KINESIOLOGY

Department of Kinesiology
College of Education

101A Swimming I
Fall, Spring, Summer. (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 101A
This course is designed for the beginner swimmer. Students will develop skill in water readiness activities, swimming, 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. (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 a basic sailing class consisting of 15 hours on campus and 13 hours arranged on a boat in Muskegon, MI.

101T SCuba Diving I
Fall, Spring. (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 beginning scuba course is the pool and classroom portion of open water certification. Swimming I or equivalent skills are recommended.

101U Sailing
Fall, Spring. (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 hands on learn to sail program. All classes are held at the MSU Sailing Center on Lake Lansing in Haslett, MI. Swimming I or equivalent skills are recommended.

102A Judo I
Fall, Spring. (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 including falling, throwing, hold-down, and submission hold. Students will also learn the competition rules of Judo.

102C Karate I
Fall, Spring, Summer. (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 basic movements, history, philosophy, and concepts of the martial art of karate. Learning kendo through its practice.

102K Tae Kwon Do I
Fall, Spring, Summer. (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 1102
This course will explore skill and knowledge development in the art of Tae Kwon Do.

102M Introduction to Kendo
Fall, Spring, Summer. (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. (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. (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. (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 103D
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. (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 113S
This course is designed for students who want to achieve cardiovascular fitness through swimming. Students will develop muscular endurance, strength, and environmental conditions and proper nutritional guidelines. Swimming I or equivalent skills are recommended.

103T Distance Running
Fall, Spring. (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. (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 113S
This course is designed as an alternative to vigorous exercise activities. It will explore skill and knowledge development in 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.

103G Power Walking
Fall, Spring, Summer. (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 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.
Kinesiology—KIN

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 class 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.

106M Tai Chi
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 106M

Roles and characteristics of Tai Chi. Development of strength, flexibility and balance through the learning of basic skills and sets of Tai Chi.

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, hurdles, jumping, and throwing. Instruction in short, middle and long distance running, relay exchanges, hurdl ing, 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 106U

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 106V

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 106W

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 106X

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 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 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 kills, 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.

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 101B

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 101G

The 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 101K

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 101U

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 102A

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 102B

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 102D

Tae kwon do 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 103A

This is a fitness course that emphasizes aerobic and strength 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.

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 103B

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 103C

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 Condition 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, and 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 advanced weight training techniques, principles, and programs. Students will learn strength training principles, anatomy and muscle physiology, nutrition and diet. Students will develop personal 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.

113K  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 emphasizes 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 advanced endurance and fitness. Aerobic training principles, muscle and cardiovascular physiological, 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 ability.
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 refers 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 prepatation, 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, conversion, 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 ones game and performance. Methods of improvement include analysis of swing form, utilization of regular routines, diagnosis of individual problems, and course strategies of play. This course will also cover 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 skill training. 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 conditioning 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 overhead 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 to develop intermediate and advanced strokes, footwork, and net play. This course includes various drills, strategy development, singles and doubles tournaments, 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.
118C Soccer 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 106G
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.

118E Volleyball 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 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.

121 The Healthy Lifestyle
Fall, Spring, Summer. 3(2-2) 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.

125 First Aid and Personal Safety
Fall, Spring, Summer. 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 re-cognizing and avoiding safety hazards.

126 Introduction to Athletic Training
Fall, Spring. 3(3-0) Basic knowledge for the recognition and prevention of athletic injuries.

127 Clinical Observation in Athletic Training
Fall, Spring. 1(0-3) P: KIN 126 or concurrently Supervised experience in clinical setting in sports medicine.

170 Foundations of Kinesiology
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. Sub-disciplines and professions. Historical perspectives.

171 Athletics in Higher Education
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.

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

202 Aerobic Exercise Instruction
Fall, Spring. 3(2-3) RB: Experience in aerobic exercise. SA: PES 202

204 Sailing and Cruising
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.

205 Lifeguarding
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.

216 Applied Human Anatomy
Fall. 3(3-0) R: Open to students in the Kinesiology major or in the Athletic Training major. SA: PES 216
Structural anatomy of the human body. Interrelationships of structure, function, and human movement.

217 Applied Human Anatomy Laboratory
Spring. 1(0-3) P: KIN 216 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.

227 Clinical Rotations in Athletic Training
Fall, Spring. 1 to 2 credits. A student may earn a maximum of 2 credits in all enrollments for this course. R: KIN 126 and KIN 128 and KIN 129 and KIN 127 R: Open to students in the Kinesiology major or in the Athletic Training major. SA: PES 227
Entry level knowledge and skills used to manage and rehabilitate orthopedic injuries at the collegiate level.

