Kinesiology

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Degrees and Programs Offered

The Bachelor of Science in Kinesiology is offered with concentrations in two areas:

- Exercise Science (http://catalog.uah.edu/undergrad/colleges-departments/education/kinesiology/exercise-science)
- Physical Education (P-12) (http://catalog.uah.edu/undergrad/colleges-departments/education/kinesiology/pe)

The Exercise Science concentration prepares students for both graduate studies and entry into fitness and wellness professions in segments like fitness training and instruction, corporate wellness, sports and strength coaching, and fitness and wellness center management. Program outcomes align with the standards of key professional associations such as the National Strength and Conditioning Association (NSCA), the American College of Sports Medicine (ACSM), and the Society of Health and Physical Educators (SHAPE).

The Physical Education (P-12) concentration prepares students to obtain the licensure required to teach physical education in Alabama. Students will be required to meet all Alabama Quality Teaching Standards and specific physical education standards established by the Alabama State Department of Education (ALSDE). These standards are aligned with the Society of Health and Physical Educators (SHAPE) teacher education standards and the Alabama Course of Study for Physical Education. Program coursework will also include sufficient health education content to prepare students to take the health education Praxis exam. Students who pass this exam and, after graduation, complete two years of successful teaching will be eligible to apply for health education licensure, a desirable complement to a physical education license.

For more information about program requirements and other academic offerings, please visit our website (http://www.uah.edu/kin).

Academic Advising

Students who are interested in the kinesiology degree program should contact the Department of Kinesiology at (256) 824-6007 to be assigned an advisor as early as the freshman year. Students are expected to consult their advisors about curricular and degree requirements.

To make an appointment with an academic advisor, click here (http://www.uah.edu/academic-advising).

Admission to the Kinesiology Program

Students who choose the Physical Education concentration must satisfy the requirements for admission to the UAH Teacher Education Program, which will remain as currently implemented in compliance with State rules and as outlined in the Unit Assessment System of the Institutional Report submitted by the Department of Education to NCATE (now CAEP). Requirements are listed in a decision points summary available on our website (http://www.uah.edu/kin).

Bachelor of Science in Kinesiology with Physical Education (P-12) licensure (http://catalog.uah.edu/undergrad/colleges-departments/education/kinesiology/pe)

Bachelor of Science in Kinesiology with Exercise Science option (http://catalog.uah.edu/undergrad/colleges-departments/education/kinesiology/exercise-science)

HPE 100 - AEROBICS
Semester Hours: 2

Improve cardiovascular fitness, flexibility, muscular strength and endurance, balance, and postural alignment. This class will focus on aerobic activity, specifically in the form of low- and high- impact aerobics. A wide variety of exercises will be included to provide a total-body workout.

HPE 109 - SPEED & PLYOMETRIC TRAINING
Semester Hours: 2

HPE 110 - WALK/JOG/RUN
Semester Hour: 1

A beginner and intermediate level course with emphasis placed on giving a positive introduction to walking, jogging, and running as a way to enhance fitness and promote weight control, and to provide a viable option for a lifetime fitness activity.

HPE 111 - BUTTS & GUTS WORKOUT
Semester Hours: 2
HPE 117 - WEIGHT TRAINING
Semester Hours: 2

Learn to safely and efficiently use strength training techniques to reach your fitness goals. Develop the skills needed to create a personalized weight training program.

HPE 120 - SWIMMING
Semester Hour: 1

Learn the basic or progress in your swimming by learning the common swim strokes and techniques. Introduction to conditioning and training and work toward improving skills and endurance bringing higher efficiency in the water.

HPE 127 - LADIES SELF-DEFENSE
Semester Hour: 1

Explore the concepts, strategies, and methods of self defense. Topics and skills include wrist escapes, falling skills, various strikes and kicks, groundwork, weaponry, and escape tactics. Further, an emphasis will be placed on developing and improving situational awareness.

