

# KINESIOLOGY AND HEALTH STUDIES

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The Kinesiology and Health Studies Department recommends that each student obtain a medical examination and be covered by an adequate accident and hospital insurance policy before participating in any of the programs of the department.

## ATHLETIC TRAINING (ATHT)

**141. Prevention and Management of Motor Performance Injuries.** Credit 3 hours. A study of basic prevention, evaluation and management of motor performance injuries.

**203. Foundations of Athletic Training.** Credit 2 hours. Prerequisites: Formal acceptance for progression into the athletic training curriculum. Explores the primary concepts and principles of the injury response process. Emphasizes the centrality of critical thinking to clinical reasoning. Provides scientific principles for application of clinical skills.

**210. Psychosocial Intervention and Referral in Athletic Training.** Credit 2 hours. Prerequisites: Psychology 101, Sociology 101 and formal acceptance for progression into the athletic training curriculum. Investigates current psychosocial and sociocultural issues in athletic training and sports medicine and the role of the athletic trainer in the intervention and referral process.

**241. Emergency Health Care for the Athletic Trainer.** Credit 3 hours. Prerequisite: Formal acceptance for progression into the athletic training curriculum. The purpose of this course is to provide the athletic trainer with the knowledge necessary to help sustain life, reduce pain, and minimize the consequences of sudden injury or illnesses of the physically active individual.

**243. Athletic Taping and Protective Equipment.** Credit 2 hours. Prerequisites: Registration in or prior credit for ATHT 141. A study of the concepts, application and procedures used in taping and protective equipment design and fitting. Emphasis on practical skills involved in design, construction and application. One hour lecture and two hours laboratory a week.

**300. Field Experiences in Athletic Training I.** Credit 1 hour. Prerequisites: Formal acceptance for progression into the athletic training curriculum and concurrent enrollment in ATLB 358. Provides the student with the opportunity to practice and apply the athletic training clinical proficiencies under the supervision of a qualified clinical instructor for a minimum of 225 hours per semester. Particular emphasis will be placed on exposure to upper and lower extremity sports.

**315. Field Experiences in Athletic Training II.** Credit 1 hour. Prerequisites: Formal acceptance for progression into the athletic training curriculum and concurrent enrollment in ATLB 366. Provides the student with the opportunity to practice and apply the athletic training clinical proficiencies under the supervision of a qualified clinical instructor for a minimum of 225 hours per semester. Particular emphasis will be placed on exposure to upper and lower extremity sports.

**363. Sports Injury Management I.** Credit 3 hours. Prerequisites: Formal acceptance for progression into the athletic training curriculum and concurrent enrollment in ATLB 358. A systematic examination of the fundamental principles and concepts of athletic training. Students will develop knowledge in the prevention, assessment, and rehabilitation of athletic injuries. Particular emphasis will be placed on injury management of the ankle, foot and lower leg.

**367. Sports Injury Management II.** Credit 3 hours. Prerequisites: Formal acceptance for progression into the athletic training curriculum and concurrent enrollment in ATLB 366. A systematic examination of the fundamental principles and concepts of athletic training. Includes the opportunity to develop knowledge and skills in prevention, assessment, and rehabilitation of athletic injuries.

**371. Therapeutic Modalities in Athletic Training.** Credit 3 hours. Prerequisites: Formal acceptance for progression into the athletic training curriculum and concurrent enrollment in ATLB 370. Provides the student with the opportunity to practice and apply the athletic training clinical proficiencies under the supervision of a qualified clinical instructor for a minimum of 225 hours per semester. Particular emphasis will be placed on exposure to equipment-intensive sports.

**382. Professional Development and Responsibility in Athletic Training.** Credit 2 hours. Prerequisite: Formal acceptance for progression into the athletic training curriculum. Investigates professional issues in athletic training and the role and responsibility of a certified athletic trainer.

**400. Field Experiences in Athletic Training III.** Credit 1 hour. Prerequisites: Formal acceptance for progression into the athletic training curriculum and concurrent enrollment in ATLB 366. Provides the student with the opportunity to practice and apply the athletic training clinical proficiencies under the supervision of a qualified clinical instructor for a minimum of 225 hours per semester. Particular emphasis will be placed on exposure to upper and lower extremity sports.

**415. Field Experiences in Athletic Training IV.** Credit 1 hour. Prerequisites: Formal acceptance for progression into the athletic training curriculum and concurrent enrollment in ATLB 470. Provides the student with the opportunity to practice and apply the 150 hours per semester. Particular emphasis will be placed on students' obtaining experiences in a medical clinic.

**455. Medical Aspects of Sports Related Injuries/Illnesses I.** Credit 3 hours. Prerequisites: Formal acceptance into the athletic training curriculum and NURS 233, ZOO 250/252, and ZOO 251/253. Focuses on the identification and treatment of medical conditions of the respiratory, gastrointestinal, cardiovascular, and integumentary system associated with the physically active individual. Emphasis is placed on the role the athletic trainer has in the assessment and treatment of these conditions as directed by a team physician.

**462. Administration of Athletic Training Programs.** Credit 3 hours. Prerequisites: Formal acceptance into the athletic training curriculum and ATHT 382. A course designed to provide the athletic training student with competencies needed to plan, coordinate and supervise administrative components of an athletic training organization including those pertaining to health care, financial, personnel and facilities management, and public relations.

**466. Medical Aspects of Sports Related Injuries/Illnesses II.** Credit 3 hours. Prerequisites: Formal acceptance into the athletic training curriculum and NURS 233, ZOO 250/252, and ZOO 251/253. Focuses on the identification and treatment of medical conditions of the nervous, urinary, endocrine, and reproductive systems associated with the physically active individual. Emphasis is placed on the role the athletic trainer has in the assessment and treatment of these conditions as directed by a team physician.

**469. Sports Injury Management III.** Credit 3 hours. Prerequisites: Formal acceptance into the athletic training curriculum and concurrent enrolment in ATLB 468. A systematic examination of the fundamental principles and concepts of athletic training. Includes the opportunity to develop knowledge in the prevention, assessment and rehabilitation of athletic injuries of the shoulder, upper arm, elbow, forearm, wrist and hand.

**471. Sports Injury Management IV.** Credit 2 hours. Prerequisites: Formal acceptance into the athletic training curriculum and concurrent enrolment in ATLB 470. A systematic examination of the fundamental principles and concepts of athletic training. Includes the opportunity to develop knowledge and skills in the prevention, assessment and rehabilitation of athletic injuries of the spine.

## **ATHLETIC TRAINING LAB (ATLB)**

**208. Foundations of Athletic Training Lab.** Credit 1 hour. Prerequisites: Formal acceptance for progression into the athletic training curriculum and concurrent enrollment in ATHT 203. Guides students in the application of theory to clinical practice. Focuses on the development of the cognitive, psychomotor, communication and therapeutic interventions as applied to the healthcare of the physically active individual. Two hours of laboratory per week.

**244. Emergency Health Care for the Athletic Trainer Lab.** Credit 2 hours. Prerequisites: Formal acceptance into the athletic training curriculum and concurrent enrolment in ATHT 241. The purpose of this course is to provide the athletic trainer with the skills necessary to sustain life, reduce pain, and minimize the consequences of sudden injury to the physically active individual. Four hours of laboratory per week.

**305. Clinical Integration Lab I.** Credit 1 hour. Prerequisites: Formal acceptance for progression into the athletic training curriculum and ATHT 203, 210, 241; ATLB 208, 244; KIN 275 and NURS 233. Students continue developing their clinical reasoning abilities and athletic training clinical proficiencies in a simulated lab environment. Two hours of laboratory per week.

