KINESIOLOGY—KIN

Department of Kinesiology
College of Education

101A  Judo I
Fall, Spring, Summer. 1(0-2) A student may earn a maximum of 8 credits in all enrollments for this course if different activities or the same activities at higher levels are involved. Students are limited to a combined total of 8 credits in KIN 101-108 and KIN 111-118. SA: PES 102A
This course is designed to introduce students to the sport of Judo. Students will learn and perform basic skills of attack, defense, and submission hold. Students will also learn the competition rules of Judo.

101U  Sailing
Fall, Spring, Summer. 1(0-2) A student may earn a maximum of 8 credits in all enrollments for this course if different activities or the same activities at higher levels are involved. Students are limited to a combined total of 8 credits in KIN 101-108 and KIN 111-118. SA: PES 101M
This course is designed for the beginner swimmer. Students will develop skill in water readiness activities, floating, back and prone glide, sculling, freestyle, backstroke, and elementary backstroke. Students will demonstrate knowledge of propulsion and resistance forces, correct stroke technique, and safety and emergency procedures.

101M  Great Lakes Sailing
Fall, Spring, Summer. 1(0-2) A student may earn a maximum of 8 credits in all enrollments for this course if different activities or the same activities at higher levels are involved. Students are limited to a combined total of 8 credits in KIN 101-108 and KIN 111-118. SA: KIN 111F
This course is a basic sailing class consisting of 15 hours of classroom and 13 hours arranged on a boat in Muskegon, MI.

101T  SCUBA Diving I
Fall, Spring, Summer. 1(0-2) A student may earn a maximum of 8 credits in all enrollments for this course if different activities or the same activities at higher levels are involved. Students are limited to a combined total of 8 credits in KIN 101-108 and KIN 111-118. SA: KIN 111N
This course is a beginning level scuba course is the pool and classroom portion of open water certification. Swimming I or equivalent skills are recommended.

101U  Sailing
Fall, Spring, Summer. 1(0-2) A student may earn a maximum of 8 credits in all enrollments for this course if different activities or the same activities at higher levels are involved. Students are limited to a combined total of 8 credits in KIN 101-108 and KIN 111-118. SA: KIN 111F
This course is a basic sailing course consisting of 15 hours for classroom and 13 hours arranged on a boat in Muskegon, MI.

102C  Karate I
Fall, Spring, Summer. 1(0-2) A student may earn a maximum of 8 credits in all enrollments for this course if different activities or the same activities at higher levels are involved. Students are limited to a combined total of 8 credits in KIN 101-108 and KIN 111-118. SA: PES 102C
This course is designed to introduce the student to the sport of Karate. The students will learn and perform the basic skills of kick, strike, block, stance and footwork. Students will also learn self defense, one-step and sparring techniques.

102K  Tae Kwon Do I
Fall, Spring, Summer. 1(0-2) A student may earn a maximum of 8 credits in all enrollments for this course if different activities or the same activities at higher levels are involved. Students are limited to a combined total of 8 credits in KIN 101-108 and KIN 111-118. SA: KIN 102K
This course will explore skill and knowledge development in the art of Taekwondo.

102M  Introduction to Kendo
Fall, Spring, Summer. 1(0-2) Basic movements, history, philosophy, and concepts of the martial art of kendo. Learning kendo through its practice.

103A  Aerobic Exercise I
Fall, Spring, Summer. 1(0-2) A student may earn a maximum of 8 credits in all enrollments for this course if different activities or the same activities at higher levels are involved. Students are limited to a combined total of 8 credits in KIN 101-108 and KIN 111-118. SA: PES 103A
This course is designed for beginner and intermediate aerobic students. Its purpose is to introduce theoretical and practical principles of stretching, toning, and aerobic activity that progressively improve cardiovascular strength and endurance, flexibility, co-ordination and body image.

103C  Aerobic Exercise, Low Impact
Fall, Spring, Summer. 1(0-2) A student may earn a maximum of 8 credits in all enrollments for this course if different activities or the same activities at higher levels are involved. Students are limited to a combined total of 8 credits in KIN 101-108 and KIN 111-118. SA: PES 103C
This course is designed for students who do not wish to participate in high impact aerobic. Its purpose is to introduce theoretical and practical principles of stretching, toning, and aerobic activity that progressively improve cardiovascular strength and endurance, flexibility, co-ordination and body image.

103D  General Conditioning I
Fall, Spring, Summer. 1(0-2) A student may earn a maximum of 8 credits in all enrollments for this course if different activities or the same activities at higher levels are involved. Students are limited to a combined total of 8 credits in KIN 101-108 and KIN 111-118. SA: PES 103D
This course is designed to provide students with a background in physical fitness, exercise, and health principles and practices. These principles will be applied to personal exercise and health programs through activities such as target heart rate monitoring, body composition measurement, posture analysis, and energy intake and expenditure assessments. The course includes lectures, demonstrations and active student participation in vigorous exercise activities.

103G  Power Walking
Fall, Spring, Summer. 1(0-2) A student may earn a maximum of 8 credits in all enrollments for this course if different activities or the same activities at higher levels are involved. Students are limited to a combined total of 8 credits in KIN 101-108 and KIN 111-118. SA: KIN 103G
This course is designed to provide students with basic knowledge of physical fitness and healthy lifestyle principles. Power walking is a program that includes muscular strength and endurance, flexibility, cardiovascular endurance, and total body health.

103R  Weight Training I
Fall, Spring, Summer. 1(0-2) A student may earn a maximum of 8 credits in all enrollments for this course if different activities or the same activities at higher levels are involved. Students are limited to a combined total of 8 credits in KIN 101-108 and KIN 111-118. SA: KIN 103R
This course is designed to teach basic level weight training principles, basic anatomy, and diet and nutrition. All components are designed to enhance muscular strength, endurance and flexibility. This course includes lectures, demonstrations, and active student participation.

