

# KINESIOLOGY (KN)

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## KN 100 Rhythmic Fitness (1)

Rhythmic Fitness

## KN 101 Body Toning (1)

Body toning.

## KN 102 Archery (1)

Archery

## KN 103 Badminton (1)

Badminton

## KN 104 Step Aerobics (1)

Step Aerobics

## KN 107 Basketball (1)

Basketball

## KN 109 Bowling (1)

Bowling

## KN 111 Canoeing (1)

Canoeing

## KN 112 Cycling (1)

Cycling

## KN 113 Fencing (1)

Fencing

## KN 117 Golf I (1)

Golf

## KN 123 Judo (1)

Judo

## KN 124 Karate (1)

Karate

## KN 125 Lifeguard Training (1)

Lifeguard Training

## KN 129 Racquetball (1)

Racquetball

## KN 132 Softball (1)

Softball

## KN 133 Swimming I (1)

Swimming I

## KN 134 Swimming II (1)

Swimming II

## KN 137 Tennis (1)

Tennis

## KN 139 Tai Chi (1)

Tai Chi

## KN 140 Pilates (1)

Pilates

## KN 141 Yoga (1)

Yoga

## KN 142 Zumba (1)

Zumba

## KN 143 Soccer (1)

Soccer

## KN 144 Volleyball (1)

Volleyball

## KN 146 Weight Training (1)

Weight Training

## KN 152 Kardio Kickbox (1)

Kardio Kickbox.

## KN 157 Country & Western Dance (1)

Country and Western Dance

## KN 162 Beginning Skin & Scuba Diving (1)

Beginning Skin and Scuba Diving

## KN 165 Self-Defense (1)

Self-Defense

## KN 169 Social Dance (1)

Social Dance

## KN 170 Aqua Exercise (1)

Aqua Exercise

## KN 171 Deep Water Walking (1)

Deep Water Walking

## KN 173 Water Safety Instructor (1)

Water Safety Instructor

## KN 176 Tae Kwon Do (1)

Tae Kwon Do

## KN 190 Special Topics (1)

Special Topics

## KN 192 Marathon Training I (1)

Marathon Training I

## KN 193 Marathon Training II (1)

Marathon Training II

## KN 240 Coaching Principles and Philosophy (2)

This course is required for the Minor in Coaching. It is designed to provide students with a basic understanding of coaching principles and help students develop a sound coaching philosophy. Students will examine their roles as coaches, improve communication and management skills, develop technical coaching skills, and learn proper team training and management strategies. This course will provide content necessary for students to complete the American Sport Education Program's (ASEP) certification exam. Prerequisite: Sophomore status.

## KN 248 Wellness Concepts and Applications (3)

The purpose of this course is to introduce and explore the essential concepts of wellness and to gain an understanding of the processes that contribute to developing and maintaining a healthy lifestyle. The wellness approach will emphasize personal responsibility for one's health through critical examination and evaluation of the consequences of lifestyle choices, the selection and development of behavior change skills that promote optimal enhancement of all wellness dimensions, and the creation of a personal wellness plan for a productive and satisfying life. Prerequisite: None.

Course Attributes:

- Gen Ed AY 2024-2025: Social and Behavioral Sciences
- Gen Ed Pre-AY 2024-2025: Social Science
- USLO: Critical and Creative Thinking

**KN 250 Introduction to Kinesiology (2)**

This course examines the process of human movement as a unifying element in the study of the discipline of Kinesiology. Content areas include the scientific foundations of human movement, the history and philosophy of physical education, the role of physical education in the educational process, general purposes of Kinesiology programs, career orientation and the future of Kinesiology.

**KN 257 Prevention and Care of Athletic Injuries (3)**

This course will instruct and evaluate contemporary methods of conditioning, prevention, recognition and acute care of athletic injuries. This course will also focus on risk assessment and management relating to physical activity. The course is appropriate for Kinesiology majors, pre-healthcare majors, and students interested in coaching. An additional fee is associated with this course.

**KN 266 Microcomputer Applications to Kinesiology (2)**

This course examines computer technology applications and software related to Kinesiology and Physical Education. Prerequisite: Kinesiology or Physical Education Major, KN 248 and KN 250; or 54 credit hours and consent of instructor.