**320. Clinical Integration Lab II.** Credit 1 hour. Prerequisites: Formal acceptance into the athletic training curriculum and ATHT 363, 371; ATLB 358, 370 and FCS 342. Students continue developing their clinical reasoning abilities and athletic training clinical proficiencies in a simulated lab environment. Two laboratory hours per week.

**358. Clinical Competency Lab I.** Credit 1 hour. Prerequisites: Formal acceptance into the athletic training curriculum and concurrent enrollment in ATHT 363. Guides students in the application of theory to clinical practice in the prevention, assessment, and rehabilitation of injuries to the ankle, foot, and lower leg. Two laboratory hours per week.

**366. Clinical Competency Lab II.** Credit 1 hour. Prerequisites: Formal acceptance into the athletic training curriculum and concurrent enrollment in ATHT 367. Guides students in the application of theory to clinical practice in the prevention, assessment, and rehabilitation of injuries to the knee, hip, thigh, and pelvis. Two laboratory hours per week.

**370. Therapeutic Modalities in Athletic Training Lab.** Credit 1 hour. Prerequisites: Formal acceptance into the athletic training curriculum and concurrent enrollment in ATHT 371. Set-up and operational procedures of contemporary therapeutic modalities as they relate to the care and treatment of athletic injuries. Two hours of laboratory per week.

**405. Clinical Integration Lab III.** Credit 1 hour. Prerequisites: Formal acceptance into the athletic training curriculum and ATHT 367, 382; ATLB 366 and KIN 326. Students continue developing their clinical reasoning abilities and athletic training clinical proficiencies in a simulated lab environment. Two laboratory hours per week.

**420. Clinical Integration Lab IV.** Credit 1 hour. Prerequisites: Formal acceptance into the athletic training curriculum and ATHT 462, 469, 471; ATLB 470, 468. Students continue developing their clinical reasoning abilities and athletic training clinical proficiencies in a simulated lab environment. Two laboratory hours per week.

**468. Clinical Competency Lab III.** Credit 2 hours. Prerequisites: Formal acceptance for progression into the athletic training curriculum and concurrent enrollment in ATHT 469. Guides students in the application of theory to clinical practice in prevention, assessment, rehabilitation of injuries to the shoulder, upper arm, forearm, elbow, wrist and hand. Four hours of laboratory per week.

**470. Clinical Competency Lab IV.** Credit 1 hour. Prerequisites: Formal acceptance for progression into the athletic training curriculum and concurrent enrollment in ATHT 471. Guides students in the application of theory to clinical practice in prevention, assessment, rehabilitation of injuries to the spine. Two hours of laboratory per week.

## COACHING (COAC)

**301. Care and Prevention of Motor Performance Injuries.** Credit 2 hours. A course designed to develop knowledge and skills in techniques of training, care, and prevention of motor performance injuries. Includes practical experiences in taping and bandaging, hydrotherapy, diathermy, and basic training procedures. Two hours lecture a week.

**302. Coaching of Football.** Credit 2 hours. Prerequisite: KINL 205 or equivalent. Theory of coaching football to include emphasis on how to teach basic fundamentals, setting up team practices, offensive and defensive styles and strategies, and establishing conditioning and off-season programs. Specific problems related to football coaching and team management will be included. One hour lecture and two hours laboratory a week.

**303. Coaching of Basketball.** Credit 2 hours. Prerequisite: KINL 203 or proficiency. Theories of coaching, coaching problems, individual and team strategy, styles of individual and team offense and defense, scouting, planning and organizing practice and methods of teaching skills. One hour lecture and two hours laboratory a week.

**304. Coaching of Soccer.** Credit 2 hours. Prerequisite: KINL 204 or proficiency. Methods and techniques of coaching soccer. Special attention will be given to individual position plan and team strategy. One hour lecture and two hours laboratory a week.

**305. Coaching of Baseball/Softball.** Credit 2 hours. Prerequisite: KINL 205 or proficiency. Methods of coaching and teaching softball and baseball. Special attention to theory and styles of individual techniques and team offense and defense. One hour lecture and two hours laboratory a week.

**306. Coaching of Track and Field.** Credit 2 hours. Prerequisite: KINL 206 or proficiency. Methods and techniques of coaching and teaching track and field. Special attention given to the mechanics of and training for the skills of track and field. One hour lecture and two hours laboratory a week.

**307. Coaching of Volleyball.** Credit 2 hours. Prerequisite: KINL 207 or proficiency. Methods of coaching volleyball. Special attention to theory and styles of individual techniques and team offense, defense, and conditioning. One hour lecture and two hours laboratory a week.

**308. Coaching of Gymnastics.** Credit 2 hours. Prerequisite: KINL 108 or proficiency. Teaching of intermediate gymnastics skills for men and women. Age group Junior Olympic compulsory program. Routine composition for optional competition. Safety considerations, mechanical principles, conditioning. Elements of gymnastics judging. One hour lecture and two hours laboratory a week.

**351. Officiating and Scouting.** Credit 2 hours. Techniques and procedure in officiating and scouting in athletics. One hour lecture and two hours laboratory, and one hour laboratory TBA a week.

**401. Practicum.** Credit 1-3 hours. Prerequisite: Permission of the Department Head. Practical experience in coaching under the supervision of a secondary or college coach. Variable credit depending on contact hours and the level and complexity of the assignment.

**411. Athletic Management.** Credit 3 hours. A course dealing with the problems of management involving high school or college athletic, physical education, and intramural programs. Emphasis on the roles of the coach and athletic director.

## HEALTH STUDIES (HS)

**131. Emergency Health Care.** Credit 2 hours. A course dealing with the cause and prevention of accident; the acquisition of sufficient knowledge to determine the nature and extent of injury; and sufficient skill to administer proper first aid. Includes a study of the American Red Cross program and the American Medical Association Medical Self-Help Training Course.

**132. Personal Health.** Credit 2 hours. A survey course covering various aspects of physical, mental, and social well-being. Attempts to create greater appreciation and understanding of individual health principles which should be reflected in a more intelligent self-directed health behavior.

**133. Healthy Lifestyles for the 21<sup>st</sup> Century.** Credit 3 hours. Prerequisite: Permission of the Department Head. Course is designed so that students learn the importance of identifying and applying steps for making decisions and taking responsibility for their own health-related learning and behaviors. Knowledge recall as well as more advanced learning skills are addressed in assignments and examinations, Students also become aware of a wide range of health resources, support services, and technology.

**162. Drugs and Society.** Credit 3 hours. Students will know the incidence of drug use and abuse in society, pharmacology of selected drugs and principles of altering one's state of consciousness; will know where they stand as to their own drug use, be able to communicate attitudes about drugs; explore alternatives to substance abuse, and approaches to prevention and community resource.

**232. Introduction to Elementary School Health and Physical Education.** Credit 3 hours. Prerequisite: Elementary education major. Overview of health and physical education issues and topics. Consideration will be given to the principles of state law and policies regarding health and physical education. Introduction to curriculum content and activities in health and physical education. Two hours lecture and one hour laboratory per week.

**251. Health and Human Sexuality-Contemporary Perspectives.** Credit 3 hours. Emphasis will be placed on the relationship between personal health and human sexuality. The understanding of human sexuality through self-

awareness, value clarification and decision-making will also be a concern. Students will be encouraged to reflect critically upon their feelings and attitudes toward their own sexuality and the sexuality of others in their cultural setting.

**252 [452]. Health and Stress.** Credit 3 hours. Students will explore health problems related to stress and tension through analysis of causative and psycho-social stresses and intervening physiological mechanism. Particular emphasis is placed on prevention and control of stress through techniques such as exercise, neuro-muscular relaxation, biofeedback, and meditation.

