

# Kinesiology

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## Programs Offered

The Bachelor of Science in Kinesiology offers the following two concentration areas:

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

The **Exercise Science** concentration prepares students for fields of study in the health sciences, such as physical therapy, occupational therapy, and cardiovascular rehabilitation. Students will also be prepared for graduate studies in exercise physiology, biomechanics, and exercise science. With a bachelor of science degree in exercise science, students are prepared for fitness and wellness professions, such as 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 the American College of Sports Medicine (ACSM) and the National Strength and Conditioning Association (NSCA).

The **Physical Education Teacher Education (P-12)** concentration prepares students to obtain the license required to teach physical education in Alabama. Students 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. Students who choose the Physical Education concentration must satisfy the requirements for admission to the UAH Teacher Education Program as outlined in the Unit Assessment System of the Institutional Report submitted by the Department of Education to CAEP.

## Academic Advising

Students who are interested in the kinesiology degree program should contact the Department of Kinesiology at (256) 824-6007 to consult our advisor about program admission, curricular, and degree requirements.

Please contact Liz Redding at [liz.redding@uah.edu](mailto:liz.redding@uah.edu).

- Kinesiology, Bachelor of Science - Exercise Science Concentration (<http://catalog.uah.edu/undergrad/colleges-departments/education/kinesiology/exercise-science>)
- Kinesiology, Bachelor of Science - Physical Education Teacher Education Concentration (<http://catalog.uah.edu/undergrad/colleges-departments/education/kinesiology/pe>)

KIN 109 - SPEED & PLYOMETRIC TRAINING

Semester Hours: 2

KIN 117 - WEIGHT TRAINING I

Semester Hours: 2

KIN 118 - WEIGHT TRAINING II

Semester Hours: 2

KIN 119 - WEIGHT TRAINING III

Semester Hours: 2

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 205 - FIRST AID & CPR

Semester Hour: 1

Students will focus on recognizing emergency situations. First Aid and CPR also provides skills and knowledge necessary in caring for injuries or sudden illness.

**KIN 210 - ATHLC INJURY PREVENTION & CARE**

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/PROFESSN'L 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: 3

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 TRAIN'G**

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

An introductory course for students in the Kinesiology major. The course will provide an overview of the Kinesiology field, including all subdisciplines and an in-depth discussion of teacher v non-teacher career choices. The history and development of physical education, exercise science, and sport studies will be covered, as well as issues and trends in physical education, exercise science, and sport studies.

**KIN 290 - EX TECHNIQUES & LEADERSHIP**

Semester Hours: 3

This course provides a practical guide in leadership for group and individual exercise settings. Critical evaluation of a safe fitness environment, adult physical activity programs to promote health, and exercise techniques according to the American College of Sports Medicine and National Strength and Conditioning Association are included.

**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 - STRENGTH TRNG & 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 327 - INTRO TO EXERCISE PHYSIOLOGY**

Semester Hours: 3

An introduction to the response and adaptations of the body systems to exercise and physical activity. Prerequisites: KIN 260, BYS 215 and BYS 216 with a grade of C- or better Co-requisite: KIN 328.

**KIN 328 - INTRO EX PHYSIOLOGY LAB**

Semester Hour: 1

Exercise physiology lab experience to accompany the introduction to exercise physiology course lectures. The course meets two hours weekly for one credit hour. Co-requisite: KIN 327.

**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 362 - TEACHING INDIVIDUAL ACTIVITIES**

Semester Hours: 3

Teaching methods and strategies for games involving individuals rather than a team. Emphasis will be placed on the organization, management, and assessment of skills in activities including, but not limited to, aerobic dance, cross country/trail running, and tumbling/gymnastics.

**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 381 - FACILITIES AND EQUIPMENT MGT**

Semester Hours: 3

This course will provide theories for the design, development, operation, maintenance, and management of sport and fitness facilities. Prerequisite: KIN 260.

**KIN 382 - SPORT LEADERSHIP**

Semester Hours: 3

This course focuses on the role of leadership in general, with a specific application to a sport setting. We will focus on the numerous approaches to leadership that have been used, and emphasize illustrating and applying them to different aspects of sports. Prerequisites: 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 421 - INST APP TO SPORT PEDAGOGY

Semester Hours: 3

This class is designed to expand and enrich the teaching repertoire. Special emphasis will be given to how selected models of teaching can be used to achieve multiple outcomes of teaching in physical education and other contexts (e.g., physical activity programs & youth sport). Additionally, the course will increase awareness in other instructional areas related to the profession (teaching underserved youth, youth sports programs, etc.). Prerequisites: KIN 361 or KIN 362 or KIN 363.

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 442 - INTRO TO SPORT LAW

Semester Hours: 3

This course is designed to introduce students to the legal doctrines, major statutes, standards, and case law that establish legal responsibilities, rights, privileges and controls related to the field of exercise and sport sciences. Prerequisite: KIN 260.

KIN 443 - SP TOPICS IN SPORT ADMIN

Semester Hours: 3

This course will address a variety of topics based on emerging trends in Sport Administration. Potential course offerings will include coach education, advanced legal issues, sport sociology, sport finance and accounting and globalization of sport. Course content will be offered in rotation as needed. Prerequisite: KIN 260.

KIN 444 - SPORT ADMINISTRATION INTERNSHP

Semester Hour: 1

Sport Administration Internship will introduce and promote professionalism through a hands-on experience with a local company. The student will be guided by a faculty member and company representative to achieve a strong overall work experience pertaining to the student's interests. Prerequisites: KIN 260.

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 ACTV**

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 460 - SP TOPICS EXERCISE SCIENCE I**

Semester Hours: 3

This course is intended to cover a variety of topics based on emerging topics in Exercise Science. Potential course offerings will include environmental exercise physiology, cardiovascular exercise physiology, childhood and adolescent exercise physiology, psychology of injury, illness, and disability, and resources for the personal trainer. Course content will be offered in rotation. Prerequisites: KIN 327.

**KIN 461 - SP TOPICS EXERCISE SCIENCE II**

Semester Hours: 3

This course is developed to cover a variety of topics based on emerging topics in Exercise Science. Potential course offerings will include environmental exercise physiology, cardiovascular exercise physiology, childhood and adolescent exercise physiology, psychology of injury, illness and disability and resources for the personal trainer. Course content will be offered in rotation. Prerequisites: KIN 327.

**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.

**KIN 463 - PSYCHOLOGICAL ASPECTS SPORT**

Semester Hours: 3

Provides students with an introductory experience in sport, exercise, and fitness psychology based on the latest research and practice. Practical examples and case studies for individual and group sports are provided. The aim is to bridge science and practice to teach students the role of a sport and fitness psychologist. Prerequisites: KIN 327.

**KIN 465 - TEACHING SECONDARY PE**

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 educators in the secondary setting.