



KINESIOLOGY (2021-2022)

Division of Molecular, Life & Health Sciences

Kate Cooper, Ph.D., Chair

Student Learning Outcomes – Kinesiology
Graduates from the Kinesiology Program will:
1. Plan, implement, evaluate and develop effective exercise, sport or health related intervention programs
2. Apply a lifespan perspective in Kinesiology to the changing nature of psychological perceptions, physiological functioning, and physical capabilities as they relate to exercise and physical activity across the lifespan.
3. Problem solve by assimilating, synthesizing, analyzing, and applying information from multiple sources and disciplines.
4. Understand the application of kinesiology within the parent disciplines of kinesiology including biology, human anatomy, human physiology, and psychology and the application to Kinesiology of concepts within each discipline.
5. Examine the relationships between physical activity habits, nutrition and wellness, including disease prevention and treatment, psychological well-being, social health and overall functioning.
6. Understand research design within the field of Kinesiology.
7. Understand the structure and function of musculoskeletal, cardiovascular, nervous, endocrine, metabolic and respiratory systems and the effect of acute and chronic exercise on each of these systems.
8. Evaluate the diversity of factors influencing responses to exercise, including those associated with culture, personality, and physiological functioning on exercise behaviors and responses to exercise.

Requirements for the major in Kinesiology (B.A.):

The mission of the kinesiology program is to provide a broad and dynamic program to prepare students for graduate study and careers in exercise, sport, wellness, and allied health.

To be eligible for admission to the kinesiology major, a student must have a minimum cumulative GPA of 2.250 and have passed the L.KIN-101, L.BIO-115, and L.BIO-115L courses with a grade of C or better in each. Once admitted to the major, a student must maintain a minimum cumulative GPA of 2.250 throughout the course of study. Students who fail to maintain the minimum cumulative GPA requirement may be removed from the major or be prevented from enrolling in upper level kinesiology courses.

To be eligible for graduation with a kinesiology major, a student must earn a C or better in *all* courses counted toward the major. Courses in which the student earns less than a C grade will not be accepted toward the major. In addition, a student's cumulative GPA must be at least a 2.250 to graduate with a degree in kinesiology.

Students must complete a minimum of 6 *additional* credits of KIN, ATR, or BIO prefix courses. Electives must be 200 level or above. No more than three credits of internship/practical

experiences will be counted toward the six credit minimum. Elective courses must be chosen in consultation with a student's advisor.

Additional guidelines for kinesiology majors, including internship guidelines, advising procedures, and course pre-requisites, can be found in the Kinesiology Student Handbook.

Students planning to complete the 3+2 Master of Athletic Training (M.A.T) program must complete all requirements for the Kinesiology Major as part of the dual-degree program. Refer to the Graduate Bulletin for information regarding admission and graduation requirements of the M.A.T. program.

Req	Course	Cr's
1	L.BIO-115/L.BIO-115L: Principles of Biology-ES w/Lab	4
2	L.BIO-225: Human Anatomy & Physiology I	4
3	L.BIO-226: Human Anatomy & Physiology II	4
4	L.CHE-111/L.CHE-111L: General Chemistry I w/Lab	4
5	L.KIN-050: Personal Fitness	1
6	L.KIN-101: Introduction to Kinesiology	3
7	L.KIN-145: Nutrition	3
8	L.KIN-232: Biomechanics & Kinesiology	3
9	L.KIN-250: Research Methods in Kinesiology	3
10	L.KIN-322: Physiology of Exercise	3
11	L.KIN-344: Theory of Strength Training and Conditioning	3
12	L.KIN-370: Fitness Assessment and Prescription	3
Select one from Req. 13		
13	L.KIN-439: Exercise Psychology	3
13	L.KIN-338: Sports Psychology	3
14	L.KIN-492: Internship in Kinesiology-IN	3
Select one from Req 15		
15	L.PSY-101: Introductory Psychology	3
15	L.PSY-121: Lifespan Development	3
Select one from Req 16		
16	L.MAT-115: Statistics-FM, QR	4
16	L.BIO-279: Experimental Design & Biostatistics-AH	4
17	Specialty Elective (200+ KIN, ATR, BIO courses only)	3
18	Specialty Elective (200+ KIN, ATR, BIO courses only)	3
57 total required credits		

Requirements for the minor in Coaching:

Req	Course	Cr's
1	L.KIN-121: Personal and Community Health	3
2	L.KIN-235: Sports Officiating	3

3	L.KIN-244: Theory of Coaching	3
Select one from Req 4		
4	L.ATR-130: Prevention of Athletic Injuries	3
4	L.ATR-275: Athletic Training Skills	3
5	L.BIO-225: Human Anatomy & Physiology I	4
6	L.KIN-322: Physiology of Exercise	3
Select one from Req 7		
7	L.PSY-121: Lifespan Development	3
7	L.KIN-338: Sport Psychology	3
7	L.KIN-439: Exercise Psychology	3

2021-2022 KINESIOLOGY COURSES:

L.KIN-050 through 077: Instruction on the skills, strategies, and rules of different sports and physical activity will be presented and students will have the opportunity to practice their knowledge in active situations. Students will participate in multiple sports or activities throughout the semester, as organized by the course category. Course fees may be assessed in some activity classes and students may be asked to provide their own equipment or arrange for their own transportation to facilities.