**KN 271 First Aid and CPR (2)**

General emergency first aid including sudden illness, musculoskeletal injuries, heat/cold emergencies, splinting, bandaging and CPR. Opportunity is provided to earn both American Red Cross Responding to Emergencies First Aid and CPR certifications. An additional fee is associated with this course.

**KN 280 Sports Officiating I (2)**

Study and interpretation of current rules; field work for practicing officiating techniques. Prerequisite: Consent of instructor.

**KN 281 Coaching Football (2)**

Fundamentals and coaching techniques in coaching football. Rules, planning and implementing practice sessions, offensive and defensive techniques and strategies, game day organization, and administrative responsibilities will be covered. implementing practice sessions, offensive and defensive techniques and strategies, game day organization, and administrative responsibilities will be covered.

**KN 282 Coaching Basketball (2)**

Fundamentals and coaching techniques in basketball. Rules, offensive and defensive strategies, planning and implementing practice sessions and administrative requirements will be covered. strategies, planning and implementing practice sessions and administrative requirements will be covered.

**KN 283 Coaching Track and Field (2)**

Fundamentals and coaching techniques and methods in all events within a track and field program. Rules and regulations, meet strategies, planning and implementing practice sessions and administrative requirements will be covered.

**KN 284 Coaching Baseball and Softball (2)**

Fundamentals and coaching techniques in baseball and softball. Rules, offensive and defensive strategies, planning and implementing practice sessions and administrative requirements will be covered.

**KN 285 Coaching Volleyball (2)**

Fundamentals and coaching techniques involved in coaching volleyball. Rules, practice and game day organization, offensive and defensive strategies, and administrative responsibilities will be covered.

**KN 286 Coaching Soccer (2)**

Fundamentals and coaching techniques in soccer. Rules, offensive and defensive strategies, planning and implementing practice sessions administrative requirements will be covered.

**KN 291 Field Experience 1 in Exercise and Rehabilitation Science (1)**

This course is designed to help students explore exercise and rehabilitation professions, providing them a framework for the foundational knowledge and skills gained as an exercise and rehabilitation science major. Field observations exposing majors to potential careers and professional settings are included. Prerequisites: KN 248 & AL 101 or KN 250 & NU 102.

**KN 299 Measure & Eval in Kinesiology (2)**

This course is designed to provide students with an understanding of measurement and evaluation principles in Kinesiology, and emphasizes the selection, development, administration and interpretation of appropriate assessments for physical education. Skill performance and fitness assessments with computer applications will be included. Prerequisites: KN 248 and KN 250, plus MA 112 or MA 116.

**KN 300 Psychology of Sport and Physical Activity (3)**

The study of psychological processes related to sport and exercise behavior. The course will provide a broad overview of the major topics, including: motivation, arousal, goal-setting, self-confidence, and imagery. Prerequisites: KN 248 and KN 250, or junior standing and consent of instructor.

**KN 306 Organization and Administration in Kinesiology (3)**

This course is designed to provide a theoretical and practical approach to the organization and administration of Kinesiology programs. Students will be assigned administrative projects to enhance learning. Prerequisite: junior standing or consent of instructor.

**KN 308 Nutrition for Sports & Fitness (3)**

This course will provide an understanding of nutrition and its relationship to physical fitness and sports performance. Students will learn about nutrition guidelines and the effects of nutrition on topics such as metabolism, hydration, body composition, supplements, ergogenic aids, and sports specific training. In addition, students will perform and analyze nutrition and energy assessments and make recommendations to improve performance. Prerequisite: KN 248 and KN 250, or junior standing and consent of instructor.

**KN 311 Motor Development (3)**

This course is designed to provide students with an examination of current theories of motor development throughout the life cycle. Emphasis is placed on development of fundamental motor skills, physical growth and development, and assessment. Students will be required to conduct a variety of assessments on diverse individuals. Prerequisites: KN 248 and KN 250 and KN 341 or KN 342 (Kinesiology majors must have C or better in prerequisites).

**KN 315 Special Topics in Kinesiology (1-3)**

May vary from semester to semester. May be taken more than one semester depending upon topic.

