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. There is a lab fee associated with this course.
Offered: spring.

KIN 200 Athletic Taping and Bracing **3 Credits**
Theoretical and practical study of various methods of athletic taping, bandaging, protective padding, and bracing of anatomical regions related to physical activity.
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 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: every fall.

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 342.
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 KIN 205.
Offered: every fall & spring.

KIN 342 Therapeutic Exercise & Modalities **3 Credits**
Therapeutic modality, contemporary exercise and clinical intervention techniques used in treatment of orthopedic injuries. Physics, biomechanics, physiological effects, rationale and application of exercise and modalities in health care of patients. 50 hours of therapeutic exercise/modality observation in a sports medicine clinical setting required.
Prerequisite: KIN 235 & KIN 261.
Offered: once a year.

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 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/.
Fulfills College Core: Field 5 (Social Sciences)
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 301.
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 480 Wellness Be All That You Can Be **3 Credits**
This course explores the many issues related to personal well-being. Wellness is regarded as a healthy balance between mind, body, and spirit. According to the National Wellness Institute, wellness is a process by which we actively seek to optimize ourselves occupationally, physically, socially, intellectually, spiritually, and emotionally. Approaches to wellness exist in most fields involving human services such as counseling, medicine, education, and management. Components of wellness include healthy food, clean environments, regular exercise, adequate rest, safe living conditions, productive work, balancing work and family, and spiritual awareness. What does it take to reach our potential? What are obstacles to wellness? How can wellness exist in nations that have few opportunities for healthy eating, productive work, or sanitary living conditions?.
Fulfills College Core: Core Capstone
Offered: every 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 497 Internship in Sports and Exercise Health Care **6 Credits**
Field-based experience in a sports and exercise health care related field. Requires a minimum of 240 clock hours over fifteen weeks. Program Director Signature Required. Spring only.
Offered: every 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
Offered: every 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.