L.KIN-050: Personal Fitness

This course is open only to students majoring in kinesiology (or athletic training). Credit granted for participation in this course only once. Graded pass/fail only. 1 credit.

L.KIN-070: Outdoor Activities

Credit granted for participation in this course only once. Graded pass/fail only. 1 credit.

L.KIN-071: Individual Sports

Credit granted for participation in this course only once. Graded pass/fail only. 1 credit.

L.KIN-072: Racquet Sports

Credit granted for participation in this course only once. Graded pass/fail only. 1 credit.

L.KIN-074: Team Sports I

Credit granted for participation in this course only once. Graded pass/fail only. 1 credit.

L.KIN-075: Individual Exercise

Credit granted for participation in this course only once. Graded pass/fail only. 1 credit.

L.KIN-076: Ice Activities

Credit granted for participation in this course only once. Graded pass/fail only. 1 credit.

L.KIN-077: Swimming

Credit granted for participation in this course only once. Graded pass/fail only. 1 credit.

L.KIN-101: Introduction to Kinesiology

This course provides an introduction to the study of physical activity. The course will include analysis of the importance of physical activity, the knowledge base of the discipline, and careers in physical activity-related professions. Emphasis will be placed on the understanding of the integrative nature of the discipline and the application of principles to physical activity careers. First and second year students only. 3 credits.

L.KIN-121: Personal & Community Health

A course in the fundamentals of health, including public and community health, consumer health and substance abuse. An introduction to methods used in preventing disease in the individual and the community. This course requires five (5) hours of community based learning. 3 credits.

L.KIN-145: Nutrition

A course in the fundamentals of nutrition and how they relate to exercise, metabolism, weight control and maturational development. 3 credits.

L.KIN-210: Concepts of Wellness

The course is designed to develop an understanding of the basic principles necessary for promoting lifetime wellness. 3 credits.

L.KIN-232: Biomechanics & Kinesiology

This course provides an introduction into the fundamental mechanical concepts of biomechanics and kinesiology that apply to human movement. The course integrates the laws of physics, principles of mechanics, and advanced mathematical concepts in human movements, and provides an introduction to the analysis of commonly used physical skills. Prerequisite: L.BIO-225, or L.KIN-230 or L.SSC-230. Recommended: L.KIN-250 or L.SSC-250, and L.PHY-210. Not open to first year students. 3 credits.

L.KIN-235: Sport Officiating

This course is designed to introduce concepts related to sports officiating such as: psychology of officiating, positioning mechanics and signs for competitive sports (volleyball, soccer, football, baseball/softball, and basketball), fitness of officials, legal responsibilities, and officiating as a career or profession. This course is not designed as a "how to become an elite sporting official" but rather to introduce, at the undergraduate level, the general concepts of officiating as well as to develop student appreciation about what officiating entails. 3 credits.

L.KIN-240: Methods of Group Exercise Instruction

This course will introduce students to the components of effective instruction and evaluation of group exercise classes. Aligned with the American College of Sports Medicine (ACSM) guidelines for the four components of health and fitness: warm-up and stretching, cardiorespiratory training, muscular conditioning, and flexibility training, this course prepares students to develop, administer, and evaluate group exercise classes. The course includes the study of key physiological, psychological, and sociological principles and practical experiences leading group exercise classes. Prerequisites: L.BIO-225. 3 credits. January term.

L.KIN-244: Theory of Coaching

Prospective high school and college coaches are introduced to multiple issues surrounding the coaching profession. Students will be subject to philosophical, ethical, managerial and legal issues as they pertain to all team and individual sports. 3 credits.

L.KIN-250: Research Methods in Kinesiology

This course will introduce students to the components of effective instruction and evaluation of group exercise classes. Aligned with the American College of Sports Medicine (ACSM) guidelines for the four components of health and fitness: warm-up and stretching, cardiorespiratory training, muscular conditioning, and flexibility training, this course prepares students to develop, administer, and evaluate group exercise classes. The course includes the study of key physiological, psychological, and sociological principles and practical experiences leading group exercise classes. Prerequisites: L.KIN-101, and L.MAT-115 or L.BIO-279. 3 Credits.

L.KIN-257: Fundamentals of Public Health

This course will provide a broad overview of the field of public health and provide an understanding of how public health affects everyone's daily life and contributes and influences health and well-being of individuals and communities. This course aims to go beyond individual prevention and aims to provide students with a better

understanding of the larger social and population-based factors that influence health and well-being of populations. Cross-listed as L.BIO-257. 3 credits. Fall term.

