

SCHOOL OF HEALTH PROMOTION AND KINESIOLOGY

Web Site: <https://twu.edu/health-promotion-kinesiology/>

Director: Dr. George King, Professor

Location: PH 208

Phone: 940-898-2575

Health Studies

The Bachelor of Science degree in Health Studies prepares students to become health education specialists. Health education specialists work in various settings, including non-profit organizations, public health departments, corporate worksite wellness programs, clinics, and hospitals. The Eight Areas of Responsibility for Health Education Specialists are the foundation for required Health Studies courses. A Health Studies graduate will be able to demonstrate knowledge and skills connected with the Eight Areas of Responsibility, including but not limited to conducting needs assessments; planning, developing, implementing, and evaluating health education/promotion programs; serving as a health education resource person; promoting, communicating, and advocating, for health and health education. Graduates are eligible to take the CHES® Exam to become a Certified Health Education Specialist. Click on the appropriate link to obtain information about a specific academic program.

Students with an Associate of Applied Science (A.A.S.) or an Associate of Applied Arts and Sciences (A.A.A.S.) can pursue the Bachelor of Applied Science (B.A.S.) or the Bachelor of Applied Arts and Sciences (B.A.A.S.) degree. These two degree completion programs provide students with the basic knowledge and skills to assess, plan, implement, and evaluate health promotion programs. Click the appropriate link below to obtain information about a specific academic program.

The Health Studies major also prepares students for various graduate programs in Health Education, Health Promotion, Public Health, and other health-related fields. Please refer to the Graduate Catalog for information about the Health Studies graduate programs (<https://catalog.twu.edu/graduate/health-sciences/health-promotion-kinesiology/>).

Kinesiology

The undergraduate Kinesiology degree program includes courses integral to the movement sciences. Students study various scientifically based topics, including adapted physical activity, adapted physical education, biomechanics, exercise physiology, motor learning, physical education pedagogy, disability sport, and sport management. Kinesiology students may choose from five different specializations: Exercise Science, Exercise Science (Pre-Occupational Therapy), Exercise Science (Pre-Physical Therapy), EC-12 Teaching/Coaching Academy Certification, and Sport Management. Click the appropriate link below to obtain information about a specific undergraduate degree.

In addition, the Kinesiology major prepares students for various graduate programs with an emphasis in Adapted Physical Activity, Biomechanics, Exercise Physiology, Exercise and Sports Nutrition, Coaching, Physical Education Pedagogy, and Sport Management. Please refer to the Graduate Catalog for information about the Kinesiology graduate

programs (<https://catalog.twu.edu/graduate/health-sciences/health-promotion-kinesiology/>).

Public Health

The Bachelor of Science in Public Health (BSPH) degree provides initial training for students interested in the broad and diverse field of public health. This program's general public health focus exposes students to concepts across health education/health promotion, epidemiology, environmental health, research methods, and health informatics. Students pursuing this degree will be prepared to pursue entry-level employment in the public and private sectors or more specialized training in Master of Public Health (MPH) and similar graduate programs. Click the appropriate link below to obtain information about the BSPH program.

Undergraduate Degrees Offered

- Minors (<https://catalog.twu.edu/undergraduate/health-sciences/health-promotion-kinesiology/minors/>)
- Certificates (<https://catalog.twu.edu/undergraduate/health-sciences/kinesiology/certificates/>)
- B.A.A.S. in Health Sciences (Business) (<https://catalog.twu.edu/undergraduate/health-sciences/health-promotion-kinesiology/health-sciences-baas-emphasis-business/>)
- B.A.A.S. in Health Sciences (Health Studies) (<https://catalog.twu.edu/undergraduate/health-sciences/health-promotion-kinesiology/health-sciences-baas-emphasis-health-studies/>)
- B.A.S. in Health Studies (<https://catalog.twu.edu/undergraduate/health-sciences/health-promotion-kinesiology/health-studies-bas/>)
- B.S. in Health Studies (Community Health) (<https://catalog.twu.edu/undergraduate/health-sciences/health-promotion-kinesiology/health-studies-bs-community-health/>)
- B.S. in Kinesiology (EC-12 Teaching/Coaching Academy Certification) (<https://catalog.twu.edu/undergraduate/health-sciences/health-promotion-kinesiology/kinesiology-teaching-coaching-academy-certification-bs/>)
- B.S. in Kinesiology (Exercise Science) (<https://catalog.twu.edu/undergraduate/health-sciences/health-promotion-kinesiology/kinesiology-exercise-science-bs/>)
- B.S. in Kinesiology (Exercise Science, Pre-Occupational Therapy) (<https://catalog.twu.edu/undergraduate/health-sciences/health-promotion-kinesiology/kinesiology-exercise-science-ot-bs/>)
- B.S. in Kinesiology (Exercise Science, Pre-Physical Therapy) (<https://catalog.twu.edu/undergraduate/health-sciences/health-promotion-kinesiology/kinesiology-exercise-science-pt-bs/>)
- B.S. in Kinesiology (Sport Management) (<https://catalog.twu.edu/undergraduate/health-sciences/health-promotion-kinesiology/kinesiology-sports-management-bs/>)
- B.S. in Public Health (<https://catalog.twu.edu/undergraduate/health-sciences/health-promotion-kinesiology/public-health-bs/>)