**260. Foundations of Health Education.** Credit 3 hours. Prerequisites: Sophomore standing and HS 133 or permission of Department Head. This course is designed to introduce students to health education and promotion. It will include the historical aspects of health and health education, ethics, CHES certification and responsibilities, theoretical foundations, health education settings, professional organizations, agencies and journals.

**312. Community Health.** Credit 3 hours. Prerequisite: HS 260, junior standing, or permission of the Department Head. A course concerned with the important aspects of human ecology and conservation of human resources, environmental health, disease prevention and control, and community resources available to the population. Emphasis is placed upon major health problems of college years and early adulthood.

**313. Healthcare Delivery Systems.** Credit 3 hours. Prerequisites: HS 313 and Junior Standing or permission of the Department Head. This course will examine the healthcare delivery system in the United States. It will examine the entire Continuum of Care and uses the construct of a fully integrated system as a means to evaluate the current system. Key issues confronting healthcare today will be explored.

**320. Health Promotion Program Planning.** Credit 3 hours. Prerequisites: HS 132 or 133; HS 162, 251 or 252; junior standing or permission of Department Head. A course for the individual desiring to become a health educator. An exploration of the knowledge and skills required for effective professional health education practice. Includes an introduction to current theory, and concept; methods of assessing, planning, implementing, and evaluating health education/promotion programs; ethical issues; plus professional competencies and credentialing.

**331. Health Information and the Media.** Credit 3 hours. Prerequisite: Computer literacy. Design and production of education materials. Review fundamentals of computer multimedia presentations. Methods of planning, implementing, and evaluating multimedia presentations.

**332. The Health Education Program in the Elementary School.** Credit 2 hours. Prerequisite: HS 132 or 133 and completion of 45 semester hours. A course designed primarily for elementary education majors. Consideration is given to the many aspects of the eight component Coordinated School Health Program.

**340. Healthcare Law and Ethics.** Credit 3 hours. Prerequisites: HS 313 and Junior Standing or permission of the Department Head. The course will present government policies and guidelines related to the operation of health care systems. Emphasis will be placed on the implementation of healthcare and the responsibilities and ethics ascribed to healthcare managers,.

**351 [451]. Health Problems of the Aging and Aged.** Credit 3 hours. Students will examine the psychological, physiological and socio-economic aspects of aging; sexuality; death, dying, and bereavement; self-actualization and creativity; health needs and crisis; and medical-care programs.

**360. Introduction to Epidemiology.** Credit 3 hours. Prerequisites: HS 132 or 133, MATH 160 or 161, Math 241, and junior standing or permission of Department Head. An introduction to the study of distribution of health events in human populations. Methods of assessing health states in populations by the use of morbidity and mortality data. Includes disease tracking and control methods for use in health care decisions. Major types of epidemiological investigations are also studied.

**362. Promoting Health in the Worksite.** Credit 3 hours. Prerequisites: HS 132 or 133, HS 162 or 251 or 252, junior standing or permission of Department Head. Introduction to the design and implementation of health programs in a variety of worksite settings. Attention to concerns of administrative and staff support, recidivism, specific interventions, and policy.

**382. Family Health and Sex Education.** Credit 2 hours. This course is concerned with the basic information regarding the physical, psychological, social and comparative cultural aspects of family health, sexual behavior, and sex education. The development and adjustment needs of children and adults during the course of maturing and aging are studied; consideration is given to the family health and sex education program in schools.

**401. Health Instruction.** Credit 3 hours. Prerequisites: HS 131; 132 or 133; HS 320 or KIN 351; Health Education & Promotion or Kinesiology major; or permission of Department Head. This course will examine different strategies and methods that can be used in health education in various settings, including schools, communities and worksites. This course is designed primarily for Kinesiology and Health Studies majors. Students in other majors who wish to enroll must receive permission from the KHS Department Head.

**402. School Health Education.** Credit 3 hours. Prerequisite: HS 131; HS 132 or 133; KIN 351; or permission of the Department Head. This course will focus on strategies of instruction for health education to be used primarily in the school setting. Additional topics relevant to teacher preparation will also be addressed, especially class management strategies. During the course, students will teach health education at various grade levels. This course will provide experience in classroom observation and supervised teaching.

**410. Practicum in Health/Fitness Promotion.** Credit 6 hours. Minimum of 320 hours (approximately 23 hours per week for 14 weeks). Prerequisites: Senior standing in Health Education & Promotion or Kinesiology majors, 2.0 GPA in the major; or permission of Department Head. Health Education & Promotion majors must have completed all coursework. Kinesiology majors must have completed HS 453, 454 and KIN 392/393 and 424. Students may not take more than 3 additional semester hours during their practicum experience. During the last semester of the senior year, all students in Health/Fitness promotion will be given actual practice in the field.

**430[430/530]. Complementary and Alternative Healthcare Modalities.** Credit 3 hours. Prerequisites: Junior standing or permission of the Department Head. An exploration of alternative and complementary treatments and therapies covering a broad range of healing philosophies. Students will examine safety & effectiveness, practitioner expertise, service delivery and cost. Current research conducted by the National Center of Alternative and Complementary Health will be investigated

**435. Healthcare Administration.** Credit 3 hours. Prerequisites: HS 313 and Junior Standing or permission of the Department Head. This course will introduce concepts, principles, and practices of healthcare administration. Students will develop their knowledge in areas including negotiation, leadership, organizational design, organizational culture, how people work in organizations and strategy.

**439[439/539]. Spirituality and Health.** Credit 3 hours. Prerequisite: Junior standing or permission of the Department Head. An exploration of the influences of spirituality on aspects of health and disease. Through a combination of class discussion, group activities, guest speakers, and self-reflection, students will identify the relationship between spirituality, illness, and health promotion.

**440. Research Methods in Health Sciences.** Credit 3 hours. Prerequisites: HS 313 and Junior Standing or permission of the Department Head. This course introduces students to research theory and methods of the health science field. The research methodologies covered in this course are applicable to all disciplines. Students will earn the entire process for conducting and evaluating scientific research.

**453. Health Assessment and Promotion.** Credit 3 hours. Prerequisite: HS 132, 4 hours Anatomy/Physiology, Junior Standing or permission of the Department Head. An examination of the cause, identification and control of selected lifestyle diseases. Emphasis is placed on risk factor assessment and health screening methodologies.

**454. Health Behavior Change.** Credit 3 hours. Prerequisite: Junior standing, HS 132 or 133, and 320 or permission of the Department Head. Students will explore and apply principles of modifying health behaviors on an individual, group, and community level for the prevention of health problems or the adoption of healthy lifestyles. Partial emphasis is placed on improving student competency in communication, decision making and counseling skills for assisting others in confronting personal health concerns.

**461. The School Health Program.** Credit 3 hours. Prerequisites: HS 131 and 132 or 133 and Junior standing. A study of administrative policies, procedures and principles essential to the development and implementation of a comprehensive school health program.

**462. Health Seminar.** Credit 3 hours. Prerequisite: Junior standing. Course identified by description each semester offered. An in-depth study of assigned topics will be required.

**463. Health Seminar.** Credit 3 hours. Prerequisite: Junior standing. Course identified by description each semester offered. An in-depth study of assigned topics will be required.

**464. Health Seminar.** Credit 3 hours. Prerequisite: Junior standing. Course identified by description each semester offered. An in-depth study of assigned topics will be required.

**499. Practicum in Health Studies.** Credit 3 hours. Prerequisites: Senior standing, 2.5 GPA, completion of all required coursework, earning a C or higher in all indicated courses, and graduation from accredited associate degree or licensure program at a professional school in an allied health care field. During the last semester of the senior year, a final field experience is required for all health studies students. Students will gain experience in methodologies, techniques, and programs specific to the practicum site. Grades are assigned on a Pass/Fail basis.