L.KIN-285: Motivational Interviewing-Based Communication Strategies

Students will be introduced to a highly sought after conversational skill to enhance communication in a variety of settings. This style of communication involves several strategies such as using open-ended questions and the formation of reflections in order to evoke information to further engage in productive conversation. Students will learn the foundation and strategies of motivational interviewing and have the opportunity to practice utilizing this skill in applicable scenarios. Restriction: Sophomore standing or higher. 3 credits. January Term.

L.KIN-291: Sports Nutrition-AH

This is an in depth study course that emphasizes the knowledge and application of sports nutrition principles through various laboratory experiences and a student led research project. Topics covered include basic nutritional concepts, energy expenditure during resistance and endurance exercise, timing and composition of pre and post competition meals, hydration recommendations, and the use of supplements for various athletic groups. This course is designed to allow students to understand the scientific process as it applies to exercise physiology and metabolism. 3 credits.

L.KIN-322: Physiology of Exercise

A study of the physiological adaptations to exercise. Explores the interrelations of various organs and systems related to the understanding of physical activity functioning. Emphasis is placed on energy metabolism, physiological responses to exercise, diet and conditioning in athletics, and exercise training techniques. Prerequisites: L.BIO-225 and L.BIO-226, or L.KIN-230 or L.SSC-230. Recommended: L.KIN-250 or L.SSC-250. Not open to first year students. 3 credits.

L.KIN-330: Motor Learning

This course provides an analysis of concepts related to the acquisition of motor skills. Basic research and principles are discussed in relation to motor learning and performance, with specific relevance to the practice of teaching motor skills in physical education, rehabilitation, and fitness settings. This course involves active involvement in laboratory experiences. Prerequisites: L.KIN-101, L.LIB-105 or L.ENG-111, and L.LIB-110. Not open to first year students. 3 credits. January term.

L.KIN-338: Sport Psychology

This course will focus on social and psychological factors related to participation in sport. Topics will include stress, anxiety, motivation, self-perceptions, and psychological skills training. The primary focus of the course will be on the application of psychological principles to coaching athletics. Prerequisites: L.PSY-101 or L.PSY-121. Recommended: L.KIN-250 or L.SSC-250. Restrictions: Not open to first year students. 3 credits.

L.KIN-344: Theory of Strength Training & Conditioning

Students are introduced to the basic theories, methods, and practices of strength training and conditioning. Material presented will include basic physiology, designing training programs, and teaching basic movements. This course is intended to prepare students for the Certified Strength and Conditioning Specialist (CSCS) exam that is administered by the National Strength and Conditioning Association (NSCA). Prerequisite: L.BIO-225 and L.BIO-226, or L.KIN-230 or L.SSC-230. Restrictions: Not open to first year students. 3 credits.

L.KIN-370: Fitness Assessment & Prescription

This course uses a hands-on approach to teaching students the techniques and application related to exercise prescription and assessment. Students create fitness and assessment programs for an individual adult client and supervise client progress over the course of the semester. Prerequisites: L.KIN-050, L.KIN-322 or L.SSC-322, and L.KIN-344 or L.SSC344, First Aid/CPR Certification. Not open to first year students. 3 credits.

L.KIN-392: Practicum in Physical Activity & Health I

Practicum experiences in the kinesiology program are designed to provide students with opportunities to apply their skills and gain experience in the development, implementation, and assessment of physical activity and wellness programming. Practical experiences must be approved by the sponsoring faculty member and the kinesiology program coordinator. Specific guidelines can be found in the Kinesiology Student Handbook. Instructor permission is required to enroll. 3 credits.

L.KIN-393: Practicum in Physical Activity & Health II

Practicum experiences in the kinesiology program are designed provide students with opportunities to apply their skills and gain experience in the development, implementation, and assessment of physical activity and wellness programming. Practical experiences must be approved by the sponsoring faculty member and the kinesiology program coordinator. Instructor permission is required to enroll. 3 credits.

L.KIN-439: Exercise Psychology

This course will examine the factors that influence participation and adherence in exercise and other forms of physical activity. Students will explore personal and contextual factors that inhibit and contribute to physical activity across the lifespan. Theoretical models and empirical research will be reviewed, critically reviewing existing theory and examining new avenues for future research. In addition, effective strategies for intervention will be reviewed and discussed. Prerequisites: L.PSY-101 or L. PSY-121. Junior or senior standing only. Highly recommended: L.KIN-250. 3 credits.

L.KIN-492: Internship in Kinesiology I-IN

Internships in the kinesiology program provide students with opportunities to explore careers and gain hands-on experience in a related area. Internship sites must be off-campus and approved by the kinesiology program coordinator. All internship sites must be approved in advance. Specific prerequisites are identified in the Kinesiology Student Handbook. Instructor permission is required. 2-4 credits.

L.KIN-493: Internship in Kinesiology II

Internships in the Kinesiology Program provide students with opportunities to explore careers and gain hands on experience in a related area. Internship sites must be off-campus and approved by the Kinesiology Program Coordinator. All internship sites must be approved in advance. Specific pre-requisites are identified in the Kinesiology Student Handbook. Instructor permission is required. 2-4 credits.