*Students interested in pre-occupational therapy should refer to the [B.S. in Kinesiology \(Exercise Science, Pre-Occupational Therapy\)](https://catalog.twu.edu/undergraduate/health-sciences/health-promotion-kinesiology/kinesiology-exercise-science-ot-bs/) (<https://catalog.twu.edu/undergraduate/health-sciences/health-promotion-kinesiology/kinesiology-exercise-science-ot-bs/>). This unique program features Kinesiology and Health Studies courses and qualifies students for Alumni Advantage applicant status. For more information, see **Occupational Therapy** in the Undergraduate (<https://catalog.twu.edu/undergraduate/health-sciences/occupational-therapy/>) and Graduate

(<https://catalog.twu.edu/graduate/health-sciences/occupational-therapy/>) catalogs.

Admissions

All applicants must meet the general undergraduate admission requirements (<https://catalog.twu.edu/undergraduate/admission-information/>). The following degrees have additional secondary admission criteria:

- B.S. in Kinesiology (EC-12 Teaching/Coaching Academy Certification) (<https://catalog.twu.edu/undergraduate/health-sciences/health-promotion-kinesiology/kinesiology-teaching-coaching-academy-certification-bs/>)

Policies

The following policies apply to all undergraduate students in the School of Health Promotion and Kinesiology:

1. A minimum grade of C is required in all courses in the Health Studies, Kinesiology, and Public Health majors. If a student earns a grade of D or F in a Health Studies, Kinesiology, or Public Health course, the student must retake the course. A course in which a student earns a grade of less than C (D or F) may be repeated only once.
2. A student who earns a grade of less than C (D or F) twice in the same Health Studies, Kinesiology, or Public Health course will be required to leave the School of Health Promotion and Kinesiology.
3. Students receiving a grade of I, D, or F in a Health Studies, Kinesiology, or Public Health course may not progress to courses for which that course is a prerequisite.
4. If the cumulative GPA drops below 2.75, the student must raise it to 2.75 within the next two semesters of enrollment, or they will be dismissed from the School of Health Promotion and Kinesiology.
5. A student must have completed all coursework in the degree plan prior to enrolling in internship/student teaching. B.S. in Health Studies and B.S. in Public Health students must also complete the Health Studies Exit Exam prior to enrolling in internship.

Faculty

*AMUTA, ANN O., Associate Professor of Health Studies, M.P.H., Texas A & M University; Ph.D., Texas A & M University

*BIGGERSTAFF, KYLE D., Associate Professor of Kinesiology, B.A., Southern Methodist University; M.S., University of North Texas; Ph.D., Florida State University

BROWN, KATHRYN G., Senior Lecturer of Kinesiology, B.S., Oklahoma Panhandle State University; M.S., Oklahoma State University; M.Ed., Northwestern Oklahoma State University

COFFEY, KATHERINE, Associate Clinical Professor of Kinesiology, B.S., Indiana University; M.S., Indiana University; Ph.D., Indiana University

*DILLON, SUZANNA, Professor of Kinesiology, B.S., Alma College; M.A., Western Michigan University; Ph.D., Texas Woman's University

*FERRER, MICHELLE, Associate Clinical Professor, B.S., Salem State College; M.S., Texas Woman's University; Ph.D., Texas Woman's University

GILLASPY, JESSICA, Assistant Clinical Professor of Kinesiology, B.S., University of North Texas; M.S., University of West Florida

*GOLD, JOSHUA, Assistant Professor of Health Studies, B.A., University of California-Santa Barbara; M.A., California State University-Northridge; M.P.H., University of Iowa; Ph.D., University of Iowa

*GOLMAN, MANDY A., Professor of Health Studies, B.A., University of Texas, Austin; M.S., Texas Woman's University; Ph.D., Texas Woman's University

*KING, GEORGE, Professor of Kinesiology; Director of the School of Health Promotion and Kinesiology, B.S., Colorado State University; M.S., Colorado State University; Ph.D., University of Tennessee-Knoxville

*KWON, YOUNG-HOO, Professor of Kinesiology, B.S., Seoul National University; M.Ed., Seoul National University; Ph.D., Pennsylvania State University, University Park

*MANN, MARK D., Associate Professor of Kinesiology, B.A., Southwestern University; M.A., Southern Nazarene University; M.S., Nova Southeastern University; M.S., Pittsburg State University; Ed.D., Oklahoma State University; Ph.D., University of Arkansas

*MASSEY-STOKES, MARILYN, Professor of Health Studies, B.S., Southwestern Oklahoma State University; M.Ed., Southwestern Oklahoma State University; Ed.D., Oklahoma State University

*MENN, MINDY, Associate Professor of Health Studies, B.A., Texas A&M University; M.S., Texas A&M University; Ph.D., University of Florida, Gainesville

*MILOCH, KIMBERLY S., Professor of Kinesiology, Vice Provost for Faculty Success, B.A., Southwest Texas State University; M.S., Baylor University; Ph.D., Florida State University