103S  Swim Conditioning
Fall, Spring, Summer. 1(0-2) A student may earn a maximum of 8 credits in all enrollments for this course if different activities or the same activities at higher levels are involved. Students are limited to a combined total of 8 credits in KIN 101-108 and KIN 111-118. SA: KIN 113D
This course is designed for students who want to achieve cardiovascular fitness through swimming. Student will develop muscular endurance, strength and flexibility, and cardiovascular fitness. Students will learn to use several training principles and techniques such as interval training, long distance swimming and dry land exercises. Students will also learn basic nutrition and diet guidelines. Swimming I or equivalent skills are recommended.

103T  Distance Running
Fall, Spring, Summer. 1(0-2) A student may earn a maximum of 8 credits in all enrollments for this course if different activities or the same activities at higher levels are involved. Students are limited to a combined total of 8 credits in KIN 101-108 and KIN 111-118. SA: KIN 113G
This course is designed to provide students with the basic understanding of distance running as a form of developing cardiovascular endurance and muscular strength and endurance for recreation and competition. This course will cover a variety of topics such as goal setting, designing workouts, injury awareness and prevention, training in adverse weather and environmental conditions and proper nutritional guidelines.

103U  Step Aerobics
Fall, Spring, Summer. 1(0-2) A student may earn a maximum of 8 credits in all enrollments for this course if different activities or the same activities at higher levels are involved. Students are limited to a combined total of 8 credits in KIN 101-108 and KIN 111-118. SA: KIN 113H
This course is designed as an alternative to high impact aerobics for beginning and intermediate step class student participation. This course includes theoretical and practical principles of stretching, toning, and step aerobic activity that progressively improve cardiovasular strength and endurance, flexibility, co-ordination and body image.
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103V Boxing Conditioning
Fall, Spring, Summer. 1(0-2) A student may earn a maximum of 8 credits in all enrollments for this course if different activities or the same activities at higher levels are involved. Students are limited to a combined total of 8 credits in KIN 101-108 and KIN 111-118. SA: KIN 113M

Boxing Conditioning is an intense boxing specific conditioning program that teaches fundamentals and techniques.

105B Gymnastics I
Fall, Spring, Summer. 1(0-2) A student may earn a maximum of 8 credits in all enrollments for this course if different activities or the same activities at higher levels are involved. Students are limited to a combined total of 8 credits in KIN 101-108 and KIN 111-118. SA: PES 105B

This course is designed as a basic introduction to all aspects of gymnastics including apparatus and tumbling/floor exercises. Students learn to perform routines in the vaults, balance beam, parallel bars, rings, pommel horse, and floor. Simple body mechanics and skill progression and analysis will also be included. Students will also learn proper warm-up and cool-down, and spotting techniques.

105D Tumbling and Floor Exercise I
Fall, Spring, Summer. 1(0-2) A student may earn a maximum of 8 credits in all enrollments for this course if different activities or the same activities at higher levels are involved. Students are limited to a combined total of 8 credits in KIN 101-108 and KIN 111-118. SA: PES 105D

Tumbling and floor exercises refers to the performance of a routine on a large mat. Students learn basic skills and develop agility, balance, strength, and flexibility. Students also learn correct body preparation, spotting techniques, and mechanical principles gymnastics. Skill progression and analysis are emphasized.

106C Bowling I
Fall, Spring, Summer. 1(0-2) A student may earn a maximum of 8 credits in all enrollments for this course if different activities or the same activities at higher levels are involved. Students are limited to a combined total of 8 credits in KIN 101-108 and KIN 111-118. SA: PES 106C

This course is designed to help students acquire the fundamental skills of bowling including form and technique. Students will also learn the terminology, rules, strategies and scoring procedures. The course involves lectures, demonstration, and practice time.

106E Golf I
Fall, Spring, Summer. 1(0-2) A student may earn a maximum of 8 credits in all enrollments for this course if different activities or the same activities at higher levels are involved. Students are limited to a combined total of 8 credits in KIN 101-108 and KIN 111-118. SA: PES 106E

This course is designed to introduce the beginning golf student to the rules and etiquette of the game, basic swing fundamentals, and proper equipment selection. The course includes lectures, demonstrations, participation, and examinations.

106G Horsemanship I
Fall, Spring, Summer. 1(0-2) SA: PES 106G

This class will explore beginning aspects of horsemanship.

106N Track and Field
Fall, Spring, Summer. 1(0-2) A student may earn a maximum of 8 credits in all enrollments for this course if different activities or the same activities at higher levels are involved. Students are limited to a combined total of 8 credits in KIN 101-108 and KIN 111-118. SA: PES 106N

This course is designed to introduce the students to track and field events that include running, hurling, jumping, and throwing. Instruction in short, middle and long distance running, relay exchanges, hurling, high jump, long jump, discus and shot put will be presented. This course emphasizes the basic fundamentals, techniques, and rules of track and field. Cardiovascular endurance, muscular strength and endurance and skill development will also be emphasized.

106U Ice Skating I
Fall, Spring, Summer. 1(0-2) A student may earn a maximum of 8 credits in all enrollments for this course if different activities or the same activities at higher levels are involved. Students are limited to a combined total of 8 credits in KIN 101-108 and KIN 111-118. SA: KIN 106I

This course is designed to introduce students to fundamental skating skills and how these skills are integrated into different divisions of figure skating.

106V Self Defense
Fall, Spring, Summer. 1(0-2) A student may earn a maximum of 8 credits in all enrollments for this course if different activities or the same activities at higher levels are involved. Students are limited to a combined total of 8 credits in KIN 101-108 and KIN 111-118. SA: KIN 106L

This course is intended to increase students awareness and understanding of sexual assault. Focus will be placed on defense against sexual violence that is most often directed towards women, and increasingly men, in our culture. Techniques for diffusing or avoiding potentially dangerous situations will be examined. Such techniques include verbal, nonverbal, physical and psychological responses. Physical self-defense skills include evasions, blocks, counterattacks and other defenses against common attacks. The concept of unlearning “victim-like” thinking and behaviors will also be examined. The course will entail lecture, discussion, and participation.

