

# Kinesiology Program

## Faculty/Staff

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## Aims of the Department

The Department of Kinesiology provides classes and support for Exercise Science, Health and Fitness, Sports and Fitness Management, Physical Education and Fire Science majors as well as minors in Physical Education, Health and Fitness, and Coaching. Classes to support the general studies students in fitness, wellness, and physical education are also provided. In the basic fitness and wellness classes, students are guided through a personal fitness program and encouraged to adopt a proactive wellness lifestyle, consistent with SDA teachings. Infrastructure to the University is provided by the operation of a fitness/recreation center that is available to all students and faculty.

Students may elect courses that prepare them for careers as elementary or secondary physical education teachers. A major in Physical Education will also prepare the student for a career in the public or private sector of recreation. Exercise Science is an excellent pre-professional course of study for exercise physiology, physical therapy or other areas of medicine. A major in Health and Fitness prepares the student to become a certified personal trainer and find a career in the hospital, corporate or private fitness industry. Sports and Fitness Management major is for students interested in running a health club or managing a sports team. All of the majors prepare students to enter graduate school.

## Teaching Certification Program

You must make formal application for admittance to the Teacher Education Program. Applications are available at the Education Department office.

**Physical Education, BS - All Level K-12 Teaching Certification Option IV** (See Education section of *Bulletin*.) The student must meet the requirements for a B.S. degree in Physical Education.

## Kinesiology Degrees and Certificates

### A.S. Health and Fitness

#### Program:

Kinesiology

#### Type:

A.S.

#### Required Courses

Item #	Title	Credits
	KINA 112 or KINA 212	1
	KINA 115 or KINA 215	1
KINA 116	Fitness Walking	1
	KINA 233 or KINA 234	1
KINT 110	Fundamentals of Kinesiology	3
KINT 216	Nutrition	3
KINT 241	Care and Prevention of Athletic Injuries	3
KINT 252	ACSM Certified Personal Trainer	3

KINT 260	First Aid, CPR, and First Responder Training	2
KINT 280	Internship	3 - 6
<b>Sub-Total Credits</b>		<b>21</b>

**Required Cognate:**

Item #	Title	Credits
BIOL 101	Anatomy & Physiology I	4
<b>Sub-Total Credits</b>		<b>4</b>

Total credits for degree:		25
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**B.S. Exercise Science**

**Program:**

Kinesiology

**Type:**

B.S.

**Kinesiology Core Curriculum**

Item #	Title	Credits
KINT 110	Fundamentals of Kinesiology	3
KINT 201	Introduction to Kinesiology Research	1
KINT 241	Care and Prevention of Athletic Injuries	3
KINT 310	Motor Learning	3
KINT 321	Exercise Physiology	3
KINT 331	Biomechanics	3
KINT 490	Senior Seminar (Capstone/Portfolio)	1
<b>Sub-Total Credits</b>		<b>17</b>

**Required Courses**

Item #	Title	Credits
KINA 115	Resistance Training	1
KINA 215	Advanced Resistance Training	1
KINT 216	Nutrition	3
KINT 252	ACSM Certified Personal Trainer	3
KINT 260	First Aid, CPR, and First Responder Training	2

KINT 354	NSCA Certified Strength & Conditioning Specialist	3
KINT 452	ACSM Certified Health & Fitness Specialist	3
KINT 460	Applied Social Research Methods	3
KINT 480	Internship	3 - 6
<b>Sub-Total Credits</b>		<b>42</b>

**Required Cognates:**

Item #	Title	Credits
BIOL 101	Anatomy & Physiology I	4
BIOL 102	Anatomy & Physiology II	4
	CHEM 111, CHEM 112	8
MATH 121	Precalculus	3
MATH 141	Introduction to Probability and Statistics	3
PHYS 121	General Physics I	4
PSYC 212	General Psychology	3
PSYC 220	Human Growth and Development	3
<b>Sub-Total Credits</b>		<b>32</b>

Total credits for degree: 91

**B.S. Health and Fitness**

**Program:**

Kinesiology

**Type:**

B.S.

