

# Kinesiology

## LOWER DIVISION

**KINS 120. Developing Life Skills for Student-Athletes** (3). Develop as a whole person: athletically, academically, personally. Goal setting; wellness and nutrition; communication; future career endeavors.

**KINS 165. Foundations of Kinesiology** (3). Contemporary practices; current issues. Philosophies and cultural foundations of human movement. Develop writing skills.

**KINS 276. Techniques in Athletic Training** (3). Care and prevention of athletic injuries: taping, emergency care, rehabilitation, injury prevention, use of therapeutic equipment. [Prereq: Human Anatomy or Human Physiology course.]

## UPPER DIVISION

**KINS 311. Concepts of Teaching Aquatics** (2). Analysis of teaching concepts and skills in aquatics; instructional approaches, planning, curriculum, and evaluation of concepts and skills for water safety instruction.

**KINS 313. Concepts of Teaching Dance** (2). Analysis of teaching concepts and skills in dance forms; instructional approaches, planning, curriculum, and evaluation of rhythm and movement concepts and skills (e.g., multicultural, social, classical, and contemporary dance).

**KINS 315. Concepts of Teaching Dynamic Patterns of Movement** (2). Analysis of teaching concepts and skills in dynamic patterns of movement; instructional approaches, planning, curriculum, and evaluation of combatives/self-defenses and gymnastics concepts and skills.

**KINS 317. Concepts of Teaching Fitness** (2). Analysis of basic principles, theories, and practice for development and maintenance of health and physical performance; instructional approaches, planning, curriculum, and evaluation of health-related fitness concepts.

**KINS 319. Concepts of Teaching Individual Activities** (2). Analysis of teaching concepts and skills in individual activities, (e.g., archery, badminton, bowling, golf, pickleball, and tennis). Evaluation of instructional approaches, planning, curriculum, and assessment strategies.

**KINS 321. Concepts of Teaching Recreational Activities** (2). Analysis of teaching concepts and skills in recreational games and outdoor education; instructional approaches, planning, curriculum, and evaluation of various outdoor settings, ice-breakers, mixers, initiatives, and educationally-based games.

**KINS 323. Concepts of Teaching Team Activities** (2). Analysis of teaching concepts and skills in team activities (e.g., basketball, flickerball, football, lacrosse, soccer, softball, volleyball, and ultimate frisbee). Instructional approaches, planning, curriculum, and assessment strategies.

**KINS 325. Health-Related Exercise** (2). Principles, theory, and practice of health-related

exercise through fitness programs, recreational activities, and outdoor education. Analysis of teaching and learning; instructional and curricular approaches; standards-based instruction; planning and assessment strategies. [Rep once.]

**KINS 327. Games Concepts I** (3). Teaching Games for Understanding (TGFU) as applied to net/wall and target-based activities. Analysis of teaching and learning; instructional and curricular approaches; standards-based instruction; planning and assessment strategies. [Rep once.]

**KINS 329. Games Concepts II** (3). Teaching Games for Understanding (TGFU) as applied to invasion and fielding/run scoring activities. Analysis of teaching and learning; instructional and curricular approaches; standards-based instruction; planning and assessment strategies. [Rep once.]

**KINS 339. Group Exercise Instruction** (2). Theory and practice for group exercise leaders. Functional effects of exercise, safe techniques, modifications for special populations, choreography, health screening, and legal issues. Prepares individuals to be effective exercise instructors.

**KINS 378. Sport in Society** (3). Physical activity as part of culture: how it affects values, attitudes, technology; how it works in sociocultural systems.

**KINS 379. Exercise Physiology** (4). How the body responds, adjusts, and adapts to exercise. Muscular, circulatory, respiratory, energy, and endocrine systems. [Prereq: ZOOL 113 or ZOOL 310. Weekly: 3 hrs lect, 2 hrs act.]