106W Yoga
Fall, Spring, Summer. 1(0-2) A student may earn a maximum of 8 credits in all enrollments for this course if different activities or the same activities at higher levels are involved. Students are limited to a combined total of 8 credits in KIN 101-108 and KIN 111-118. SA: KIN 106O

This course will explore the beginning aspects of Yoga.

106X In-Line Skating
Fall, Spring, Summer. 1(0-2) A student may earn a maximum of 8 credits in all enrollments for this course if different activities or the same activities at higher levels are involved. Students are limited to a combined total of 8 credits in KIN 101-108 and KIN 111-118. SA: KIN 106Q

This course will cover beginning, intermediate and advanced skills, safety, skate maintenance and various in-line sports.

106Z Introduction to Mountain Biking
Fall, Summer. 1(0-2)

Mountain biking as a form of recreation and exercise. Safety awareness, bicycle maintenance and training components. Health benefits of cycling such as cardio-vascular endurance, muscular strength, endurance, and flexibility. Students must provide their own equipment.

107B Racquetball II
Fall, Spring, Summer. 1(0-2) A student may earn a maximum of 8 credits in all enrollments for this course if different activities or the same activities at higher levels are involved. Students are limited to a combined total of 8 credits in KIN 101-108 and KIN 111-118. SA: PES 107B

Racquetball is a vigorous racquet game played on an enclosed four-wall court with two, three, or four players. Students will learn the fundamental skills including forehand, backhand, and serve. The students will also learn basic rules, strategies, and scoring.

107E Tennis I
Fall, Spring, Summer. 1(0-2) A student may earn a maximum of 8 credits in all enrollments for this course if different activities or the same activities at higher levels are involved. Students are limited to a combined total of 8 credits in KIN 101-108 and KIN 111-118. SA: PES 107E

Tennis is a racquet sport that is played on a hard surface court which is divided in half by a three foot high net. The course will introduce students to the basic strokes, footwork, and court positions to play singles and doubles. Rules, scoring and game etiquette will also be included.

108A Basketball I
Fall, Spring, Summer. 1(0-2) A student may earn a maximum of 8 credits in all enrollments for this course if different activities or the same activities at higher levels are involved. Students are limited to a combined total of 8 credits in KIN 101-108 and KIN 111-118. SA: PES 108A

Basketball combines skill drills, half court scrimmages, and full court games to improve basic skills, game play, and endurance. Students will learn basic skills, rules, and basic defensive and offensive strategies.

108C Ice Hockey I
Fall, Spring, Summer. 1(0-2) A student may earn a maximum of 8 credits in all enrollments for this course if different activities or the same activities at higher levels are involved. Students are limited to a combined total of 8 credits in KIN 101-108 and KIN 111-118. SA: PES 108C

This course will cover elementary hockey concepts, skills and strategies.

108F Soccer I
Fall, Spring, Summer. 1(0-2) A student may earn a maximum of 8 credits in all enrollments for this course if different activities or the same activities at higher levels are involved. Students are limited to a combined total of 8 credits in KIN 101-108 and KIN 111-118. SA: PES 108F

Soccer is a team sport that utilizes a field with goals set at each end of the field. Ball contact may be made by the foot, body, and head. Students will learn the fundamental skills and tactics of outdoor soccer. Rules, scoring, and offensive and defensive strategies will be emphasized.
108K Volleyball I  
Fall, Spring, Summer. 1(0-2) A student may earn a maximum of 8 credits in all enrollments for this course if different activities or the same activities at higher levels are involved. Students are limited to a combined total of 8 credits in KIN 101-108 and KIN 111-118. SA: PES 108K  
Students will learn the fundamental skills, rules and strategies of the game. The class involves lectures, demonstrations, drills, and game play.

108P Softball I  
Fall, Spring, Summer. 1(0-2) A student may earn a maximum of 8 credits in all enrollments for this course if different activities or the same activities at higher levels are involved. Students are limited to a combined total of 8 credits in KIN 101-108 and KIN 111-118. SA: KIN 108P  
Softball is played on an outdoor field with a softball and bat. Students will learn basic skills of throwing, fielding, hitting, and base running. Students will also learn rules, offensive and defensive strategies, and score keeping.

108R Soccer, Indoor  
Fall, Spring, Summer. 1(0-2) A student may earn a maximum of 8 credits in all enrollments for this course if different activities or the same activities at higher levels are involved. Students are limited to a combined total of 8 credits in KIN 101-108 and KIN 111-118. SA: KIN 108R  
Students will learn basic technical and tactical soccer skills specific to the indoor soccer arena. These skills will be presented through lectures, demonstrations, drills, and game play.

108W Wheelchair Basketball I  
Fall, Spring. 1(0-2)  
Fundamental wheelchair basketball skills. Team offensive and defensive concepts and strategies.

111A Swimming II  
Fall, Spring. Summer. 1(0-2) A student may earn a maximum of 8 credits in all enrollments for this course if different activities or the same activities at higher levels are involved. Students are limited to a combined total of 8 credits in KIN 101-108 and KIN 111-118. SA: KIN 111A  
This course is designed for the intermediate swimmer to refine swimming skills, learn new strokes, increase swimming fitness levels, and learn basic water safety and rescue techniques. Stroke and skill emphasis will be placed on sculling, freestyle, backstroke, breaststroke, elementary backstroke, diving, and flip turns. Students will demonstrate knowledge of propulsion and resistance forces, correct stroke technique, and safety and emergency procedures. Swimming I or equivalent skills are recommended.