**Kinesiology Core Curriculum**

Item #	Title	Credits
KINT 110	Fundamentals of Kinesiology	3
KINT 201	Introduction to Kinesiology Research	1
KINT 241	Care and Prevention of Athletic Injuries	3
KINT 310	Motor Learning	3
KINT 321	Exercise Physiology	3
KINT 331	Biomechanics	3
KINT 490	Senior Seminar (Capstone/Portfolio)	1

**Sub-Total Credits****17****Required Courses**

<b>Item #</b>	<b>Title</b>	<b>Credits</b>
KINA 111	Physical Fitness	1
	KINA 112 or KINA 212	1
KINA 115	Resistance Training	1
KINA 116	Fitness Walking	1
	KINA 233 or KINA 234	1
KINA 215	Advanced Resistance Training	1
KINT 216	Nutrition	3
KINT 252	ACSM Certified Personal Trainer	3
KINT 260	First Aid, CPR, and First Responder Training	2
KINT 354	NSCA Certified Strength & Conditioning Specialist	3
KINT 450	Administration of Kinesiology	3
KINT 452	ACSM Certified Health & Fitness Specialist	3
KINT 480	Internship	3 - 6
	<b>Sub-Total Credits</b>	<b>46</b>

**Required Cognates:**

<b>Item #</b>	<b>Title</b>	<b>Credits</b>
ACCT 211	Accounting Principles I	3
BIOL 101	Anatomy & Physiology I	4
BIOL 102	Anatomy & Physiology II	4
	COMM 261 or MKTG 303	3
PSYC 220	Human Growth and Development	3
	<b>Sub-Total Credits</b>	<b>17</b>

Total credits for degree:

80

**B.S. Physical Education****Program:**

Kinesiology

**Type:**

B.S.

**Kinesiology Core Curriculum**

<b>Item #</b>	<b>Title</b>	<b>Credits</b>
KINT 110	Fundamentals of Kinesiology	3
KINT 201	Introduction to Kinesiology Research	1
KINT 241	Care and Prevention of Athletic Injuries	3
KINT 310	Motor Learning	3
KINT 321	Exercise Physiology	3
KINT 331	Biomechanics	3
KINT 490	Senior Seminar (Capstone/Portfolio)	1
	<b>Sub-Total Credits</b>	<b>17</b>

**Required Courses**

<b>Item #</b>	<b>Title</b>	<b>Credits</b>
	KINA 115 or KINA 215	1
KINT 131	Officiating I	2
KINT 132	Officiating II	2
KINT 231	Professional Activities I	3
KINT 232	Professional Activities II	3
KINT 233	Professional Activities III	3
KINT 351	Coaching	3
KINT 420	Adapted Physical Education	3
KINT 431	Physical Education Methods (K-12)	3
KINT 450	Administration of Kinesiology	3
	<b>Sub-Total Credits</b>	<b>26</b>

**Required Cognates:**

<b>Item #</b>	<b>Title</b>	<b>Credits</b>
BIOL 101	Anatomy & Physiology I	4
BIOL 102	Anatomy & Physiology II	4
	<b>Sub-Total Credits</b>	<b>8</b>

Total credits for degree: 51

**B.S. Sports and Fitness Management**

**Program:**

## Kinesiology

**Type:**

B.S.

