SCHOOL OF HEALTH PROMOTION AND KINESIOLOGY

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

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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 serve as 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.

Within the Bachelor of Science in Health Studies degree program, students may choose from three areas of study: Community Health, Master’s Preparation, and Public Health. Each area of study is different and allows students to fulfill degree requirements necessary for future educational and professional goals. Graduates are also eligible to take the CHES® Exam to become a Certified Health Education Specialist.

Click on the appropriate link to obtain information about a specific area of study.

The Health Studies major also qualifies students for a variety of graduate programs in Health Education, Health Promotion, Public Health, and other health-related fields. For information about the Health Studies graduate programs, please refer to the Graduate Catalog (http://catalog.twu.edu/graduate/).

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 on the appropriate link below to obtain information about a specific degree.

Kinesiology

The undergraduate Kinesiology degree program includes courses that are integral to the movement sciences. Students study a variety of scientifically based topics including adapted physical activity, adapted physical education, biomechanics, exercise physiology, motor learning, physical education pedagogy, disability sport, and sport management.

Within the Bachelor of Science in Kinesiology degree program, students may choose from five different specializations: Exercise Science, Exercise Science (Pre-Occupational Therapy), Exercise Science (Pre-Physical Therapy), Sport Management, and EC-12 Teaching/Coaching Academy Certification. Click on the appropriate link below to obtain information about a specific area of study.

In addition, the Kinesiology major qualifies students for a variety of graduate programs with an emphasis in Adapted Physical Activity, Biomechanics, Exercise Physiology, Exercise and Sports Nutrition, Coaching, Physical Education Pedagogy, and Sport Management. For information about the Kinesiology graduate program, please refer to the Graduate Catalog (http://catalog.twu.edu/graduate/).

Undergraduate Degrees Offered

- B.A.A.S. in Health Sciences (Business Emphasis) (http://catalog.twu.edu/undergraduate/health-sciences/health-promotion-kinesiology/health-sciences-baas-emphasis-business/)
- B.A.A.S. in Health Sciences (General) (http://catalog.twu.edu/undergraduate/health-sciences/health-promotion-kinesiology/health-sciences-baas-general/)
- B.A.A.S. in Health Sciences (Health Studies Emphasis) (http://catalog.twu.edu/undergraduate/health-sciences/health-promotion-kinesiology/health-sciences-baas-emphasis-health-studies/)
- B.A.S. in Health Studies (http://catalog.twu.edu/undergraduate/health-sciences/health-promotion-kinesiology/health-studies-bs/)
- B.S. in Health Studies (Community Health) (http://catalog.twu.edu/undergraduate/health-sciences/health-promotion-kinesiology/health-studies-bs-community-health/)
- B.S. in Health Studies (Master’s Preparation) (http://catalog.twu.edu/undergraduate/health-sciences/health-promotion-kinesiology/health-studies-bs-masters-preparation/)
- B.S. in Health Studies (Public Health) (http://catalog.twu.edu/undergraduate/health-sciences/health-promotion-kinesiology/health-studies-bs-public-health/)
- B.S. in Kinesiology (Exercise Science) (http://catalog.twu.edu/undergraduate/health-sciences/health-promotion-kinesiology/kinesiology-exercise-science-bs/)
- B.S. in Kinesiology (Exercise Science, Pre-Occupational Therapy) (http://catalog.twu.edu/undergraduate/health-sciences/health-promotion-kinesiology/exercise-science-ot-bs/)
- B.S. in Kinesiology (Exercise Science, Pre-Physical Therapy) (http://catalog.twu.edu/undergraduate/health-sciences/health-promotion-kinesiology/exercise-science-pt-bs/)
- B.S. in Kinesiology with EC-12 Teaching/Coaching Academy Certification (http://catalog.twu.edu/undergraduate/health-sciences/health-promotion-kinesiology/teaching-coaching-academy-certification-bs/)
- B.S. in Kinesiology (Sport Management) (http://catalog.twu.edu/undergraduate/health-sciences/health-promotion-kinesiology/sports-management-bs/)
- Dual Degree: B.S. in Kinesiology (Sport Management) and M.B.A. (Sport Management) (http://catalog.twu.edu/undergraduate/health-sciences/health-promotion-kinesiology/sports-management-bs-mba/)

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

**Admissions**

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

- B.S. in Kinesiology (EC-12 Teaching/Coaching Academy Certification) (http://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 and Kinesiology majors. If a student earns a grade of D or F in a Health Studies or Kinesiology 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 or Kinesiology course will be required to leave the program.
3. Students receiving a grade of I, D, or F in a Health Studies or Kinesiology course may not progress to courses for which that course is a prerequisite.
4. If the overall GPA drops below a 2.75, the student must raise it to 2.75 within two semesters. Any student with a GPA below 2.75 for two consecutive semesters will be required to leave the program.
5. A student must have completed all coursework in the degree plan prior to enrolling in internship.

