KINESIOLOGY

KIN—Kinesiology

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.

101N  Introduction to Aquatic Paddle Sports
Fall, 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: (KIN 101A) or Equivalent Skills

Learning to kayak, stand-up paddle board and canoe.

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 of 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.

102N  Introduction to Wing Chun
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: Previous experience with the martial arts.

Learning to balance, focus, and self-defense techniques of Wing Chun.

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.

Demonstrations and vigorous exercise activities. Basic knowledge of physical fitness and healthy lifestyle principles. Muscular strength and endurance, cardiovascular endurance, and total body health.

103B  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.

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

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.

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.

103D  General 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.

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

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.

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.

106S Archery
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: Previous experience with shooting a bow and arrow.

Beginning and intermediate level hands-on learning of archery.

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.

107H Handball
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.

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.

Drills and game play.

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, 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 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.
<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>112A</td>
<td>Judo II</td>
<td>Fall, Spring, Summer. (0-2) A student may earn a maximum of 8 credits in all enrollments for this course if different activities or the same activities at higher levels are involved. Students are limited to a combined total of 8 credits in KIN 101-108 and KIN 111-118. 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.</td>
</tr>
<tr>
<td>112B</td>
<td>Karate II</td>
<td>Fall, Spring, Summer. (0-2) A student may earn a maximum of 8 credits in all enrollments for this course if different activities or the same activities at higher levels are involved. Students are limited to a combined total of 8 credits in KIN 101-108 and KIN 111-118. 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.</td>
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<tr>
<td>113A</td>
<td>Aerobic Exercise II</td>
<td>Fall, Spring, Summer. (0-2) A student may earn a maximum of 8 credits in all enrollments for this course if different activities or the same activities at higher levels are involved. Students are limited to a combined total of 8 credits in KIN 101-108 and KIN 111-118. 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.</td>
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<tr>
<td>113B</td>
<td>General Conditioning II</td>
<td>Fall, Spring, Summer. (0-2) A student may earn a maximum of 8 credits in all enrollments for this course if different activities or the same activities at higher levels are involved. Students are limited to a combined total of 8 credits in KIN 101-108 and KIN 111-118. RB: General Conditioning I or equivalent skills. Improve cardiovascular endurance, body strength, flexibility, agility, balance, and rhythm through aero-bic exercises, flexibility and resistance training programs. Extensive information on physical fitness, exercise, and health principles and practices.</td>
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<tr>
<td>113C</td>
<td>General Conditioning III</td>
<td>Fall, Spring, Summer. (0-2) A student may earn a maximum of 8 credits in all enrollments for this course if different activities or the same activities at higher levels are involved. Students are limited to a combined total of 8 credits in KIN 101-108 and KIN 111-118. 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.</td>
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<tr>
<td>113D</td>
<td>Weight Training III</td>
<td>Fall, Spring, Summer. (0-2) A student may earn a maximum of 8 credits in all enrollments for this course if different activities or the same activities at higher levels are involved. Students are limited to a combined total of 8 credits in KIN 101-108 and KIN 111-118. 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.</td>
</tr>
<tr>
<td>113E</td>
<td>Weight Training II</td>
<td>Fall, Spring, Summer. (0-2) A student may earn a maximum of 8 credits in all enrollments for this course if different activities or the same activities at higher levels are involved. Students are limited to a combined total of 8 credits in KIN 101-108 and KIN 111-118. RB: Weight Training II or equivalent skills. 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 incorpo-rates the principles and guidelines.</td>
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<tr>
<td>113F</td>
<td>Weight Training III</td>