### Kinesiology Core Curriculum

Item #	Title	Credits
KINT 110	Fundamentals of Kinesiology	3
KINT 201	Introduction to Kinesiology Research	1
KINT 241	Care and Prevention of Athletic Injuries	3
KINT 310	Motor Learning	3
KINT 321	Exercise Physiology	3
KINT 331	Biomechanics	3
KINT 490	Senior Seminar (Capstone/Portfolio)	1
	<b>Sub-Total Credits</b>	<b>17</b>

### Kinesiology Courses:

Item #	Title	Credits
KINA 115	Resistance Training	1
KINT 252	ACSM Certified Personal Trainer	3
KINT 354	NSCA Certified Strength & Conditioning Specialist	3
KINT 450	Administration of Kinesiology	3
KINT 452	ACSM Certified Health & Fitness Specialist	3
KINT 485	Sports and Fitness Management Internship	6
	<b>Sub-Total Credits</b>	<b>19</b>

### Required Cognates:

Item #	Title	Credits
ACCT 211	Accounting Principles I	3
BIOL 101	Anatomy & Physiology I	4
BIOL 102	Anatomy & Physiology II	4
BUAD 301	Principles of Management	3
BUAD 372	Human Resources Management	3
BUAD 472	Business Policies and Strategies	3
	ECON 211 or ECON 212	3
FNCE 321	Business Finance	3
MATH 141	Introduction to Probability and Statistics	3
MKTG 343	Principles of Marketing	3

<b>Sub-Total Credits</b>	<b>32</b>
Total credits for degree:	68

## Minor in Coaching

**Program:**  
Kinesiology

**Type:**  
Minor

### Required Courses

Item #	Title	Credits
	KINA 115 or KINA 215	1
KINT 110	Fundamentals of Kinesiology	3
	KINT 131 or KINT 132	2
	KINT 231 or KINT 232 or KINT 233	3
KINT 241	Care and Prevention of Athletic Injuries	3
KINT 351	Coaching	3
KINT 354	NSCA Certified Strength & Conditioning Specialist	3
	<b>Sub-Total Credits</b>	<b>18</b>

### Required Cognate:

Item #	Title	Credits
BIOL 101	Anatomy & Physiology I	4
	<b>Sub-Total Credits</b>	<b>4</b>
	Total credits for degree:	22

## Minor in Health and Fitness

**Program:**  
Kinesiology

**Type:**  
Minor

### Required Courses

Item #	Title	Credits
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	KINA 112 or KINA 212	1
KINA 115	Resistance Training	1
KINA 215	Advanced Resistance Training	1
KINT 110	Fundamentals of Kinesiology	3
KINT 216	Nutrition	3
KINT 241	Care and Prevention of Athletic Injuries	3
KINT 252	ACSM Certified Personal Trainer	3
KINT 452	ACSM Certified Health & Fitness Specialist	3
	<b>Sub-Total Credits</b>	<b>18</b>

**Required Cognate:**

Item #	Title	Credits
BIOL 101	Anatomy & Physiology I	4
	<b>Sub-Total Credits</b>	<b>4</b>
	Total credits for degree:	22

**Minor in Physical Education**

**Program:**

Kinesiology

**Type:**

Minor

**Required Courses**

Item #	Title	Credits
	KINA 115 or KINA 215	1
KINT 110	Fundamentals of Kinesiology	3
	KINT 131 or KINT 132	2
KINT 241	Care and Prevention of Athletic Injuries	3
KINT 431	Physical Education Methods (K-12)	3
	Two Professional Activities Courses	6
	<b>Sub-Total Credits</b>	<b>18</b>

**Required Cognate:**

Item #	Title	Credits
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BIOL 101	Anatomy & Physiology I	4
<b>Sub-Total Credits</b>		<b>4</b>
Total credits for degree:		22

## Kinesiology Classes

### **KINA 111: Physical Fitness**

An introduction to personal fitness and application of training principles. Includes flexibility, muscular fitness, body composition, and cardiovascular pre- and post-semester assessment. This course also incorporates SDA heritage on healthful living. Cannot be taken with KINT 111 Health & Wellness.

Credits: 1

Program: [Kinesiology](#)

Semester Offered: Fall Spring

### **KINA 112: Aerobics**

An introduction to basic floor movements, calisthenics, and step aerobics. Students are also introduced to choreography.

