Department of Kinesiology
College of Education

101A Swimming 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 101A

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: 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, 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 111T

This course is a basic scuba course consisting of 15 hours on campus and 13 hours arranged on a boat in Muskegon, MI.

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 111U

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 recommended.

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

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) 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.

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.

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: 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.

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 103S

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 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 students. Its purpose is to introduce theoretical and practical principles of stretching, toning, and step aerobic activity that progressively improve cardiovascular strength and endurance, flexibility, coordination and body image.

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: KIN 113H
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 golfer 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) 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 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, 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 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.

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.
107G Handball
Fall, Spring. 1(0-2) R: Open to students. Introduction to handball, including safety awareness, proper technique and etiquette, team and individual play for life-long form of exercise.

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. 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 rules, skills, 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 108H
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) 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. 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 110B
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 110C
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. 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 101H
SCUBA II will explore advanced scuba skills. Scuba I or equivalent skills are recommended.

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 101R
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 102B
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 102D
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.

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 103B
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 103E
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.
Weight Training II or equivalent skills are recommended in this course. This course includes lectures, will develop personalized weight training program 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.

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 103F
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.

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 teach advanced weight training techniques, principles, and programs. Students will learn strength training principles, anatomy and muscle physiology, nutrition and diet. Students will develop personalized weight training program 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.

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.
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 108G
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 recognizing and avoiding safety hazards.

126 Introduction to Athletic Training
Fall, Spring. 3(3-0) P: KIN 127 or concurrently R: Open to undergraduate students in the Athletic Training major or in the Kinesiology major. Basic knowledge for the recognition and prevention of athletic injuries.

127 Clinical Observation in Athletic Training
Fall, Spring. 1(0-3) P: KIN 125 or concurrently R: Open to undergraduate students in the Athletic Training major or in the Kinesiology major. Supervised experience in clinical setting in sports medicine.

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.

173 Foundations of Kinesiology
Fall, Spring, Summer. 3(2-2) R: Open to undergraduate students in the Department of Kinesiology. SA: KIN 370, KIN 170 Kinesiology as a disciplinary major. Subdisciplines and professions. Historical, professional and philosophical perspectives.

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 pre-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

204 Sailing and Cruising
Fall, Spring, Summer. 2(1-3) RB: Working knowledge of the sport of sailing. R: Not open to freshmen. 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
Fall, Spring. 1(0-3) P: KIN 216 R: Open to students in the Athletic Training major or in the Kinesiology 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. 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.

250 Measurement in Kinesiology
Fall, Spring. Summer. 3(3-0) R: Open to undergraduate students in the Department of Kinesiology. SA: PES 250 Methods and materials for measurement and evaluation. Motor skills, physical fitness, knowledge, and attitudes associated with physical activity.

300C Coaching Soccer

300D Coaching Basketball

300E Coaching Football

300K Coaching Track and Field
Fall. 2(1-2) RB: Working knowledge of the sports of cross country or track and field. R: Not open to freshmen. SA: PES 300K Techniques and strategies for coaching track and field. Rules, drills, and training. Development and evaluation of participant skills. Planning, conducting, and evaluating practices and meets.

300L Coaching for Strength, Conditioning and Fitness
Summer. 2(2-0) R: Not open to freshmen. Basic theoretical and practical principles of training for increased fitness and/or sport performance. Individual applications to diverse populations.

310 Physiological Bases of Physical Activity
Fall, Spring. 3(3-0) P: (KIN 173 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.
Pathophysiology and pathomechanics of sport injury, tissue response and the healing process as they relate to management and rehabilitation of sports injury.

Biomechanics of Physical Activity
Fall, Spring, Summer. 3(2-2) P: (KIN 173 and KIN 216) and (PHY 231 or PHY 231C or PHY 183 or PHY 183B or PHY 193H) R: Open to juniors or seniors in the Department of Kinesiology. SA: PES 330

Biomechanical analysis of human movement based upon musculoskeletal structure and function. Mechanical principles.

