KINESIOLOGY - KIN

KIN 115 Basic Nutrition 3 Credits
This course will address all aspects of proper nutrition. The class will address
material such as macronutrients, micronutrients, daily caloric intake and
portion sizes. Students will gain knowledge of nutrition through class
lectures, interactive activities and peer presentations. Upon successful
completion of the course, students will have a working knowledge of proper
nutrition and appropriate dietary habits.
Offered: spring & fall.

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 200 Athletic Taping and Bracing 3 Credits
Under development.
Offered: once a year.

KIN 205 Wellness and Fitness 3 Credits
Lecture and laboratory. Skills, teaching methods, resource units, evaluative
instruments, teaching aids, leading to an overall understanding of the
principles of health and wellness. Focus on physical fitness testing,
cardiovascular exercise, muscular strength, muscular endurance, flexibility
and body composition. There is additional focus on special populations,
childhood obesity and the development of a personal fitness program.
Offered: every fall & spring.

KIN 220 Healthy Behaviors 3 Credits
Examines health determinants and the effects on all seven dimensions of
health. Assessment of personal lifestyle behaviors and factors influencing
current and relevant health issues. Emphasis on personal behavior
modification to practice health-enhancing behaviors and to reduce health
risks. Guidelines for healthy practices related to nutrition, mental health,
cancer prevention, HIV/STDs, cardiovascular disease, stress management,
sexuality, physical fitness, drugs and alcohol and relationships. Establishes
foundation for living healthy and productive lives.
Offered: fall & 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 261 Injury/Illness Evaluation Techniques 3 Credits
Theoretical, practical, empirical study of lower extremity, lumbar spine,
upper extremity, thorax, head and cervical spine diagnosis and associated
illnesses. 50 hours of injury/illness evaluation observation in a sports
medicine clinical setting required.
Prerequisite: KIN 200.
Offered: once a year.

KIN 301 General Medicine Seminar 3 Credits
Theoretical, practical, empirical study of general medical conditions,
commonly used diagnostics and interventions for the health care
practitioner. Discussion of the physiologic changes that occur following
injuries and illness. Discussion of indications, contraindications and legal
issues.
Prerequisite: KIN 261.
Offered: once a year.

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: every fall, spring, & summer.

KIN 337 Exercise Principles and Applications 3 Credits
This course will address the many aspects of fitness and exercise. Students
will experience classroom lecture as well as practical experience in the
weight room and other alternative exercise facilities. Students will gain
experience in the proper design of exercise programs and will understand
the importance of periodization as it relates to exercise. Upon successful
completion of this course, the student will have a vast knowledge of the
principles surrounding strength and conditioning.
Prerequisite: minimum grade of C in BIO 114 & BIO 114L.
Offered: fall & spring.

KIN 342 Therapeutic Exercise & Modalities 3 Credits
Introduction to therapeutic exercise.
Prerequisite: KIN 235 & KIN 261.
Offered: every fall, spring.

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: once a year.

KIN 361 Psychology of Sport and Mental Health 3 Credits
This course address sport psychology from a sports studies perspective
incorporating interdisciplinary knowledge from the social sciences. It is
an appropriate approach for many students seeking to understand the
psychological processes facing athletes in a competitive environment.
Considerable interest surrounds the efforts of sport psychologists to
optimize the performance of those characters we call athletes - the sport
heroes of our society. Superior athletic performance has long held great
intrigue. Tremendous improvements in the identification and measurement
of the psychological factors related to athletic performance have resulted
in significant improvements in an athlete's ability to produce top level
performance on a consistent basis. This course focuses on the application
of these psychological principles by athletes, coaches and sport psychology
consultants in what has been a quest to produce the ultimate athlete. /.
Offered: fall & spring.

KIN 365 Electrocardiography 3 Credits
This course is designed to present the theoretical principles of
electrocardiography. Topics include a review of cardiac physiology
including the normal sequence of cardiac muscle depolarization and
repolarization, determination of heart rate and rhythm, electrical axis and
the diagnosis of cardiac rhythm in 12-lead ECG. Special emphasis will be
placed on myocardial ischemia, myocardial infarction, treatment and clinical
evaluation. Pharmacological interventions and the impact of the ECG, as well
as exercise will be discussed.
Offered: every spring.
KIN 398 Statistics and Research Design 3 Credits
Application and interpretation of descriptive and inferential statistics. Library search techniques and research design as related to evidence based practice. Includes the use of statistical software, data collection, and creation and presentation of a research poster.
Prerequisite: minimum grade of C in KIN 235.
Fulfills College Core: Field 7 (Mathematical Sciences)
Offered: every fall & spring.

KIN 401 Practicum in Sport & Exercise Health Care 3 Credits
Clinical experiences in sports medicine. Observation of and instruction provided by professionals from various allied healthcare fields, e.g., athletic training, chiropractic, nursing, physical and occupational therapy, etc. Experiences provide exposure to clinical practice of previously instructed sports medicine materials.
Prerequisite: KIN 342.
Offered: every fall & spring.

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 425 Evolution of Disease and Illness 3 Credits
Overview of humanity's triumphs and failures in the ongoing fight against illness and disease. Explores history of disease, current health issues and trends to determine outlook for emerging health concerns of the future. Examines various models of disease to explain disease agents and route of transmission throughout the body's systems. Analysis of disease occurrence, predisposing factors, body's immune response, symptoms, prevention, treatment and control.
Offered: fall & spring.

KIN 494 Capstone in Kinesiology 3 Credits
This seminar is a reflective course that is taken for students in the Department of Kinesiology. Students reflect on service excursions, review readings, debate related topics in kinesiology, and compose a final report on a topic in the profession laced with justice, diversity, ethical, and global issues.
Restriction: KIN department majors only.
Fulfills College Core: Core Capstone
Offered: fall & spring.

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

KIN 499 Independent Study 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.