Kinesiology (KIN)

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 - 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 - ADV 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 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 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 - MEASUREMNT & 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.