Sport and Exercise Psychology (W)
Fall, Spring. 3(3-0) P: KIN 173 R: Open to seniors in the Kinesiology major or the Athletic Training major. SA: PES 350

Psychological effects on sport, motor performance, and exercise behavior. Influence of sport and exercise on psychological development.

Techniques of Teaching I
Spring. 2(0-6) P: TE 301 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.

Techniques of Teaching II
Fall. 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 volleyball.

Physical Activity and Health Education for Elementary Teachers
Fall, Spring. Summer. 3(2-2) P: TE 150 RB: KIN 121 R: Open to sophomores or juniors or seniors in the Education major or in the Special Education-Learning Disabilities major or in the Child Development major. Physical activity, health-related fitness, and motor skill development of children. Issues and research-based strategies in teaching physical activity and health education in elementary schools.

Physical Growth and Motor Behavior
Fall. Spring. 3(3-0) P: KIN 216 R: Open to undergraduate students in the Department of Kinesiology. SA: KIN 260


Sensorimotor Control
Fall, Spring. 3(2-1) P: KIN 216 RB: functional anatomy, and biomechanics R: Open to undergraduate students in the Department of Kinesiology. Principles of sensorimotor control, coordination, and learning of human movement, from activities of daily living to the performance of elite athletes.

Introduction to Research Methods in Kinesiology
Fall, Spring. 3(3-0) P: KIN 173 and KIN 216 and KIN 250 R: Open to juniors or seniors in the Department of Kinesiology. Research methods as they apply to Kinesiology, study design, statistics, elements of scientific process, scientific writing.

Principles of Coaching I
Fall. 4(4-0) R: Not open to freshmen or sophomores. SA: PES 400

Basic principles of anatomy, biomechanics, and physiology for coaching competitive sports. Applications to athletes of different ages and abilities.

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.

Laboratory Experiences in Exercise Physiology
Fall, Spring. 2(1-3) P: KIN 310 R: Open to students in the Athletic Training major or in the Kinesiology major. SA: PPS 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.

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.

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.

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.

Psychology of Injury
Summer. 3(3-0) RB: 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.
457  Sports and Cardiovascular Nutrition  {}Spring. 3(3-0)  Interdepartmental with Human Nutrition and Foods. Administered by Human Nutrition and Foods. P: (HNF 150 or HNF 260) and (PSL 250 or PSL 431) and (BMB 200 or BMB 401 or BMB 461 or KIN 310). Nutrition for optimizing sport training, recovery, and performance. Power, intermittent, and endurance sports. Overall health with an emphasis on cardiovascular health.

465  Adapted Physical Activity  {}Fall, Spring. 3(2-2) P: KIN 173 R: Open to juniors or seniors in the Department of Kinesiology. 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  {}Spring. 2(2-0) Olympic philosophies, ideals and history. Modernization and changes to the Olympic Games. Professional and amateur sports. Political controversies and achievements.

482F  Exercise Psychology  {}Summer. 3(3-0) Role of psychology in exercise and physical activity. Psychological antecedents and outcomes of exercise. Technology's influence on exercise and physical activity.

490  Independent Study  {}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 490. Supervised individual or group study in various fields of emphasis in kinesiology.

491  Special Topics in Kinesiology  {}Fall, Spring. Summer. 1 to 3 credits. A student may earn a maximum of 6 credits in all enrollments for this course. R: Not open to freshmen or sophomores.

492  Internship: Non-physiologically Based  {}Fall, Spring. Summer. 3 to 6 credits. A student may earn a maximum of 6 credits in all enrollments for this course. RB: Completion of non-physiologically based cognate: Adapted Physical Activity, Administration, Biomechanics, Communication, Growth and Motor Development, Orthotics and Prosthetics, and Psychological Aspects. R: Open to seniors in the Kinesiology major. Approval of department. Not open to students with credit in KIN 493. Professional internship in kinesiology under faculty supervision. Students are involved in community and corporate internships not including physiological testing of patients/clients.