Credits: 1

Program: [Kinesiology](#)

Semester Offered: Fall Spring

### **KINA 115: Resistance Training**

An introduction to the development of muscular fitness through the use of weighted resistance. Safety procedures are stressed.

Credits: 1

Program: [Kinesiology](#)

Semester Offered: Fall

### **KINA 116: Fitness Walking**

An introduction to cardiovascular fitness through walking.

Credits: 1

Program: [Kinesiology](#)

Semester Offered: Fall

### **KINA 122: Futsal (Indoor Soccer)**

Students are taught the basic skills in shooting, passing, and goal keeping. Offensive and defensive strategies are introduced. Includes topics such as rules and terminology.

Credits: 1

Program: [Kinesiology](#)

Semester Offered: Periodically

### **KINA 124: Basketball**

Development of skills in shooting, passing, executing plays and understanding offensive and defensive strategies.

Credits: 1

Program: [Kinesiology](#)

Semester Offered: Periodically

**KINA 125: Volleyball**

Students are taught basic skills in passing, setting, serving, and spiking. Offensive and defensive strategies are introduced.

Credits: 1

Program: [Kinesiology](#)

Semester Offered: Spring

**KINA 131: Swimming**

Students are introduced to basic aquatic safety, floating, freestyle, and elementary backstroke.

Credits: 1

Program: [Kinesiology](#)

Semester Offered: Fall

**KINA 141: Badminton**

Students will develop skills in the basic badminton strokes, including the long and short serve, overhead clear, drop shot, smash, round-the-head shot and net shots. They will also learn doubles and singles strategy.

Credits: 1

Program: [Kinesiology](#)

Semester Offered: Spring

**KINA 142: Tennis**

Students develop skills in the basic strokes (forehand, backhand, serve, volley, and lob). They are also introduced to strategy of play.

Credits: 1

Program: [Kinesiology](#)

Semester Offered: Fall

**KINA 145: Racquetball**

An introduction to five basic serves, forehand and backhand, strokes, rules, sportsmanship and strategy of the game.

Credits: 1

Program: [Kinesiology](#)

Semester Offered: Fall Spring

**KINA 212: Advanced Aerobics**

High intensity aerobic class. May include step aerobics, kick boxing, or other popular routines.

Credits: 1

Prerequisites: [KINA 112](#)

Program: [Kinesiology](#)

Semester Offered: Spring

**KINA 213: Pilates**

An introduction to the Beginner and Intermediate levels, and select Advanced movements, of the Pilates-based mat program, a total body conditioning exercise method combining flexibility and strength from both Eastern and Western cultures.

Credits: 1

Program: [Kinesiology](#)

Semester Offered: Spring

**KINA 215: Advanced Resistance Training**

Students enhance their strength training routines with advanced methods of resistance training. Students are introduced to new training techniques and sport-specific routines.

Credits: 1

Prerequisites: **KINA 115** or approval by instructor  
Program: **Kinesiology**  
Semester Offered: Spring even years

### **KINA 222: Soccer Team**

This course is designed for the advanced soccer player to participate in higher-level athletic competition as a member of a sports team. Advanced fundamentals and skills through practice, participation in intercollegiate contests and peripheral activities that include community awareness and involvement make up the components of this course. Must obtain permission from instructor to participate. May be repeated for credit for a total of 4 credits. May be applied toward general education KINA requirement. Course fee applies. Pass/no pass course.

Credits: 1  
Program: **Kinesiology**  
Semester Offered: Fall

### **KINA 224: Basketball Team**

This course is designed for the advanced basketball player to participate in higher-level athletic competition as a member of a sports team. Advanced fundamentals and skills through practice, participation in intercollegiate contests and peripheral activities that include community awareness and involvement make up the components of this course. Must obtain permission from instructor to participate. May be repeated for credit for a total of 4 credits. May be applied toward general education KINA requirement. Course fee applies. Pass/no pass course.

