

KINESIOLOGY KIN

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

Beginning swimming. Development of skills in water readiness activities, floating, back and prone glide, sculling, freestyle, backstroke, and elementary backstroke. 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

Basic sailing.

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. RB: Swimming I or equivalent skills. SA: KIN 111F

Beginning scuba. Pool and classroom portion of open water certification.

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. RB: Swimming I or equivalent skills.

Beginning-level hands-on learn to sail program.

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 8 credits in KIN 101-108 and KIN 111-118.

Introduction to the sport of Judo. Learn and perform basic skills including falling, throwing, hold-down, and submission hold. 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.

Introduction to the sport of Karate. Learn and perform the basic skills of kick, strike, block, stance and footwork. 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.

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.

Beginner and intermediate aerobics. Introduction to theoretical and practical principles of stretching, toning, and aerobic activity that progressively improve cardiovascular strength and endurance, flexibility, coordination and body image.

103C Aerobic Exercise, Low Impact

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

Introduction to theoretical and practical principles of stretching, toning, and low impact aerobic activity that progressively improve cardiovascular strength and endurance, flexibility, coordination and body image.

103D General Conditioning I

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

Physical fitness, exercise, and health principles and practices applied to personal exercise and health programs through activities such as target heart rate monitoring, body measurements, posture analysis, and energy intake and expenditure assessments. Demonstrations and vigorous exercise activities.

103G Power Walking

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

Basic knowledge of physical fitness and healthy lifestyle principles. 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.

Basic level weight training principles, basic anatomy, and diet and nutrition. Enhance muscular strength, endurance and flexibility.

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. RB: Swimming I or equivalent skills.

Cardiovascular fitness through swimming. Muscular endurance, strength and flexibility, and cardiovascular fitness. Training principles and techniques such as interval training, long distance swimming and dry land exercises. Basic nutrition and diet guidelines.

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.

Basic understanding of distance running as a form of developing cardiovascular endurance and muscular strength and endurance for recreation and competition. 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.

An alternative to high impact aerobics for beginning and intermediate step students. Introduction to 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.

Intense boxing specific conditioning. Fundamentals and techniques.

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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.

Basic introduction to all aspects of gymnastics including apparatus and tumbling/floor exercises. Perform routines in the vaults, balance beam, parallel bars, rings, pommel horse, and floor. Simple body mechanics and skill progression and analysis. 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 performed by routine on a large mat. Basic skills and develop agility, balance, strength, and flexibility. 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.

Fundamental skills of bowling including form and technique. Terminology, rules, strategies and scoring procedures.

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.

Beginning golf. Rules and etiquette of the game, basic swing fundamentals, and proper equipment selection.

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.

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.

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.

Track and field events that include running, hurdling, jumping, and throwing. Instruction in short, middle and long distance running, relay exchanges, hurdling, high jump, long jump, discus and shot put will be presented. Basic fundamentals, techniques, and rules of track and field. Cardiovascular endurance, muscular strength and endurance, and skill development.

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.

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.

Increase awareness and understanding of sexual assault. Focus on defense against sexual violence. Techniques for diffusing and avoiding potentially dangerous situations. Physical self-defense skills.

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.

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.

Fundamental skills of racquetball including forehand, backhand, and serve. 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.

Introduction to the basic strokes, footwork, and court positions to play singles and doubles tennis. Rules, scoring and game etiquette.

107G Handball

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

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.

Skill drills, half court scrimmages, and full court games to improve basic skills, game play, and endurance. 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.

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.

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.

Fundamental skills, rules and strategies of volleyball. 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.

Basic skills of throwing, fielding, hitting, and base running. Rules, offensive and defensive strategies, and scorekeeping.

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

Basic technical and tactical soccer skills specific to the indoor soccer arena. 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. RB: Swimming I or equivalent skills.

Intermediate swimming 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. Demonstration of knowledge of propulsion and resistance forces, correct stroke technique, and safety and emergency procedures.

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. RB: Swimming II or equivalent skills.

Advanced swimming to refine swimming skills, learn new strokes, increase swimming fitness levels, and learn basic water safety and rescue techniques. Develop and refine skills in sculling, freestyle, backstroke, breaststroke, butterfly, and sidestroke, as well as dives and turns. Demonstration of knowledge of propulsion and resistance forces, correct stroke technique and safety and emergency procedures.

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. RB: Scuba I or equivalent skills.

Explores advanced scuba skills.

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.

Advanced 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. RB: Judo I or equivalent skills.

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.

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. RB: Karate I or equivalent skills. SA: KIN 102D

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.

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.