*RAY, CHRISTOPHER T., Professor of Kinesiology; Dean of the College of Health Science, B.S., University of Tennessee; M.S. University of Tennessee; Ph.D., University of Georgia

*RIGBY, BRANDON RHETT, Associate Professor of Kinesiology, B.S., LeTourneau University; M.S., Baylor University; Ph.D., Baylor University

*SA, JAESIN, Assistant Professor, M.S., University of Wisconsin-Whitewater; Ph.D., Indiana University-Bloomington

*STAPLES, KERRI, Assistant Professor of Kinesiology, B.S., University of Saskatchewan; M.A., McGill University; Ph.D., McGill University

*YOSHIKAWA, AYA, Assistant Professor of Health Studies, B.A., University of Toledo; M.A., University of Toledo; D.P.H., Texas A&M University-College Station; Ph.D., Texas A&M University-College Station

Asterisk (*) denotes Graduate Faculty status.

Courses

Contact hours identified in the course descriptions are based on a 15-week term. Students who enroll in Summer or mini-terms are expected to meet the same total number of contact hours as a 15-week term.

HS 1363. Introduction to Public Health. Introduction to the field of public health including definitions, governmental and non-governmental health agencies and organizations, epidemiology terminology, the United States healthcare system, disease classification and prevention, public health issues across the lifespan and across demographic groups, and environmental health and safety terminology. Corequisite: HS 2013. Three lecture hours a week. Credit: Three hours.

HS 1901. Fitness and Health Laboratory. (TCCN PHED 1304) Activities and laboratories designed to illustrate and experience the balanced approach to fitness and health. Co-requisite: HS 1902. Three activity laboratory hours a week. Credit: One hour.

HS 1902. Fitness and Health: Enhancing Personal Wellness. (TCCN PHED 1304) Introduces basic concepts of fitness, health, and nutrition; develops understandings necessary for making wise decisions and establishing individually appropriate practices that contribute to a healthful lifestyle throughout the life span. Wellness issues that affect women and reflect cultural values are addressed. Co-requisite: HS 1901. Two lecture hours a week. Credit: Two hours.

HS 2013. Health Communications. Provides practical experiences in developing strategies to deliver health messages through a variety of communication channels. Examines theoretical foundations and factors that impact health communication. Prerequisite or co-requisite: HS 1363. Three lecture hours a week. Credit: Three hours.

HS 2373. Health Aspects of Human Sexuality. (TCCN PSYC 2306, SOCI 2306) Physical, emotional, social, and psychological dimensions of human sexuality; interpersonal relationships; contemporary attitudes, values, and behaviors; sexuality as a positive health entity. Three lecture hours a week. Credit: Three hours.

HS 2813. Introduction to Global Health. Analysis of significant global health issues; determinants of global health status, culture, gender, poverty, politics, economic development, ethical, and human rights concerns; and education. Development of global health promotion and advocacy strategies. Satisfies Global Perspectives graduation requirement. Three lecture hours a week. Credit: Three hours.

HS 3033. Medical Terminology. A systems approach to the language of medicine, including the analysis and utilization of word roots, combining forms, prefixes, suffixes, and medical terms; emphasis on written and spoken medical vocabulary. Three lecture hours a week. Credit: Three hours.

HS 3053. Community Health Assessment. Community needs assessment process and methods to collect, interpret, synthesize, and report U.S. health data, county health reports, and community health data. Socio-ecological factors impacting health and key health behavior theories. Prerequisites: HS 1363 and HS 2013. Three lecture hours a week. Credit: Three hours.

HS 3133. Perspectives on Women's Health. Feminist theory provides framework for exploration of women's health care issues throughout the life span. Examines roles of women as providers and consumers of health care. Emphasizes the interface of gender, socio-economic and minority status, and medicalization of women's health. Satisfies three hours Core Component Area Option (90). Three lecture hours a week. Credit: Three hours.

HS 3203. Emergency Care, First Aid, and CPR. Theory and practice of emergency care including: adult, child, and infant rescue breathing; conscious and unconscious choking; infant, child, adult, and two person CPR with child and adult AED (Automated External Defibrillation). Includes bloodborne pathogen training and emergency oxygen administration. Preparation for Professional Rescuer certification through the American Red Cross. Three lecture hours a week. Credit: Three hours.

HS 3303. Program Planning and Evaluation. Foundations of public health program planning and evaluation; models and theories relative to planning, evaluation, and application; statistical analysis techniques for interpreting and reporting evaluation results. Prerequisites: HS 1363, HS 2013, and HS 3053. Three lecture hours a week. Credit: Three hours.

HS 3363. History and Principles of Health Education. Origins of health education/promotion and public health; historical influences on principles and theories governing contemporary programs of health education/promotion and their significance. Three lecture hours a week. Credit: Three hours.

HS 3373. Child and Adolescent Health. Health and well-being of children and adolescents including risk and protective factors, positive youth development, and evidence-based health promotion strategies. Health behavior theory and resources that support the healthy development of youth. Three lecture hours a week. Credit: Three hours.

