**KINESIOLOGY Undergraduate Course Descriptions**

**KINS 1001 - Fitness and Recreational Activity (1 Hr)**

Topics in fitness and recreational activity. Course requires physical activity and teaches skill for the topic. Topics will vary and students may repeat for credit when topics vary. A maximum of 2 credit hours may be applied to graduation requirements.

# KINS 2001 - First Aid and CPR (1 Hr)

First aid to the victims of accidents, sudden illness, cardiac or respiratory emergencies. First aid and CPR certification granted to those meeting agency requirements.
Two hours laboratory. Non-Majors only

# KINS 2002 - Conditioning for the School Aged Child (3 Hrs)

This course is designed to enhance the ability to assess and implement safe and appropriate physical fitness training programs in the school system for children and the adolescent in physical education/athletics. Prerequisite(s): KINS 2011

# KINS 2005 - First Aid and Safety (3 Hrs)

First aid/CPR for trauma and medical emergencies. Certifications may be earned. Enhanced understanding of safety and delivery of safety education (KINS majors only).

# KINS 2011 - Introduction to Kinesiology (3 Hrs)

Basic understanding and familiarization of health, physical education and recreation as a profession; including historical background, principles, trends, curriculum and professional preparation. For Kinesiology majors only.

# KINS 2021 - Concepts of Wellness (3 Hrs)

Survey of the components of human wellness with emphasis on techniques and methods of instruction to enhance wellness. Prerequisite(s): Kinesiology majors only.

# KINS 2030 - Physical Activity Skills I (Ind/Dual) (2 Hrs)

This course provides the basic skills, rules, strategies and safety procedures for teaching selected individual and dual lifetime sports.

# KINS 2035 - Physical Activity Skills 2 (Team) (2 Hrs)

This course provides the basic skills, rules, strategies and safety procedures for teaching selected team sports.

# KINS 2041 - Personal and Community Health (3 Hrs)

An orientation course in health which deals with nutrition, stress, exercise, diseases and their prevention.

# KINS 3006 - Introduction to Teaching Health and Physical Education (3 Hrs)

Clinical based course where physical education majors examine teaching physical education in diverse settings. Candidates will examine how students and teachers spend their time during physical education and the impact it has on learning. Prerequisite(s): KINS 2011.

# KINS 3008 - Sport Facility Management (3 Hrs)

This course is designed to provide learning experiences in the administrative tasks of planning new facilities, renovating and maintaining existing sport and fitness facilities. An understanding in facilities, their design, and management will be gained through field trips, speakers, and standard classroom material. Prerequisite(s): KINS 2011

### **KINS 3010 - Sport and Fitness Psychology (3 Hrs)**

Surveys the theory, research, and applications of psychology pertaining to fitness and sports. Presents current topics and issues relevant to sport and fitness psychology. Prerequisite(s): C or better in KINS 2011.  May not be taken concurrently.

# KINS 3012 - Exercise Physiology (3 Hrs)

Acute and chronic physiological changes in response to exercise. Emphasis on the practical application of exercise training for health, fitness, and performance. Focus will be directed toward energy for physical activity, energy delivery, utilization and enhancement of energy capacity. Prerequisite(s): KINS 2011, Junior standing.

# KINS 3013 - Exercise Physiology Lab (1 Hr)

Laboratory designed to provide cognitive and laboratory experiences for developing safe and accurate exercise testing practices. Prerequisite(s): Credit or registration in KINS 3012. (Kinesiology majors only).
Sophomore Standing

# KINS 3019 - Motor Learning and Motor Control (3 Hrs)

Study of acquisition and regulation of motor skills with emphasis on techniques and strategies to optimize motor performance. Prerequisite(s): KINS 2011. Kinesiology majors only.

# KINS 3033 - Activities for Elementary School (3 Hrs)

Materials, techniques and methods of teaching physical education in elementary schools. Sophomore level and above.

# KINS 3034 - Methods and Materials in Physical Education (3 Hrs)

Materials, techniques, and methods of teaching physical education in the three different school levels. Prerequisite(s): Must be admitted to teacher education.