**KINS 384. Curriculum & Instructional Strategies in Physical Education** (3). Evaluate curriculum content of secondary physical education programs. Implement curricular theory by developing an instructional program. Employ effective management techniques in lab settings.

**KINS 385. Adapted Physical Education** (3). Principles, practices. Consider exceptional individuals found in public schools. Appropriate evaluation and programming techniques.

**KINS 386. Structural Kinesiology** (4). Structural/mechanical analysis of human motor performance. Osteology, arthrology, myology, anatomical mechanics, motion ability factors, anthropometry, and specific structural movement problems, with emphasis on qualitative analysis. [Weekly: 3 hrs lect, 2 hrs lab. Prereq: ZOOL 270.]

**KINS 425. Strength & Conditioning** (3). Scientific basis for and practical applications of resistance training. Design and implementation of conditioning programs. Lifting mechanics, techniques and instructional strategies for teaching weight lifting for sport/performance outcomes. [Prereq: KINS 379 and KINS 386 (C).]

**KINS 447. Pharmacology & Ergogenic Aids** (3). Medication effects on the physiological response to exercise/stress testing. Effects of ergogenic aids on performance/health.

**KINS 456A. Fitness Assessment & Exercise Programming** (4). Implementation of fitness assessments to evaluate cardiorespiratory endurance and body composition, and to develop exercise prescriptions based on assessment data for low-to moderate-risk individuals and those with

controlled disease. [Weekly: 3 hrs lect, 2 hrs activ. Prereq: HED 120, KINS 379.]

**KINS 456B. Fitness Assessment & Exercise Programming** (4). Implementation of fitness assessments to evaluate muscular fitness and flexibility, and to develop exercise prescriptions based on assessment data for low-to moderate-risk individuals and those with controlled disease. [Weekly: 3 hrs lect, 2 hrs activ. Prereq: HED 120, KINS 379.]

**KINS 460. Human Performance Lab Techniques** (1). Introduction to the basic testing procedures used in the assessment of human performance, health, and wellness. Application and practice of techniques in administering tests and analysis of data. [Kinesiology majors with junior standing or greater: Rep.]

**KINS 474. Psychology of Sport & Exercise** (3). Theoretical and applied aspects of the psychology of exercise and sport. Review of personality, motivational processes, interpersonal and group processes, developmental patterns, and intervention techniques in cultural contexts. [Prereq: junior standing or greater: DCG-d.]

**KINS 475. Elementary School Physical Education** (3). Analyze motor skills. Appropriate movement patterns and progressions for children and early adolescents. Meets elementary education credential requirements.

**KINS 480. Special Topics** [1-4]. Topics of current interest. Lect/lab as appropriate. [Rep.]

**KINS 482. Internship in Kinesiology** [2-7]. Supervised experience in corporate/private business, clinical, community, educational, research, or sport performance setting. Application of knowledge, skills, and abilities in exercise science and/or health promotion. [Prereq: completion of all kinesiology and exercise science option courses and IA. Rep up to 7 units.]

**KINS 483. Evaluation Techniques in Kinesiology** (3). Testing, measurement, and statistical procedures. Theory and lab analysis of how measuring/statistical devices are constructed, administered, evaluated.

**KINS 484. Motor Development/Motor Learning** (3). Principles of perceptual organization. Functions of proprioceptors and other sensory modes in developing kinesthesia. Interrelationships necessary for cognition.

**KINS 486. Theory of Coaching** (2). Provides coach with general knowledge of fiscal management, contest management, public relations, marketing. Guest lecturers.

**KINS 487. Biomechanics Lab Techniques** (2). This course introduces students to advanced biomechanics concepts and skills applied to research and clinical testing. Student gains an understanding of balance testing, gait analysis, electromyography, and force measurement. [Prereq: KINS 386 (C). Kinesiology majors. Rep.]

**KINS 490. Practica** (3). Application of principles of kinesiology in a school, community-based agency, physical therapy, clinical, or health promotion setting.

