

# Kinesiology

## LOWER DIVISION

**KINS 120. Developing Life Skills for Student-Athletes** (3). Develop as a whole person: athletically, academically, personally. Goal setting; wellness and nutrition; communication; future career endeavors.

**KINS 165. Foundations of Kinesiology** (3). Contemporary practices; current issues. Philosophies and cultural foundations of human movement. Develop writing skills.

**KINS 210. Athletic Training Practicum I** (3). Students will be assigned to the athletic training room. The focus will be on the development of evaluation clinical proficiencies under the direct supervision of a certified athletic trainer. [Prereq: KINS 276, KINS 277.]

**KINS 215. Athletic Training Practicum II** (3). Students will continue their athletic training room assignment. The focus will be on fulfilling evaluation clinical proficiencies under the direct supervision of a certified athletic trainer. [Prereq: KINS 210.]

**KINS 250. Anatomical Kinesiology** (4). An introductory course in human anatomy with emphasis on skeletal, muscular, and neurological systems as related to kinesiological analysis of human movement.

**KINS 275. Clinical Methods in Athletic Training** (3). Introduction to the clinical experience in Athletic Training. Course involves an overview of procedures of clinical operation, terminology, safety procedures followed in the clinic, and observation of all clinical settings. [Prereq: HED 120.]

**KINS 276. Techniques in Athletic Training** (3). Care and prevention of athletic injuries: taping, emergency care, rehabilitation, injury prevention, use of therapeutic equipment. [Prereq: Human Anatomy or Human Physiology course.]

**KINS 277. Sports Injury Taping Techniques** (1). Anatomical basis for current taping and supportive techniques used with common athletic injuries. Student participation required. [Prereq: Human Anatomy or Human Physiology course.]

**KINS 285. Evaluation of Athletic Injuries I** (2). Acquisition and practice of common techniques utilized by athletic trainers in assessing athletic injuries to the lower extremities and spine. Lectures include extensive review of related anatomy. [Prereq: KINS 276, ZOOL 374 or KINS 250.]

**KINS 286. Evaluation of Athletic Injuries II** (2). Acquisition and practice of common techniques utilized by athletic trainers in assessing athletic injuries to the upper extremities, thorax, and abdomen. Lectures include extensive review of related anatomy. [Prereq: KINS 285.]

**KINS 287. Rehabilitation of Athletic Injuries I** (3). Theoretical basis of evaluation and prescription of rehabilitation protocols for sports related injuries. Lab includes discussion, demonstration

and participation in learning contemporary rehabilitative techniques. [Prereq: KINS 276, ZOOL 374 or KINS 250.]

**KINS 290. Therapeutic Modalities for Sports Injury Care** (2). Theoretical basis behind function and selection of therapeutic modalities for treatment of athletic injuries. [Prereq: KINS 276 and Human Anatomy course.]

## UPPER DIVISION

**KINS 311. Concepts of Teaching Aquatics** (2). Analysis of teaching concepts and skills in aquatics; instructional approaches, planning, curriculum, and evaluation of concepts and skills for water safety instruction.

**KINS 313. Concepts of Teaching Dance** (2). Analysis of teaching concepts and skills in dance forms; instructional approaches, planning, curriculum, and evaluation of rhythm and movement concepts and skills (e.g., multicultural, social, classical, and contemporary dance).

**KINS 315. Concepts of Teaching Dynamic Patterns of Movement** (2). Analysis of teaching concepts and skills in dynamic patterns of movement; instructional approaches, planning, curriculum, and evaluation of combatives/self-defenses and gymnastics concepts and skills.

**KINS 317. Concepts of Teaching Fitness** (2). Analysis of basic principles, theories, and practice for development and maintenance of health and physical performance; instructional approaches, planning, curriculum, and evaluation of health-related fitness concepts.

**KINS 319. Concepts of Teaching Individual Activities** (2). Analysis of teaching concepts and skills in individual activities, (e.g., archery, badminton, bowling, golf, pickleball, and tennis). Evaluation of instructional approaches, planning, curriculum, and assessment strategies.