HS 3383. Legal and Ethical Issues in Health Informatics. Trends in health information technology and management, judicial process of health information, key elements of federal and state health information privacy laws, major regulatory mechanisms protecting health information related to public health, patient record requirements, ethical standards, bioethical issues, fraud and abuse, and principles of liability. Three lecture hours a week. Credit: Three hours.

HS 3403. Environmental Health and Safety Education. Basic principles of ecology as they apply to the health and safety of human beings in interaction with and within physical and social environments, in relation to the biosphere, and in community and occupational settings; efforts to protect and conserve the environment. Three lecture hours a week. Credit: Three hours.

HS 3413. Epidemiology. Investigation and measurement, control, and prevention of diseases and health conditions, and the risk of these diseases and conditions, in human populations. Three lecture hours a week. Credit: Three hours.

HS 3433. Current Trends in Population Health and Health Informatics. Utilization of social and behavioral sciences to analyze health informatics and public health issues. Analysis of individual, community, institutional, and societal factors that influence health informatics. Application of theoretical approaches to public health practice, policy, and professional training. Three lecture hours a week. Credit: Three hours.

HS 3443. Health Aspects of Aging. Overview of major public health and aging issues in domestic and global contexts. Behavioral, social, and environmental perspectives on aging, the concept of successful aging, and health promotion for older adults. Three lecture hours a week. Credit: Three hours.

HS 4121. Professional Development in Public Health. Personal, professional, and career development in health education/promotion within public health. Professionalism, ethics, and communication. Preparation for program internship including internship requirements, strategies for selecting an internship site, interviewing, negotiating internship responsibilities, and developing goals and objectives aligned with the Areas of Responsibility for Health Education Specialists. Must be taken the semester prior to enrolling in internship. Prerequisites: HS 1363, HS 2013, HS 3053, GPA of 2.75 or higher, senior classification, and internship coordinator approval. Co-requisite: HS 4353. Prerequisite or co-requisite: HS 3303. One lecture hour a week. Credit: One hour.

HS 4126. Internship in Health Education. Minimum of 350 internship hours required. Prerequisites: Completion of coursework and minimum cumulative and Health Studies major GPAs of 2.75. Credit: Six hours.

HS 4353. Grant Writing in Health Education. Capstone course which synthesizes theory and methods of health education, needs assessment, program planning, implementation, and evaluation. Integrates the areas of responsibility for a Certified Health Education Specialist (CHES) into a grant writing project. Prerequisites: HS 1363, HS 2013, HS 3053, and a GPA of 2.75. Prerequisite or Co-requisite: HS 3303. Three lecture hours a week. Credit: Three hours.

HS 4363. Consumer Health. Overview of basic materials needed to make informed decisions in regard to personal health care and selection of health services. Developing and utilizing strategies for making everyday health decisions on an informed basis. Three lecture hours a week. Credit: Three hours.

HS 4473. Professionalism and Ethics in Health Disciplines. Principles and issues of ethics and professionalism in public health, the legal and political context of public health ethics, professional codes of ethics, public health surveillance and data ethics, and vaccination programs. Three lecture hours a week. Credit: Three hours.

HS 4483. Psychosocial Aspects of Mental Health. Psychosocial factors which impact health status and health behavior including: family, environment, culture, age, gender, socioeconomic status, education, violence, grief, loss, traumatic stressors, and factors that shape a person's image and identity. Three lecture hours a week. Credit: Three hours.

HS 4553. Stress Management Techniques. Understanding productive and non-productive stress and their implications for health. Learning relaxation techniques and positive reinforcers that lead to wellness. Three lecture hours a week. Credit: Three hours.

HS 4563. Overview of Public Health Surveillance. Process and methods of designing and evaluating public health information surveillance systems. Planning, design, and implementation of public health-related databases for public health surveillance. Three lecture hours a week. Credit: Three hours.

HS 4573. Occupational Risk Assessment. A study of the principles of health and environmental management in the workplace. Topics include: assessment, recognition, evaluation, and control of occupational hazards. The course provides students the opportunity to assess environmental factors or risks that can affect the workplace and to assess methods of prevention of occupational injuries and illnesses. Prerequisite or Co-requisite: HS 3403. Three lecture hours a week. Credit: Three hours.

HS 4743. Needs Assessment, Planning, and Evaluation for Health Professionals. Program development and evaluation for health professionals working in allied health, corporate health, or health promotion. Highlights needs assessment, theory application, goals and objectives, strategies for program implementation, and methods for program evaluation. Three lecture hours a week. Credit: Three hours.

HS 4903. Special Topics. Examination of a topic of current interest relating to health studies. Requires searching library databases for peer-reviewed literature; analysis of the literature; and synthesis of information by way of a class project. Three lecture hours a week. Credit: Three hours.

HS 4911. Independent Study. Independent study in selected topics. Advisor approval required. Credit: One hour.

HS 4913. Independent Study. Independent study in selected topics. Advisor and instructor approval required. Credit: Three hours.

HS 4923. Capstone in Interprofessional Informatics. Culminating organization and/or community-based interdisciplinary/interprofessional project supported through informatics and technology and applied to a specific domain to demonstrate knowledge and skills acquired in the informatics or health informatics program. Prerequisite: Taken after completion of all but the last 24 hours (SCHs) of the program. Credit: Three hours.