Credits: 1  
Program: **Kinesiology**  
Semester Offered: Fall Spring

### **KINA 225: Volleyball Team**

This course is designed for the advanced volleyball player to participate in higher-level athletic competition as a member of a sports team. Advanced fundamentals and skills through practice, participation in intercollegiate contests and peripheral activities that include community awareness and involvement make up the components of this course. Must obtain permission from instructor to participate. May be repeated for credit for a total of 4 credits. May be applied toward general education KINA requirement. Course fee applies. Pass/no pass course.

Credits: 1  
Program: **Kinesiology**  
Semester Offered: Fall

### **KINA 229: Gymnastics Team**

This class is a touring, witnessing acrosport team. The skills required are basic and power tumbling, pyramid building and basket tossing. Team members are required to tour and attend clinics. May be repeated for credit. Pass/no pass course.

Credits: 1  
Program: **Kinesiology**  
Semester Offered: Fall Spring

### **KINA 231: Advanced Swimming**

Opportunity is given for students to progress to advanced levels of swimming in backstroke, freestyle, breaststroke, and butterfly stroke.

Credits: 1  
Prerequisites: **KINA 131** or approval by instructor  
Program: **Kinesiology**  
Semester Offered: Periodically

### **KINA 233: Water Aerobics**

An introduction to basic water movements for strength and flexibility.

Credits: 1  
Program: **Kinesiology**  
Semester Offered: Fall

**KINA 234: Lifeguard Training**

Certified training in lifeguard techniques. Requires a recording fee.

Credits: 1

Program: [Kinesiology](#)

Semester Offered: Periodically

**KINA 236: Disc Golf**

Disc Golf is designed to introduce students to basic disc golf skills and knowledge including technique, conditioning, strategy, rules and etiquette. Students will also get involved in the disc golf community by engaging in discussions with PDGA leaders on topics of growth and development, environmental impact and societal perception. Course will culminate in a disc golf clinic and hosted by class members.

Credits: 1

Program: [Kinesiology](#)

Semester Offered: Fall

**KINA 242: Advanced Tennis**

For the student who wants to develop advanced skills in overhead smash, full serve, drop shot, and advanced strategy for both singles and doubles plays.

Credits: 1

Prerequisites: [KINA 142](#) or approval by instructor

Program: [Kinesiology](#)

Semester Offered: Periodically

**KINA 246: Inline Hockey**

Students will learn fundamental skills of skating, stick handling, passing and shooting. They will also be introduced to offensive and defensive strategies. Students must have their own hockey skates. It is preferred that students bring their own protective equipment, including helmet/ mask, gloves, shin guards and elbow pads. The department does have a limited supply.

Credits: 1

Program: [Kinesiology](#)

Semester Offered: Spring

**KINA 247: Golf**

An introduction to the basic strokes in golf (driving, chipping, and putting). Scoring terminology and golf etiquette are also taught. Students play on community golf courses. Requires additional fee.

Credits: 1

Program: [Kinesiology](#)

Semester Offered: Periodically

**KINA 248: Advanced Racquetball**

Students have the opportunity to develop advanced skills in overhead, kill, drive serve and advanced strategies for offensive and defensive play for both singles and doubles.

Credits: 1

Prerequisites: [KINA 145](#) or approval by instructor

Program: [Kinesiology](#)

Semester Offered: Spring odd years

**KINA 255: Floorball**

Students will develop skills in stick handling, passing and shooting. They will also be introduced to offensive and defensive strategies.

Credits: 1

Program: [Kinesiology](#)

Semester Offered: Fall

**KINA 256: Advanced Floorball**

Students will develop more advanced ball handling, shooting and passing skills. The course will also include advanced technical and tactical offensive and defensive strategies.

Credits: 1

Prerequisites: [KINA 255](#) or approval by instructor.