111B Swimming III  
Fall, Spring, Summer. 1(0-2) A student may earn a maximum of 8 credits in all enrollments for this course if different activities or the same activities at higher levels are involved. Students are limited to a combined total of 8 credits in KIN 101-108 and KIN 111-118. SA: KIN 111B  
This course is designed for the advanced swimmer to refine swimming skills, learn new strokes, increase swimming fitness levels, and learn basic water safety and rescue techniques. Students will learn, develop and refine skills in sculling, freestyle, backstroke, breaststroke, butterfly, and sidestroke, as well as dives and turns. Students will demonstrate knowledge of propulsion and resistance forces, correct stroke technique and safety and emergency procedures. Swimming II or equivalent skills are recommended.

111G SCUBA Diving II  
Fall, Spring, Summer. 1(0-2) A student may earn a maximum of 8 credits in all enrollments for this course if different activities or the same activities at higher levels are involved. Students are limited to a combined total of 8 credits in KIN 101-108 and KIN 111-118. SA: KIN 111G  
This advanced scuba course explores advanced scuba skills. Scuba I or equivalent skills are recommended.

111K Water Polo  
Fall, Spring, Summer. 1(0-2) A student may earn a maximum of 8 credits in all enrollments for this course if different activities or the same activities at higher levels are involved. Students are limited to a combined total of 8 credits in KIN 101-108 and KIN 111-118. SA: KIN 111K  
Skill and knowledge development in advanced water-related activities.

111U SCUBA Open Water Certification  
Fall, Spring, Summer. 1(0-2) A student may earn a maximum of 8 credits in all enrollments for this course if different activities or the same activities at higher levels are involved. Students are limited to a combined total of 8 credits in KIN 101-108 and KIN 111-118. SA: KIN 111U  
Advance Skill and knowledge development in advanced water-related activities.

112A Judo II  
Fall, Spring, Summer. 1(0-2) A student may earn a maximum of 8 credits in all enrollments for this course if different activities or the same activities at higher levels are involved. Students are limited to a combined total of 8 credits in KIN 101-108 and KIN 111-118. SA: KIN 112A  
This course is designed for the experienced Judo student. Advanced Judo sport skills that involve actual contest, Rondori, and contest strategies will be emphasized in order to assist the students in attaining a higher level of proficiency in Judo. Judo I or equivalent skills are recommended.

112B Karate II  
Fall, Spring, Summer. 1(0-2) A student may earn a maximum of 8 credits in all enrollments for this course if different activities or the same activities at higher levels are involved. Students are limited to a combined total of 8 credits in KIN 101-108 and KIN 111-118. SA: KIN 112B  
This course is designed for the experienced Karate student. Advanced Karate skills that involve actual contest and contest strategies will be emphasized in order to assist the students in attaining a higher level of proficiency in Karate. Karate I or equivalent skills are recommended.

112D Tae Kwon Do II  
Fall, Spring, Summer. 1(0-2) A student may earn a maximum of 8 credits in all enrollments for this course if different activities or the same activities at higher levels are involved. Students are limited to a combined total of 8 credits in KIN 101-108 and KIN 111-118. SA: KIN 112D  
Taekwondo I or equivalent skills are recommended.

113A Aerobic Exercise II  
Fall, Spring, Summer. 1(0-2) A student may earn a maximum of 8 credits in all enrollments for this course if different activities or the same activities at higher levels are involved. Students are limited to a combined total of 8 credits in KIN 101-108 and KIN 111-118. SA: KIN 113A  
This course is designed for intermediate and advanced aerobic students. Its purpose is to introduce theoretical and practical principles of stretching, toning, and aerobic activity that progressively improve cardiovascular strength and endurance, flexibility, co-ordination and body image.

113B General Conditioning II  
Fall, Spring, Summer. 1(0-2) A student may earn a maximum of 8 credits in all enrollments for this course if different activities or the same activities at higher levels are involved. Students are limited to a combined total of 8 credits in KIN 101-108 and KIN 111-118. SA: KIN 113B  
This course is designed to improve cardiovascular endurance, body strength, flexibility, agility, balance, and rhythm through aerobic exercises, flexibility and resistance training programs. Extensive information on physical fitness, exercise, and health principles and practices will be provided to students. General Conditioning I or equivalent skills are recommended.

113C General Conditioning III  
Fall, Spring, Summer. 1(0-2) A student may earn a maximum of 8 credits in all enrollments for this course if different activities or the same activities at higher levels are involved. Students are limited to a combined total of 8 credits in KIN 101-108 and KIN 111-118. SA: KIN 113C  
This is a fitness course that emphasizes advanced aerobic and strength training programs. Students will learn the basic principles of these programs and learn to apply that knowledge in the form of an individualized exercise program. Competitive training techniques for both an aerobic and strength program will also be included. General Conditioning II or equivalent skills are recommended.
113E  Weight Training II  
Fall, Spring, Summer. 1(0-2) A student may earn a maximum of 8 credits in all enrollments for this course if different activities or the same activities at higher levels are involved. Students are limited to a combined total of 8 credits in KIN 101-108 and KIN 111-118. SA: KIN 103J
This course is designed to teach intermediate level weight training principles, basic anatomy and muscle physiology, nutrition and diet. Students will learn different weight training programs and develop personal training programs. This course involves lectures, demonstrations, and active student participation. Weight Training I or equivalent skills are recommended.

113F  Weight Training III  
Fall, Spring, Summer. 1(0-2) A student may earn a maximum of 8 credits in all enrollments for this course if different activities or the same activities at higher levels are involved. Students are limited to a combined total of 8 credits in KIN 101-108 and KIN 111-118. SA: KIN 103K
This course is designed to allow for advanced weight training techniques, principles, and programs. Students will learn strength training principles, anatomy and muscle physiology, nutrition and diet. Students will develop weight training programs that incorporates the principles and guidelines provided in this course. This course includes lectures, presentations, and active student participation. Weight Training II or equivalent skills are recommended.

113G  Strength and Conditioning II  
Fall, Spring, Summer. 1(0-2) A student may earn a maximum of 8 credits in all enrollments for this course if different activities or the same activities at higher levels are involved. Students are limited to a combined total of 8 credits in KIN 101-108 and KIN 111-118. SA: KIN 103O
This course combines weight training and general conditioning. It is a vigorous cardiovascular program that combines work on aerobic endurance and emphasized muscular strength and endurance. Strength and Conditioning I or equivalent skills are recommended.