**KN 318 Exercise Psychology (3)**

This course will introduce students to the basics and provide a solid foundation of psychological consequences and adherence aspects associated with the psychology of exercise. The interconnection among theory, research, application, and intervention will be utilized in order to apply the knowledge learned in this course to actual situations. Prerequisites: KN 248 and KN 250, or junior standing and consent of instructor.

**KN 321 Anatomical Kinesiology (3)**

The study of anatomical and mechanical principles in relation to human motion. Prerequisite: BI 250 or BI 275.

**KN 326 Physiology of Exercise (3)**

Process of scientific inquiry applied to physiological systems engaged in exercise. Examination of the acute and chronic effects of exercise on structure, function, and performance. Prerequisite: BI 255.

**KN 327 Physiology of Exercise Lab (1)**

The purpose of this course is to gain an understanding of the physiology (neuromuscular, metabolic, and cardiopulmonary) of exercise, including the physiology of training (i.e., the acute responses and chronic adaptations that occur due to exercise). This course will reinforce the basic exercise physiology concepts via application, increase awareness of and proficiency in performing selected laboratory tests and measurements commonly used in exercise physiology studies of humans, and provide practice in the process of data collection, evaluation and reporting. Prerequisites: BI 255; must be taken concurrently with KN 326.

**KN 330 Administration of Exercise and Rehabilitation Science (3)**

This class is designed to provide foundational information relating to the Administration of Exercise and Rehabilitation Science professions for Kinesiology majors who intend on pursuing Exercise or Rehabilitation Science professions. Students will learn the importance of quality management of financial, human, and facility resources. Prerequisites: KN 291 and junior standing.

**KN 335 Human Factors and Ergonomics (3)**

This course examines human factors and ergonomics as the interdisciplinary study of humans interacting with elements of systems in the workplace and other environments. Thorough analysis, evaluation, and synthesis are employed in the application of design to optimize well-being and performance. Prerequisite: junior standing or consent of instructor.

**KN 340 Adapted Physical Education (3)**

This course will provide students with the knowledge, skills and instructional techniques necessary to adapt and modify physical activities for students with developmental delays and/or mental and physical disabilities. Legal issues associated with educating individuals with disabilities in the physical education setting will be examined. A practicum experience in the public school setting and/or community setting is required. Prerequisite: KN 311 or consent of instructor.

**KN 341 Physical Education Activity Techniques I (2)**

This course emphasizes the learning of basic skills and teaching progressions, including lead-up games/activities, instructional strategies & teaching methods for activities such as basketball, soccer/speedball, softball, flag football, team handball, lacrosse, and floor hockey. Prerequisites: KN 248 and KN 250.

**KN 342 Physical Education Activity Techniques II (2)**

This course emphasizes the learning of basic skills and teaching progressions, including lead up games/activities, instructional strategies and teaching methods of aerobics, weightlifting, track and field, and unique physical education games. Prerequisites: KN 248 and KN 250.

**KN 343 Physical Education Activity Techniques III (2)**

This course will provide undergraduate physical education majors with an introduction to a variety of sports and activities found in various school curricula. Additionally, the course will provide an opportunity for students to gain teaching experience through peer-teaching experiences. Sports and activities to be covered will include: Archery, Badminton, Bowling, Golf, Pickleball, Table Tennis, Tennis, and Volleyball. Prerequisites: KN 248 and KN 250

**KN 344 Physical Education Activity Techniques IV (2)**

This course emphasizes the learning of basic skills and teaching progressions, instructional strategies and teaching methods for these activities: Pre-K – 12 rhythms and dance, including creative rhythms, social, folk and line dances, and basic tumbling, stunts and balance activities. Prerequisites: KN 248 and KN 250.

**KN 345 Physical Education Activity Techniques V (2)**

This course will provide Physical Education and Kinesiology majors with an introduction to a variety of outdoor activities and related teaching experiences. The overall purpose is to provide potential teachers and recreational leaders with the foundational knowledge and skills necessary to teach and participate in a variety of outdoor leisure activities. An additional fee is associated with this course. Prerequisites: KN 248 and KN 250.

**KN 350 Orthopedic Evaluation (3)**

This course is designed to instruct students on the techniques involved evaluating orthopedic injuries. This course will cover the sequence of a formal evaluation, documentation, the signs & symptoms of common injuries, & differential diagnosis. Prerequisite: KN 321.