**Faculty**

- *AMUTA, ANN O.*, Assistant Professor of Health Studies, M.P.H., Texas A & M University; Ph.D., Texas A & M University
- *BECKER, KEVIN*, Associate Professor of Kinesiology, B.S., University of Wisconsin-LaCrosse; M.S., Illinois State University; Ph.D., University of Tennessee-Knoxville
- *BEN-EZRA, VICTOR*, Professor of Kinesiology, B.S., City University of New York City College; M.S., Springfield College; Ph.D., University of Maryland, College Park
- *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
- *DAVIS, RONALD W.*, Professor of Kinesiology, B.S., University of Wisconsin, Oshkosh; M.S., University of Wisconsin, LaCrosse; Ph.D., Texas Woman’s University
- *DILLON, SUZZANNA*, Associate Professor of Kinesiology, B.S., Alma College; M.A., Western Michigan University; Ph.D., Texas Woman’s University
- *DUPLANTY, ANTHONY*, Assistant Professor of Kinesiology, B.S., University of North Texas; M.S., University of North Texas; Ph.D., University of North Texas
- *DILLON, SUZZANNA*, Associate Professor of Kinesiology, B.S., Alma College; M.A., Western Michigan University; Ph.D., Texas Woman’s University
- *DILLON, SUZZANNA*, Associate Professor of Kinesiology, B.S., Alma College; M.A., Western Michigan University; Ph.D., Texas Woman’s University
- *GILASPY, JESSICA*, Assistant Clinical Professor of Kinesiology, B.S., University of North Texas; M.S., University of West Florida
- *GOLMAN, MANDY A.*, Associate 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*, Associate Professor of Health Studies, B.S., Southwestern Oklahoma State University; M.Ed., Southwestern Oklahoma State University; Ed.D., Oklahoma State University
- *MENN, MINDY*, Assistant 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, Associate Dean of College of Health Sciences, B.A., Southwest Texas State University; M.S., Baylor University; Ph.D., Florida State University
- *PICARIELLO, MANUELA*, Assistant Professor of Kinesiology, B.S., University of San Marino; M.S., University of San Marino, Ph.D., University of Tennessee-Knoxville
- *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., LeToureau University; M.S., Baylor University; Ph.D., Baylor University
- *SENNE, TERRY A.*, Associate Professor of Kinesiology; Director of Academic Assessment, B.S., George Williams College; M.S., University of Illinois, Chicago; Ph.D., North Carolina State University
- *WEATHERFORD, GWENDOLYN*, Associate Professor of Kinesiology, B.S., Texas A&M, Commerce; M.S., Texas A&M, Commerce; Ph.D., Texas Woman's University
- *WIGNTON, KRISTIN L.*, Associate Professor of Health Studies, B.S.Ed., Baylor University; M.S.Ed., Baylor University; Ph.D., Texas Woman’s University

*Asterisk (*) denotes Graduate Faculty status.*
Courses

Health Studies Courses

HS 1363. Introduction to Health Education. Health education settings, roles, responsibilities, theories, ethics, and professional organizations associated with the field. Review of leading causes of morbidity and mortality in the U.S. as well as Healthy People 2010 and Healthy People 2020. 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. 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. Emphasis on the needs assessment process and how to collect, interpret, synthesize, and report community health data. U.S. health data, county health reports, sources of health information, and ecological and sociological factors impacting health. Health education theories will be addressed and the student will practice using the PRECEDE-PROCEED model. Prerequisites or co-requisites: HS 1363 and HS 2013. Three lecture hours a week. Credit: Three hours.

HS 3073. Health Promotion Program Planning and Design. Introduction to health program planning and design. Includes interpretation of needs assessment data, goals and objectives writing, assets mapping/capacity building, and strategies development. Theories relative to planning and learning styles are discussed. Concepts related to program implementation and evaluation are introduced. Prerequisites: HS 1363, HS 2013, and HS 3053. Three lecture hours a week. Credit: Three hours.