113N  General Conditioning IV  
Fall, Spring, Summer. 1(0-2) A student may earn a maximum of 8 credits in all enrollments for this course if different activities or the same activities at higher levels are involved. Students are limited to a combined total of 8 credits in KIN 101-108 and KIN 111-118. RB: General Conditioning III or equivalent level of aerobic fitness.
Vigorous cardiovascular program that emphasizes improving intermediate level aerobic endurance and level. Aerobic training principles, muscle and cardiovascular physiologies, nutrition and diet. Personalized aerobic training program.

113P  Weight Training IV  
Fall, Spring, Summer. 1(0-2) A student may earn a maximum of 8 credits in all enrollments for this course if different activities or the same activities at higher levels are involved. Students are limited to a combined total of 8 credits in KIN 101-108 and KIN 111-118. RB: Weight Training III or equivalent skill level.
Advanced weight training. Strength training principles, anatomy and muscle physiology, nutrition and diet. Personalized weight training program.

115B  Tumbling & Floor Exercise II  
Fall, Spring, Summer. 1(0-2) A student may earn a maximum of 8 credits in all enrollments for this course if different activities or the same activities at higher levels are involved. Students are limited to a combined total of 8 credits in KIN 101-108 and KIN 111-118. SA: KIN 105E
Tumbling and floor exercises refer to the performance of a routine on a large mat. Students learn intermediate to advanced tumbling, gymnastics and dance skills. Students also learn correct body prepartation, spotting techniques, and mechanical principles of gymnastics. Performance improvements, skill progression and skill analysis are emphasized. Tumbling I or equivalent skills are recommended.

116A  Bowling II  
Fall, Spring, Summer. 1(0-2) A student may earn a maximum of 8 credits in all enrollments for this course if different activities or the same activities at higher levels are involved. Students are limited to a combined total of 8 credits in KIN 101-108 and KIN 111-118. SA: KIN 106D
This course is designed to allow students to refine and improve their basic bowling skills, while developing technique, form and strategies. This course will also focus on bowling rules and etiquette, spare targeting and conversions, spot or pin bowling and league playing. Bowling I or equivalent skills are recommended.

116B  Golf II  
Fall, Spring, Summer. 1(0-2) A student may earn a maximum of 8 credits in all enrollments for this course if different activities or the same activities at higher levels are involved. Students are limited to a combined total of 8 credits in KIN 101-108 and KIN 111-118. SA: KIN 106F
The course is designed to refine and further develop golf skills in order to improve one’s game and performance. Methods of improvement include analysis of swing form, utilization of regular routines, diagnosis of individual problems, and on-course strategies of play. This course will also consider different types of competition, special conditions, error shots and examine special condition play. Class time will be spent either playing on the golf course or practicing on the driving, chipping, pitching, and/or putting green(s). Golf I or equivalent skills are recommended.

116C  Horsemanship II  
Fall, Spring, Summer. 1(0-2) A student may earn a maximum of 8 credits in all enrollments for this course if different activities or the same activities at higher levels are involved. Students are limited to a combined total of 8 credits in KIN 101-108 and KIN 111-118. SA: KIN 106H
This course offers advanced Horsemanship training skill. Horsemanship I or equivalent skill is recommended.

116D  Ice Skating II  
Fall, Spring, Summer. 1(0-2) A student may earn a maximum of 8 credits in all enrollments for this course if different activities or the same activities at higher levels are involved. Students are limited to a combined total of 8 credits in KIN 101-108 and KIN 111-118. SA: KIN 106J
This course is designed to introduce students to intermediate skating skills and how these are integrate into different divisions of figure skating. Ice Skating I or equivalent skills are recommended.

116F  Triathlon Training  
Fall, Spring, Summer. 1(0-2) A student may earn a maximum of 8 credits in all enrollments for this course if different activities or the same activities at higher levels are involved. Students are limited to a combined total of 8 credits in KIN 101-108 and KIN 111-118. SA: KIN 106S
This course offers advanced training in triathlon activities. General Condition I or equivalent skill is recommended.

117A  Racquetball II  
Fall, Spring, Summer. 1(0-2) A student may earn a maximum of 8 credits in all enrollments for this course if different activities or the same activities at higher levels are involved. Students are limited to a combined total of 8 credits in KIN 101-108 and KIN 111-118. SA: KIN 107C
A vigorous racquet sport involving the development of intermediate and advanced skills, singles and doubles strategies, competitive play, rules, scoring, and officiating. Skills will include: kill, passing, pinch, and ceiling shots, and power and overhand serve. Racquetball I or equivalent skills are recommended.

117B  Tennis II  
Fall, Spring, Summer. 1(0-2) A student may earn a maximum of 8 credits in all enrollments for this course if different activities or the same activities at higher levels are involved. Students are limited to a combined total of 8 credits in KIN 101-108 and KIN 111-118. SA: KIN 107F
A course designed for students to develop intermediate and advanced strokes, footwork, and net play. This course includes various drills, strategy development, singles and doubles tournament, and psychological aspects of tennis. Tennis I or equivalent skills are recommended.

118A  Basketball II  
Fall, Spring, Summer. 1(0-2) A student may earn a maximum of 8 credits in all enrollments for this course if different activities or the same activities at higher levels are involved. Students are limited to a combined total of 8 credits in KIN 101-108 and KIN 111-118. SA: KIN 108B
A course designed to enhance fundamental skills and develop advance skills. Students will also learn offensive and defensive strategies, and rules of the game. Basketball I or equivalent skills are recommended.

