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

Introduction to 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 Intro to Stand-up Paddleboarding, Kayaking and Canoeing
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 paddleboard 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
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. 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.
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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. Introduction to 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.

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. Basic technical and tactical soccer skills specific to the indoor soccer arena. Drills and game play.

108W Wheelchair Sports
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 sport skills. Team offensive and defensive concepts and strategies in a variety of wheelchair-based sports.
109 Specialized Sports and Physical Activities
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.

Specialized opportunities in sports and physical activities. Competence in special skills, rules, and cultural perspectives as related to various offered activities.

111A 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: Swimming I or equivalent skills.

Advanced SCUBA diving. Explores advanced scuba skills.

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.

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.

Improving 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.

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.

118 RB: Judo I or equivalent skills.

118. RB: Karate I or equivalent skills.

118. RB: General Conditioning II or equivalent skills.

118. RB: Karate II or equivalent skills. SA: KIN 102D

118. RB: Box II or equivalent skills.

118. RB: (KIN 103V) or equivalent skills

118. RB: General Conditioning III or equivalent skills.

118. RB: Judo II or equivalent skills.

118. RB: Box III or equivalent skills.

118. RB: Weight Training III or equivalent skills.

118. RB: Weight Training IV or equivalent skills.

118. RB: Judo III or equivalent skills.

118. RB: Karate III or equivalent skills.

118. RB: Swimming III or equivalent skills.

118. RB: Swimming II or equivalent skills.

118. RB: SCUBA Diving II.

118. RB: SCUBA Diving I.

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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 one's game and performance. Methods of improvement include analysis of swing form, utilization of regular routines, diagnosis of individual problems, and on-course strategies of play. 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 Archery II
   Fall, Spring. 1(0-2) A student may earn a maximum of 8 credits Students are limited to a combined total of 8 credits in KIN 101-108 and KIN 111-118 if different activities or the same activities at higher levels are involved. P: KIN 106S or approval of department RB: Prior archery experience. Advanced level hands-on learning of archery.

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) R: Open to undergraduate students in the Athletic Training Major or in the Health Promotion Minor or in the Kinesiology major. 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 Injury
   Fall, Spring. 3(3-0) R: Open to undergraduates in the Kinesiology major. Basic knowledge for the recognition and prevention of athletic injuries.

127 Taping and Bracing in Athletic Injury
   Fall, Spring. 1(0-2) R: Open to undergraduates in the Department of Kinesiology. Introduction to taping and bracing for athletic injuries.

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.

202 Aerobic Exercise Instruction

204 Sailing and Cruising
   Fall, Spring, Summer. 2(1-2) RB: Competence as an advanced swimmer. SA: PES 204 Lifeguarding knowledge and skills necessary to obtain American Red Cross Lifeguarding certificate. Advanced swimming level is assumed.

216 Applied Human Anatomy
   Fall, Spring, Summer. 3(3-0) R: Open to undergraduate students in the Athletic Training Major or in the Kinesiology major or in the Coaching Minor. 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.

228 Clinical Rotation and Skills Introduction in Athletic Training
   Spring. 1(1-1) P: (KIN 125 or concurrently) or (KIN 126 or concurrently) or (KIN 127 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 under-graduate students in the Athletic Training Major or in the Kinesiology major. 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, Summer. 4(3-2) RB: Functional Anatomy R: Open to students in the Athletic Training Major or in the Kinesiology major. Basic principles governing human movement with a focus on mechanics, movement coordination and motor learning aspects.

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

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

300D Coaching Basketball
Fall. 2(1-2) RB: Working knowledge of the sport of basketball. R: Not open to freshmen. SA: PES 300D

300E Coaching Football
Fall. 2(1-2) RB: Working knowledge of the sport of football. R: Not open to freshmen. SA: PES 300E

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 310) 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.
Knowledge and skills used to manage, evaluate, and rehabilitate orthopedic injuries in various clinical settings including colleges, high schools, and rehabilitation clinics.

443 Psychophysiological Aspects of Kinesiology
Fall, Spring. 3(3-0) P: KIN 173 or approval of department RB: Basic concepts in kinesiology. R: Open to undergraduates 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.

454 Facility Planning and Construction
Spring. 3(0-3) R: Not open to freshmen or sophomores. SA: PES 454

Planning of athletic and physical education facilities such as gymnasium, ice rinks, swimming pools, and outdoor areas. Space utilization standards and guidelines. Selection of materials and equipment.

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 (PSL 250 or PSL 310 or PSL 431) and (MBM 200 or MBM 401 or MBM 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 undergraduate students in the Athletic Training Major or in the Kinesiology major. SA: PES 465

Teaching and coaching physical activities for persons with disabilities.