Intermediate and advanced aerobics. Introduction to theoretical and practical principles of stretching, toning, and aerobic activity that progressively improve cardiovascular strength and endurance, flexibility, coordination 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. RB: General Conditioning I or equivalent skills.

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.

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. RB: General Conditioning II or equivalent skills.

Basic principles of advanced aerobic and strength training programs. Application of knowledge in the form of an individualized exercise program. Competitive training techniques for both an aerobic and strength program.

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. RB: Weight Training I or equivalent skills.

Intermediate level weight training principles, basic anatomy and muscle physiology, and nutrition and diet. Weight training programs and development of personal training programs.

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. RB: Weight Training II or equivalent.

Advanced weight training techniques, principles, and programs. Strength training principles, anatomy and muscle physiology, nutrition and diet. Development of a personalized weight training program that incorporates the principles and guidelines.

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. RB: Strength and Conditioning I or equivalent skills.

Weight training and general conditioning. Vigorous cardiovascular program that combines work on aerobic endurance and emphasizes muscular strength and endurance.

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 aerobic endurance. Aerobic training principles, muscle and cardiovascular physiologies, nutrition and diet. Personalized aerobic training program.

113P Weight Training IV

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

Advanced weight training. Strength training principles, anatomy and muscle physiology, nutrition and diet. Personalized weight training program.

