

# KINESIOLOGY

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## MAJOR

A major in Kinesiology consists of eleven courses (eight core courses, and three courses in an emphasis chosen by the student) and six physical education activity classes, at least one chosen from each of the following categories: fitness, team sport, individual sport, aquatics, and dance.

The eight required courses are the following:

- KINE 100 *Foundations of Kinesiology*
- KINE 200 *Care and Prevention of Exercise and Sport Injuries*
- KINE 210 *Concepts of Fitness*
- KINE 220 *Health and Wellness*
- KINE 280 *Skills for Majors*
- KINE 320 *Anatomy and Physiology*
- KINE 330 *Structural Kinesiology*
- KINE 360 *Physiology of Exercise*

The areas of emphasis, and the courses comprising them, are these:

### **Secondary Physical Education and Health** - 3 courses

- KINE 300 *Secondary Methods*
- KINE 400 *Administration*
- KINE 430 *Coaching Spring Sports*

**or**

KINE 440 *Coaching Basketball*

**or**

KINE 450 *Coaching Swimming*

**or**

KINE 460 *Coaching Volleyball*

**or**

KINE 470 *Coaching Football*

### **Elementary Physical Education** - 3 courses

- KINE 250 *Games and Basic Rhythms for Elementary Grades*
- KINE 290 *Motor Development*
- KINE 350 *P. E. for Elementary Education*

**Sports Management - 3 courses**

- ECON 100 *Survey of Economics Issues*
- or**
- BUSI 200 *Fundamentals of Accounting and Business I*
- Marketing (to be taken off campus)
- KINE 498 *Individual Internship*

**Recreation Leadership - 3 courses**

- KINE 240 *Recreational Leadership*
- KINE 270 *Outdoor Education*
- KINE 498 *Independent Internship*

Each student must pass a minimum standard fitness test before graduation and demonstrate minimum standards on a list of proficiencies as prescribed by the department.

Students planning to certify to teach physical education should contact their major advisors and the Education Department for a list of courses required within the major and by the professional societies for licensure.

## Senior Capstone Experience

The Senior Capstone Experience for the kinesiology major consists of a comprehensive examination that covers material presented in the courses required for the major. For each course, the student is given three or four discussion questions from which to choose and answer two questions. The grade for the Senior Capstone Experience is based on this exam.

## MINOR

A minor in Kinesiology consists of the following six courses:

- KINE 100 *Foundations of Kinesiology*
- KINE 200 *Care and Prevention of Exercise and Sport Injuries*
- KINE 210 *Concepts of Fitness*
- KINE 300 *Secondary Methods*
- or**
- KINE 350 *P. E. for Elementary Education*
- KINE 320 *Anatomy and Physiology*

**or**

KINE 330 *Structural Kinesiology*

**or**

KINE 360 *Physiology of Exercise*

- KINE 400 *Administration*
- One activity class credit from four of the five different activity areas

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## Courses

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### **KINE 100 *Foundations of Kinesiology and Physical Education***

An overview of the history of past and present concepts, principles, and philosophies that relate to and influence health leisure, physical education, and recreation. Offered in 2004-2005 and alternate years.

### **KINE 110 *Responding to Emergencies***

Designed to prepare people to meet the needs of most situations when emergency first aid care is needed and medical assistance is not excessively delayed. American Red Cross Certification in Responding to Emergencies and Adult CPR is attainable through this course.

### **KINE 200 *Care and Prevention of Exercise and Sport Injuries***

The course is designed to provide the student with the knowledge of prevention, care, and rehabilitation of common athletic injuries. The student will receive athletic training information and the skills necessary to care for the common movement injury. Designed to develop competence in rendering immediate and temporary aid to a victim of accident, sudden illness, or injury. The student will also receive certification for basic first aid and adult CPR.

### **KINE 210 *Concepts of Fitness***

An introductory course to provide information on the why, how, and what of exercise and physical activity for fitness. The course involves discussions of the need for fitness and a comparison of health-related and skill-related fitness. It combines classroom and lab experiences that promote a healthy lifestyle.

### **KINE 220 *Health and Wellness***

Includes an examination of the holistic approach to health. Emphasis is placed on the physical, psychological, social, intellectual, spiritual, and environmental domains of this approach. Designing individual

preventative health care practices in each of these domains is strongly encouraged throughout the course.

**KINE 240 *Recreational Leadership***

An examination of the field of recreation as a profession, the services that it renders, and the settings where it is conducted. Introduces students to the skills and techniques needed to conduct a variety of school and community recreation activities. (On demand.)