**601 [501]. Statistical Methods in Health Studies.** Credit 3 hours. Special parametric and non-parametric statistics applicable to research techniques in health studies.

**603 [503]. Contemporary Problems and Issues in Health.** Credit 3 hours. Identification and study of current problems and issues in health and health education. Extensive reading and critical analysis of literature required.

**606 [506]. Introduction to Research.** Credit 3 hours. Prerequisite: HS 601. Principles, procedures, and techniques of research with an intensive survey of current scientific investigations in the areas of health. Special attention is given to practical application.

**610. Health Education Curriculum and Instruction.** Credit 3 hours. Prerequisites: HS 638 and one of the following: HS 617, 619, 620, 621, 622, 624, 626, 627, 628, 629, or 636, or permission of the Department Head. This course will prepare graduate students with the necessary competencies for evaluating health education curricula and for developing health instructional units for teaching health in various settings such as schools, community, and work-sites. Graduate students will learn how to write and evaluate lesson plans using computer technology and instructional methods that are age and developmentally appropriate and demonstrate teaching competencies during field experiences.

**617. Spiritual Health: Research and Programming in Health Promotion.** Credit 3 hours. The focus of this class is to review current research in the field of spiritual health and its application in health promotion programming. Emphasis will be placed on an evaluation of current literature, a review of current assessment tools, and the process of integrating spiritual health into current health promotion programming.

**618 [518]. School Health Services.** Credit 3 hours. Development, maintenance and protection of the health of students including appraisals, screening, communicable disease control, emergency care, school health records, health counseling, follow-up, health of school personnel, legal aspects and special services.

**619. Traditional and Complementary/Alternative Health Practices.** Credit 3 hours. An exploration of the traditional health care fields including allopathic/osteopathic health care plus a variety of alternative and complementary healthcare treatments and therapies. This course will include information about health consumerism and current healthcare insurance issues. Current research conducted by the National Center for Complementary and Alternative Medicine will be investigated.

**620. Drug Education Programming.** Credit 3 hours. A study of overall drug use and abuse in our society, especially among youth. Particular attention will be given to the historical foundations of drug prevention and a review of successful drug prevention programs. Includes drug education curriculum development and evaluation strategies.

**621. Sexuality Education Programming.** Credit 3 hours. The acquisition of human sexuality information and an exploration of personal values and current sexuality research. Includes sexuality education curriculum development and evaluation strategies.

**622. Stress Management Programming.** Credit 3 hours. Of importance will be the mind-body connection or the psycho-physiological effects of stress on health. Emphasis will be placed on prevention of stress and demonstration of a variety of strategies to control stress and tension. Includes stress management program development and evaluation strategies.

**624. Health Counseling.** Credit 3 hours. To provide health care providers, educators and counselors the opportunity to develop skills and knowledge to advise students and clients confronted with personal health concerns.

**626. Health Aspects of Aging, Death and Dying.** Credit 3 hours. Students will examine the physiological, psychological, and socio-economic aspects of aging, death and dying. Special consideration will be given to health needs and crisis, medical-care programs, wellness lifestyles, self-actualization and creativity, death, dying, and bereavement.

**627. Current Health Practices and Preventive Medicine.** Credit 3 hours. This course will apply unified concepts of health and disease, including the body, mind and spirit, to a sound philosophy of the personal obligation to preserve one's own health; examine holistic approaches to health care and delivery and health behavior by addressing the biological, psycho-social, and environmental factors which emphasize the prevention of disease and maintenance of optimum health; analyze the application of wellness programs to business, industrial and educational settings.

**628. Health Seminar.** May be repeated as topics vary. Credit 3 hours. Course identified by description each semester offered.

**629. Health Seminar.** May be repeated as topics vary. Credit 3 hours. Course identified by description each semester offered.

**632 [532]. Independent Research.** Credit 3 hours. Prerequisite: Must be a graduate student in the Health & Kinesiology Master of Arts program and have taken at least 9 hours of graduate coursework including HS 601 or 606, or permission of the Department Head. Student will demonstrate research design and literature review competency. If a research study is implemented, student must obtain appropriate IRB approval.

**634. Independent Reading.** Credit 3 hours. Prerequisite: Must be a graduate student in the Health & Kinesiology Master of Arts program and have taken at least 9 hours of graduate coursework, or permission of the Department Head. Directed study of the professional and research literature in an area of health not covered in other courses.

**635. Worksite Health Promotion.** Credit 3 hours. An analysis of strategies for planning, implementation, and evaluation of health promotion programs in worksite settings. Topics include: successful worksite models, assessing corporate culture, screening approaches, and legal issues.

**636. Nutrition for Health and Physical Performance.** Credit 3 hours. Prerequisite: Basic nutrition or permission of the Department Head. Principles of nutrient metabolism and their role and function in the maintenance of health and prevention of disease. Development of nutritional plans for specific conditioning, including dietary concerns for those in physical performance programs. Credit may not be received for both Health Studies 636 and Kinesiology 636.

**637. Epidemiology of Chronic Disease.** Credit 3 hours. Prerequisite: HS/KIN 601 or permission of Department Head. An introduction to the principles and practices of epidemiologic methods used in chronic disease investigations. Selected disease will be examined to clarify the role of epidemiology in understanding disease processes across populations. Specific application will be made concerning the prevention of disease and promotion of behavior change.

**638. Program Planning and Evaluation.** Credit 3 hours. Analysis of planning models and diagnostic techniques used to design programs in a variety of settings. Emphasis on systematic analysis of needs, establishment of objectives and development of evaluation strategies.

**646. Grant Proposal Writing.** Credit 3 hours. Focuses on the necessary competencies and skills of writing and submitting proposals and evaluating and administering grants for health education, allied health, kinesiology and related fields including schools, communities and work sites.

**710. Internship in Health Promotion.** Credit 3-6 hours. Prerequisite: Permission of the Department Head. A field work experience that provides an opportunity for students to perform all the health promotion activities that a regularly-employed staff member would be expected to perform. The purpose is to prepare professionals with practical skills for promoting health-enhancing strategies in others.

**770. Thesis.** Credit 1-6 hours each semester, with 6 hours needed for graduation. The student must enroll in the thesis course each semester the thesis is in progress. The thesis is graded Pass-Fail. Prerequisites: HS 601 and 606 or 607.

## KINESIOLOGY (KIN)

**191. Introduction to Health Studies and Kinesiology.** Credit 1 hour. A basic orientation and introduction to health studies and kinesiology with emphasis upon interpretation, opportunities and obligations, and the development of the basic concepts that are pertinent to the profession. Twelve hours lecture and nine hours laboratory for nine weeks.

**230. Physical Fitness Concepts.** Credit 3 hours. This course is designed to meet the needs of each individual in the knowledge, care and use of the body in attaining and maintaining physical fitness. This course will include laboratory experience.

**232. Introduction to Sport Management.** Credit 3 hours. This course is designed to prepare the individual for the academic and professional field of sport management. An introductory course concerned with the disciplinary foundations of sport and physical activity, opportunities available in various segments of the sport industry, and professional preparation and development.

**251. Motor Development and Movement.** Credit 3 hours. Prerequisites: KINL 221 or permission of the Department Head. Focuses on stage theories and developmental task analysis of motor skill acquisition. A study of motor development, movement and the child-centered approach to teaching movement in grades K-6. Develops understanding and skills concerning the broad concept of motor development across the life span. This course will provide experience in classroom observation and supervised teaching.

**275. Anatomy and Anatomical Kinesiology.** Credit 3 hours. A study of basic anatomy and physiological principles with practical application to motor performance. Emphasis on analysis of motor performance and development of therapeutic exercise programs.