118B  Ice Hockey II  
Fall, Spring, Summer. 1(0-2) A student may earn a maximum of 8 credits in all enrollments for this course if different activities or the same activities at higher levels are involved. Students are limited to a combined total of 8 credits in KIN 101-108 and KIN 111-118. SA: KIN 108D
This course will cover intermediate and advanced hockey concepts, skills and strategies. Emphasis will be placed on puck control, physical conditioning, team system analysis, and drill design and implementation. Ice Hockey I or equivalent skills are recommended.
A course that emphasizes advanced soccer skills, drills, and matches. Emphasis will be placed on game play, strategy development, and cardiovascular development. Soccer I, Indoor soccer or equivalent skills are recommended.

Fall, Spring, Summer. 1(0-2) A student may earn a maximum of 8 credits in all enrollments for this course if different activities or the same activities at higher levels are involved. Students are limited to a combined total of 8 credits in KIN 101-108 and KIN 111-118. SA: KIN 108L

This course is designed for fundamental skill refinement and advanced skill learning. Students will also learn offensive and defensive strategies, rules, and officiating. Volleyball I or equivalent skills are recommended.

Fall, Spring. 3(2-0) SA: PES 121 Cardiovascular risk factors, lifestyle habits, and aerobic capacities and their relationship to optimal health and longevity. Individual physical activity required as part of the course.

Fall, Spring. 3(3-0) SA: PES 125 Knowledge and application of first aid concepts relating to respiratory and cardiopulmonary disorders, shock, wounds, burns, fractures, drug poisoning, childbirth, litigation. Preventing trauma by recognizing and avoiding safety hazards.

Fall, Spring. 3(3-0) Basic knowledge for the recognition and prevention of athletic injuries.

Fall, Spring. 1(0-3) P: KIN 126 or concurrently

Supervised experience in clinical setting in sports medicine.

Fall, Spring. 2(2-0) R: Open to students in the Kinesiology major or in the Athletic Training major. SA: PES 170 Kinesiology as a disciplinary major. Subdisciplines and professions. Historical perspectives.

Fall. 1(1-0) R: Open only to freshmen. SA: PES 171 Philosophy and organization of athletics. Athletics and academic achievement. Ethical issues, legal issues, social conduct, eligibility, athlete's rights and responsibilities.

Fall, Spring. 3(2-3) RB: Training in Emergency Water Safety or Lifeguarding plus scoring at least 80% on both skill and written pre-tests. SA: PES 201 Knowledge and skills necessary to plan and conduct American Red Cross water safety courses. Current lifesaving certification is required.


Fall, Spring, Summer. 2(1-3) RB: Experience in sailing small crafts. SA: PES 204 Knowledge, skills, and experience necessary to sail large vessels on inland and coastal waters. Live aboard and sail for six days and nights, traveling approximately 250 miles. Competence in sailing small crafts assumed.

Fall, Spring, Summer. 2(1-2) RB: Competence as an advanced swimmer. SA: PES 205 Lifeguarding knowledge and skills necessary to obtain American Red Cross Lifeguarding certificate. Advanced swimming level is assumed.

Fall, Spring. 3(3-0) R: Open to students in the Kinesiology major or in the Athletic Training major. SA: PES 217 Major bones, muscles, nerves, vessels, and organs of the human body. Articulations, muscle origins, muscle insertions, and prime moving actions.

Fall, Spring. 1 to 2 credits. A student may earn a maximum of 2 credits in all enrollments for this course. P: KIN 125 and KIN 126 and KIN 127 R: Open to students in the Kinesiology major or in the Athletic Training major. Entry level knowledge and skills used to manage and rehabilitate orthopedic injuries at the collegiate level.

Fall, Spring. 3(3-0) SA: PES 250 Methods and materials for measurement and evaluation. Motor skills, physical fitness, knowledge, and attitudes associated with physical activity.


Fall, Spring. 3(2-2) P: (KIN 170 and KIN 216 and KIN 217) and (PHY 231 or PHY 231C or PHY 183 or PHY 183B or PHY 193H) R: Open to students in the Kinesiology major and open to students in the Athletic Training major. SA: PES 330 Biomechanical analysis of human movement based upon musculoskeletal structure and function. Mechanical principles.
340 Psychological Bases of Physical Activity
Fall, Spring. 3(3-0) P: KIN 170 SA: PES 340
Psychological factors affecting motor skill acquisition and performance. Psychological skills which enhance sport performance. Applications of learning theory.

350 Techniques of Teaching I
Spring. 2(0-6) P: TE 301 RB: Basic knowledge and understanding of skills related to golf, softball, track and field, badminton and volleyball, or activities that are closely related. R: Not open to freshmen or sophomores. Open only to Kinesiology students admitted to the Teacher Education program. Application of kinesiological pedagogical principles to golf, softball, track and field, badminton, and tennis.

351 Techniques of Teaching II
Fall. 2(0-6) P: KIN 170 RB: Basic knowledge and understanding of skills related to basketball, gymnastics, soccer, flag football, floor hockey and tennis, or activities that are closely related. R: Not open to freshmen or sophomores. Open only to Kinesiology students admitted to the Teacher Education program. Application of kinesiological pedagogical principles to basketball, gymnastics, soccer, flag football, floor hockey, and tennis.

370 Proseminar in Kinesiology
Fall. 2(0-6) P: KIN 170 R: Not open to freshmen or sophomores. SA: PES 470, KIN 470
Philosophical and professional perspectives in kinesiology.

400 Principles of Coaching I
Fall. 4(4-0) R: Not open to freshmen or sophomores. SA: PES 401
Basic principles of anatomy, biomechanics, and physiology for coaching competitive sports. Applications to athletes of different ages and abilities.

401 Principles of Coaching II
Spring. 4(4-0) R: Not open to freshmen or sophomores. SA: PES 401
Sociological, administrative, philosophical, legal, ethical, and chemical health issues related to coaching competitive sports. Applications to athletes of different ages and abilities.

411 Laboratory Experiences in Exercise Physiology
Fall, Spring. 2(1-3) P: KIN 310 R: Open to students in the Kinesiology major or in the Athletic Training major. SA: PES 411
Laboratory techniques for testing and evaluating individuals for aerobic fitness, muscular strength and endurance, body composition and other physiologic responses to exercise. Exercise program development for personal health fitness.