Program: [Kinesiology](#)

Semester Offered: Fall

**KINA 298: Individual Study Topics**

Designed for the student who wishes to do independent study or research. Content and methods of study must be arranged prior to registration. May be repeated for a total of 3 credits.

Credits: 1 - 3

Prerequisites: Approval by department chair

Program: [Kinesiology](#)

**KINA 299: Directed Group Study Topics**

Provides academic departments an opportunity to offer courses in specialized or experimental areas, either lower or upper division, not listed in the undergraduate *Bulletin*. May be repeated for a total of 3 credits.

Credits: 1 - 3

Prerequisites: Approval by department chair

Program: [Kinesiology](#)

**KINA 498: Individual Study Topics**

Designed for the advanced student who wishes to do independent study or research. Content and methods of study must be arranged prior to registration. May be repeated for a total of 3 credits.

Credits: 1 - 3

Prerequisites: Approval by department chair

Program: [Kinesiology](#)

**KINA 499: Directed Group Study Topics**

Provides academic departments an opportunity to offer courses in specialized or experimental areas, either lower or upper division, not listed in the undergraduate *Bulletin*. May be repeated for a total of 3 credits.

Credits: 1 - 3

Prerequisites: Approval by department chair

Program: [Kinesiology](#)

**KINT 110: Fundamentals of Kinesiology**

A general introduction to historical and scientific foundations of physical education, exercise science and sports. Students will explore career opportunities and current issues in these fields.

Credits: 3

Program: [Kinesiology](#)

Semester Offered: Fall, odd years

**KINT 131: Officiating I**

Theory and practice of officiating soccer, basketball and floor hockey, including rules, interpretation of rules, officiating techniques and examinations. Part of the class requirements is to officiate college intramurals and to assist in the administration of the recreational sports program.

Credits: 2

Program: [Kinesiology](#)

Semester Offered: Spring even years

**KINT 132: Officiating II**

Theory and practice of officiating flag football, volleyball, and softball including rules, interpretation of rules, officiating techniques and examinations. Part of the class requirements is to officiate college intramurals and to assist in the administration of the recreational sports program.

Credits: 2

Program: [Kinesiology](#)

Semester Offered: Fall, odd years

**KINT 201: Introduction to Kinesiology Research**

This course is an introduction to methods of research and scholarly writing in kinesiology. Physical education, exercise science and wellness majors begin the process of senior portfolio development.

Credits: 1

Prerequisites: [ENGL 220](#)

Program: [Kinesiology](#)

Semester Offered: Spring

**KINT 216: Nutrition**

A study of the nutrients now known to be required in the human diet and how to best obtain these nutrients. The student will learn to correlate dietary practice with physiological consequences and understand basic physiological functions of the nutrients in food.

Credits: 3

Program: [Kinesiology](#)

Semester Offered: Fall Spring

**KINT 231: Professional Activities I**

Development of skills and teaching techniques of soccer, basketball, badminton and floor hockey.

Credits: 3

Program: [Kinesiology](#)

Semester Offered: Spring odd years

**KINT 232: Professional Activities II**

Development of skills and teaching techniques of flag football, volleyball, softball and tennis.

Credits: 3

Program: [Kinesiology](#)

Semester Offered: Fall, even years

**KINT 233: Professional Activities III**

Development of skills and teaching techniques of track and field, and gymnastics.

Credits: 3

Program: [Kinesiology](#)

Semester Offered: Fall, odd years

**KINT 241: Care and Prevention of Athletic Injuries**

An introduction to prevention and management of injuries resulting from athletic activities. Treatment options include: support methods, conditioning exercises, and therapeutic aids. Laboratory work includes bandaging and taping various athletic injuries. Course fee.