**276. Practicum in Sport Management.** Credit 3 hours. Prerequisites: Sophomore standing (30 hours), 2.0 cumulative grade point average and permission of the Department Head. Provides student with sport management experience in an assignment approved by the University with a cooperating sport business firm. Only kinesiology majors in the Sport Management Option can receive credit for this course. Grades are assigned on a Pass/Fail basis.

**321. Motor Learning.** Credit 3 hours. Prerequisite: Junior standing. Basic principles and theories of learning and their application to the teaching of motor skills. Emphasis on perception, preparation for a signal, memory, feedback, timing, transfer of learning, practice conditions, individual differences, and motivation. Lecture and laboratory experiences.

**326. Strength Development and Conditioning Program.** Credit 3 hours. Prerequisites: KIN 392 and 393. Instruction in basic physiological adaptations to strength and speed development, exercise prescription and testing for athletes, and facility design and safety.

**331. Physical Education for the Elementary School Teacher.** Credit 3 hours. Prerequisites: KINL 261, Registration in EDUC 410. A course for elementary education majors. Principles of program planning and the development of skills and techniques for presentation of units of teaching. Two hours lecture and two hours laboratory a week.

**332. Sport Information and Media Relations.** Credit 3 hours. Prerequisites: ENGL 322, Junior Standing or permission of the Department Head. The course is designed to introduce students to the role of effective communication in the sport industry. The nature and function of communication will be examined in a variety of settings. Emphasis will be placed on interpersonal communications, public relations, mass media relations, media promotion techniques and innovative technology within the sport industry.

**333. Governance in Sport.** Credit 3 hours. Prerequisite: Junior Standing. This course is designed to examine the various governing bodies in professional and amateur sport. Students will study how the governing bodies involved affect the structure, organization, and delivery of sport.

**334. Social Aspects of Sport.** Credit 3 hours. Prerequisite: Junior Standing. This course is designed to provide an introduction to sociological issues, practices and phenomena associated with sport. Course content explores such areas as social theories, the social significance of sport in society, social problems related to sport, the interaction of sport and other social institutions, and international cultures and sport.

**335. Special Topics in Sport Management.** Credit 3 hours. Prerequisite: Junior Standing. May be repeated one time as topics vary. Course identified by description each semester offered. This course provides an opportunity for in-depth study of selected topics in sport management.

**351. Physical Education in the Elementary School.** Credit 3 hours. Prerequisites: Kinesiology major, Junior standing, Kinesiology 191, 321, and KINL 214. Application of knowledge and theory to the development of physical education curriculum and instruction for children in the elementary school. The course includes one hour of supervised teaching in the elementary school each week. Two hours lecture, two hours laboratory a week.

**362. History of Sport and Physical Education.** Credit 3 hours. Historical development of sport and physical education from ancient societies to the present. Political, social, economic and religious factors that have shaped the history of sport and physical education. History and contemporary status of sport and physical education in the U.S. and selected countries around the world.

**365. Behavioral Aspects of Physical Activity.** Credit 3 hours. Prerequisites: HS 132, KIN 191, PSYC 204, and Junior standing or approval of Department Head. A presentation of the basic concepts related to exercise behavior. The content will include a variety of topics related to the psychosocial dimensions of exercise behavior to include participation, motivation, and adherence. Theoretical models of exercise adoption and behavior change will also be presented.

**366. Facility and Event Management.** Credit 3 hours. Prerequisites: KIN 232, junior standing or permission of Department Head. This course is designed to assist the sport management major with acquiring the necessary knowledge and skills needed to manage a sport facility and to plan a sporting event. The course will provide information concerning the planning, organization, and administration of sport facilities and event management. A key component of the course is the planning and organizing of an event.

**372. Biomechanics.** Credit 3 hours. Prerequisite: Junior standing. A study of the basic laws and principles of Physics with specific application to the analysis of motor performance and sport skills.

**380. Legal – Ethical Implications for Sport.** Credit 3 hours. Prerequisite: Junior Standing or permission of the Department Head. An examination of laws and policies governing the various aspects of sport and sport business and their relationship to personal and professional ethics. The role of regulatory commissions and organizations in sport will be explored.

**392. Physiology of Exercise.** Credit 2 hours. Prerequisites: Registration for KIN 393 Laboratory, Junior standing, and ZOO 250/252 or ZOO 251/253 or permission of the Department Head. Neuromuscular, cardiorespiratory, hormonal and environmental responses and adaptations to exercise are covered with an emphasis on bioenergetics.

**393. Physiology of Exercise.** Credit 1 hour. Prerequisites: Registration for KIN 392, Junior standing, ZOO 250/252 or ZOO 251/253, or permission of the Department Head. Laboratory experiments which reveal the principles of exercise physiology.

**395. Kinesiology Seminar.** Credit 3 hours. Prerequisite: Junior or Senior standing and permission of Department Head. Examination of specialized topics in Kinesiology, Physical Education, and Exercise Science. Course identified by title and description of content covered. May be repeated one time as topics vary.

**401. Internship.** Credit 1 hour. Prerequisites: Junior standing, permission of department, completion of major laboratory requirements for laboratory internship assignment.

**402. Internship.** Credit 1 hour. Prerequisites: Junior standing, permission of department, completion of major laboratory requirements for laboratory internship assignment.

**403. Internship.** Credit 1 hour. Prerequisites: Junior standing, permission of department, completion of major laboratory requirements for laboratory internship assignment.

**404. Internship.** Credit 1 hour. Prerequisites: Junior standing, permission of department, completion of major laboratory requirements for laboratory internship assignment.

**405. Health and Physical Education Methods in the Elementary School.** Credit 3 hours. Prerequisites: HS 232 and current enrollment in EDUC 415. A course for elementary education majors. Health and physical education curriculum for the elementary school. Includes study of principles of lesson development and demonstration of health and physical education teaching techniques to elementary school children. Two hours lecture and two hours laboratory per week.

**406. Sport Promotion and Fundraising.** Credit 3 hours. Prerequisites: MRKT 303, junior standing or permission of Department Head. This course is designed to study the areas of marketing, promotion, and fundraising within the context of interscholastic, intercollegiate, amateur, and professional sports. The course will include a general introduction to the history of sport marketing, promotions in the sport industry, sponsorships, trends, event management, booster clubs, and fundraising.

**410. Practicum in Exercise Science, Fitness or Sport Management.** Credit 6 hours. Minimum of 320 hours (approximately 23 h/wk for 14 weeks). Prerequisites for Sport Management concentration: Second semester senior in the Kinesiology major, 2.0 degree GPA; KIN 275, 276, 321, 372, 392/393, 436, 451; MRKT 432; and permission of the Department Head. Prerequisites for Exercise Science concentration: Second semester senior in the Kinesiology major; 2.0 degree GPA; KIN 321, 372, 392/393, 424, 434, 436; and permission of the Department Head. During the last semester of the senior year, all students will be given actual practice in the field.

**424. Fitness Testing and Prescription.** Credit 3 hours. Prerequisites: Kinesiology 392/393. A presentation of the basic techniques in exercise testing and prescription. Includes information pertinent for Health Fitness Instructor certification by the American College of Sports Medicine. Two hours of lecture and two hours of laboratory each week.

**431. Measurement and Evaluation.** Credit 3 hours. Prerequisites: Junior Standing or permission of the Department Head. Terminology and evaluation procedures appropriate to health and physical education. Special attention to applications of the criterion-referenced evaluation model to tests, ratings and grading procedures.

**434. Clinical Aspects of Exercise Testing and Prescription.** Credit 3 hours. Prerequisite: Kinesiology 392/393, Junior standing, or permission of Department Head. Selection and implementation of tests for health-related fitness levels in a variety of populations. Includes methods for designing and administering exercise programs for people with special medical conditions. Two hours of lecture and two hours of laboratory each week.