420 School Health Education
Fall. 3(3-0) P: KIN 120 R: Not open to freshmen or sophomores. SA: PES 420
Organization and administration of a comprehensive school health education program. Interaction of school health services, healthful environment, and health instruction in the development of a healthy lifestyle.

421 Lower Body Injury Evaluation
Fall. 3(3-0) P: KIN 320 R: Open to students in the Athletic Training major. SA: PES 421
Knowledge and skills needed for evaluating lower body injuries in athletic training. Techniques and tests used for evaluating acute and chronic injuries to the lower body.

422 Rehabilitation of Athletic Injuries
Fall. 3(3-0) P: KIN 320 and KIN 421 and KIN 423 R: Open to students in the Athletic Training major. SA: PES 422
Rehabilitation techniques to manage athletic injuries. Anatomical and neurophysiological bases of techniques. Indications and contraindications of rehabilitation protocols.

423 Therapeutic Modalities
Spring. 3(3-0) P: KIN 320 and (PHY 231 or concurrently) R: Open to students in the Athletic Training major.
Therapeutic modalities used to manage athletic injuries and their indications and contraindications. Rationale for and techniques of using thermal and electrical modalities for athletic injuries.

424 Psychology of Injury
Summer. 3(3-0) RB: Athletic training or sport psychology R: Not open to freshmen. SA: PES 424
Psychological aspects of athletic injuries. Sociocultural, mental, emotional, and physical behaviors of patients involved in injury rehabilitation.

425 Organization and Administration of Athletic Training
Fall. 3(3-0) P: KIN 421 and KIN 426 R: Open to students in the Athletic Training major.
Knowledge and skills necessary for the administration of an athletic training program. Ethics, policies, procedures, insurance, liability, budgets, facilities, and record-keeping in athletic training.

426 Upper Body Injury Evaluation
Spring. 3(3-0) P: KIN 320 and KIN 421 R: Open to students in the Athletic Training major.
Knowledge and skills needed for evaluating upper extremity injuries in athletic training. Techniques and tests for evaluating acute and chronic injuries to the upper body.

427 Clinical Rotations in Athletic Training
Fall, Spring. 1 to 6 credits. A student may earn a maximum of 6 credits in all enrollments for this course. P: KIN 125 and KIN 126 and KIN 127 and KIN 227 R: Open to students in the Athletic Training major.
Knowledge and skills used to manage, evaluate, and rehabilitate orthopedic injuries in various clinical settings including colleges, high schools, and rehabilitation clinics.

441 Mental Skills Training for Performance Enhancement
Summer. 3(2-2) RB: KIN 340
Learning and practice of mental skills and their application to enhance performance in domains such as athletics, performing arts and business. Analysis of cognitive-behavioral intervention strategies for performance enhancement across skill levels and different sports. Psychological aspects of peak performance.

445 Sociocultural Analysis of Physical Activity (W)
Fall, Spring. 3(3-0) P: (KIN 170) and completion of Tier I writing requirement. R: Open only to seniors or graduate students. SA: PES 445
Sociocultural context of and social practices in sport and physical activity.

453 Administration of Intramural Sports Programs
Spring. 3(2-2) R: Not open to freshmen or sophomores. SA: PES 453
Organization and administration of intramural programs in educational settings. Philosophy, planning, scheduling, budgeting, facilities, officiating, exercise fitness, marketing, risk management, computer applications, and required practical experience in administering intramural programs.

454 Facility Planning and Construction
Spring. 3(3-0) R: Not open to freshmen or sophomores. SA: PES 454
Planning of athletic and physical education facilities such as gymnasium, ice rinks, swimming pools, and outdoor areas. Space utilization standards and guidelines. Selection of materials and equipment.

455 Issues in School Health Education
Spring. 3(3-0) R: Open to students in the Athletic Training major. SA: PES 455
Community health issues and resources affecting educational programming. Teaching methods and techniques as applicable to traditional and controversial health topics.

456 Ethical Issues in Athletics
Summer. 2(2-0) R: Not open to freshmen or sophomores. SA: KIN 482C, PES 482C
Ethics of sports at the institutional level in contemporary society. Political, social, and commercial pressures.

465 Adapted Physical Activity
Fall, Spring. 3(3-2) P: KIN 170 R: Not open to freshmen or sophomores. SA: PES 465
Teaching and coaching physical activities for persons with disabilities.

466 Practicum in Adapted Physical Activity
Fall, Spring, Summer. 1 to 4 credits. A student may earn a maximum of 4 credits in all enrollments for this course. R: Approval of department. SA: PES 466
Supervised teaching of physical activities and/or coaching sports to persons with disabilities and youths at risk.

482E History of the Modern Olympic Games
Summer. 2(2-0)
Olympic philosophies, ideals and history. Modernization and changes to the Olympic Games. Professional and amateur sports. Political controversies and achievements.

490 Independent Study
Fall, Spring. 1 to 4 credits. A student may earn a maximum of 4 credits in all enrollments for this course. R: Approval of department. SA: PES 490
Supervised individual or group study in various fields of emphasis in kinesiology.

493 Internship
Fall, Spring, Summer. 2 to 6 credits. A student may earn a maximum of 6 credits in all enrollments for this course. P: KIN 411 R: Open only to Kinesiology majors. Approval of department.
Professional internship in kinesiology under faculty supervision.
Fieldwork
Fall, Spring, Summer. 1 to 4 credits. A student may earn a maximum of 4 credits in all enrollments for this course. R: Approval of department. SA: PES 494 Supervised practice in teaching physical education activities, coaching sports, administering sports programs, or conducting research or service activities in kinesiology.

Metabolic Responses to Exercise
Fall of odd years. 3(3-0) SA: PES 810 Acute and chronic effects of exercise on metabolic processes. Role of these processes in limiting exercise performance.