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.

810 Metabolic Responses to Exercise
Spring 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.
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 students in the Sport Coaching and Leadership Major or in the Kinesiology major.

Safety and Injury Control
Summer. 3(3-0) R: Open to graduate students in the Education Major or in the Sport Coaching and Leadership Graduate Certificate.

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

Theory and Practice of Modern Sport Leadership
Spring. 3(3-0) R: Open to graduate students in the Sport Coaching and Leadership Graduate Certificate or in the Sport Coaching and Leadership Major or approval of department.

Special Topics in Sport Coaching and Leadership
Fall. 3(3-0) A student may earn a maximum of 9 credits in all enrollments for this course. R: Open to graduate students in the Sport Coaching and Leadership Graduate Certificate or in the Sport Coaching and Leadership Major or approval of department.

Ethics in Sport Coaching and Leadership
Spring, Summer. 1(1-0) R: Open to graduate students in the Sport Coaching and Leadership Graduate Certificate or in the Sport Coaching and Leadership Major or approval of department.

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

Legal and Administrative Issues for Administrators and Coaches
Spring. 3(3-0) R: Open to students in the Education Major or in the Sport Coaching and Leadership Graduate Certificate or in the Sport Coaching and Leadership Major. Responsibilities of administrators, directors of recreational programs and athletic coaches for providing and maintaining educationally sound athletic programs for amateur athletes. Concepts, policies and procedures that enhance the physical and psychological health of amateur athletes. Obligations for managing the risks of participation in physical activities.

Psychosocial Bases of Coaching Athletes
Fall. 3(3-0) R: Open to students in the Education Major or in the Sport Coaching and Leadership Graduate Certificate or in the Sport Coaching and Leadership Major or approval of department.

Physical Bases of Coaching Athletes
Summer. 3(3-0) R: Open to students in the Education Major or in the Sport Coaching and Leadership Graduate Certificate or in the Sport Coaching and Leadership Major.

Promoting Positive Youth Development Through Sport
Fall. 3(3-0) R: Open to graduate students in the Education Major or in the Sport Coaching and Leadership Graduate Certificate. 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.

Scholastic Athletic Administration
Fall. 3(3-0) R: Open to graduate students in the Sport Coaching and Leadership Graduate Certificate or in the Sport Coaching and Leadership Major or approval of department.

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

Growth, Maturation, and Physical Activity
Spring of even years. 3(3-0) RB: KIN 880 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) R: Open to graduate students in the Education Major or in the Sport Coaching and Leadership Major or in the Sport Coaching and Leadership Graduate Certificate.

Physical Activity and Well-Being
Fall. 3(3-0) R: Open to graduate students in the Education Major or in the Sport Coaching and Leadership Faculty or in the Kinesiology major.

Physical Activity and Well-Being
Spring. 3(3-0) R: Open to graduate students in the Department of Kinesiology. 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: Open to master’s students in the Sport Coaching and Leadership Major.

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: Open to master’s students in the Sport Coaching and Leadership Major.

Kinesiology—Kinesiology
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 master's 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 Psy and Special Education and Educational Administration and Teacher Education. Administered by Kinesiology. R: Open to graduate students. SA: PES 895

896 Integrative Capstone in Sport Coaching and Leadership
Fall, Spring, Summer. 2(2-0) P: KIN 872 and KIN 880 or approval of department R: Open to master's students in the Sport Coaching and Leadership Major. SA: PES 896
Integrative capstone in coaching science, best practices, leadership, and management in sport.

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

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

900 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 890
Individual study in an area of kinesiology under faculty supervision.

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 840
Selected issues in the psychology and sociology of sport and physical activity.

941 Motivational Processes in Sport and Exercise
Fall of odd years. 3(3-0) P: KIN 840 or approval of department RB: Previous graduate coursework in sport/exercise psychology, health promotion, or general psychology. R: Open to graduate students in the Department of Kinesiology or approval of department. SA: PES 893
Motivational processes in sport and exercise settings. Antecedents and consequences of motivated behavior from theoretical, research, and application perspectives. Participation motivation in sport, intrinsic/extrinsic motivational orientations, achievement goals, and contemporary theories of exercise motivation.

960 Issues in Motor Behavior
Spring. 3(3-0) A student may earn a maximum of 6 credits in all enrollments for this course. R: Open to master's students in the Sport Coaching and Leadership Major. SA: PES 895
Selected issues in motor development, motor learning, adapted physical education, and related fields of study.

995 Research Practicum 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: Open only to doctoral students. Approval of department. SA: PES 890
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 899
Doctoral dissertation research.