HS 3083. Program Evaluation in Health Promotion. Methods and models for program evaluation in health promotion and health education; development of data collection instruments; data collection and statistical analysis techniques; interpreting and reporting evaluation results. Prerequisites: HS 1363, HS 2013, HS 3053, HS 3073. 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 3363. History and Principles of Health Education. Origins of health education; historical influences on principles and theories governing contemporary programs of health education and their significance to the school and the community. Three lecture hours a week. Credit: Three hours.

HS 3373. Health Promotion for Children. Focus on health promotion content for the school age child. Identification of strategies and resources for programs designed to maintain, protect, and promote the health of children. Three lecture hours a week. Credit: Three hours.

HS 3383. Legal and Ethical Issues in Health Informatics. Trends in information technology which impact the right to privacy, the principles underlying privacy protection, and the key elements of federal and state health information privacy laws. Review of major regulatory mechanisms protecting privacy and confidentiality related to public health as well as ethical issues related to the collection and use of public health information. Framework to formulate and analyze ethical issues related to public health informatics. 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. Prerequisites: HS 3033, ZOOL 2013, ZOOL 2011, ZOOL 2023, and ZOOL 2021. Three lecture hours a week. Credit: Three hours.

HS 3443. Health Aspects of Aging. Aging as a part of the lifecycle; special health concerns of the elderly; current life extending research and technology; successful aging. Three lecture hours a week. Credit: Three hours.

HS 4121. Preparation for Internship in Health Education. Overviews internship requirements and strategies for selecting an internship site, interviewing with potential preceptors, negotiating internship responsibilities, and developing goals and objectives. Professionalism, ethics, communication, conflict resolution, and other related topics. Prepares Community Health majors for the degree program’s required internship and must be taken the semester prior to enrollment in internship. Prerequisites: HS 1363, HS 2013, HS 3053, HS 3073, and a GPA of 2.75 or higher. Co-requisite: HS 3083, HS 4353, senior classification, and internship coordinator approval. One lecture hour a week. Credit: One hour.

HS 4123. Internship in Health Education. Clinical experiences in health-related agencies to enable the student to develop competencies generic to the practice of health education. Community Health students must register for four sections of HS 4123 within the same semester for a total of 360 hours on site. Prerequisites: Course work completed, senior classification, internship coordinator approval, and a cumulative HS GPA of 2.75. Nine practicum hours a week. Credit: Three hours.

HS 4126. Internship in Health Education. Minimum of 360 internship hours required. Prerequisites: Completion of course work 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, HS 3073, and a GPA of 2.75. Prerequisite or Co-requisite: HS 3083. 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 Care. Principles and issues of professionalism and ethics in health care, including ethical systems, social change, values and norms, cultural diversity; application of ethical considerations to the decision making process in health care. 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. Examination of the process and methods of designing and evaluating public health information surveillance systems. Public health-related database design with an emphasis on the planning, design, and implementation of databases related to public health surveillance. Three lectures hours a week. Credit: Three hours.

HS 4573. Occupational Risk Assessments. 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 4583. Health Care in Multicultural Settings. Examines major health problems of underdeveloped, developed, and emerging nations by conducting in-depth analyses of health problems among various populations in multicultural settings, both nationally and internationally. 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. Prerequisite: HS 4573. 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 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.

HS 4953. Cooperative Education. Credit: Three hours.

HS 4956. Cooperative Education. Credit: Six hours.

Kinesiology Courses

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 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 and critiquing contemporary fitness programs for various populations. 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. Fitness and Health: Enhancing Personal Wellness. (TCCN PHED 1338) Introduces basic concepts of fitness, health, and nutrition; develops understandings necessary for making wise decisions and establishing individually appropriate practices that contribute to a healthy lifestyle throughout the lifespan. Wellness issues that affect women and reflect cultural values are addressed. 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. One lecture and two laboratory hours a week. Credit: Two hours.

KINS 2112. Individual and Dual Sports. Introduction to selected individual/dual sports that provide opportunities to learn rules, skill breakdown, progressions, strategies, and analysis techniques. 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 1583; KINS 3203; and KINS 2112, KINS 2122 or KINS 2132. 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 1583 and KINS 1801. 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 1583 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 1583, 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 3203. Elementary Methods in Physical Education. Instruction, curriculum, planning, assessment, and classroom management for elementary physical education programs. Prerequisites: Junior standing; KINS 1583; and KINS 2112, KINS 2122 or KINS 2132. 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 3313. Wilderness First Responder. Utilization of principles of long-term care, improvised resources, and varying environmental conditions as the framework for learning; prevention and decision-making in the outdoors and other outdoor recreational settings. Prerequisite: KINS 3303. Three lecture and one laboratory hour a week. Credit: Three hours.