**KINS 492. Senior Seminar in Kinesiology** (3). Selected trends. [Prereq: senior standing.]

**KINS 495. Directed Field Experience** (1-6). Assigned field experience under supervision of HSU staff. [Prereq: HED 120 and junior standing. Rep.]

**KINS 499. Directed Study** (1-6). Supervised independent study in areas not covered by scheduled courses. Open only to undergraduates. [Rep.]

## GRADUATE

**KINS 535. Assessment Techniques** (2). Psychomotor assessment for individuals with disabilities. Implement assessment programs in public schools.

**KINS 540. Exercise Psychology** (3). Theoretical and applied aspects of the psychology of exercise/physical activity. Topics include: exercise adherence and behavior change, physical activity interventions across various populations, and exercise and psychological well-being. [Prereq: KINS 474 or equivalent. Open to students in the Kinesiology MS program.]

**KINS 577. Adapted Physical Education Programs** (4). Relationship between handicapping conditions and physical activity. Value of physical activity for individuals with disabilities.

**KINS 578. Adapted Aquatics for Instructors** (2). Develop aquatic activities for persons with disabilities. Red Cross certification. [Prereq: water safety instructor.]

**KINS 580. Special Topics** (1-4). Topics of current interest. [Rep.]

**KINS 588. Optimizing Exercise Training** (3). This course covers exercise prescription and training based on advanced study of the physiological responses and adaptations to exercise and deep understanding of the metabolic, neuromuscular and cardiorespiratory systems. [Prereq: KINS 379; junior standing or above.]

**KINS 610. Statistics for Kinesiology** (3). Parametric and nonparametric univariate and multivariate statistical procedures. Analysis, interpretation, and presentation of data. [Prereq: KINS 483 or course in elementary statistics.]

**KINS 615. College Teaching in Kinesiology** (3). Conceptual and practical understanding of knowledge and skills applied to teaching in higher education. Topics include: collaborative/active learning techniques, developing students' critical thinking skills, strategies in planning, instruction & assessment.

**KINS 635. Research Methods in Kinesiology** (3). Introduction to research concepts, design, methods, analyses, and ethics in Kinesiology. Develop professional writing and presentation skills. [Prereq: graduate standing with classified status in kinesiology MS program.]

**KINS 640. Psychology of Sport & Exercise** (3). Introduction to theoretical and applied aspects of the psychology of sport and physical activity. Topics include: anxiety, body image, confidence, exercise and mood, injury, motivation, multicultural issues and performance enhancement.

**KINS 650. Exercise Physiology** (3). Advanced study of the physiological responses and adaptations to physical activity. Emphasis is on the metabolic, neuromuscular, and cardiorespiratory systems. [Prereq: KINS 379.]

**KINS 655. Biomechanics** (3). Principles of physics and physiology applied to the analysis of human movement. Quantitative analysis of kinematics and kinetics of human movement. Mechanical properties of muscles, tendons, ligaments and bones. [Prereq: KINS 386 or equivalent.]

**KINS 684. Graduate Seminar in Kinesiology** (3). A readings, discussion, and seminar course designed to examine selected aspects of the human movement and sport professions. Recommended for those students entering the Physical Education graduate program. [Prereq: graduate standing with classification status in Kinesiology MA program or IA.]

**KINS 690. Thesis Writing Seminar** (1-6). Written under direction of chairperson and/or committee. [Prereq: KINS 635. Rep.]

**KINS 691. Comprehensive Exam** (0). Comprehensive exam for the Master's degree in Kinesiology. [Prereq: Completion of 24 units of graduate program coursework in Kinesiology. CR/NC]

**KINS 695. Directed Field Experience** (1-6). Approved practical assignment directly related to student MS program. Supervised by department faculty member. Pursuant to field study program procedures, submit detailed written report prior to starting and completing course. [Rep.]

**KINS 699. Independent Study** (1-6). [Prereq: graduate standing with classified status in Kinesiology MS program or IA. Rep.]