**436. Psychosocial Dimensions of Physical Activity.** Credit 3 hours. Prerequisite: Junior standing or permission of the Department Head. An examination of psychosocial theories and research related to sport and exercise behavior. Consists primarily of lectures and discussion activities aimed at clarifying, exemplifying, and expanding upon the assigned readings.

**443. Organization and Administration.** Credit 3 hours. Prerequisite: Junior standing or permission of the Department Head. A study of policies and procedures essential to program development and implementation of health, physical education, intramurals and athletics. Emphasis on problems dealing with leadership, curriculum development, facilities and public relations.

**450. Financial Issues in Sport.** Credit 3 hours. Prerequisites: ECON 102, FIN 381 and Senior Standing. An introduction to the methodologies, theories and analyses of economics and finance and their application in the professional, intercollegiate, recreational, and commercial sport environment. Examines and applies the concepts of financial resource management to the operations of programs in the sport industry.

**451. Sport Administration.** Credit 3 hours. Prerequisites: Senior standing, KIN 276, KIN 380, and 12 hours of Business courses. A critical examination of sport business administrative principles. The competencies and responsibilities of administrators in the organizations, administration and management of sport businesses will be emphasized.

**460. Teaching Physical Education in the Secondary Schools.** Credit 3 hours. Prerequisites: Full SARTE status, KIN 351 or current enrollment in KIN 431, or permission of the Department Head. A course that focuses on teaching methods and materials in secondary physical education settings (junior high/high school). Intended to be taken during the semester just prior to student teaching. Activities will primarily center on curricular issues and planning,



teaching, and evaluating instruction. This course will provide experience in classroom observation and supervised teaching.

**490. Practicum in Sport Management.** Credit 9 hours. Minimum of 400 hours (approximately 27 hours/wk for 15 weeks). Prerequisites: Senior Standing, 2.0 degree GPA, completion of all required coursework or all but one required 3-4 hours course in the degree, and earning a grade of C or higher in all indicated courses and permission of the Department Head. Students must have successfully completed KIN 276, 332, 333, 334, 380, 450, 451. During the last semester of the senior year, a final field experience is required for all sport management students. Students will gain experience in methodologies, administration techniques, and programs specific to the practicum site. Grades are assigned on a Pass/Fail basis.

**491/591. Introduction to Physical Education for Individuals with Disabilities.** Credit 3 hours. Prerequisites: Junior or Senior standing. The focus of this survey course is on handicapped children who will be mainstreamed for physical education. Other topics include: federal and state legislation, handicapping conditions, similarities between handicapped and non-handicapped children in growth, fitness, learning and performance, and psycho-social variables. Three hours lecture per week.

**492/592. Perceptual Motor Development of Individuals with Disabilities.** Credit 3 hours. Prerequisite: Junior or Senior standing. This course was designed for those certifying in Adapted Physical Education and Special Education Mild/Moderate. The most frequent handicapping conditions (multi/moderate mental retardation, learning disability, and emotional/behavioral disorder) are the focus of this class. Topics include: neurological, sensory, perceptual, perceptual-motor, memory, learning, performance, assessment. Two hours lecture, two hours laboratory a week.

**493/593. Physical Education for Individuals with Physical Disabilities and Other Impairments.** Credit 3 hours. Prerequisite: Junior or Senior standing. This course is designed for those certifying in Adapted Physical Education and Severe/Profound Impairments. Severe motor deficits resulting from Severe/Profound Mental Retardation, Orthopedically Handicapped, Other Health Impaired, Sensory Handicapped, Multihandicapped conditions are the focus of this course. Analysis of movement, assessment, treatment and long range planning are covered in terms of theory, school programs and recreation. Two hours lecture and two hours laboratory a week.

**494/594. Curriculum Development for Adapted Physical Education.** Credit 3 hours. Prerequisites for KIN 494: KIN 491, Junior standing, or permission of Department Head. Prerequisites for KIN 594: KIN 491, or 591, or permission of Department Head. Theory of curriculum design is translated into practical programs. Special emphasis is placed on the similarity between physical education and adapted physical education, I. E. P. development, and program evaluation (curriculum and instruction). Three hours lecture a week.

**600. Historical Foundations of Physical Education and Sport.** Credit 3 hours. A study of sport and physical education from the ancient Greek period to the present. Special attention will be given to the formation of various systems of physical education, the growth of sport through the years, and to the persons most responsible for these developments.

**601 [501]. Statistical Methods in Kinesiology.** Credit 3 hours. Special parametric and non-parametric statistics applicable to research techniques in kinesiology.

**606 [506]. Introduction to Research.** Credit 3 hours. Prerequisite: KIN 601. Principles, procedures, and techniques of research with an intensive survey of current scientific investigations in the areas of kinesiology. Special attention is given to practical application.

**610 [510]. Therapeutic Principles of Sport Related Injuries.** Credit 3 hours. Course objectives include: Instruction and practice in the care, prevention, treatment and rehabilitation of injuries commonly encountered in the recognition of injury signs, stabilization techniques, prosthetic strapping techniques and the use of selected therapeutic modalities.

**612 [512]. Motor Learning.** Credit 3 hours. Factors involved in the acquisition and performance of motor skills. Major motor learning theories. Reading of research literature and participation in experiments.

**613 [513]. Physical Education in the Elementary School.** Credit 3 hours. An overview including foundations and appropriate methodology and materials for elementary school physical education. Emphasis on the movement education approach and curriculum development.

**614. Principles and Theories of Motor Development.** Credit 3 hours. Focuses on the theories and principles of motor development. The course will cover aspects of motor development across the lifespan from infancy through elderly populations. The course will also relate motor development to cognitive and social development, especially during early childhood.

**620 [520]. Curriculum Development in Physical Education.** Credit 3 hours. Theory and techniques of program construction in physical education.

**621 [521]. Mechanical Analysis of Motor Performance.** Credit 3 hours. Prerequisite: KIN 372. The mechanical analysis of motor skill with special reference to the use of photographic and mechanical aids.

**622 [522]. Implementation of Physical Education Programs.** Credit 3 hours. A study of the group dynamics problems encountered in enacting education change. Emphasis is placed on development of administrative philosophy, understanding of group processes, and resolution of case incidents.

**623. Human Behavior in Exercise and Sport.** Credit 3 hours. An examination of theories and research related to Exercise and Sport Psychology. Including individual differences, motivation, social influence processes, psychophysiological aspects and behavior change technique applied to exercise and sport.

**624. Applied Research in Exercise and Sport Behavior.** Credit 3 hours. This course will examine the need for and purpose of applied Exercise and Sport Psychology research, outline the area of study, and examine the research on interventions used to address behavioral issues in sport and exercise.

**625 [525]. Cardiorespiratory Aspects of Exercise.** Credit 3 hours. Prerequisites: KIN 392 and 393 or permission of Department Head. A study of alterations in cardiovascular and pulmonary function from exercise with a focus on physiological mechanisms. Laboratory experiences included.

**626 [526]. Strength Development and Conditioning Programs.** Credit 3 hours. Prerequisites: KIN 392 and 275 or consent of the department. Isotonic and isometric programs for the development of muscular strength and endurance including background neuromuscular physiology. A study of other types of conditioning methods for the development of general fitness.

**628 [528]. Kinesiology Seminar.** Credit 3 hours. May be repeated as topics vary. Course identified by description each semester offered.

**629 [529]. Kinesiology Seminar.** Credit 3 hours. May be repeated as topics vary. Course identified by description each semester offered.

