall
UNIV 1101 First-Year Seminar I 1
ENGL 1301 Composition I 3
POLS 2306 State and Local Government 3
MATH 1314 College Algebra 3
ARTS 1301 Art and Society (or from Core List) 3
KINE 2313 Foundations of Kinesiology 3

Hours 16

Spring
UNIV 1102 First-Year Seminar II 1
COMM 1311 Foundation of Communication 3
HIST 1301 U.S. History to 1865 3
PSYC 2301 General Psychology 3
KINE 2325 Physiological Aspects of Kinesiology 3
KINE 2375 Nutrition for Human Performance 3
KINE 1110 Individual/Dual/Lifetime Sports 1

Hours 17

Second Year

Fall
BIOL 2401 Anatomy and Physiology I 4
POLS 2305 U.S. Government and Politics 3
KINE 2317 Re-inventing Games 3
University Core Curriculum

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

Hours 16

Spring
BIOL 2402 Anatomy and Physiology II 4
University Core Curriculum 3
HIST 1302 U.S. History Since 1865 3
KINE 3338 Motor Development/Motor Learning 3
SPECIAL EMPHASIS 3

Hours 16

Third Year

Fall
KINE 3339 Elementary Physical Education Programs 3
KINE 3312 Physiology of Exercise 3
KINE 3112 Physiology of Exercise Lab 1
KINE 4325 Kinetic Anatomy 3
KINE 3337 Sport and Exercise Psychology 3
SPECIAL EMPHASIS 3

Hours 16

Spring
KINE 3341 Secondary Physical Education Programs 3
KINE 4311 Measurement and Evaluation 3
KINE 4327 Biomechanics 3
KINE 4127 Biomechanics Lab 1
KINE 4339 Special Populations in Kinesiology 3
SPECIAL EMPHASIS 3

Hours 16

Summer
READ 3353 Content Area Reading for Secondary Students 3
EDUC 3311 School and Society 3

Hours 6

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 130

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 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 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 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 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 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 1320 or 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 1320 or 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 1320 or 2313) and KINE 4127.*
*May be taken concurrently.

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 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.