KINS 1311. Physical Activity: Personal Fitness. Designed for the general university student. Instruction offered at all levels of skill; emphasis upon the development of total fitness and recreational skills for leisure use. Personal equipment and clothing for most activity courses must be supplied by the student. May be repeated for additional credit. Pass/Fail option available. Three laboratory hours a week. Credit: One hour.

KINS 1441. Physical Activity: Aquatics. Designed for the general university student. Instruction offered at all levels of skill; emphasis upon the development of total fitness and recreational skills for leisure use. Personal equipment and clothing for most activity courses must be supplied by the student. May be repeated for additional credit. Pass/Fail option available. Three laboratory hours a week. Credit: One hour.

KINS 1503. Introduction to Motor Development. Introduction to motor development across the lifespan. Individual, task, and environmental factors that influence growth and motor development. Three lecture hours a week. Credit: Three hours.

KINS 1583. Foundations of Assessment in Kinesiology. Introductory techniques for inclusionary assessments of fundamental motor skills, physical activity, physical fitness, and other related skills in kinesiology across the lifespan. Prerequisite: Kinesiology major or permission of instructor. Two lecture and four laboratory hours a week. Credit: Three hours.

KINS 1683. Strength Training and Functional Anatomy. Form and function of the musculoskeletal system and major muscle groups, their actions, and exercises to improve strength, power, and endurance. Basic physiology of exercise and adaptations to exercise training. Planning resistance exercise programs. Two lecture and three laboratory hours a week. Credit: Three hours.

KINS 1801. Introduction to Kinesiology. (TCCN PHED 1301) Introduction of Exercise Science and Kinesiology through the historical evolution of the field: description of areas of study in the major subdisciplines (i.e., Biomechanics, Adapted Physical Activity/Education, Exercise Physiology, etc.); career options within Kinesiology. One lecture hour a week. Credit: One hour.

KINS 1901. Fitness and Health Laboratory. (TCCN PHED 1164) Activities and laboratories designed to illustrate and experience the balanced approach to fitness and health. Satisfies one hour Core Component Area Option (91). Three activity/laboratory hours a week. Credit: One hour.

KINS 1902. Health and Wellbeing: Enhancing Personal Wellness. (TCCN PHED 1338) Basic concepts of fitness, health, and nutrition. Making wise decisions and establishing individually appropriate practices that contribute to a healthful lifestyle throughout the lifespan. Culturally relevant wellness issues across multiple dimensions. Satisfies two hours Core Component Area Option (91). Two lecture hours a week. Credit: Two hours.

KINS 1931. Weight Training. Designed for the general university student. Instruction offered at all levels of skills; emphasis on the development of total physical fitness and recreational skills through participation in weight training. May be repeated for additional credit. Pass/Fail option available. Three laboratory hours a week. Credit: One hour.

KINS 2112. Team Sports. Introduction to selected team sports that provide opportunities to learn rules, skills, progressions, strategies, and analysis techniques. Practical team sports planning and implementation of developmentally appropriate physical education activities. Development and analysis of team skills, progressions, corrections, lesson and unit planning, and teaching methods. One lecture and two laboratory hours a week. Credit: Two hours.

KINS 2122. Individual and Dual Sports. Introduction to selected individual sports that provide opportunities to learn rules, skills, progressions, strategies, and analysis techniques. Practical individual sports planning and implementation of developmentally appropriate physical education activities. Development and analysis of individual skills, progressions, corrections, lesson and unit planning, and teaching methods. One lecture and two laboratory hours a week. Credit: Two hours.

KINS 2413. Event and Facility Management. Basic concepts in event and facility studies to include event and facility design, planning, management, and impact evaluation and assessment. Examination of key theoretical foundations, practical skills, and managerial issues within facility and event management. Three lecture hours a week. Credit: Three hours.

KINS 2433. Sport Communication. Study of communication in sports settings, communication theory, the application of theory to the sports industry, and how organizations communicate with the media and its constituents. Three lecture hours a week. Credit: Three hours.

KINS 2722. Methods of Exercise Leadership. Development and implementation of individualized and group exercise leadership skills; demonstration of safe and effective methods of exercise while applying principles of exercise science; writing appropriate exercise recommendations and providing appropriate motivation. Prerequisite: KINS 1683. One lecture and three laboratory hours a week. Credit: Two hours.

KINS 3101. Practicum in Secondary Physical Education. Development of pedagogical strategies and direct application in middle and/or high school physical education contexts. Emphasis on the developing skills needed to effectively instruct and manage secondary physical education classes in the schools. Co-requisite: KINS 3103. Three practicum hours a week. Credit: One hour.

KINS 3103. Secondary Methods in Physical Education. Instruction, curriculum, planning, assessment, and classroom management for secondary physical education programs. Prerequisites: Junior standing; KINS 1503; KINS 3203; and KINS 2112, KINS 2122 or KINS 3132. Co-requisite: KINS 3101. Three lecture hours a week. Credit: Three hours.