HPE 129 - KUNG FU
Semester Hours: 2

Kung Fu has become one of the most popular forms of martial arts. Students will be introduced to Sil Lum Tao, the first in the three forms of Wing Chun Kung Fu. The name means "little imagination" and refers to the need of the student to use their imagination in the practice and application of techniques.

HPE 130 - KARATE
Semester Hours: 2

Learn karate techniques and acquire skills required to perform these techniques. The objective of Karate is to teach the student defensive skills through various stances and self-defense techniques.

HPE 134 - TAI CHI
Semester Hours: 2

Learn an ancient Chinese exercise and martial art which is used to develop one's internal energy, health and well-being. The 37 postures of the short form in the Yang style will be executed.

HPE 136 - YOGA
Semester Hour: 1

HPE 137 - JUDO/JUJITSU
Semester Hours: 2

Judo/Jujitsu provides students with an introduction to the Japanese martial arts of Judo and Jujitsu. Focus will be on both the competition aspect of Judo and the self-defense aspects of each art including throws, take-downs, joint manipulation and chokes.

HPE 140 - BALLROOM DANCE
Semester Hours: 2

An introduction to the most popular smooth and rhythm ballroom patterns danced in America including the Waltz, Fox Trot, Tango, Cha-Cha, Rumba, Samba, Merengue, Bolero, Polka, Swing, and Mambo. Learn the appropriate skills necessary to become a social dancer, including leading, following etiquette and partner dancing.

HPE 150 - RACQUETBALL
Semester Hours: 2

Learn the basic of racquetball, including rules, equipment and skills. Singles (2 players), Cut throat (3 players) and Doubles (4 players) versions of racquetball will be taught. Double games during class times will be played when both safety and skill level of the players are acceptable to the instructor.

HPE 153 - TENNIS
Semester Hour: 1

Students will learn the fundamentals of tennis including forehand, backhand, serve, volley, footwork, and ground strokes. There will be both singles and doubles play and a class tournament. Highlights include understanding the rules, regulations and strategies of the game.

HPE 167 - ROCK CLIMBING
Semester Hours: 2

$100 fee to be paid directly to Rock Climbing facility.

HPE 169 - BASKETBALL
Semester Hour: 1
HPE 170 - VOLLEYBALL
Semester Hour: 1

Learn the fundamentals skills of volleyball including passing, setting, hitting, blocking, and serving with advanced skills in spikes and positioning also being covered. Scrimmage games will be played to practice learned skills. This course will cover the rules of volleyball and its advantage as a lifetime sport, with a focus on skill development.

HPE 199 - SP TOP: HLTH & PHYS ED
Semester Hours: 1-3

HPE 230 - PRIVATE PILOT GROUND SCHOOL
Semester Hours: 3

Prepares student for FAA Private Pilot written examination. Provides student with necessary knowledge to progress into primary pilot flight training. A kit for approximately $150 must be purchased.

KIN 200 - CONTEMPORARY NUTRITION
Semester Hours: 2

Introduction to the principles of nutrition as they relate to the growth, development, and maintenance of the human body throughout the lifespan. Emphasis is placed on the classes of nutrients, weight management, and nutritional planning.

KIN 210 - BEGINNING ATHLETIC TRAINING
Semester Hours: 3

Presents the knowledge and techniques necessary to prevent and/or care for common athletic injuries. For coaches, athletes, and those working in recreation, physical education, or athletics.

KIN 215 - FIRST RESPONDER/PROFESSIONAL CPR
Semester Hours: 2

Learn the concepts and skills needed to function as a First Responder and Professional Rescuer. Emphasis is placed on preparing for, recognizing, and providing emergency care in various situations where needed. Additionally, this course fully addresses the objectives in the U.S. Department of Transportation’s National Standards Curriculum.