Credits: 3

Prerequisites: [BIOL 101](#)

Program: [Kinesiology](#)

Semester Offered: Fall, even years

**KINT 244: Physical Education in the Elementary School**

Methods and materials for directing physical education programs for the elementary school. The course is designed for students who are candidates for the elementary classroom teaching certification. Experiences in this course will enable students to become more proficient in the knowledge and skills needed to be critical thinkers, creative planners and effective practitioners in the area of elementary physical education. Includes field experience.

Credits: 3

Program: [Kinesiology](#)

Semester Offered: Fall

**KINT 252: ACSM Certified Personal Trainer**

This course will cover health appraisal, risk assessment and safety of exercise, fitness testing, and an overview of exercise prescription. The course will prepare students to take the ACSM's Certified Personal Trainer certification exam. Course fee.

Credits: 3

Prerequisites: [BIOL 101](#)

Program: [Kinesiology](#)

Semester Offered: Fall, odd years

**KINT 260: First Aid, CPR, and First Responder Training**

This course will give students the opportunity to be certified by the American Red Cross in First Aid, CPR and AED. Requires additional fee.

Credits: 2

Program: [Kinesiology](#)

Semester Offered: Spring even years

**KINT 280: Internship**

The Department of Kinesiology coordinates placement of students. The nature of the work depends on the student's interest. Possibilities include medical clinic, sports team, athletic training, or physical therapy. Credit earned depends on hours of work. May be repeated for a total of 6 credits. Eligible for IP grading.

Credits: 3 - 6

Prerequisites: Approval by department chair

Program: [Kinesiology](#)

Semester Offered: Fall Spring Summer

**KINT 298: Individual Study Topics**

Designed for the student who wishes to do independent study or research. Content and methods of study must be arranged prior to registration. May be repeated for a total of 3 credits.

Credits: 1 - 3

Prerequisites: Approval by department chair

Program: [Kinesiology](#)

**KINT 299: Directed Group Study Topics**

Provides academic departments an opportunity to offer courses in specialized or experimental areas, either lower or upper division, not listed in the undergraduate *Bulletin*. May be repeated for a total of 3 credits.

Credits: 1 - 3

Prerequisites: Approval by department chair

Program: [Kinesiology](#)

**KINT 310: Motor Learning**

Students will develop the ability to analyze motor behavior in a physical education or clinical setting, create solutions to motor problems, and coach athletes and students to better performance. Class includes laboratory activities, critical readings and a research study.

Credits: 3

Prerequisites: [BIOL 101](#)  
Program: [Kinesiology](#)  
Semester Offered: Fall, odd years

### **KINT 321: Exercise Physiology**

Emphasizes physiological response and adaptation to exercise with regard to human performance limitations, training effects, and health-related benefits. Class includes laboratory activities and fitness assessments.

Credits: 3  
Prerequisites: [BIOL 101](#) [BIOL 102](#)  
Program: [Kinesiology](#)  
Semester Offered: Fall, even years

### **KINT 331: Biomechanics**

This course teaches students to analyze, describe, and understand motion principles of the body that relate to sport and teaching movement skills. Class includes laboratory activities and qualitative research.

Credits: 3  
Prerequisites: [BIOL 101](#) [BIOL 102](#)  
Program: [Kinesiology](#)  
Semester Offered: Spring even years

### **KINT 351: Coaching**

This course is designed to introduce the student to coaching sports. It will consist of several types of learning activities: reading, lecture, discussion, videotape, and writing. This course will also prepare students to take the American Sport Education Program coaching certification exam. Requires additional fee.

Credits: 3  
Prerequisites: KINT 131 or 132, 231 or 232  
Program: [Kinesiology](#)  
Semester Offered: Spring odd years

### **KINT 354: NSCA Certified Strength & Conditioning Specialist**

This course is designed to apply scientific knowledge to train athletes for the primary goal of improving athletic performance. The topics covered include conducting sport-specific testing sessions, designing, and implementing safe and effective resistance training and conditioning programs and providing guidance regarding nutrition and injury prevention. Certification requires additional fee.