<td>Fall, Spring, Summer. (0-2) A student may earn a maximum of 8 credits in all enrollments for this course if different activities or the same activities at higher levels are involved. Students are limited to a combined total of 8 credits in KIN 101-108 and KIN 111-118. RB: Weight Training 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.</td>
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<tr>
<td>113G</td>
<td>SCUBA Diving II</td>
<td>Fall, Spring, Summer. (0-2) A student may earn a maximum of 8 credits in all enrollments for this course if different activities or the same activities at higher levels are involved. Students are limited to a combined total of 8 credits in KIN 101-108 and KIN 111-118. RB: Scuba I or equivalent skills. Explores advanced scuba skills.</td>
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<tr>
<td>113H</td>
<td>SCUBA Open Water Certification</td>
<td>Fall, Spring, Summer. (0-2) A student may earn a maximum of 8 credits in all enrollments for this course if different activities or the same activities at higher levels are involved. Students are limited to a combined total of 8 credits in KIN 101-108 and KIN 111-118. RB: Open Water Certification. Basic scuba skills.</td>
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<tr>
<td>113I</td>
<td>General Conditioning IV</td>
<td>Fall, Spring, Summer. (0-2) A student may earn a maximum of 8 credits in all enrollments for this course if different activities or the same activities at higher levels are involved. Students are limited to a combined total of 8 credits in KIN 101-108 and KIN 111-118. RB: General Conditioning IV or equivalent skills. Advanced conditioning in triathlon activities.</td>
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<tr>
<td>113J</td>
<td>General Conditioning V</td>
<td>Fall, Spring, Summer. (0-2) A student may earn a maximum of 8 credits in all enrollments for this course if different activities or the same activities at higher levels are involved. Students are limited to a combined total of 8 credits in KIN 101-108 and KIN 111-118. RB: General Conditioning V or equivalent skills. Advanced horsemanship skill training.</td>
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<tr>
<td>113K</td>
<td>Horsemanship II</td>
<td>Fall, Spring, Summer. (0-2) A student may earn a maximum of 8 credits in all enrollments for this course if different activities or the same activities at higher levels are involved. Students are limited to a combined total of 8 credits in KIN 101-108 and KIN 111-118. RB: Horsemanship I or equivalent skills. Advanced horsemanship skill training.</td>
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<tr>
<td>113L</td>
<td>Tumbling and Floor Exercise II</td>
<td>Fall, Spring, Summer. (0-2) A student may earn a maximum of 8 credits in all enrollments for this course if different activities or the same activities at higher levels are involved. Students are limited to a combined total of 8 credits in KIN 101-108 and KIN 111-118. 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.</td>
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<tr>
<td>113M</td>
<td>Weight Training IV</td>
<td>Fall, Spring, Summer. (0-2) A student may earn a maximum of 8 credits in all enrollments for this course if different activities or the same activities at higher levels are involved. Students are limited to a combined total of 8 credits in KIN 101-108 and KIN 111-118. RB: Weight Training IV 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.</td>
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<tr>
<td>113N</td>
<td>Golf II</td>
<td>Fall, Spring, Summer. (0-2) A student may earn a maximum of 8 credits in all enrollments for this course if different activities or the same activities at higher levels are involved. Students are limited to a combined total of 8 credits in KIN 101-108 and KIN 111-118. RB: Golf I or equivalent skills. Refine and further develop golf skills to improve one’s game and performance. Methods of improvement include analysis of swing form, utilization of regular routines, diagnosis of individual problems, and course strategies of play. Different types of competition, special conditions, field conditions, and special condition play. Playing on the golf course, practicing driving, chipping, pitching, and/or putting green(s).</td>
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<tr>
<td>113O</td>
<td>Triathlon Training</td>
<td>Fall, Spring, Summer. (0-2) A student may earn a maximum of 8 credits in all enrollments for this course if different activities or the same activities at higher levels are involved. Students are limited to a combined total of 8 credits in KIN 101-108 and KIN 111-118. RB: General Conditioning I or equivalent skills. Advanced conditioning in triathlon activities.</td>
</tr>
</tbody>
</table>
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. Offensive and defensive strategies, and rules of the game.

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. KIN 370, KIN 170 Kinesiology as a disciplinary major. Subdisciplines and professions. Historical, professional and philosophical perspectives.

202 Aerobic Exercise Instruction

204 Sailing and Cruising
Fall, Spring, Summer. 2(1-3) R: 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) R: 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. R: (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.