KIN 240 - HEALTH & WELLNESS CONCEPTS
Semester Hours: 2

This course provides students with an overview of individual and societal health and wellness and the impact of lifestyle choices. Laboratory experiences provide opportunity for assessment of individual health and fitness behaviors. Topics covered include: wellness, physical fitness, behavior modification, weight management, stress management, disease prevention, addictive behavior and sexual health.

KIN 250 - ESSENTIALS OF PERSONAL TRAINING
Semester Hours: 2

This course is designed to provide theoretical knowledge and practical skills in preparation for a national certification exam in personal training. Topics include guidelines for instructing safe, effective, and purposeful exercise, essentials of the client-trainer relationship, conducting health and fitness assessments, and designing and implementing appropriate exercise programming.

KIN 260 - FOUNDATIONS OF KINESIOLOGY
Semester Hours: 3

Acquire knowledge of K-12 physical education standards, pedagogical skills, and reflective practice used to guide instruction. Study current theory and research findings to understand physical education teaching issues and pedagogical content knowledge concepts. Learn terminology specific to planning and teaching, along with various concepts of practical physical education teaching methods and practices.

KIN 300 - NUTRITION FOR FITNESS & SPORT
Semester Hours: 3

Explores the theoretical and applied nutritional sciences as they relate to fitness and sport. Students will develop practical skills applicable to solving nutritional problems in exercising populations. Nutritional requirements and practices related to general fitness, athletic performance, and special needs individuals will also be covered. Prerequisite with concurrency: KIN 260.

KIN 315 - ADVANCED STRENGTH TRAINING & CONDITION
Semester Hours: 3

This course provides a comprehensive overview of strength and athletic conditioning. Emphasis is placed on the exercise sciences (including anatomy, exercise physiology, and biomechanics) and exercise technique, program design, organization and administration, and testing and evaluation. Additionally, this course is designed to prepare students for the nationally accredited Certified Strength and Conditioning Specialist (CSCS) certification exam. Prerequisites: BYS 215 and BYS 216.
KIN 340 - SCHOOL AND COMMUNITY HEALTH
Semester Hours: 3
Obtain information and skills related to school and community health programs with an emphasis on health instruction, strategies, and resources. Survey the components of a school health program: school health services, healthful school environment, principles of physical and movement education, nutrition services, counseling and social services, parent/community involvement, health promotion for staff. Examine the core functions of public health, prevention of diseases and injuries, health needs of special populations, and functions of various organizations.

KIN 351 - EXER TEST & PRECR HEALTHY POP
Semester Hours: 3
Provides students with techniques that evaluate aerobic capacity, muscular strength and endurance, flexibility, and body composition. The development of exercise prescriptions based on evaluation results will be emphasized. Prerequisite with concurrency: KIN 327 and KIN 328.

KIN 352 - EXER TEST & PRECR SPECIAL POP
Semester Hours: 3
This advanced-level course integrates both lecture and laboratory to prepare students with the knowledge and skills necessary to conduct fitness evaluations, exercise prescriptions, and risk stratification of at-risk individuals. Specific emphasis will be placed on the administration of safe fitness testing using protocols published by ACSM for the health related components of physical fitness. Prerequisites: KIN 351.

KIN 361 - TEACHING TEAM SPORTS
Semester Hours: 3
Teaching methods and strategies of sports that require more than one participant. While knowledge of how to play the sport will be taught, emphasis will be placed on the organization, management, and assessment of skills in activities such as, but not limited to soccer, handball, and basketball.

KIN 363 - TEACHING FITNESS & WELLNESS
Semester Hours: 3
Learn to perform and instruct a variety of fitness activities. Emphasis will be placed on performing fitness skills and on the methods and techniques for instructing and teaching specific fitness activities. Techniques for evaluating the knowledge and skills of the activities will also be stressed.

KIN 370 - ADAPTED PHYSICAL EDUCATION
Semester Hours: 3
Develop knowledge of current concepts and trends in adapted physical education as well as the ability to plan and implement a physical education program designed to meet the unique needs of individuals.

