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 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 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. Basic understanding of distance running as a form of cardiovascular fitness. Training principles and techniques such as interval training, long distance swimming and dry land exercises. Basic nutrition and diet guidelines.

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, cardiovascular fitness techniques.

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 cardiorespiratory 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. 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, 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 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 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  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.

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.

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.

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 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. 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.

113D  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 skills.

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 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 incorporates the principles and guidelines.

113G  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: General Conditioning III or equivalent level of aerobic fitness.

Vigorous cardiovascular program that emphasizes advanced aerobic endurance. Aerobic training principles, muscle and cardiovascular physiology, nutrition and diet. Personalized aerobic training program.

113P  Weight Training V  
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.

113V  Boxing Conditioning II  
Fall, Spring, Summer. 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. RB: (KIN 103V) or equivalent skills

Intense boxing specific conditioning. Fundamentals and techniques.

113W  Boxing Conditioning III  
Fall, Spring, Summer. 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. RB: (KIN 113V) or equivalent skills

Advanced boxing specific conditioning and techniques.

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.
116S 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 6 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 6 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 6 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 6 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 6 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 undergraduate students in the Department of Kinesiology. 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 undergraduate students 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.

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

174 Human Medical Terminology  
Spring, Summer. 2(2-0) R: KIN 173 R: Open to undergraduate students in the Department of Kinesiology. Foundational medical terminology with a focus on cardiovascular, pulmonary, musculoskeletal and neurological systems. Common prefixes, suffixes and root words organized by body system, structures and functions, diagnostic procedures and treatments.

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.
445  Sport and Physical Activity in Society (W)  
Fall. Spring. 3(3-0) P: (KIN 173) and completion of Tier I writing requirement R: Open to juniors or seniors 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(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. 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) 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 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.

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.

496  Internship: Athletic Training-Based  
Fall. Spring. 3 credits. A student may earn a maximum of 6 credits in all enrollments for this course. P: KIN 125 and KIN 126 and KIN 127 R: Open to seniors in the Department of Kinesiology. Approval of department. Professional internship in Athletic Training under faculty supervision. Observation and prevention of athletic injury in high school and collegiate athletics.

500  Pathophysiology and Functional Anatomy  
Summer. 3(2-2) R: Open to students in the Athletic Training Major. Functional anatomy and pathophysiology of sports injury. Practical strategies and methods for management, development, and advancement of sport professionals, athletes, and stakeholders.

801  Emergency Procedures for Athletic Trainers  
Summer. 3(2-2) R: Open to students in the Athletic Training Major. Scientific and philosophical foundations of preventative care and pre-hospital emergency care. Knowledge, critical thinking, problem solving skills, emergency care principles and associated skills in a variety of clinical and professional settings.

802  Athletic Training Practicum I  
Summer. 2(1-2) P: KIN 801 R: Open to students in the Athletic Training Major. Integration of learning with the associated psychomotor skills required for the practice of athletic training. Implementation of emergency action plans, pre-hospital emergency care, and record keeping practices in a clinical field experience under the direct supervision of a preceptor.

803  Athletic Training Practicum II  
Fall. 2(1-2) P: KIN 800 and KIN 801 and KIN 802 R: Open to students in the Athletic Training Major. Practicum experiences to integrate learning with the associated psychomotor skills. Anatomical palpation, emergency procedures, and clinical practices.

804  Athletic Training Practicum III  
Spring. 2(1-2) P: KIN 803 and KIN 832 and KIN 833 R: Open to students in the Athletic Training Major. Clinical practicum experiences for learning psychomotor skills related to Athletic Training. Lower extremity injuries, lower extremity modalities and rehabilitation, and clinical practices in a clinical field experience.

805  Athletic Training Practicum IV  
Summer. 1(0-2) P: KIN 804 and KIN 836 and KIN 838 R: Open to students in the Athletic Training Major. Clinical practicum experiences to integrate learning with the associated psychomotor skills. Emphasizes general medical conditions and clinical practices in a clinical field experience.

806  Athletic Training Practicum V  
Fall. 2(1-2) R: KIN 805 and KIN 836 and KIN 838 R: Open to students in the Athletic Training Major. Clinical practicum experiences in learning with the associated psychomotor skills required for athletic training. Upper extremity injuries, upper extremity modalities and rehabilitation, general medical conditions, pharmacology, and clinical practices.

807  Athletic Training Practicum VI  
Spring. 3(0-4) P: KIN 806 and KIN 883 and KIN 884 and KIN 885 R: Open to students in the Athletic Training Major. Clinical practicum experiences for learning with the associated psychomotor skills required for the practice of athletic training. Immersive clinical field experience under the direct supervision of a preceptor.

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.

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 course work in anatomy, physiology, and exercise physiology. SA: PES 813 Acute and chronic effects of exercise on neuromuscular functions. Role of these systems in limiting exercise performance.

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.