KINS 3121. Adapted Physical Activity Lab. Adapted physical activity programming experiences in motor, sport, fitness, and aquatic environments serving children and youth with disabilities; development of individualized adapted physical activity programs and lesson plans based on assessment results; development of collaborative skills through programming implementation. Prerequisites: KINS 1503 and KINS 1801. Prerequisite or Co-requisite: KINS 3123. Three laboratory hours a week. Credit: One hour.

KINS 3123. Adapted Physical Activity. Definitions, etiology, and incidences of various disabilities; influence of disabilities on growth and development across the lifespan; legal mandates impacting physical education and physical activity programs; recreation, sports, and fitness for individuals with disabilities across the lifespan. Prerequisites: KINS 1503 and KINS 1801. Co-requisite: KINS 3121. Three lecture hours a week. Credit: Three hours.

KINS 3132. Advanced Skill Development and Methods of Teaching Outdoor Adventure Activities. Knowledge and skills necessary to plan and implement developmentally appropriate outdoor adventure activities. Development and analysis of skills, progressions, corrections, lesson and unit planning, and teaching. Certifications in Archery Education and Angler Education may be obtained. Prerequisites: KINS 1503, KINS 1683, and KINS 1801. Credit: Two hours.

KINS 3143. Disability Sport and Modified Games. Rules, equipment, and space required for disability sports; modification and inclusion of disability sport in a general physical education curriculum; skill assessment and participation in disability sport. Two lecture and two laboratory hours a week. Credit: Three hours.

KINS 3201. Practicum in Elementary Physical Education. Development of pedagogical strategies and direct application in elementary school physical education contexts. Emphasis on the developing skills needed to effectively instruct and manage elementary physical education classes in the schools. Co-requisite: KINS 3203. Three practicum hours a week. Credit: One hour.

KINS 3203. Elementary Methods in Physical Education. Instruction, curriculum, planning, assessment, and classroom management for elementary physical education programs. Prerequisites: Junior standing; KINS 1503; and KINS 2112, KINS 2122 or KINS 3132. Co-requisite: KINS 3201. Three lecture hours a week. Credit: Three hours.

KINS 3303. Leadership through Experiential Activities. Experiential education model applied to challenge course activities. Processing skills, design, and creation of experiential activities through which participants learn by doing physically challenging and problem solving group activities. Focus on goal setting, open and clear communication, cooperative relationships, and participative leadership. Prerequisite: Junior status or consent of instructor. Three lecture hours a week. Credit: Three hours.

KINS 3403. Practicum in Athletic Training. Application of principles of athletic training. Assist staff with prevention, care, and rehabilitation of athletic injuries for athletic teams. Fundamentals and applications of modalities and rehabilitation in program design. Nine practicum hours a week. Credit: Three hours.

KINS 3413. Sport Law. Primary sources and key types of law in the U.S. legal system to include tort law, the elements of negligence and liability, and how it applies to sport settings. Explores various laws such as agency, employment, antitrust, and labor law and their application to sports organizations, governing bodies, and athletes. Three lecture hours a week. Credit: Three hours.

KINS 3433. New Media and Marketing in Sport. Latest developments in sport communication technologies, models, and modes of delivery. Use of new media as a vehicle to carry marketing messages to diverse target audiences and understanding issues, trends, and strategies to address various media in the sport industry. Prerequisite: KINS 2433. Three lecture hours a week. Credit: Three hours.

KINS 3453. Sport Development. Study of sport development and the use of sport as a means of improving individuals and social conditions and local and global communities. Examination of social development goals, program theory, program implementation, program assessment, and volunteerism. Three lecture hours a week. Credit: Three hours.

KINS 3473. Sport Management Practicum. Supervised observation and participation in a variety of settings related to sport and recreation management in preparation for internship. Prerequisites: Junior level standing, KINS 3713, KINS 2413, and KINS 2433. Three lecture hours a week. Credit: Three hours.

KINS 3553. Exercise and Sport Psychology. Psychological perspective on exercise, physical activity, and sport. Behavior change strategies to promote initiation and adherence to lifetime physical activity. Intervention strategies to aid in human performance and effectiveness in sport and physical activity. Three lecture hours a week. Credit: Three hours.

KINS 3583. Health and Physical Activity for Children and Adolescents. Provides a theoretical and practical base for designing and implementing health and movement activities. Addresses planning, implementation, and evaluation of developmentally appropriate activities and sequencing in health and physical education settings. Prerequisite: Junior status. Three lecture hours a week. Credit: Three hours.

KINS 3591. Biomechanics Laboratory. Application of biomechanics in the context of various human motions. Prerequisites: ZOO 2011, ZOO 2013, ZOO 2021, and ZOO 2023 with a grade of C or higher. Co-requisite: KINS 3593. Three laboratory hours a week. Credit: One hour.

KINS 3593. Biomechanics of Human Body and Motion. Application of mechanical aspects to the human body and human motion. Structure and functioning of the human body, kinematics and kinetics of human motion, and fluid biomechanics are covered. Prerequisites: ZOO 2013, ZOO 2011, ZOO 2023, and ZOO 2021, with a grade of C or higher. Co-requisite: KINS 3591. Three lecture hours a week. Credit: Three hours.

