<table>
<thead>
<tr>
<th>Course Code</th>
<th>Description</th>
<th>Credits</th>
<th>Offered</th>
</tr>
</thead>
<tbody>
<tr>
<td>KIN 115</td>
<td>Basic Nutrition</td>
<td>3</td>
<td>spring &amp; fall</td>
</tr>
<tr>
<td>KIN 170</td>
<td>Emergency Care</td>
<td>3</td>
<td>fall &amp; spring</td>
</tr>
<tr>
<td>KIN 200</td>
<td>Athletic Taping and Bracing</td>
<td>3</td>
<td>once a year</td>
</tr>
<tr>
<td>KIN 205</td>
<td>Wellness and Fitness</td>
<td>3</td>
<td>every fall &amp; spring</td>
</tr>
<tr>
<td>KIN 235</td>
<td>Kinesiology</td>
<td>3</td>
<td>fall &amp; spring</td>
</tr>
<tr>
<td>KIN 261</td>
<td>Injury/Illness Evaluation Techniques</td>
<td>3</td>
<td>every spring</td>
</tr>
<tr>
<td>KIN 300</td>
<td>Women's Health</td>
<td>3</td>
<td>once a year</td>
</tr>
<tr>
<td>KIN 301</td>
<td>General Medicine Seminar</td>
<td>3</td>
<td>fall of odd-numbered years</td>
</tr>
<tr>
<td>KIN 336</td>
<td>Physiology of Exercise</td>
<td>3</td>
<td>every fall &amp; spring</td>
</tr>
<tr>
<td>KIN 342</td>
<td>Therapeutic Exercise &amp; Modalities</td>
<td>3</td>
<td>every spring</td>
</tr>
<tr>
<td>KIN 350</td>
<td>Organization and Administration of Health and Wellness</td>
<td>3</td>
<td>every fall &amp; spring</td>
</tr>
<tr>
<td>KIN 359</td>
<td>Sports Medicine</td>
<td>3</td>
<td>every spring</td>
</tr>
<tr>
<td>KIN 365</td>
<td>Electrocardiography</td>
<td>3</td>
<td>every spring</td>
</tr>
<tr>
<td>KIN 398</td>
<td>Statistics and Research Design</td>
<td>3</td>
<td>every spring</td>
</tr>
<tr>
<td>KIN 401</td>
<td>Practicum in Sport &amp; Exercise Health Care</td>
<td>3</td>
<td>every fall &amp; spring</td>
</tr>
<tr>
<td>KIN 420</td>
<td>Strength &amp; Conditioning Applications</td>
<td>3</td>
<td>spring</td>
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</table>

**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.

**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.

**KIN 200 Athletic Taping and Bracing** (3 Credits)
Under development.

**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.

**KIN 235 Kinesiology** (3 Credits)
Scientific study of human movement, emphasizing the basic principles of musculoskeletal anatomy, neuromuscular physiology and biomechanics.

**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.

**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.

**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.

**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.

**KIN 342 Therapeutic Exercise & Modalities** (3 Credits)
Introduction to therapeutic exercise.

**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.

**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.

**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.

**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.

**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.

In addition, the table includes prerequisites and corequisites for each course, as well as information on offered periods.
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.