**632 [532]. Independent Research.** Credit 3 hours. Prerequisite: Must be a graduate student in the Health & Kinesiology Master of Arts program and have taken at least 9 hours of graduate course work including KIN 601 or 606 or permission of the Department Head. Student will demonstrate research design and literature review competency. If a research study is implemented, student must obtain appropriate IRB approval.

**634. Independent Reading.** Credit 3 hours. Prerequisite: Must be a graduate student in the Health & Kinesiology Master of Arts program and have taken at least 9 hours of graduate coursework or permission of the Department Head. Directed study of the professional and research literature in an area of kinesiology not covered in other courses. May be repeated as topics vary. A maximum of six hours may be used in a degree plan.

**636. Nutrition for Health and Physical Performance.** Credit 3 hours. Prerequisite: Basic Nutrition or permission of the Department Head. Principles of nutrient metabolism and their role and function in the maintenance of health prevention of disease. Development of nutritional plan for specific conditioning, including dietary concerns for those in physical performance programs. Credit may not be received for both Health Studies 636 and Kinesiology 636.

**638. Neuromuscular Aspects of Exercise.** Credit 3 hours. Prerequisites: KIN 392 and 393 or permission of the Department Head. The course emphasizes current understanding of effects of exercise on skeletal muscle and nervous tissue structure and function with some application to training.

**644. Advanced Exercise Testing and Prescription.** Credit 3 hours. Prerequisites: KIN 392/393, KIN 424, and KIN 434 or permission of the Department Head. A study of the proper method for exercise testing and prescription with emphasis on risks and benefits. Includes preparation for clinical experiences with rehabilitative fitness agencies and for advanced certification. Some laboratory required.

**646. Grant Proposal Writing.** Credit 3 hours. Focuses on the necessary competencies and skills of writing and submitting proposals and evaluating and administering grants for health education, allied health, kinesiology and related fields including schools, communities and work sites.

**710. Internship in Exercise Science.** Credit 3-6 hours. Prerequisite: Permission of the Department Head. A field work experience that provides an opportunity for students to perform fitness/exercise science related activities that a regularly-employed staff member would be expected to perform. The purpose is to prepare professionals with practical skills in a preventive/rehabilitative fitness setting.

**770. Thesis.** Credit 1-6 hours each semester, with six hours needed for graduation. The student must enroll in the thesis course each semester the thesis is in progress. The thesis is graded Pass/Fail. Prerequisites: Kinesiology 601 and 606 or 607.

## KINESIOLOGY LABORATORY (KINL)

Kinesiology Laboratory Courses (except 261) may be taken for a regular grade or Pass-Fail as an option for non-majors.

### Basic Courses

Basic courses are open to all students, and provide a lifetime activity program with primary emphasis on the acquisition of motor skills, physical fitness, knowledge, and appreciation. Students needing two required activity courses may select any two of the basic laboratory courses. If additional courses are required or needed for electives, the additional courses may be selected from the basic laboratory courses or from the major laboratory courses. (Only 100, 101, 200, and 201 are for handicapped students.)

**100. Adaptive I.** Credit 1 hour. Therapeutic exercise for handicapped students. Requires physician's referral and permission of the department. Three hours a week.

**101. Adaptive II.** Credit 1 hour. Therapeutic exercise for handicapped students. Requires physician's referral and permission of the department. Three hours a week.

**102. Beginning Badminton.** Credit 1 hour. Basic skills, strategies, rules and procedures. Instruction and practice of short and deep serves, clears, drops and smash. Singles and doubles play. Three hours a week.

**103. Jogging.** Credit 1 hour. Aerobic conditioning using long distance running. Principles and techniques of endurance training are studied. Three hours a week.

**107. Beginning Golf.** Credit 1 hour. Putting, chipping, and the full swing with all clubs. Rules and procedures of play. Most classes are held at an off campus driving range, and students must arrange for their transportation and pay a small fee for balls at the range. Three hours a week.

**108. Beginning Gymnastics.** Credit 1 hour. Beginning gymnastics skills. Men participate in floor exercise, vaulting, rings, high bar, parallel bars and pommel horse; women, in floor exercise, vaulting, uneven bars and balance beam. Three hours a week.

**110. Beginning Tennis.** Credit 1 hour. Basic skills, strategies, rules and procedures. Instruction and practice of the serve, ground strokes and volleys. Singles and doubles play. Three hours a week.

**111. Swim Fitness.** Credit 1 hour. For experienced swimmers. Aerobic conditioning using long distance swimming and other endurance activities in the water. Principles and techniques of endurance training are studied. Three hours a week.

**112. Bowling.** Credit 1 hour. Beginning bowling skills, scoring, procedures and terminology. Three hours a week. Laboratory fee required.

**113. Weight Training.** Credit 1 hour. Instruction in proper technique in strength conditioning using free weights and weight machines. Three hours a week.

**115. Aerobic Dance.** Credit 1 hour. Aerobic exercise activities with musical accompaniment. Three hours a week.

**120. Beginning Swimming.** Credit 1 hour. The basic swimming strokes: front crawl, back crawl, breaststroke, sidestroke, and elementary backstroke. Basic water safety skills. Three hours a week.

**133. Walking for Fitness.** Credit 1 hour. Aerobic conditioning using long distance walking. Designed to assist individuals acquire the knowledge, attitudes, and skills necessary for participation in a lifelong fitness walking program. Three hours a week.

**134. Pump and Run.** Credit 1 hour. This fitness course combines aerobic activity (primarily walking and jogging) with strength training. It is developed to assist individuals acquire the knowledge, attitude, and skills necessary for participation in a lifelong total fitness program. Three hours per week.

**135. Water Aerobics.** Credit 1 hour. This course is designed to introduce the benefits of water exercise and to utilize water resistive exercises to maintain or improve cardiovascular endurance, muscular strength and endurance, and flexibility. Three hours per week.

**200. Adaptive III.** Credit 1 hour. Therapeutic exercise for handicapped students. Required physician's referral and permission of the department. Three hours a week.

**201. Adaptive IV.** Credit 1 hour. Therapeutic exercise for handicapped students. Required physician's referral and permission of the department. Three hours a week.

**202. Intermediate Badminton.** Credit 1 hour. Prerequisite: KINL 102 or equivalent. Three hours a week.

\*Kinesiology Laboratory Courses (except 261) may be taken for a regular grade or Pass-Fail as an option for non-majors.

**203. Basketball.** Credit 1 hour. Individual skills and basic offensive and defensive patterns. Basic rules and strategies. Three hours a week.

**204. Soccer.** Credit 1 hour. Fundamental skills and basic strategies of individual position play as well as teamwork. Three hours a week.

**205. Softball-Flag Football.** Credit 1 hour. Basic skills and strategies of fastpitch and slowpitch softball, flag football, and flickerball. Rules and procedures of play. Three hours a week.

**206. Track and Field.** Credit 1 hour. Rules and techniques in track and field skills. Three hours a week.

**207. Volleyball.** Credit 1 hour. Basic skills and offensive and defensive team play. Rules, procedures and terminology. Three hours a week.

**211. Intermediate Tennis.** Credit 1 hour. Prerequisite: KINL 110 or equivalent. Three hours a week.

**220. Physical Activity Workshop.** Credit 1 hour. Course identified by description each semester offered. May be repeated as topics vary.

**232. Lifeguard Training.** Credit 1 hour. Prerequisite: KINL 111 or permission of the Department Head. Designed for advanced swimmers. Covers skills and knowledge required for effective lifeguarding. Successful completion of this course will satisfy the requirements to obtain an American Red Cross Lifeguard Training Certificate. Students must pass a battery of skills on the first day of class in order to remain in the course. Three hours a week.