**KINE 250 *Games and Basic Rhythms for Elementary Grades***

Introduces students to the sequential development of individual and group game skills in low organized games. Also introduces students to the development of sequential fundamental movement patterns, creative rhythms, and various forms of dance using folk, round, line, and square dance. Offered in 2005-2006 and alternate years.

**KINE 260 *Nutrition***

Examines basic principles of nutrition with emphasis on role of nutrition in health and disease. Also application of basic nutrition principles to optimize daily or athletic performance. Offered in 2003-2004 and alternate years.

**KINE 270 *Outdoor Education***

Outdoor education experience in classroom and wilderness setting to allow student to gain knowledge/skills in camping, wilderness survival, canoeing, orienteering, and environmental studies.

**KINE 280 *Skills for Majors***

Preparation of Kinesiology majors for the teaching and coaching of various sports and skills. Students should show competence in individual and team sports. Offered in 2005-2006 and alternate years.

**KINE 290 *Motor Development***

Application of psychological and physiological principles to motor development and improvement of physical performance; role of growth, development, and emotional and psychosocial phenomena in motor learning and performance. (On demand.)

**KINE 300 *Secondary Physical Education (W2)***

Designed to develop student knowledge and understanding of the planning, organization, and teaching included in physical education in the middle school and secondary school levels. Includes lesson plan, unit, and curriculum design, with peer teaching and a field experience. Offered in 2005-2006 and alternate years.

**KINE 320 *Anatomy and Physiology***

An introduction to the physiological processes and anatomical features of the body that are related to and affected by physical activity and training. It includes the study of the chemical organization, structure and function of cells and various support systems.

**KINE 320L *Anatomy and Physiology Lab***

Laboratory to accompany KINE 320. Models, dissections, and other media will be used to explore the structure and function of several support systems.

**KINE 330 *Structural Kinesiology***

Study of the muscular and skeletal systems as they are involved in the science of movement. Also, the mechanical principles underlying human performance will be addressed.

**KINE 330L *Structural Kinesiology Lab***

Laboratory to accompany KINE 330. Emphasis is given to demonstration of resistance exercise needed to develop, maintain, or rehabilitate the muscular system. Additionally, biomechanical analyses of sports skills will be addressed.

**KINE 350 *Physical Education for Elementary Education (W2)***

Principles and objectives of a developmentally appropriate physical education program for the elementary school student - what it is, how to design it, appropriate activities to use, how to teach it, and how to assess it. Emphasis on pedagogical physical education; knowledge of fundamental motor skills from a motor development perspective; adaptive techniques; knowledge of social, cognitive, and affective, development of children; curriculum design; and discipline and management of physical education classes. Students will design lessons and teach in public schools for practical application.

**KINE 360 *Physiology of Exercise (NS-L)***

This course is designed to enhance the student's ability to understand the acute and chronic physiological changes in response to exercise. Emphasis is placed on the practical application of exercise training for health, fitness, and performance.

**KINE 360L *Physiology of Exercise Lab***

Laboratory to accompany KINE 360. Emphasis is given to the demonstration of physiological responses to exercise, as well as other laboratory procedures unique to sports science.

**KINE 400 *Administration of Health, Physical Education, and Recreation***  
(W2)

A study of various administrative philosophies and techniques used in educational and recreational settings. A study of the principles underlying the organization and administration of programs and health, physical education, and athletics in modern schools. *Prerequisite: KINE 100.*

**KINE 430 *Coaching Spring Sports***

A study of the rules, coaching and training techniques, and event management for baseball, track and field, tennis, and golf. Offered in 2004-2005 and alternate years.

**KINE 440 *Coaching Basketball***

A study of individual and team fundamentals, philosophies, basic offensive and defensive strategies, techniques and program organization, and administration. It also includes an overview of the coaching profession. Offered in 2005-2006 and alternate years.

**KINE 450 *Coaching Swimming***

Includes organization, administration, and philosophy of conducting a sound, competitive program. Emphasis will be placed on teaching the fundamentals of stroke technique, race strategies, training, and conditioning. (On demand.)

**KINE 460 *Coaching Volleyball***

A study of organization, administration, and philosophy of coaching volleyball that includes the teaching of skills, offenses, defenses, conditioning, and management of a team to develop effective coaching techniques. (On demand)

**KINE 470 *Coaching Football***

Coaching football involves a thorough study of individual and team fundamentals, different philosophies of play, and coaching techniques. Topics will also include the organization and administration of an overall football program. Offered in 2004-2005 and alternate years.