**KN 357 Sports Performance Training and Conditioning (3)**

This course provides students with the knowledge and skills to design, measure, and instruct contemporary activity-specific functional training programs. The course will emphasize methods and progression of strength, flexibility, speed, power including Olympic lifts and plyometrics, agility, balance, core and endurance training techniques with modern tools and exercise equipment. Peer teaching and testing and opportunity to participate in practical application of skills is included. Prerequisite: BI 255 and KN 342.

**KN 367 Therapeutic Exercise (3)**

This course is designed to provide Kinesiology majors with theoretical basis, comprehension and synthesis in the application of therapeutic exercise to address metabolic disease and musculoskeletal disorders. Students will develop specific exercise approaches for a varied population of people with a variety of special conditions to improve movement, function and quality of life. Prerequisite: KN 321.

**KN 370 Facility & Event Management (3)**

This course addresses the principles and procedures involved in sports facility and event management. Special emphasis will be given to sports event planning, production, and evaluation. Prerequisite: KN 306 or instructor approval.

**KN 403 Biomechanics (3)**

This course provides an overview of biomechanics related to sport and exercise. Specific topics include: external forces and their effect on the body and its movement, including linear and angular kinetics; work, power, and energy in human activity; and the internal mechanics of human tissues, specifically the bones, skeletal muscle, ligaments, and tendons that make movement possible. This course will consist of lecture, discussion, and laboratory sessions to communicate the background of biomechanical principles, as well as their application. Prerequisites: KN 321 and PS 131/PS 132 or PS 261

**KN 410 Fitness Testing and Exercise Prescription (3)**

Students will become familiar with current fitness testing procedures and exercise prescription methods. Prerequisites: KN 326 and KN 342, MA 140 or PY 151.

**KN 411 Current Literature in Kinesiology (3)**

This course acquaints students with the processes by which research generates information and theoretical advances in Kinesiology and also explores specific recent developments in the field. Prerequisite: KN 326, MA 140 or PY 151.

**KN 420 Curriculum Development for Elementary and Secondary Physical Education Methods (3)**

Instructional methods, resources and curriculum development aimed at preparing future physical education teachers with the knowledge to create developmentally appropriate activities for preschool through high school age students, utilizing practical site-based experiences in planning, teaching, and evaluating physical education programs. Prerequisites: KN 311, plus any of the following: KN 341, KN 342, KN 343, KN 344, KN 345, and formal admission to the Professional Teacher Education Program or consent of instructor.

**KN 430 Senior Seminar Physical Education (1)**

This is a capstone course in which teacher candidates will review and update their Physical Education philosophy, complete their Physical Education portfolio, further develop their professional goals and plan for professional development; create their advocacy plan, and complete a practical experience related to the major. Prerequisites: Senior standing and formal acceptance into the Professional Teacher Education Program; or consent of instructor.

**KN 491 Field Experience 2 in Exercise and Rehabilitation Science (3-6)**

This course is designed for students interested in gaining practical experience in settings related to exercise and rehabilitation science, such as athletic training, physical therapy, clinical exercise physiology, fitness/wellness, sports and conditioning or research settings. Prerequisites: KN 291, KN 357 and KN 410; current First Aid and CPR certifications must be on file prior to the start of the field experience.

**KN 497 Internship: Sport Management (6-12)**

This course provides an off-campus experience in the field of sport management, in areas such as facility operations, game day promotions and advertising, ticket sales, and/or front-office administration. Each credit hour of internship equates to 50 contact hours at the internship site. This internship is for a minimum of 300 hours and a maximum of 600 hours. Prerequisite: All Major and Activity Requirements completed; current First Aid and CPR certifications must be on file prior to start of internship.

**KN 498 Internship: Health and Fitness Promotion (3-6)**

This course provides an off-campus experience in health promotion and/or fitness settings such as public health, corporate wellness, personal training, strength and conditioning, and recreation administration. Each credit hour of internship equates to 50 contact hours at the internship site. This internship is for a minimum of 150 hours and a maximum of 300 hours. Prerequisite: All Major and Activity Requirements completed; current First Aid and CPR certifications must be on file prior to start of internship.