KINS 3323. Outdoor Leadership Immersion. Application of course content in Outdoor Adventure Certificate program including group development theory, decision-making skills, experiential education, and group facilitation strategies during a real world ten-day outdoor leadership experience. Prerequisite: KINS 3313. One lecture and five laboratory 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 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 3593. Biomechanics of Human Body and Motion. Scientific study of human body and motion in mechanical perspective; analysis and understanding of the human mobility system; mechanical laws and principles and their application to human body motion; analysis methods for human body motion. Prerequisites: ZOOL 2013, ZOOL 2011, ZOOL 2023, and ZOOL 2021; or equivalent, with a grade of C or higher. Co-requisite: KINS 3591. Three lecture hours a week. Credit: Three hours.

KINS 3601. Physiology of Exercise Laboratory. Co-requisite: KINS 3603. Three laboratory hours a week. Credit: One hour.

KINS 3603. Physiology of Exercise. Physiological effects of exercise upon the human body; basic physiological concepts and their relationship to the kinesiology program. Prerequisites: ZOOL 2013, ZOOL 2011, ZOOL 2023, ZOOL 2021, 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: ZOOL 2013, ZOOL 2011, ZOOL 2023 and ZOOL 2021 with a grade of C or higher. Three lecture hours a week. Credit: Three hours.

KINS 3653. Principles of Coaching. Includes coaching philosophy, communication, motivation, sport physiology, planning, sport nutrition, and management. Designed for coaches at all levels. Prerequisites: Junior standing; KINS 1583; and KINS 2112, KINS 2122 or KINS 2132. 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 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. Prerequisite or Co-requisite: Junior status and KINS 3653. Credit: One hour.

KINS 3803. Practicum in Coaching. Prerequisite or Co-requisite: KINS 3653. Credit: Three hours.

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 4573. Motor Learning and Development. Changes and characteristics of motor behavior from infancy to adulthood. Effects of the individual's personality traits, and generic and environmental factors on the learning of motor skills. Two lecture and two laboratory hours a week. Credit: Three hours.

KINS 4601. Advanced Exercise Physiology Laboratory. Exercise physiology laboratory experiences pertaining to the administration of graded exercise tests and interpretation of results; exercise prescription; electrocardiographic interpretation; measurement of lactic acid, hematocrit, and hemoglobin at rest and during exercise. Co-requisite: KINS 4603. Three laboratory hours a week. Credit: One hour.

KINS 4603. Advanced Exercise Physiology. Study of lifestyle-related diseases and risk factors. Emphasis will be on the cardiovascular system. Basic ECG interpretation. Prerequisite: 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 for General and Special Populations Laboratory. To enhance careers in cardiac rehabilitation or corporate fitness. Content centers around diverse populations, both normal, healthy, and special populations with a variety of abilities and disabilities. Laboratory techniques of exercise testing with expectation that students will perform exercise testing procedures. Skills and abilities pertaining to ACSM Certified Exercise Physiologist. Prerequisites: KINS 3603 and KINS 3601. 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 both healthy and special populations with a variety of abilities and disabilities. Designed for Kinesiology majors, primarily Exercise Science Track. Must be completed prior to internship. Prerequisite: KINS 3603 and KINS 3601 with a grade of C or higher. Co-requisite: 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 2143, KINS 2623, and KINS 2621. 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 2621 and KINS 2623. 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 2623 and KINS 2621. 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 2623 and KINS 2621. Co-requisite: KINS 4821. Two practicum hours a week. Credit: Two hours.

KINS 4823. Exercise Assessment and Program Development for Special Populations. Symptoms, causes, and classifications of conditions among special 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 2623, KINS 2621, KINS 3603, and KINS 3601; 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 4933. Internship in Cardiac Rehabilitation. Internship in hospital-based Cardiac Rehabilitation and related activities. Must register concurrently for two sections equivalent to a total of 6 credit hours and must complete a minimum of 350 contact hours. Kinesiology majors specializing in Exercise Science only. Prerequisites: Completion of coursework and minimum cumulative and Kinesiology major GPAs of 2.75. Credit: Three hours.

KINS 4943. Internship in Corporate Fitness. Internship in Corporate Fitness and related activities. Must register concurrently for two sections equivalent to a total of 6 credit hours and must complete a minimum of 350 contact hours. Kinesiology majors specializing in Exercise Science only. Prerequisites: Completion of coursework and minimum cumulative and Kinesiology major GPAs of 2.75. Credit: Three hours.