**311. Recreational Games.** Credit 1 hour. Covers a variety of sports, games, and recreational pursuits appropriate as content of school-based physical education programs. Three hours a week.

**313. Outdoor Leisure Pursuits.** Credit 1 hour. A recreational laboratory class emphasizing introductory instruction and experience in a variety of outdoor leisure pursuits. Topics may be selected from but are not limited to the following: camping, bait casting, boating, backpacking, hiking. Three hours a week.

**372. Water Safety Instructor Course.** Credit 1 hour. Prerequisites: KINL 120 or permission of the Department Head. Emphasis will be on stroke techniques and methodology of teaching basic aquatic programs. Successful completion of this course will satisfy the requirements to obtain an American Red Cross Water Safety Instructor Certificate. Three hours a week.

## LABORATORY COURSE FOR ELEMENTARY EDUCATION (KINL)

**261. Laboratory in Elementary School Physical Education Content.** Credit 1 hour. Prerequisite: Major in Elementary Education, sophomore standing, or permission of the department. Experiences in basic movement skill,

games, gymnastics, and lead-up games and sports for majors in the elementary curriculum. Three hours of laboratory per week.

## LABORATORY COURSES FOR MAJORS (KINL)

Students not majoring in Kinesiology and Health Studies must have permission of the department to schedule these classes.

**209. Theories and Practice of Swimming.** Credit 1 hour. Basic skills, standard strokes, and teaching methods of beginning swimming. Three hours a week.

**210. Theories and Practice of Badminton-Tennis.** Credit 1 hour. Skills, rules, strategies, and teaching methods of badminton and tennis. Three hours a week.

**212. Theories and Practice of Recreational Games.** Credit 1 hour. Skills, rules, strategies, and teaching methods of archery, bowling, stunts/tumbling, and pickleball. Three hours a week.

**213. Theories and Practice of Golf and Outdoor Leisure Pursuits.** Credit 1 hour. Skills, rules, strategies, and teaching methods of golf. A recreational laboratory class emphasizing introductory instruction and experience in a wide variety of outdoor leisure pursuits. Topics may be selected from but not limited to the following: camping, canoeing, boating, backpacking, dayhiking, water safety, fishing and hunting safety, and wilderness first aid. Three hours a week.

**214. Fundamentals of Fitness and Conditioning.** Credit 1 hour. Fundamentals of fitness and conditioning will be emphasized with kinesiological analysis of and laboratory experience in strength development. Three times a week.

**215. Theories and Practice of Modern and Creative Dance for Children.** Credit 1 hour. General knowledge of the fundamentals of movement and creative dance. Three hours a week.

**216. Theories and Practice of Recreational Dance.** Credit 1 hour. General knowledge, execution, and teaching methods of fundamentals in American square dance, international folk dance, and social dance. Three hours a week.

**217. Theories and Practice of Soccer-Track and Field.** Credit 1 hour. Skills, rules, techniques, strategies, and teaching methods of soccer and track and field. Three hours a week.

**218. Theories and Practice of Flag Football-Softball.** Credit 1 hour. Skills, rules, strategies, and teaching methods of flag football and softball. Three hours a week.

**219. Theories and Practice of Basketball-Volleyball.** Credit 1 hour. Skills, rules, strategies, and teaching methods of basketball and volleyball. Three hours a week.

**221. Theories and Practice of Elementary School Physical Education.** Credit 1 hour. Introduction to curriculum content and activities in elementary physical education. This course provides experiences in basic movement skills, fundamental motor skills, rhythmic activities, and games. Three hours a week.

**222. Theories and Practice of Teaching Dance.** Credit 1 hour. General knowledge, execution, and teaching methods of fundamentals in movement and creative dance, and social dance. Three hours a week.

**225. Aquatic Therapy I.** Credit 1 hour. Prerequisite: Approval of the Department Head. Instruction in basic principles and concepts of aquatic therapy. Emphasis is on developing basic skills and techniques using aquatic therapy equipment.

**355. Aquatic Therapy II.** Credit 1 hour. Prerequisite: Approval of the Department Head. Instruction in advanced knowledge and skills in aquatic therapy techniques. Emphasis is placed on understanding the role of aquatic therapy in the overall treatment plan for the injured athlete.

## RECREATION (REC)

**202. Canoeing.** Credit 1 hour. Prerequisites: Ability to swim and permission of the department (KINL 109 or equivalent). An elementary course involving the development of basic skills and knowledge in canoeing. Three hours a week.

**271. Camp Leadership.** Credit 3 hours. A course designed to familiarize the student with camping skills and a knowledge of camp organization and administration. Practical camping experience on at least one selected week-end. Two hours lecture and two hours laboratory a week.

**291. School and Community Recreation.** Credit 3 hours. An introductory course to the field of recreation with attention directed toward public and school sponsored recreation.

**442/542. Recreation Leadership.** Credit 3 hours. A course designed to prepare students for leadership in recreation. Practical applications in the areas of recreation. One hour lecture and four hours laboratory a week.

**481. Field Work in Recreation.** Credit 3 hours.

## SAFETY EDUCATION (SAFT)

**202. General Safety Education.** Credit 3 hours. A comprehensive accident prevention program in school and public service. Consideration is given to the following areas: Safety as a social problem; the cause of accidents; the development of safety skills; teacher liability; and safety research.

**203. Motorcycle Rider Workshop.** Credit 3 hours, three week duration. For individuals interested in developing knowledge and skill in the proper methods of safe motorcycle riding. Students successfully completing the course will be recommended for the instructors certification course. Special attention is given to the motorcycle in the Highway Transportation System; Louisiana Laws; the State Department of Education and Cycle Safety; Teacher Liability and Insurance; Dealer-School Relations; the Cycle Loan Program; and Motorcycle Safety at the national level.

**211. Driver Education and Traffic Safety.** Credit 3 hours. Prerequisite: Valid driver's license and a driving record free of conviction of major accidents and/or repeated traffic violations. Organizational, administrative and philosophic problems and policies of a driver education and traffic safety program. Content and principles of teaching a high school course in driver education through the analysis of the driving task.

**311. Multi-Media Systems in Driver Education.** Credit 2 hours. Prerequisite: Safety 211. An introduction to the unique adaptations of newer media systems to the broad problems in driver and traffic safety. The purpose of the course is to provide teachers and prospective teachers with practical experiences in development of media materials, to understand the proper use of media equipment, and to provide experience in media programming.

**312. Simulation in Driver Education.** Credit 2 hours. Prerequisite: Safety 211. Simulation is an audiovisual instructional method designed to complement and supplement other instructional techniques utilized in the driver education program. The basic purpose of the course is to introduce teachers and prospective teachers to driving simulation, proper use and maintenance of simulation equipment, and to provide experiences in driving simulation instruction.

**411. Methods in Driver and Traffic Safety Education.** Credit 3 hours. Prerequisites: Safety 211, a valid driver's license, and a driving record free of conviction of major accidents and/or repeated traffic violations. Methods and techniques to develop competence in transferring knowledge and skills as well as inspiring satisfactory attitudes in driver and traffic safety. Organization and administration of the driver education program with emphasis on scheduling, financing, and public relations. Each student must demonstrate competency to teach beginners to drive. One hour lecture and eight hours laboratory a week.

**601 [501]. Motorcycle Instructor's Workshop.** Credit 3 hours. Three week duration. Prerequisite: Valid Louisiana Driver's License or equivalent and/or motorcycle endorsement. For teachers and individuals interested in developing an instructional program in motorcycle safety. Special attention given to the motorcycle in the highway transportation system; Louisiana Laws; the State Department of Education and Cycle Safety; teacher liability and insurance; dealer-school relations; the cycle loan program; motorcycle safety at the national level; and basic instructional techniques for two-wheel vehicles.