KIN 371 - ADAPTED FITNESS
Semester Hours: 3
Develop knowledge of current concepts and trends in adapted physical fitness as well as the ability to plan and implement fitness and wellness programs designed to meet the unique needs of individuals, particularly those with disabilities and special needs. Prerequisite: KIN 260.

KIN 420 - WELLNESS COACHING
Semester Hours: 3
Gain knowledge of the principles and practices of wellness coaching, including theory, research, facilitating behavior change, and developing and implementing programs for various populations and health needs. Students will develop instructional strategies to help clients, evaluate program effectiveness, and implement appropriate adjustments and progressions. Prerequisites: KIN 240, PY 101, PY 201.

KIN 440 - MGT SPORT & PHYSICAL EDUCATION
Semester Hours: 3
This course provides the student with the knowledge of sport management and administration in both athletic and leisure-based sports. Topics include management concepts, roles and responsibilities, fiscal management, fund-raising, legal issues, event scheduling, and decision making.

KIN 445 - PRINCIPLES OF COACHING
Semester Hours: 3
Gain knowledge and skills specific to coaching: developing a coaching philosophy and objectives, motivating athletes, managing a team. Emphasis is placed on sport at the high school and club level with consideration given to coaching youth, recreational, and intercollegiate. Coursework provides preparation for the American Sport Education Program (ASEP) Coaching Principles exam which is required by the Alabama High School Athletic Association (AHSAA).

KIN 450 - EXERCISE PHYSIOLOGY INTERNSHIP
Semester Hour: 1
Designed to provide on-site practical experience in a wellness/fitness program, physical therapy clinic, and/or a cardiac rehabilitation facility for Kinesiology-Exercise Science majors. Prerequisites: KIN 351.
KIN 451 - RESEARCH EXERCISE SCIENCE I  
Semester Hours: 3  
Initial capstone course (part of a two-course sequence) providing a broad and balanced background in various types of research methods and the development of a research proposal. Development of a research question, hypothesis, and research methodology. Application of computers will be used to search databases for relevant literature. Completion of an Institutional Review Board application is required. Prerequisites: KIN 351.

KIN 452 - RESEARCH EXERCISE SCIENCE II  
Semester Hours: 3  
Final capstone course (part of a two-course sequence) in which students must integrate and apply skills acquired throughout the program to complete a comprehensive research project. The student will complete the research project proposed in KIN 451 by recruiting research participants to collect data, writing the results and conclusions for a manuscript. Results will be prepared for publication and presented in a professional setting. Prerequisites: KIN 451 and PY 300 (with concurrency).

KIN 455 - MOTOR LEARNING  
Semester Hours: 3  
Study the principles and practices that affect the learning and development of motor skills; theories of motor learning, motor control, and development; lifespan motor development perspective related to performing motor and sport skills; and professional applications of motor learning and development in exercise science, athletic training, and physical education.

KIN 457 - MEASUREMENT & EVAL IN PHYS ACTIV  
Semester Hours: 3  
Measure and evaluate learning or skill improvement based on accepted standards. Gain an understanding of the logic behind measurement instruments in order to better interpret and implement results and to achieve improved learning or physical fitness improvement. These methods of measurement and evaluation are important skills in health, physical education, and exercise science fields.

KIN 462 - TEACHING PHYS ED IN ELEM SCH  
Semester Hours: 3  
Physical education teacher candidates will acquire the ability to understand, recognize, analyze, and demonstrate the range of teaching skills employed by successful physical educators in the preschool and elementary setting. Emphasis is placed on understanding the theoretical implications of different teaching skills and the contexts in which they are effective. Teacher candidates will design lessons that allow for maximum student participation while remaining aligned with Alabama Consent Standards. Field experience is required. Candidates will observe, participate in, and teach lessons in physical education classrooms. Prerequisite: Admission to the Teacher Education Program. Prerequisite: KIN 370.