Kinesiology (KIN)

KIN 510 - RESEARCH METHODS IN KINESIOLOGY
Semester Hours: 3
This course establishes an understanding of key principles related to kinesiology-related research and methodology. Key principles will be to address applicable research techniques and designs while emphasizing the planning and preparation necessary for conducting and reporting kinesiological research.

KIN 515 - MASTER SEMINAR IN KINESIOLOGY
Semester Hours: 3
This course will provide a format for the further understanding of pertinent, valuable, and meaningful research in the field of kinesiology and human performance assessment. Students will also be prepared for the professional certifications associated with their field of study.

KIN 518 - ADVANCED HUMAN PERFORMANCE AND TESTING
Semester Hours: 3
This course will provide students with advanced knowledge in the field of human performance training and evaluation through classroom lectures and laboratory/field experiences. Topics include developing and testing in strength, speed, power, agility, endurance, stability, and flexibility.

KIN 519 - EXERCISE AND SPORT BIOMECHANICS
Semester Hours: 3
This course is designed to expose students to an understanding of biomechanics in human performance. Biomechanics is the study of forces and their effects on living systems. Sport and exercise biomechanics is specifically the study of forces and their effects on humans in sport and exercise.

KIN 520 - LABORATORY TECHNIQUES FOR SPORTS SCIENCE
Semester Hours: 3
This course expands on the prerequisite knowledge of basic biomechanics and neuromuscular control and apply it to investigate human movements and characteristics. Topics covered include: kinematics, kinetics, electromyography, isokinetics, physiological, and body composition testing.

KIN 527 - ADVANCED EXERCISE PHYSIOLOGY
Semester Hours: 3
A more in-depth review of exercise physiology, with a particular focus on musculoskeletal performance, metabolic demands, and cardiovascular function. Students should have successfully completed an undergraduate course in exercise physiology or obtain permission of the instructor prior to taking the course for credit.

KIN 540 - 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 564 - HEALTH AND PE FOR THE ELEMENTARY TEACHER
Semester Hours: 2
The purpose of this course is to help the future elementary classroom teacher learn to appreciate, plan, organize and conduct (if called upon to do so) a quality physical education program for children in grades pre-K-5. The pre-service teacher (PT) will be provided background knowledge about physical education content, skill themes and movement concepts, how to teach skill themes and movement concepts, and fitness concepts.

KIN 570 - 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. Students will understand how to design and implement an Individualized Educational Program for use in an activity-based setting.
KIN 621 - INSTRUCTIONAL APPROACHES 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 undersevered youth, youth sports programs, etc..) Prerequisite: ED 501.

KIN 630 - SPORTS SCIENCE PRACTICUM I
Semester Hours: 3

This course is the first of a two-semester placement with a sports team/program affiliated with UAH Kinesiology. The student will operate/assist the team's Sport Scientist and report to coaches, training staff, and athletes. The course includes monthly seminars with a faculty member. Prerequisites: KIN 510, KIN 518.

KIN 631 - SPORTS SCIENCE PRACTICUM II
Semester Hours: 3

This course is the second of a two-semester placement with a sports team/program affiliated with UAH Kinesiology. The student will operate as/assist the team's Sport Scientist and report to coaches, training staff, and athletes. The course includes monthly seminars with a faculty member. Prerequisites: KIN 510, KIN 518.

KIN 655 - MOTOR LEARNING AND DEVELOPMENT
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 662 - ELEMENTARY PHYSICAL EDUCATION METHODS
Semester Hours: 3

Physical education teacher certification 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.

KIN 665 - METHODS OF TEACHING PHYSICAL EDUCATION IN SECONDARY SCHOOLS
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. 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 lesson in physical education classrooms.

KIN 699 - SPORTS SCIENCE MASTER'S THESIS
Semester Hours: 3

Thesis credit hours are required each semester in which a student is working and receiving direction on a master's thesis. Minimum of two semesters and 6 hours requires for MSK students. A maximum of 9 hours of credit is awarded upon successful completion of a master's thesis. Requires thesis advisor permission.