KIN 170 Emergency Care  3 Credits
Recognition and immediate care of common illnesses and injuries. Content meets National Safety Council requirements for Standard First Aid and CPR.
Offered: spring.

KIN 235 Kinesiology  3 Credits
Scientific study of human movement, emphasizing the basic principles of musculoskeletal anatomy, neuromuscular physiology and biomechanics.
Prerequisite: minimum grade of C in both BIO 115 and BIO 115L.
Offered: fall & spring.

KIN 300 Women’s Health  3 Credits
A comprehensive overview of issues related to health in women, addressing areas including but not limited to biology, psychology, geographic, economics, health promotion, and social issues.
Offered: fall of odd-numbered years.

KIN 336 Physiology of Exercise  3 Credits
Effects of physical activity on the functioning human body. Restrictions on levels of physical activity by normal metabolic limitations. Lab required (KIN 336L) for Athletic Training and Health and Wellness majors.
Prerequisite: minimum grade of C in both BIO 115 & BIO 115L.
Corequisite: KIN 336L.
Offered: fall on-campus, spring on-campus, & summer usually online.

KIN 336L Physiology of Exercise Lab  1 Credit
Laboratory experiences in physiology of exercise. This lab is required for Athletic Training and Health and Wellness majors.
Corequisite: KIN 336.
Offered: fall, spring, & summer.

KIN 350 Organization and Administration of Health and Wellness  3 Credits
Organization and administration of health and wellness programs. Basic theories and philosophies of administration, along with the duties, functions and processes as related to problems and practices in health and wellness facilities.
Offered: fall.

KIN 420 Strength & Conditioning Applications  3 Credits
Strength and conditioning applications as they apply to athletes and those involved in physical activity. Theory and practical application are included through hands on techniques and video analysis.
Prerequisite: admission to the strength and conditioning minor & minimum grade of C in KIN 235.
Offered: spring.

KIN 494 Capstone in Kinesiology  3 Credits
Independent study with a Kinesiology faculty member with emphasis on research.
Prerequisite: signature of faculty member & kinesiology chair.
Offered: fall, spring, & summer.

KIN 498 Internship in Health and Wellness  6 Credits
Field-based experience in a health and wellness related field. Requires a minimum of 240 clock hours over fifteen weeks. Program Director Signature Required. Fall/Spring/Summer