250 Measurement in Kinesiology
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.

260 Physical Growth and Motor Behavior
Fall, Spring. 3(3-0) SA: PES 260

300C Coaching Soccer
Spring. 2(1-2) RB: Working knowledge of the sport of soccer. R: Not open to freshmen. SA: PES 300C

300D Coaching Basketball
Fall. 2(2-0) RB: Working knowledge of the sport of basketball. R: Not open to freshmen. SA: PES 300D

300E Coaching Football
Fall. 2(2-0) RB: Working knowledge of the sport of football. R: Not open to freshmen. SA: PES 300E

300K Coaching Track and Field
Fall, Summer. 2(2-0) R: Not open to freshmen.
Basic theoretical and practical principles of coaching/training for increased fitness and/or sports performance. Individual applications to diverse populations.

300T Coaching Tennis
Fall, Summer. 2(2-0) RB: Working knowledge of the sport of Tennis.

310 Physiological Bases of Physical Activity
Fall, Spring. 3(3-0) P: (KIN 170 and KIN 216 and CEM 141 and PSL 250) or (PSL 431 and PSL 432) R: Open to students in the Kinesiology major or in the Athletic Training major. SA: PES 310
Acute and chronic effects of exercise on various body systems. Principles of training, exercise prescription, and the role of physical activity in health and disease.

320 Pathology of Sports Injury
Fall, Spring. 3(3-0) P: KIN 125 and KIN 126 and KIN 127 R: Open to students in the Kinesiology major or in the Athletic Training major. SA: PES 320
Pathophysiology and patomechanics of sports injury, tissue response and the healing process as they relate to management and rehabilitation of sports injury.

330 Structural and Mechanical Analysis of Physical Activity
Fall, Spring. 3(3-2) 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.
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. Anatomy and neuromuscular 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) R: Athletic training or sport psychology R: Not open to freshmen. 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) R: 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.
494 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.

810 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.

811 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.

812 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.

813 Neuromuscular Responses to Exercise
Fall of odd years. 3(3-0) RB: Undergraduate course work 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.

814 Endocrine Responses to Exercise
Fall of odd 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.

820 Advanced Clinical Evaluation
Fall. 3(2-2) RB: Academic or clinical background in musculo-skeletal anatomy.

822 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.

825 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.

827 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.

830 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.

831 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.

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

841 Stress Management Techniques in Athletics
Summer. 3(3-0) RB: Course in Psychology. SA: KIN 882A

845 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.

853 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.

854 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.

855 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.

861 Growth, Maturation, and Physical Activity
Fall of even years. 3(3-0) RB: KIN 860 SA: PES 861

862 Motor Skill Learning
Spring. 3(3-0) RB: KIN 860 SA: PES 862

866 Research on Sports for Athletes with Disabilities
Fall of odd years. 3(3-0) SA: PES 866
Performance capabilities of athletes with disabilities. Research on areas such as exercise physiology, sport biomechanics, sport psychology, sport sociology, motor development, and motor learning.

871 Research Methods in Kinesiology
Fall. 3(3-0) R: Open to graduate students in the Department of Kinesiology. SA: PES 871
Experimental, longitudinal, survey, and qualitative research methods in kinesiology. Writing research proposals and reports. Research ethics.
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 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.

Issues in Motor Behavior
Spring. 3(3-0) A student may earn a maximum of 9 credits in all enrollments for this course. RB: KIN 880 SA: PES 960
Selected issues in motor development, motor learning, adapted physical education, and related fields of study.

Issues in Teaching Undergraduate Kinesiology
Fall of odd years. 3(3-0) R: Open to doctoral students in the Department of Kinesiology. Using cooperative, active learning techniques in classrooms. Developing critical thinking skills in kinesiology students. Principles of instruction and classroom logistics related to learning. Strategies in planning, implementing, and evaluating course material.

Mentored Teaching in Undergraduate Kinesiology
Spring of even years. 3(1-4) A student may earn a maximum of 6 credits in all enrollments for this course. P: KIN 980 R: Open to doctoral students in the Department of Kinesiology. Mentored experience in teaching undergraduate major courses in kinesiology. Seminar discussion of relevant issues in teaching. Classroom assessment techniques. Strategies of cooperative, active learning, and critical thinking for undergraduates.

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 doctoral students. Approval of department. SA: PES 990
Individual study in an area of kinesiology under faculty supervision.

Research Practicum in Kinesiology
Fall, Spring, Summer. 1 to 3 credits. A student may earn a maximum of 3 credits in all enrollments for this course. R: Open only to doctoral students. Approval of department. SA: PES 995
Supervised research practicum. Design, execution, analysis, presentation, critique, and revision of research projects.

Doctoral Dissertation Research
Fall, Spring, Summer. 1 to 24 credits. A student may earn a maximum of 100 credits in all enrollments for this course. R: Open only to doctoral students in the Department of Kinesiology. SA: PES 999
Doctoral dissertation research.