**KINS 321. Concepts of Teaching Recreational Activities** (2). Analysis of teaching concepts and skills in recreational games and outdoor education; instructional approaches, planning, curriculum, and evaluation of various outdoor settings, ice-breakers, mixers, initiatives, and educationally-based games.

**KINS 323. Concepts of Teaching Team Activities** (2). Analysis of teaching concepts and skills in team activities (e.g., basketball, flickerball, football, lacrosse, soccer, softball, volleyball, and ultimate frisbee). Instructional approaches, planning, curriculum, and assessment strategies.

**KINS 340. Athletic Training Practicum III** (3). Students will be assigned to a specific athletic team. The focus will be on development of rehabilitation clinical proficiencies under the direct supervision of a certified athletic trainer. [Prereq: KINS 215.]

**KINS 345. Athletic Training Practicum IV** (3). Students will continue their athletic team assignment,

and be required to complete all athletic training clinical proficiencies under the direct supervision of a certified athletic trainer. [Prereq: KINS 340.]

**KINS 378. Sport in Society** (3). Physical activity as part of culture: how it affects values, attitudes, technology; how it works in sociocultural systems.

**KINS 379. Exercise Physiology** (4). How the body responds, adjusts, and adapts to exercise. Muscular; circulatory, respiratory, energy, and endocrine systems. [Prereq: ZOOL 113 or 310.]

**KINS 380. Structural Kinesiology** (4). Structural/mechanical analysis of human motor performance. Osteology, arthrology, myology, anatomical mechanics, motion ability factors, anthropometry, and specific structural movement problems, with emphasis on qualitative analysis. [Prereq: ZOOL 374.]

**KINS 384. Curriculum & Instructional Strategies in Physical Education** (3). Evaluate curriculum content of secondary physical education programs. Implement curricular theory by developing an instructional program. Employ effective management techniques in lab settings.

**KINS 385. Adapted Physical Education** (3). Principles, practices. Consider exceptional individuals found in public schools. Appropriate evaluation and programming techniques.

**KINS 425. Strength & Conditioning** (3). Scientific basis for and practical applications of resistance training. Design and implementation of conditioning programs. Lifting mechanics, techniques and instructional strategies for teaching weight lifting for sport/performance outcomes. [Prereq: KINS 379, KINS 380.]

**KINS 447. Pharmacology & Ergogenic Aids** (3). Medication effects on the physiological response to exercise/stress testing. Effects of ergogenic aids on performance/health.

**KINS 450. Exercise Testing** (3). Guidelines for and practice of health-related exercise testing, including protocol analysis, pre-test screening, test administration, and test interpretation. Use of different exercise modalities and testing equipment. [Prereq: KINS 379.]

**KINS 455. Exercise Prescription/Leadership** (3). Exercise prescription and training for low-risk individuals and those with controlled disease. Design and implementation of individual and group exercise programs to improve health-related fitness. [Prereq: KINS 450.]

**KINS 474. Psychological Foundations of Kinesiology** (3). Apply educational, scientific, and professional contributions of psychology to promote, maintain, and enhance exercise participation. Social/cultural influences on exercise behavior. [Prereq: PSYC 104 or 335 and SOC 104 or 311, or IA.]

**KINS 475. Elementary School Physical Education** (3). Analyze motor skills. Appropriate

movement patterns and progressions for children and early adolescents. Meets elementary education credential requirements.

**KINS 479. Sports Psychology** (3). Current theories/research on psychological aspects of movement. Analyze conditions/variables most important to these processes.

**KINS 480. Special Topics** (1-4). Topics of current interest. Lect/lab as appropriate. [Rep.]

**KINS 482. Internship in Kinesiology** (2-8). Maximum 400 hours of supervised, practical experience. Apply academic understanding to a functioning fitness management agency. [Prereq: completion of all kinesiology and area of emphasis courses and IA. Rep up to 8 units.]

