KIN - Kinesiology

KIN 105. Foundations of Exercise Science. 3 Credits. (3 Lec) F,S
The aim of this course is to integrate the subdisciplines of exercise science (nutrition, biomechanics, exercise physiology, motor control, and exercise psychology) from the perspectives of definitions, basic science with application to health, fitness, and athletic performance.

KIN 221. Health Anatomy & Physiology. 3 Credits. (3 Lec) F,S
PREREQUISITE: CTHH 210 or KIN 105. This course will focus on the key elements of anatomy and physiology necessary for students in allied health professions, specifically those who will work in the areas of community health, health enhancement education, health promotion, and kinesiology. The aim of this course is for students to demonstrate working knowledge of the muscular, skeletal, nervous, cardiovascular, and respiratory, endocrine, and digestive systems, as well as body metabolism.

KIN 270. Exercise Prog for Older Adults. 3 Credits. (2 Lec, 1 Lab) S
Students will examine the special exercise-related needs of older adults and learn how to safely and effectively meet those needs. The lab will provide practical experience working with older adults in exercise program for seniors.

KIN 320. Exercise Physiology. 4 Credits. (3 Lec, 1 Lab) F,S
PREREQUISITE: Grade of "C" or better in BIOH 201 or KIN 221, or permission of instructor. Topics include factors and mechanisms involved with causing changes and adaptations in the physiological responses to training and participating in strength and endurance sports and activities. Lectures and labs emphasize explaining common observations and practices from the physiological view point.

KIN 322. Kinesiology. 4 Credits. (3 Lec, 1 Lab) F,S
PREREQUISITE: BIOH 201 or KIN 221, and M core or permission of instructor. Emphasis on the effects of joint structures and muscles on movement of the upper extremity, lower extremity, and spine while providing an introduction to the principles of biomechanics.

KIN 325R. Biomechanics. 4 Credits. (3 Lec, 1 Lab) F,S
PREREQUISITE: HDFS 371, KIN 322, M 151Q or M 161Q, and PHSX 205.
COREQUISITE: STAT 216Q. This course emphasizes the effects of structure, motion, forces, and their effects on and within the human body using both qualitative and quantitative analyses. Additional emphasis will be placed on the development of critical thinking skills associated with biomechanics-related research and interpretation.

KIN 330. Motor Control and Learning. 4 Credits. (3 Lec, 1 Lab) F,S
PREREQUISITE: Grade of "C" or better in BIOH 201 or KIN 221 and KIN 322 and HDFS 371. This course provides an overview of the role of the brain and nervous system in the control of human movement. Fundamental concepts from motor control will be applied to understand motor deficits in clinical population.

KIN 335. Tissue Injury & Adaptation. 3 Credits. (3 Lec) F,S
PREREQUISITE: KIN 221 or BIOH 201. The aim of the course is to enhance students' understanding of muscle and connective tissue physiology through topics on injury, rehabilitation, and evidenced-based interventions. Students will explore injury-acute and overuse while describing the injury and repair process. Other topics will include pain theory and the physiology of wound healing.

KIN 410. Adv Strength Training and Cond. 3 Credits. (3 Lec) F,S
PREREQUISITE: KIN 320. Emphasizes the use of critical thinking skills for exercise development and progressions based on fundamental principles from kinesiology, biomechanics, exercise physiology, motor control, and motor learning. Preparation to obtain the Certified Strength and Conditioning Specialist (CSCS) certification, and practical application of this material to the areas of personal training, physical therapy, health enhancement teaching, and exercise physiology is emphasized.

KIN 412. Field-Based Fitness Assessment. 3 Credits. (2 Lec, 1 Lab) F,S
PREREQUISITES: KIN 320 and KIN 322, or KIN 325R. COREQUISITES: With permission of the instructor the pre-requisites may be taken concurrently. This course is designed to provide the students with the opportunity to examine and conduct physical performance field-based assessments. Field-based assessments take place in an environment that is less controlled than in laboratory settings, and where the variables that are collected are typically used to predict physiological variables.
KIN 590. Master's Thesis. 1-10 Credits. (1-10 Ind; max unlimited) F,S,Su
PREREQUISITE: Graduate standing in Exercise and Nutrition Sciences. Directed graduate research/creative activity. May be repeated.

KIN 591. Special Topics. 1-4 Credits. (1-4 Lec; 12 cr max) On Demand
Max 12 cr. PREREQUISITE: Upper division courses and others as determined for each offering. Courses not required in any curriculum for which there is a particular one time need, or given on a trial basis to determine acceptability and demand before requesting a regular course number.

KIN 592. Independent Study. 1-3 Credits. (1 Ind; 6 cr max) On Demand
Max 6 cr. PREREQUISITE: Graduate standing, consent of instructor and approval of department head. Directed research and study on an individual basis.

KIN 594. Seminar. 1 Credit. (1 Sem; 4 cr max)
PREREQUISITE: Graduate standing in Exercise and Nutrition Sciences or seniors by petition. Course prerequisites as determined for each offering. Topics offered at the graduate level that are not covered in regular courses. Students participate in preparing and presenting discussion material.

KIN 598. Internship. 2-12 Credits. (2-12 Ind; Max credits unlimited)
PREREQUISITE: Graduate standing in Exercise and Nutrition Sciences and consent of instructor. An individualized assignment arranged with an agency, business or other organization to provide guided experience in the field.
Font Notice

This document should contain certain fonts with restrictive licenses. For this draft, substitutions were made using less legally restrictive fonts. Specifically:

Times was used instead of Adobe Garamond Pro.

The editor may contact Leepfrog for a draft with the correct fonts in place.