Credits: 3  
Prerequisites: [KINT 321](#) [KINT 331](#)  
Program: [Kinesiology](#)  
Semester Offered: Spring even years

### **KINT 420: Adapted Physical Education**

A course designed to aid the educator in identifying physical, structural, functional or neurological impairments found in school-age children. Emphasis includes a survey of source material needed to plan and conduct individual, developmental and special courses in physical education. Lecture and lab.

Credits: 3  
Program: [Kinesiology](#)  
Semester Offered: Fall, even years

### **KINT 431: Physical Education Methods (K-12)**

The study of methods and techniques of teaching physical education in the elementary and secondary school, including individual as well as group activities; students are required to observe and demonstrate in class.

Credits: 3  
Prerequisites: [KINT 231](#) [KINT 232](#)  
Program: [Kinesiology](#)  
Semester Offered: Fall, even years



**KINT 450: Administration of Kinesiology**

Students develop basic skills and knowledge necessary to administer daily activities of a physical education department or athletic program. Topics include facility management, intramural activities, adapted physical education, fiscal management, leadership, and legal issues.

Credits: 3

Program: [Kinesiology](#)

Semester Offered: Fall, odd years

**KINT 452: ACSM Certified Health & Fitness Specialist**

This course will prepare students to take the ACSM Health Fitness Specialist Exam. The course will cover basic anatomy and physiology, nutrition, fitness assessment, program design, injury prevention and first aid, behavioral change and legal guidelines. Certification requires additional fee.

Credits: 3

Prerequisites: [KINT 252](#)

Program: [Kinesiology](#)

Semester Offered: Spring odd years

**KINT 460: Applied Social Research Methods**

An introduction to applied research methods and their applications to the disciplines of Kinesiology and Psychology. Emphasis is on understanding basic terminology, the use of fundamental research tools, and the integration of research and practice. Students will gain experience with single subject designs, program evaluation methods, SPSS-driven data analysis, and case studies in data collection. (Also taught as PSYC 460.)

Credits: 3

Program: [Kinesiology](#)

Semester Offered: Fall

**KINT 480: Internship**

The Department of Kinesiology coordinates placement of students. The nature of the work depends on the student's interest. Possibilities include medical clinic, sports team, athletic training, or physical therapy. Credit earned depends on hours of work. May be repeated for a total of 6 credits. Eligible for IP grading.

Credits: 3 - 6

Prerequisites: Approval by department chair

Program: [Kinesiology](#)

Semester Offered: Fall Spring Summer

**KINT 485: Sports and Fitness Management Internship**

The department of Kinesiology coordinates placement of students. The nature of the work depends on the student's interest. Possibilities include high school or college athletic programs, professional sports teams, or fitness centers. Eligible for IP grading.

Credits: 6

Prerequisites: Approval by department chair

Program: [Kinesiology](#)

Semester Offered: Fall Spring Summer

**KINT 490: Senior Seminar (Capstone/Portfolio)**

This is a capstone course where students will study and discuss current issues and concepts within the Physical Education, Exercise Science and Health Fitness professions. In addition, the students will prepare for employment in the profession. The class also prepares students for the major exit exam.

Credits: 1

Program: [Kinesiology](#)

Semester Offered: Spring

**KINT 498: Individual Study Topics**

Designed for the advanced student who wishes to do independent study or research. Content and methods of study must be arranged prior to registration. May be repeated for a total of 3 credits.

Credits: 1 - 3

Prerequisites: Approval by department chair

Program: [Kinesiology](#)

**KINT 499: Directed Group Study Topics**

Provides academic departments an opportunity to offer courses in specialized or experimental areas, either lower or upper division, not listed in the undergraduate *Bulletin*. . May be repeated for a total of 3 credits.

Credits: 1 - 3

Prerequisites: Approval by department chair

Program: [Kinesiology](#)