Physiological Evaluation and Exercise Prescription
Fall. 2(0-4) RB: KIN 810 or concurrently SA: PES 811 Techniques in evaluation of physiological capacity and in exercise prescription for various populations.

Cardiorespiratory Responses to Exercise
Fall of even years. 3(3-0) RB: Undergraduate course work in anatomy, physiology, and exercise physiology. SA: PES 812 Acute and chronic effects of exercise on cardiovascular and respiratory system functions. Role of these systems in limiting exercise performance.

Neuromuscular Responses to Exercise
Fall of odd years. 3(3-0) RB: Undergraduate coursework in anatomy, physiology, and exercise physiology. SA: PES 813 Acute and chronic effects of exercise on neuromuscular functions. Role of these systems in limiting exercise performance.

Endocrine Responses to Exercise
Fall of even years. 3(3-0) RB: Undergraduate course work in anatomy, physiology and Exercise Physiology coursework. Acute and chronic effects of exercise on endocrine system functions. Role of this system in limiting exercise performance.

Advanced Clinical Evaluation
Fall. 3(2-2) RB: Academic or clinical background in musculo-skeletal anatomy, identification of structural pathologies. Principles and techniques applied during manual evaluation of structural pathology.

Rehabilitation Techniques for Musculoskeletal Dysfunction
Spring. 3(3-0) RB: Academic or clinical background in musculo-skeletal anatomy and injury evaluation and management. Techniques used to rehabilitate musculoskeletal dysfunctions. Skills to enhance neuromuscular function such as proprioceptive neuromuscular facilitation (PNF) and muscle-firing pattern techniques.

Injury Control in Sports and Physical Activity
Spring of odd years. 3(3-0) RB: Background in kinesiology, health, physical education or recreation. Principles of epidemiology to identify and analyze risk of injury in physical activities. Skills for decision-making in injury prevention programs.

Clinical/Professional Experience in Athletic Training
Fall, Spring. 1 to 4 credits. A student may earn a maximum of 4 credits in all enrollments for this course. RB: Undergraduate major in athletic training and participation in the graduate athletic training concentration in Kinesiology R: Open to graduate students in the Kinesiology major. Knowledge and critical thinking skills. Managing athletic training services program. Clinical skills for the prevention and management of athletic injuries.

Biomechanical Analysis of Physical Activity
Fall. 3(2-2) SA: PES 830 Kinematic analysis of mechanical and anatomical characteristics in physical activity and sport skills.

Advanced Biomechanics of Physical Activity
Spring of even years. 3(2-2) RB: KIN 830 SA: PES 831 Kinetic analyses of the performance of physical activity and sport.

Psychosocial Aspects of Physical Activity
Fall. 3(3-0) SA: PES 840 Social psychology of sport and physical activity.

Stress Management Techniques in Athletics

Sociocultural Practices in Sport
Spring of odd years. 3(3-0) SA: PES 845 Critical, conflict, and feminist theories on dominant ideologies and social practices in sport.

Athletic Administration in Higher Education
Fall. 3(3-0) SA: PES 853 Administrative theory, structure, and budget. Facilities, equipment, and marketing. Legal, medical, and safety aspects.

Legal and Administrative Issues for Administrators and Coaches
Fall, Summer. 3(3-0) Responsibilities of administrators, directors of recreational programs and athletic coaches for providing and maintaining educationally sound athletic programs for amateur athletes. Concepts, policies and procedures that enhance the physical and psychological health of amateur athletes. Obligations for managing the risks of participation in physical activities.

Psychosocial Bases of Coaching Athletes
Spring. 3(3-0) Responsibilities of athletic administrators, directors of recreational programs and athletic coaches for the sociological, psychological, philosophical, developmental, and instructional principles for coaching amateur athletes. Development of a coaching philosophy and application of scientific findings to practical situations.
Independent Study in Kinesiology
Fall, Spring, Summer. 1 to 6 credits. A student may earn a maximum of 6 credits in all enrollments for this course. R: Open only to master's students. Approval of department. SA: PES 890
Individual study in an area of kinesiology under faculty supervision.

Internship in Kinesiology
Fall, Spring, Summer. 1 to 6 credits. A student may earn a maximum of 6 credits in all enrollments for this course. R: Open only to graduate students in the Department of Kinesiology. SA: PES 893
Supervised internship in sports medicine, athletic administration, coaching, or education agencies. Capstone experience option in master's degree program.

Field Experiences in Kinesiology
Fall, Spring, Summer. 1 to 6 credits. A student may earn a maximum of 6 credits in all enrollments for this course. R: Approval of department. SA: PES 894
Supervised graduate practicum in schools or other settings.

Research Ethics
Summer. 1(1-0) Interdepartmental with Counseling, Educational Psychology and Special Education and Educational Administration and Teacher Education. Administered by Kinesiology. R: Open to graduate students. SA: PES 895

Project in Kinesiology
Fall, Spring, Summer. 1 to 4 credits. A student may earn a maximum of 4 credits in all enrollments for this course. R: Open only to master's students in the Department of Kinesiology. SA: PES 897
Project experience under the guidance and supervision of MSU faculty. Development of products such as technical reports, instructional media, or curriculum materials to address an educationally significant problem. Capstone experience option in master's degree program.

Master's Thesis Research
Fall, Spring, Summer. 1 to 6 credits. A student may earn a maximum of 6 credits in all enrollments for this course. RB: KIN 871 SA: PES 899
Master's thesis research.

Issues in Athletic Training
Fall of odd years. 3(3-0) A student may earn a maximum of 9 credits in all enrollments for this course. RB: KIN 820 or equivalent course from other university. Selected issues in athletic training and related fields of study.

Issues in Psychosocial Aspects of Physical Activity
Fall. 3(3-0) A student may earn a maximum of 9 credits in all enrollments for this course. SA: PES 940
Selected issues in the psychology and sociology of sport and physical activity.