

# Kinesiology (KIN)

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## **KIN 205. Foundation in Kinesiology. 3 Credits.**

This course is designed to acquaint the prospective health educator with broad concepts of health, physical education, and recreation including the historical development of modern programs, philosophies, and their application to health and physical education.

## **KIN 320. Exercise Physiology. 3 Credits.**

The study of the effects of various exercises on the systems of the body, with implications for the improvement of health, physical fitness, and athletics. Applications of theory to actual situations. Prerequisites: BIOH 104 or BIOH 201.

Course Fees: \$31.50

## **KIN 327. Kinesiology & Biomechanics. 3 Credits.**

Kinesiology is the study of human movement: the action of muscles and muscle systems, the application of force to levers, and the evaluation of movement for improved performance and reduced risk of injury. These concepts are applied to teaching and coaching at all developmental levels through classroom experiences. Prerequisites: BIOH 104 or BIOH 201, M 121 or higher.

## **KIN 364. Research Methods Health. 3 Credits.**

This course familiarizes students with current research in the health science disciplines. Qualitative and quantitative research designs are explored in the context of health sciences. Students are expected to perform research projects throughout the course.

## **KIN 391. Special Topic. 3 Credits.**

Courses not required in any curriculum for which there is a particular one-time need, or given on a trial basis to determine acceptability and demand before requesting a regular course number.

## **KIN 392. Independent Study. 3 Credits.**

Provides an opportunity for students to engage in directed research and study on an individual basis rather than in a formal class environment.

## **KIN 410. Advanced Strength/Conditioning. 3 Credits.**

This course requires students to apply key concepts from biomechanics and exercise physiology to develop goal-specific, progressive training programs. Students will prepare themselves for the Certified Strength and Conditioning Specialist (CSCS) certification examination.

## **KIN 415. Adv Exercise Test & Prescrip. 3 Credits.**

This course will prepare students for certification through the National Council of Strength and Fitness as a Certified Personal Trainer. The course outcomes are to develop individuals with the knowledge and aptitude for the fitness industry. Upon successful completion of this course students will be able to demonstrate, evaluate, and apply all practical disciplines of a Certified Personal Trainer and will be qualified to sit for the Personal Trainer exam. Prerequisite: an anatomy and physiology course or consent of the instructor.

## **KIN 440. Sport Psychology. 3 Credits.**

A study of psychological and sociological implications of sports participation.

## **KIN 483. Exercise, Disease and Aging. 3 Credits.**

This course reviews the benefits of exercise and the pathophysiology of common chronic diseases and aging while examining the physiological response to exercise in aging and diseased people. Students will work with case studies as they practice prescribing exercise in special populations. Successful completion or concurrent enrollment of exercise physiology (KIN 320) is required.

## **KIN 490. Undergraduate Research. 3 Credits.**

Provides the opportunity to perform undergraduate research in a particular area of interest.

## **KIN 491. Special Topic. 3 Credits.**

Courses not required in any curriculum for which there is a particular one-time need, or given on a trial basis to determine acceptability and demand before requesting a regular course number.

## **KIN 492. Independent Study. 3 Credits.**

Provides an opportunity for students to engage in directed research and study on an individual basis rather than in a formal class environment.

## **KIN 499. Senior Thesis. 3 Credits.**

Senior Thesis.