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- 115B Tumbling and 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. RB: Tumbling I or equivalent skills. Intermediate to advanced tumbling, gymnastics and dance skills. Correct body preparation, spotting techniques, and mechanical principles of gymnastics. Performance improvements, skill progression and skill analysis are emphasized.
- 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. RB: Bowling I or equivalent skills. Refine and improve basic bowling skills, while developing technique, form and strategies. Bowling rules and etiquette, spare targeting and conversions, spot or pin bowling and league playing.
- 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. RB: Golf I or equivalent skills. Refine and further develop golf skills to improve ones game and performance. Methods of improvement include analysis of swing form, utilization of regular routines, diagnosis of individual problems, and on-course strategies of play. Different types of competition, special conditions, error shots and examine special condition play. Playing on the golf course, practicing driving, chipping, pitching, and/or putting green(s).
- 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. RB: Horsemanship I or equivalent skills. Advanced horsemanship skill training.
- 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. RB: Ice Skating I or equivalent skills. Introduction to intermediate skating skills and how these integrate into different divisions of figure skating.
- 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. RB: General Conditioning I or equivalent skills. Advanced conditioning in triathlon activities.
- 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. RB: Tennis I or equivalent skills. Development of intermediate and advanced strokes, footwork, and net play. Drills, strategy development, singles and doubles tournament, and psychological aspects of tennis.
- 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. RB: Basketball I or equivalent skills. Enhance fundamental skills and develop advanced skills. Offensive and defensive strategies, and rules of the game.
- 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. RB: Ice Hockey I or equivalent skills. Intermediate and advanced hockey concepts, skills and strategies. Puck control, physical conditioning, team system analysis, and drill design and implementation.
- 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. RB: Soccer I or equivalent skills. Advanced soccer skills, drills, and matches. Game play, strategy development, and cardiovascular development.
- 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. RB: Volleyball I or equivalent skills. Fundamental skill refinement and advanced skill learning. Offensive and defensive strategies, rules, and officiating.
- 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) 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 Taping and Bracing in Athletic Training**
Fall, Spring. 1(0-2) R: Open to undergraduate students in the Department of Kinesiology. Introduction to taping and bracing in Athletic Training.
- 171 Athletics in Higher Education**
Fall. 1(1-0) R: Open 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.
- 202 Aerobic Exercise Instruction**
Fall, Spring. 3(2-3) RB: Experience in aerobic exercise. SA: PES 202 Theory and practice for aerobic exercise leaders. Functional effects of physical activity. Safe exercise techniques. Modifications and precautions for special populations. Choreography practice. Health and exercise screening. Legal issues.
- 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 Athletic Training major or in the Kinesiology 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 or ANTR 350
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 Observations and Introduction to Clinical Skills 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 or concurrently) and (KIN 126 or concurrently) and (KIN 127 or concurrently) R: Open to sophomores or juniors or seniors in the Department of Kinesiology.
Entry level knowledge and skills utilized by Athletic Training profession.
- 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.
- 300a Coaching Baseball**
Fall. 2(1-2) RB: Previous experience in the sports of baseball or softball. R: Not open to freshmen. SA: PES 300A
Techniques for coaching baseball. Rules, strategies, and training. Development and evaluation of player skills. Planning, conducting, and evaluating practices.
- 300C Coaching Soccer**
Spring. 2(1-2) RB: Working knowledge of the sport of soccer. R: Not open to freshmen. SA: PES 300C
Techniques for coaching soccer. Developing and evaluating player and team skills. Planning, conducting and evaluating practices and games. Rules, drills, strategies and training.
- 300D Coaching Basketball**
Fall. 2(2-0) RB: Working knowledge of the sport of basketball. R: Not open to freshmen. SA: PES 300D
Techniques and strategies for coaching basketball. Rules, drills, and training. Development and evaluation of individual and team skills. Planning, conducting, and evaluating practices and games.
- 300E Coaching Football**
Fall. 2(2-0) RB: Working knowledge of the sport of football. R: Not open to freshmen. SA: PES 300E
Techniques and strategies for coaching football. Rules, drills, and training. Development and evaluation of individual and team skills. Planning, conducting, and evaluating practices and games.
- 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.
- 300M Coaching for Strength, Conditioning and Fitness**
Summer. 2(2-0) R: Not open to freshmen. SA: KIN 300L
Basic theoretical and practical principles of coaching/training for increased fitness and/or sports performance. Individual applications to diverse populations.
- 310 Physiological Bases of Physical Activity**
Fall, Spring. 3(3-0) P: ((KIN 173 and CEM 141) and (KIN 216 or ANTR 350) and PSL 250) or (PSL 431 and PSL 432) R: Open to students in the Athletic Training major or in the Kinesiology 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. 3(3-0) P: KIN 125 and KIN 126 and KIN 127 R: Open to students in the Athletic Training Major or in the Kinesiology major. SA: PES 320
Pathophysiology and pathomechanics of sport injury, tissue response and the healing process as they relate to management and rehabilitation of sports injury.
- 330 Biomechanics of Physical Activity**
Fall, Spring, Summer. 3(2-2) P: KIN 173 and (KIN 216 or ANTR 350) 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.
- 345 Sport and Exercise Psychology (W)**
Fall, Spring, Summer. 3(3-0) P: (KIN 173) and completion of Tier I writing requirement R: Open to juniors or seniors in the Athletic Training major or in the Kinesiology major. SA: KIN 340
Psychological effects on sport, motor performance, and exercise behavior. Influence of sport and exercise on psychological development.
- 355 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.
- 360 Physical Growth and Motor Behavior**
Fall, Spring. 3(3-0) P: KIN 216 or ANTR 350 R: Open to undergraduate students in the Athletic Training major or in the Kinesiology major. SA: KIN 260
Physical growth and biological maturity as related to motor performance and development. Sequential progressions of fundamental motor skills. Physical fitness of children and youth. Motor abilities. Stages of skill acquisition.
- 365 Sensorimotor Control**
Fall, Spring. 3(2-1) P: KIN 216 or ANTR 350 RB: KIN 330 R: Open to undergraduate students in the Athletic Training major or in the Kinesiology major.
Principles of sensorimotor control, coordination, and learning of human movement, from activities of daily living to the performance of elite athletes.
- 371 Introduction to Research Methods in Kinesiology**
Fall, Spring. 3(3-0) P: (KIN 173 and KIN 250) and (KIN 216 or ANTR 350) 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
- 400 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.
- 401 Principles of Coaching II**
Spring. 4(4-0) R: Not open to freshmen or sophomores. SA: PES 401
Sociological, administrative, philosophical, legal, ethical, and chemical health issues related to coaching competitive sports. Applications to athletes of different ages and abilities.
- 411 Laboratory Experiences in Exercise Physiology**
Fall, Spring. 2(1-3) P: KIN 310 R: Open to seniors in the Athletic Training major or in the Kinesiology major. SA: PES 411
Laboratory techniques for testing and evaluating individuals for aerobic fitness, muscular strength and endurance, body composition and other physiologic responses to exercise. Exercise program development for personal health fitness.
- 421 Lower Body Injury Evaluation**
Fall. 3(3-0) P: KIN 320 R: Open to students in the Athletic Training Major. SA: PES 421
Knowledge and skills needed for evaluating lower body injuries in athletic training. Techniques and tests used for evaluating acute and chronic injuries to the lower body.
- 422 Rehabilitation of Athletic Injuries**
Fall. 3(3-0) P: KIN 320 and KIN 421 and KIN 423 R: Open to students in the Athletic Training Major. SA: PES 422
Rehabilitation techniques to manage athletic injuries. Anatomical and neurophysiological bases of techniques. Indications and contraindications of rehabilitation protocols.
- 423 Therapeutic Modalities**
Spring. 3(3-0) P: KIN 320 and (PHY 231 or concurrently) R: Open to students in the Athletic Training major.
Therapeutic modalities used to manage athletic injuries and their indications and contraindications. Rationale for and techniques of using thermal and electrical modalities for athletic injuries.
- 424 Psychology of Injury**
Summer. 3(3-0) RB: Athletic training or sport psychology R: Not open to freshmen.
Psychological aspects of athletic injuries. Sociocultural, mental, emotional, and physical behaviors of patients involved in injury rehabilitation.