# KINS 3040 - Leadership in Sport Organizations (3 Hrs)

Leadership in fitness and sport industry will explore theoretical constructs of organizational theory and apply them in the sport context and examine leadership theory and its application to effective administration in sport and fitness organizations. Prerequisite(s): Credit or registration in KINS 2011. Sophomore Standing

# KINS 3042 - Sport Marketing (3 Hrs)

This course will examine fitness and sports marketing as a marketing tool for other products, marketing of fitness and sports products, and considerations relevant for both marketing through and the marketing of fitness and sports. Prerequisite(s): C or better in KINS 2011. May not be taken concurrent

# KINS 4002 - Exercise Program Design (3 Hrs)

This course is designed to apply the principles of exercise leadership to clinical and preventive settings, with particular emphasis on formulation of the exercise prescription. Prerequisite(s): KINS 3012 and KINS 3013. Kinesiology majors only

# KINS 4003 - Tests and Measurements in Physical Education (3 Hrs)

Purposes and needs of testing with emphasis on techniques and administration of tests in physical education.
Prerequisite(s): Must be admitted to teacher education.

# KINS 4008 - Physical Activity for Students with Special Needs (3Hrs)

This course examines how physical activities and motor skills can be task analyzed and modified to include a wide range of individuals with special needs. Basic knowledge, skills and competencies in Special Education are covered with an emphasis in pedagogical principles. Prerequisite(s): KINS 2011, Junior Standing, Kinesiology majors only

# KINS 4010 - Exercise in Health and Disease (3 Hrs)

Examine the role of physical activity in the prevention of chronic disease. Increased prevalence of disease and decreased physical activity will be examined.

# KINS 4011 - Care and Prevention of Athletic Injuries (3 Hrs)

The prevention and emergency care of athletic injuries. Prerequisite(s): KINS 2011 and junior standing. Kinesiology majors only.

# KINS 4017 - School and Multicultural Health (3 Hrs)

School and cultural health problems for school aged children and current programs of prevention and protection against disease. Prerequisite(s): junior standing. Education majors only.

# KINS 4020 - Legal and Ethical Issues in Sport (3 Hrs)

This course provides students with knowledge of legal issues that are involved in the fitness and sports industries.
Prerequisite(s): KINS 2011, Junior standing

# KINS 4022 - Sport Finance (3 Hrs)

This course is a survey of principles of economics, budgeting, and finance as it applies to the sport and fitness industry. Prerequisite(s): KINS 2011

# KINS 4025 - Strength & Conditioning of Athletes (3 Hrs)

This 3-hour course introduces students to strength and conditioning programs for athletes. Offered in fall semester.
Prerequisite(s): [KINS 3012](http://catalog.ulm.edu/preview_course_nopop.php?catoid=38&coid=84427)

# KINS 4031 - Methods and Materials in Health Education (3 Hrs)

Materials, techniques, and methods of teaching health in schools. Ten (10) hours of classroom observation will be completed during this course. Prerequisite(s): Must be admitted to teacher education, Junior standing.

# KINS 4032 - Kinesiology and Biomechanics (3 Hrs)

Survey of the anatomy and physiology of human movement and biomechanical analysis of human motor performance. Prerequisite(s): KINS 3012 and KINS 3013, and Senior Standing.

# KINS 4034 - Professional Development in Kinesiology (1 Hr)

This course is designed as a pre-internship experience that will provide undergraduate Kinesiology students with the key training need to engage in the professional activities that are central to a successful career in Kinesiology related fields. Prerequisite(s): KINS 2011, Junior standing. Kinesiology majors only.

# KINS 4035 - Practicum in Physical Education (General) (6 Hrs)

Observation and participation in non-teaching physical education, recreational or health related programs for one semester. Prerequisite(s): Senior standing. Kinesiology majors only

# KINS 4040 - Health and Physical Education Methods and Materials (3 Hrs)

Elementary educators create quality HPE programs and activities to address the needs of all learners. Prerequisite(s): Admission to Teacher Ed Required

# KINS 4042 - Health and Physical Education Program Development (3 Hrs)

This course is designed to foster the examination, discussion and creation of health physical education program development. Prerequisite(s): Permission of instructor. Education majors only.

# KINS 4043 – Epidemiology (3 Hrs)

Study of the incidence and prevalence of disease in populations with an emphasis on prevention by health education. Prerequisite(s): KINS 2001

# KINS 4045 - Issues in Kinesiology (3 Hrs)

Develops student ability to research, critically examine, and debate controversial issues in kinesiology. Prerequisite(s): Junior standing.