228 Clinical Rotation and Skills Introduction in Athletic Training
Spring, 1(1-1) R: (KIN 125 or concurrently) or (KIN 126 or concurrently) or (KIN 127 or concurrently) or (KIN 320 or concurrently) R: Open to students in the Athletic Training Major. Beginning progression of the basic hands-on clinical skills utilized by athletic trainers. Offered second half of semester.

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.

251 Principles of Human Movement
Fall, Spring, 4(3-2) R: Functional Anatomy R: Open to students in the College of Education. Basic principles governing human movement with a focus on mechanics, movement coordination and motor learning aspects.

300A Coaching Baseball
Fall. 2(1-2) R: 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

300D Coaching Basketball

300E Coaching Football
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.

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.

495 Undergraduate Experiences in Research  
Fall, Spring. Summer. 1 to 4 credits. A student may earn a maximum of 6 credits in all enrollments for this course. R: Approval of department. Supervised experiences in research in various fields of emphasis in kinesiology.

810 Metabolic Responses to Exercise  
Fall of even 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  
Spring of odd years. 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 (PHS 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.

829 Safety and Injury Control  
Summer. 3(3-0) P: KIN 872 or concurrently R: Approval of department. Health and safety of participants. Prevention, care, and management of 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  

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  
Spring. 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 Athletics  
Fall. 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.
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, and performance enhancement.

Promoting Positive Youth Development Through Sport
Fall. 3(3-0) P: KIN 872 or approval of department R: Approval of department.
Educational athletic programs for youth. Positive youth development through sports. Coaching and mentoring.

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.

Growth and Motor Behavior
Fall. 3(3-0) SA: PES 861

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

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.

Stages of Athlete Development
Spring. 3(3-0) P: KIN 872 R: Approval of department C: KIN 868 concurrently.

Skill Development in Athletes
Spring. 3(3-0) P: KIN 872 R: Approval of department C: KIN 865 concurrently.
Best practices in developing skills. Age appropriate approaches. Maximizing abilities of individuals and team success. Scouting methods and competitive sport approaches.

Physical Activity and Well-Being
Spring of even years. 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.

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.

Coaching Science: Applied Research
Summer. 3(3-0) R: Approval of department. Coaching, sport leadership, science and best practices. Applied research and inquiry.

Sport and Leadership Practicum
Fall, Spring. Summer. 3(1-4) P: (KIN 872 and KIN 856) and ((KIN 855 or concurrently) or (KIN 857 or concurrently)) R: Approval of department.
Supervised practical experiences in specific sport or leadership programs.

Independent Study in Kinesiology
Fall, Spring, Summer. 1 to 6 credits. A student may earn a maximum of 6 credits in all enrollments for this course. R: Open only to master’s students. Approval of department. SA: PES 890
Individual study in an area of kinesiology under faculty supervision.

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

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

Research Ethics
Summer. 1(1-0) Interdepartmental with Counseling, Educational Psychology and Special Education and Educational Administration and Teacher Education. Approval of department. C: KIN 854 and KIN 855 and KIN 856 and KIN 857 and KIN 865 and KIN 866 and KIN 872 and KIN 880 R: Approval of department.

Integrative Capstone in Sport Coaching and Leadership
Summer. 3(3-0) P: (KIN 829 or concurrently) and KIN 854 and KIN 856 and KIN 857 and KIN 865 and KIN 866 and KIN 872 and KIN 880 R: Approval of department.
Integrative capstone in coaching science, best practices, leadership, and management in sport.

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

Master’s Thesis Research
Fall, Spring, Summer. 1 to 6 credits. A student may earn a maximum of 6 credits in all enrollments for this course. RB: KIN 871 R: Open to graduate students in the Department of Kinesiology. SA: PES 899
Master’s thesis research.

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

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

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

Independent Study in Kinesiology
Fall, Spring, Summer. 1 to 6 credits. A student may earn a maximum of 6 credits in all enrollments for this course. R: Open only to doctoral students. Approval of department. SA: PES 990
Individual study in an area of kinesiology under faculty supervision.

Research Practicum in Kinesiology
Fall, Spring, Summer. 1 to 23 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.

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.