KINS 3601. Exercise Physiology Laboratory. Measurement and analysis of physiological effects of exercise on bioenergetics, neuromuscular function, cardiorespiratory function, and health-related physical fitness. Prerequisites: ZOO 2011, ZOO 2013, ZOO 2021, and ZOO 2023; with a grade of C or higher. Co-requisite: KINS 3603. Three laboratory hours a week. Credit: One hour.

KINS 3603. Exercise Physiology. Physiological effects of exercise on bioenergetics, neuromuscular function, cardiorespiratory function, and health-related physical fitness. Prerequisites: ZOO 2011, ZOO 2013, ZOO 2021, and ZOO 2023; with a grade of C or higher. Co-requisite: KINS 3601. Three lecture hours a week. Credit: Three hours.

KINS 3623. Scientific Foundations of Human Movement. Scientific foundations of human movement as described by anatomical, biomechanical, and physiological analysis. Application of physical and physiological concepts to human movement. Prerequisites: ZOO 2011, ZOO 2013, ZOO 2021, and ZOO 2023; with a grade of C or higher. Three lecture hours a week. Credit: Three hours.

KINS 3653. Principles of Coaching. Pedagogical, instructional, and management strategies; and their application in sports coaching. Skills for effective instruction and management of a sports team. Observation of middle school, high school, and/or college interscholastic sport teams. Prerequisites: KINS 1503; KINS 2112, KINS 2122, or KINS 3132; Junior standing. Three lecture hours a week. Credit: Three hours.

KINS 3701. Practicum in Senior Adult Fitness. Contemporary issues in senior adult fitness related to community physical activity and wellness programming. A pre-internship practicum to introduce the practical experiences with older adults in a supervised university/community setting. Prerequisites: KINS 3123 and KINS 3121. Prerequisites or Co-requisites: KINS 3603 and KINS 3601. Three practicum hours a week. Credit: Three hours.

KINS 3713. Sport and Fitness Management. Management and operations of the sport and fitness enterprise. Fundamental management principles and concepts including personnel management, marketing and communication principles, financial management, legal issues, facility and event operations, socio-cultural issues, industry trends, and career opportunities. Three lecture hours a week. Credit: Three hours.

KINS 3801. Practicum in Coaching. Pedagogical/management strategies and their application in sports coaching. Skills needed to instruct and manage a sports team effectively. Students are provided the opportunity to observe middle school, high school, and/or college interscholastic sport teams. Prerequisite: Junior Status. Prerequisite or Co-requisite: KINS 3653. Credit: One hour.

KINS 3803. Practicum in Coaching. Pedagogical/management strategies and their application in sports coaching. Skills needed to instruct and manage a sports team effectively. Students are provided the opportunity to observe middle school, high school, and/or college interscholastic sport teams. Prerequisite: Junior Status. Prerequisite or Co-requisite: KINS 3653. Credit: One hour.

KINS 4413. Governance and Ethics in Sport. Analysis of governance structures and policy development utilized within sport with an emphasis on organizational structure, strategic management, ethics, politics, policy, decision making, and influence of governing bodies. Prerequisites: KINS 3713 and Junior level standing. Three lecture hours a week. Credit: Three hours.

KINS 4433. Finance and Economics in Sport. Financial and economic aspects of the sport industry, the basic concepts of financial management, and application of the financial concepts to the analysis of financial and economic issues within the sport industry. Specific analytical techniques used by financial managers and the current financial and economic status of the various sectors of the sport industry. Prerequisites: KINS 3713 and Junior level standing. Three lecture hours a week. Credit: Three hours.

KINS 4453. Strategic Data Analysis in Sport. Study of sport consumer behavior models, data, and analysis used to improve strategic decision making within sport organizations. Prerequisites: KINS 3713 and Junior level standing. Three lecture hours a week. Credit: Three hours.

KINS 4473. Internship in Sport Management. Practical work experience and supervised mentorship with a sport or recreation organization. Site must be approved by the department and internship coordinator and student must complete a minimum of 350 contact hours. Prerequisites: Completion of coursework and minimum cumulative and Kinesiology major GPAs of 2.75. Credit: Three hours.

KINS 4476. Internship in Sport Management. Practical work experience and supervised mentorship with a sport or recreation organization. Site must be approved by the department and internship coordinator and student must complete a minimum of 350 practicum hours. Prerequisites: Sports Management major, completion of all degree requirement coursework, minimum cumulative and Kinesiology major GPAs of 2.75, and permission of instructor. Credit: Six hours.

KINS 4573. Motor Learning and Control. Theories and principles underlying the control, performance, and learning of motor skills and actions. Consideration of how task, individual, and environmental factors influence the outcome of movement. Three lecture hours a week. Credit: Three hours.

KINS 4601. Advanced Exercise Physiology Laboratory. Exercise physiology laboratory experiences related to heart rate and blood pressure measurements at rest and during exercise, administration and interpretation of a 12-lead electrocardiogram, and administration and interpretation of graded exercise tests. Three laboratory hours a week. Prerequisites: KINS 3601 and 3603, with a grade of C or higher. Co-requisite: KINS 4603. Credit: One hour.