**KINS 483. Evaluation Techniques in Kinesiology** (3). Testing, measurement, and statistical procedures. Theory and lab analysis of how measuring/statistical devices are constructed, administered, evaluated.

**KINS 484. Motor Development/Motor Learning** (3). Principles of perceptual organization. Functions of proprioceptors and other sensory modes in developing kinesthesia. Interrelationships necessary for cognition.

**KINS 486. Theory of Coaching** (2). Provides coach with general knowledge of fiscal management, contest management, public relations, marketing. Guest lecturers.

**KINS 490. Practica** (3). Experience a variety of physical education teaching situations. Guide learners in acquiring knowledge and skills.

**KINS 492. Senior Seminar in Kinesiology** (3). Selected trends. [Prereq: senior standing.]

**KINS 495. Directed Field Experience** (1-6). Assigned field experience under supervision of HSU staff. [Prereq: junior standing or DA. Rep.]

**KINS 499. Directed Study** (1-6). Supervised independent study in areas not covered by scheduled courses. Open only to undergrads. [Rep.]

## GRADUATE

**KINS 535. Assessment Techniques** (2). Psychomotor assessment for individuals with disabilities. Implement assessment programs in public schools.

**KINS 577. Adapted Physical Education Programs** (4). Relationship between handicapping conditions and physical activity. Value of physical activity for individuals with disabilities.

**KINS 578. Adapted Aquatics for Instructors** (2). Develop aquatic activities for persons with disabilities. Red Cross certification. [Prereq: water safety instructor.]

**KINS 580. Special Topics** (1-4). Topics of current interest. Lect/lab as appropriate. [Rep.]

**KINS 585. Issues in American Sport Culture** (3). An examination of issues in American sport culture using a variety of current and historical contexts including cinema, selected literature and art. Emphasis on critical seminar type discussion. Limited to senior or graduate level students.

**KINS 610. Statistics for Kinesiology** (3).

Parametric and nonparametric univariate and multivariate statistical procedures. Analysis, interpretation, and presentation of data. [Prereq: KINS 483 or course in elementary statistics.]

**KINS 615. Methods of College Teaching in Physical Education** (2). Seminar to prepare grad assistants for class instruction.

**KINS 635. Research Methods in Kinesiology** (3). Introduction to research concepts, design, methods, analyses, and ethics in Kinesiology. Develop professional writing and presentation skills. [Prereq: grad standing with classified status in kinesiology MS program.]

**KINS 640. Psychology of Sport & Exercise** (3). Introduction to theoretical and applied aspects of the psychology of sport and physical activity. Topics include: anxiety, body image, confidence, exercise and mood, injury, motivation, multicultural issues and performance enhancement.

**KINS 650. Exercise Physiology** (3). Advanced study of the physiological responses and adaptations to physical activity. Emphasis is on the metabolic, neuromuscular, and cardiorespiratory systems. [Prereq: KINS 379.]

**KINS 655. Biomechanics** (3). Principles of physics and physiology applied to the analysis of human movement. Quantitative analysis of kinematics and kinetics of human movement. Mechanical properties of muscles, tendons, ligaments and bones. [Prereq: KINS 380 or equivalent.]

**KINS 684. Graduate Seminar in Kinesiology** (3). A readings, discussion, and seminar course designed to examine selected aspects of the human movement and sport professions. Recommended for those students entering the Physical Education graduate program. [Prereq: Graduate standing with classification status in Kinesiology M.A. program or IA.]

**KINS 690. Thesis Writing Seminar** (1-6). Written under direction of chairperson and/or committee. [Prereq: KINS 635. Rep.]

**KINS 695. Directed Field Experience** (3-6). Approved practical assignment directly related to student MS program. Supervised by department faculty member. Pursuant to field study program procedures, submit detailed written report prior to starting and completing course. [Rep.]

**KINS 699. Independent Study** (3-6). [Prereq: grad-standing with classified status in kinesiology MS program, or IA. Rep.]