Methods for critically evaluating the quality of clinical research, implanting outcomes assessment techniques, and developing interventions to improve the delivery of primary healthcare in athletic training practice.

Pharmacology for Athletic Trainers. Application of pharmacology to Athletic Training clinical practice. Drug-related side effects when a negative reaction is occurring, and managing instances of drug abuse in athletes.

Legal and Administrative Issues for Administrators and Coaches. 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. Athlete motivation, motivational climates, and the social psychology of coaching and leadership. Communication skills and leadership behaviors. Athletic mental health. Mental skills that enhance an athlete’s performance.


Student-Athlete Development. 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. Skills to direct athletic programs in secondary educational settings. Athletic policies and guidelines of facilities, equipment, budget, and structure.

KIN—Kinesiology

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

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

865 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.

868 Skill Development in Athletes
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.
Best practices in developing skills. Age appropriate approaches. Maximizing abilities of individuals and team success. Scouting methods and competitive sport approaches.

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

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.

872 Coaching Science: Applied Research
Summer. 3(3-0) R: Open to master's students in the Sport Coaching and Leadership Major.
Coaching, sport leadership, science and best practices. Applied research and inquiry.

880 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.
Supervised practical experiences in specific sport or leadership programs.

883 Health Care Administration for Athletic Trainers
Fall. 3(3-0) P: KIN 835 and KIN 836 and KIN 837 and KIN 838 R: Open to students in the Athletic Training Major.
Professional management and administrative issues in athletic training. Planning, design, development, organization, implementation, direction, and evaluation of health care programs. Current issues in athletic training related to professional conduct and practice.

884 Spine Evaluations and Advanced Rehabilitation
Fall. 3(2-2) R: Open to students in the Athletic Training Major.
Techniques of manual clinical evaluation of the spine. Correction skills for spinal dysfunctions.

885 Sport Biomechanics
Fall. 3(3-0) R: Open to students in the Athletic Training Major.
Biomechanics of tissues involved in common musculoskeletal injuries. Common methods of biomechanical assessment in athletic populations, and application of these concepts to the mechanisms of musculoskeletal injury and the approach to rehabilitation.

886 Psychology of Sports Injury and Rehabilitation
Spring. 2(2-0) P: KIN 883 and KIN 884 and KIN 885 R: Open to students in the Athletic Training Major.
Psychology of injury that may affect athletes. Risk, culture, pain science, adherence to rehabilitation regimens, the relationship between psychological factors and clinical outcomes, and referrals for additional support.

887 Performance Enhancement in Sport
Fall. 3(3-0) P: KIN 883 and KIN 884 and KIN 885 R: Open to students in the Athletic Training Major.
Athletic trainer's roles in modifying nutritional behaviors of athletes. Achieving peak performance in athletes by training and consumption of nutrients. Pre-game and post-game meals.

888 Seminar in Athletic Training
Spring. 3(2-2) P: KIN 836 and KIN 837 R: Open to students in the Athletic Training Major.
Scientific writing and clinical research. Case reports, critically appraised topics (CATs), or research projects to address health-related problems in Athletic Training.

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
Independent 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 890 or approval of department R: Open to master's students in the Sport Coaching and Leadership Major.
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.

901 Grant Writing in Kinesiology
Spring of even years. 3(3-0) R: Open to graduate students in the Department of Kinesiology or approval of department.
Preparing and writing successful federal and foundation grant applications in Kinesiology.

921 Biopsychosocial Aspects of Athletic Injury
Fall of odd years. 3(3-0) R: Open to graduate students in the Department of Kinesiology or approval of department.
Biopsychosocial approaches to treating patients experiencing athletic injury and undergoing rehabilitation. Application and synthesis of biopsychosocial theories and biopsychosocial therapeutic interventions into athletic injury research and clinical practice.
Assessment Methods for Physically Active Pathological Populations
Spring of even years. 3(3-0) R: Open to graduate students in the Department of Kinesiology or approval of department. Theoretical basis and measurement techniques commonly utilized in clinical research to assess physically active pathologic populations. Development of analytical skills needed to capture and analyze outcome measures related to human movement, clinical imaging, and muscle function.

Translation of Research Evidence
Fall of even years. 3(3-0) R: Open to graduate students in the Department of Kinesiology or approval of department. Critical evaluation of research evidence, clinical translation of evidence, and effective dissemination in sports medicine.

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.

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. 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.

Latent Variable Modeling in Sport and Exercise Psychology
Spring of odd years. 3(3-0) P: CEP 934 or approval of department RB: Introductory and intermediate courses in applied statistics. R: Open to doctoral students in the Department of Kinesiology. Approval of department. Applied statistics within the latent variable modeling framework as applied to data relevant to psychosocial aspects of sport and physical activity.

Issues in Motor Behavior
Spring. 3(3-0) A student may earn a maximum of 9 credits in all enrollments for this course. RB: KIN 860 SA: PES 960 Selected issues in motor development, motor learning, adapted physical education, and related fields of study.

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.