KINS 4603. Advanced Exercise Physiology. Basic cardiovascular responses to exercise including blood pressure and electrical activity of the heart; strong focus on electrocardiogram interpretation; discussion of metabolic diseases and their risk factors; and survey of cardiovascular medications. Prerequisites: KINS 3601 and KINS 3603, with a grade of C or higher. Co-requisite: KINS 4601. Three lecture hours a week. Credit: Three hours.

KINS 4701. Exercise Testing and Prescription Laboratory. Methodology and skills for exercise testing and exercise prescription with a focus on diverse populations; interpretation and analysis of exercise test data. Prerequisites: KINS 3601 and KINS 3603, with a grade of C or higher. Co-requisite: KINS 4703. Three laboratory hours a week. Credit: One hour.

KINS 4703. Exercise Testing and Prescription. Methodology of exercise testing and exercise prescription with a focus on diverse populations; assessing risk associated with risks during exercise; prescribing appropriate exercise to improve or maintain health-related physical fitness in a variety of populations. Prerequisites: KINS 3601 and KINS 3603, with a grade of C or higher. Corequisite: KINS 4701. Three lecture hours a week. Credit: Three hours.

KINS 4801. Disability Sport Internship. Designed to provide a student with enhanced information regarding aquatics and sport for individuals with disabilities. Three laboratory hours a week. Prerequisites: KINS 3121, KINS 3123, and KINS 3143; with a grade of C or higher. Credit: One hour.

KINS 4811. Inclusion in Physical Education Internship. Designed to provide a student with enhanced knowledge and experiences related to inclusionary physical education programming. Prerequisite: KINS 3121 and KINS 3123. Three practicum hours a week. Credit: One hour.

KINS 4821. Motor and Physical Assessment of Individuals with Special Needs Internship. Designed to provide a student with enhanced information and experiences regarding the assessment process of individuals with disabilities. Prerequisites: KINS 3121 and KINS 3123, with a grade of C or higher. Co-requisite: KINS 4822. Three practicum hours a week. Credit: One hour.

KINS 4822. Assessment in Adapted Physical Education. Establishing appropriate service for students with disabilities in physical education through assessment. Practice in administration of motor and/or fitness assessments. Requires developing and conducting a detailed IEP, assessment report, and programming recommendations. Prerequisites: KINS 3121 and KINS 3123, with a grade of C or higher. Co-requisite: KINS 4821. Two practicum hours a week. Credit: Two hours.

KINS 4823. Clinical Exercise Physiology. Symptoms, causes, and classifications of conditions among clinical populations. Responses to exercise, effects of exercise training, evaluation of measures while testing, common medications and interventions, and exercise programming for various conditions. Prerequisites: KINS 3121, KINS 3123, KINS 3601, and KINS 3603; with a grade of C or higher. Prerequisites or Co-requisites: KINS 4703 and KINS 4701. Three lecture hours a week. Credit: Three hours.

KINS 4903. Special Topics. Three lecture hours a week. Credit: Three hours.

KINS 4911. Independent Study. Study of a specific topic in kinesiology leading to the solution of a problem of interest to the profession or the student. Prerequisite: Permission of instructor. May be repeated for additional credit. Credit: One hour.

KINS 4913. Independent Study. Study of a specific topic in kinesiology leading to the solution of a problem of interest to the profession or the student. Prerequisite: Permission of the instructor. May be repeated for additional credit. Credit: Three hours.

KINS 4936. Internship in Cardiac Rehabilitation. Internship in hospital-based Cardiac Rehabilitation and related activities. Must complete a minimum of 350 internship hours. Prerequisites: Kinesiology majors specializing in Exercise Science, completion of all degree requirement coursework, minimum cumulative and Kinesiology major GPAs of 2.75, and permission of instructor. Credit: Six hours.

KINS 4946. Internship in Corporate Fitness. Internship in Corporate Fitness and related activities. Must complete a minimum of 350 contact hours. Prerequisites: Kinesiology majors specializing in Exercise Science, completion of all degree requirement coursework, minimum cumulative and Kinesiology major GPAs of 2.75, and permission of instructor. Credit: Six hours.

PUBH 2303. Race, Ethnicity, and Health. Racial, ethnic, and cultural dimensions that underlie health disparities and outcomes. Health issues that disproportionately affect individuals of various racial and ethnic backgrounds in the United States. Health inequities and solutions at the personal, interpersonal, community, and governmental levels. Three lecture hours a week. Credit: Three hours.

PUBH 4203. Health Literacy. Importance of health literacy and its role in health promotion. Impact of health literacy on people's ability to understand and use health information to make well-informed decisions. Three lecture hours a week. Credit: Three hours.

PUBH 4403. Fundamentals of Public Health Research. Fundamentals of public health research study design, methodology, and data collection. Quantitative, qualitative, mixed-method, and participatory approaches to research. Ethical issues in conducting research. Prerequisites: HS 3053 with a grade of C or higher. Three lecture hours a week. Credit: Three hours.