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- 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 4 credits. A student may earn a maximum of 4 credits in all enrollments for this course. P: KIN 125 and KIN 126 and KIN 127 and KIN 227 and KIN 320 R: Open to students in the Athletic Training major.
Knowledge and skills used to manage, evaluate, and rehabilitate orthopedic injuries in various clinical settings including colleges, high schools, and rehabilitation clinics.
- 441 Mental Skills Training for Performance Enhancement**
Summer, 3(2-2) RB: KIN 340
Learning and practice of mental skills and their application to enhance performance in domains such as athletics, performing arts and business. Analysis of cognitive-behavioral intervention strategies for performance enhancement across skill levels and different sports. Psychological aspects of peak performance.
- 443 Psychophysiological Aspects of Kinesiology**
Fall, Spring, 3(3-0) P: KIN 173 or approval of department RB: Basic concepts in kinesiology and psychology R: Not open to freshmen or sophomores.
Interaction between psychological processes and physiological parameters in exercise science. Utilization of psychophysiological techniques for assessing psychological consequences of exercise and physical activity engagement.
- 445 Sociocultural Analysis of Physical Activity (W)**
Fall, Spring, 3(3-0) P: (KIN 173) and completion of Tier I writing requirement R: Open to undergraduate students in the Athletic Training major or in the Kinesiology major and open to graduate students in the Department of Kinesiology. SA: PES 445
Sociocultural context of and social practices in sport and physical activity.
- 453 Administration of Intramural Sports Programs**
Spring, 3(2-2) R: Not open to freshmen or sophomores. SA: PES 453
Organization and administration of intramural programs in educational settings. Philosophy, planning, scheduling, budgeting, facilities, officiating, exercise fitness, marketing, risk management, computer applications, and required practical experience in administering intramural programs.
- 454 Facility Planning and Construction**
Spring, 3(3-0) R: Not open to freshmen or sophomores. SA: PES 454
Planning of athletic and physical education facilities such as gymnasias, ice rinks, swimming pools, and outdoor areas. Space utilization standards and guidelines. Selection of materials and equipment.
- 456 Ethical Issues in Athletics**
Summer, 2(2-0) R: Not open to freshmen or sophomores. SA: KIN 482C
Ethics of sports at the institutional level in contemporary society. Political, social, and commercial pressures.
- 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 310 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. Role of nutrition, physical activity and exercise on cardiovascular and overall health.
- 465 Adapted Physical Activity**
Fall, Spring, 3(2-2) P: KIN 173 R: Open to 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**
Summer, 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.
Current issues in Kinesiology.
- 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 6 credits. A student may earn a maximum of 6 credits in all enrollments for this course. P: KIN 411 or concurrently 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 masters 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. 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.
- 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
Theoretical bases of psychological stress. Impact of stress on performance. Application of appropriate stress management techniques to athletes. Application of research findings related to athletes.
- 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.
- 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
Developmental skill sequences and behavior across the lifespan. Correlates of growth, maturation, and motor behavior. Individual and gender differences.
- 861 Growth, Maturation, and Physical Activity**
Spring of even years. 3(3-0) RB: KIN 860 SA: PES 861
Physical growth, biological maturation, and motor performance. Development of tissues and organs. Development of motor components. Influences of gender and age on growth and performance. Methods of assessment.
- 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.
- 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.
- 890 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 masters students. Approval of department. SA: PES 890
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
Identifying and resolving ethical problems in research. Collegial interactions. Authorship, publication, and reviewing practices. Data management. Ownership of data and intellectual property. Conflicts of interest. Protection of human and animal subjects. Lab safety and compliance.
- 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 masters 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 R: Open to graduate students in the Department of Kinesiology. SA: PES 899
Master's thesis research.
- 940 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.

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980 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.

981 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.

990 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.

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

Supervised research practicum. Design, execution, analysis, presentation, critique, and revision of research projects.

999 Doctoral Dissertation Research

Fall, Spring, Summer. 1 to 23 credits. A student may earn a maximum of 30 credits in all enrollments for this course. R: Open to doctoral students in the Department of Kinesiology. SA: PES 999

Doctoral dissertation research.