493  Internship: Physiologically Based  {}Fall, Spring. Summer. 3 to 8 credits. A student may earn a maximum of 6 credits in all enrollments for this course. P: KIN 411 RB: Completion of one of the physiologically based cognates. R: Open to seniors in the Kinesiology major. Approval of department. Not open to students with credit in KIN 492. Professional internship in kinesiology under faculty supervision. Students are involved in clinical, rehabilitation, and corporate programs.

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 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.

815  Essentials of Strength and Conditioning  {}Spring. 3(3-0) RB: Human anatomy and physiology; undergraduate courses in biomechanics and exercise physiology. R: Open to master's students in the Department of Kinesiology. Methods and techniques associated with design of strength and conditioning programs to enhance performance in sport and fitness.

816  Exercise Physiology Across the Lifespan  {}Fall of even years. 3(3-0) P: KIN 310 or (PSL 431 and PSL 432) or (ANS 435 and ANS 445) RB: KIN or Animal Science or Physiology or Biology backgrounds recommended. Exercise physiology from childhood, through older adulthood, including pregnancy.

820  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.

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. Summer. 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.


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.
Kinesiology—KIN

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 philosophy and application of scientific findings to practical situations.

856 Physical Bases of Coaching Athletes
Summer. 3(3-0)
Principles of anatomy, biomechanics, and physiology for coaching amateur athletes in various sports. Relationships between the biological bases of coaching and physical conditioning, performance enhancement and the prevention, care, and rehabilitation of injuries.

857 Promoting Positive Youth Development Through Sport
Fall. 3(3-0)
Educational athletic programs for youth. Positive youth development through sports. Coaching and mentoring.

858 Student-Athlete Development
Summer. 3(3-0)
Historical and contemporary issues faced by student-athletes, competencies required for student-athlete eligibility, student-athlete retention data metrics, and reflective thought and programming for student-athletes.

860 Growth and Motor Behavior
Fall. 3(3-0) SA: PES 860

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

862 Neural Basis of Human Movement
Spring. 3(3-0)
Neural basis of sensorimotor control, investigating cortical and subcortical structure/function relationships in healthy humans, and in individuals with movement disorders.

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.

867 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 867
Supervised practice in teaching physical activities and/or coaching sports for persons with disabilities.

870 Physical Activity and Well-Being
Fall. 3(3-0) SA: PES 870
Relationship of physical activity to human well-being. Influence of growth, biological maturity, aging, body composition, nutrition, training, and rest on health and performance.

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.

878 Special Topics in Kinesiology
Fall, Spring, Summer. 1-6 credits. A student may earn a maximum of 9 credits in all enrollments for this course. SA: PES 878
Selected topics. Approval of department.

881 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 master's students. Approval of department. SA: PES 893
Individual study in an area of kinesiology under faculty supervision.

893 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.

894 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.

895 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

897 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.

899 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.

900 Independent Study in Kinesiology
Fall of odd years. 3(3-0) R: Open to doctoral students in the Department of Kinesiology. SA: PES 900
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.

901 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. P: KIN 980 R: Open to doctoral students in the Department of Kinesiology. SA: PES 901
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.

960 Growth and Motor Behavior
Fall. 3(3-0) SA: PES 860

980 Issues in Teaching Undergraduate 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 in the Department of Kinesiology. SA: PES 980
Issues in psychosocial aspects of physical activity.

981 Practicum in Adapted Physical Activity
Fall. 3(3-0) SA: PES 981
Practicum in Adapted Physical Activity. R: Open only to graduate students in the Department of Kinesiology. SA: PES 981
Supervised practice in teaching physical activities and/or coaching sports for persons with disabilities.

985 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
Issues in the psychology and sociology of sport and physical activity.

990 Issues in Teaching Undergraduate 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 in the Department of Kinesiology. SA: PES 990
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.

995 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 in the College of Education. Approval of department. SA: PES 995
Research practicum. Design, execution, analysis, presentation, critique, and revision of research projects.

999 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.