

Kinesiology Courses

Courses

KIN 1303. Foundations of Kinesiology.

Foundations of Kinesiology (3-0) Historical and philosophical aspects of kinesiology and sports. Orientation to programs in public and private settings.

Prerequisite: Department approval.

Department: Kinesiology

3 Credit Hours

3 Total Contact Hours

0 Lab Hours

3 Lecture Hours

0 Other Hours

KIN 2315. Intro to Athletic Training.

Introduction to Athletic Training (3-0) Introduction to the field of athletic training with emphasis on injury prevention, basic evaluation, and emergency care for common injuries among athletes and the physically active. Includes taping and bracing experience. Prerequisites: KIN 1303 and departmental approval. KIN 1303 may be taken concurrently with KIN 2315. Course fee required.

Department: Kinesiology

3 Credit Hours

3 Total Contact Hours

0 Lab Hours

3 Lecture Hours

0 Other Hours

KIN 2332. Motor Learning and Control.

Motor Learning and Control (3-0) A study of principles that govern the control and the learning of movements. Topics include control of coordinated movement, stages of learning, augmented feedback, practice conditions, and individual differences. PSYC 2310 recommended. Prerequisite: KIN 1303 and department approval. With permission of instructor KIN 1303 may be taken concurrently with KIN 2332.

Department: Kinesiology

3 Credit Hours

3 Total Contact Hours

0 Lab Hours

3 Lecture Hours

0 Other Hours

Prerequisite(s): (KIN 1303 w/D or better)

KIN 3217. Fundamental Movement Skills.

Fundamental Movement Skills (1-2) Fundamental Movement Skills provides teacher candidates with the opportunity to develop knowledge of and competency in fundamental movement skills, developmental gymnastics, and dance. Teacher candidates will prepare, implement, and analyze learning experiences based on TEKS designed to develop competency in locomotor, nonlocomotor, and manipulative skills as well as gymnastics and dance. Competency in teaching skills/tasks and individual games and sports will be assessed. 20 hours of field experience/ observation required. Restricted to major: KIN. Course fee required. Admission to KIN core and professional sequence required.

Department: Kinesiology

2 Credit Hours

3 Total Contact Hours

2 Lab Hours

1 Lecture Hours

0 Other Hours

Major Restrictions:

Restricted to majors of KIN, KINL

Classification Restrictions:

Restricted to class of JR,SO,SR

Prerequisite(s): (KIN 3315 w/C or better)

KIN 3219. Individual Games and Sports.

Individual Games and Sports (1-2) Individual Games and Sports will provide teacher candidates with exposure to and preparation for teaching multiple individual games and sports. Teacher candidates will prepare, implement, and analyze learning experiences in a variety of traditional and modern individual activities. Competency in teaching skills/tasks and individual games and sports will be assessed. 20 hours of field experience/observation required. Course fee required. Admission to KIN core and professional sequence required.

Department: Kinesiology

2 Credit Hours

3 Total Contact Hours

2 Lab Hours

1 Lecture Hours

0 Other Hours

Major Restrictions:

Restricted to majors of KIN, KINL

Classification Restrictions:

Restricted to class of JR,SO,SR

Prerequisite(s): (KIN 3315 w/C or better)

KIN 3221. Team Games and Sports.

Team Games and Sports (1-2) Team Games and Sports will provide teacher candidates with exposure to and preparation in teaching multiple team games and sports. Teacher candidates will prepare, implement, and analyze learning experiences in a variety of traditional and modern team games and sport activities. Competency in teaching skills/tasks and individual games and sports will be assessed. 20 hours of field experience/observation required. Restricted to major: KIN. Course fee required. Admission to KIN core and professional sequence required.

Department: Kinesiology

2 Credit Hours

3 Total Contact Hours

2 Lab Hours

1 Lecture Hours

0 Other Hours

Major Restrictions:

Restricted to majors of KIN, KINL

Prerequisite(s): (KIN 3315 w/C or better)

KIN 3223. Lifetime Physical Activities.

Lifetime Physical Activities (1-2) Lifetime Physical Activities prepares teacher candidates to integrate lifetime physical activities into physical education curriculum to develop physically active lifestyles in students. Teacher candidates will develop, implement and analyze learning experiences focused on the development of health-related physical fitness and active lifestyles. Competency in teaching skills/tasks (TExES) and lifetime physical activities as presented in TEKS will be assessed. 20 hours of field experience/observation required. Restricted to major: KIN. Prerequisites: KIN 2332 and KIN 3315 and departmental approval. Course fee required.

Department: Kinesiology

2 Credit Hours

3 Total Contact Hours

2 Lab Hours

1 Lecture Hours

0 Other Hours

Major Restrictions:

Restricted to majors of KIN, KINL

Classification Restrictions:

Restricted to class of JR,SO,SR

Prerequisite(s): (KIN 3315 w/C or better)

KIN 3303. Hist,Socio,Phil of Sport & PA.

Hist, Sociol, Phil of Sport and PA The study of the historical, sociological and philosophical evolution of physical activity, exercise and sport from early societies through Greek and Roman periods into contemporary landscape of the 21st century. Exploration of the purpose, value, nature, scope and significance of physical activity, exercise and sport in North America, and especially in the border region of El Paso.

Department: Kinesiology

3 Credit Hours

3 Total Contact Hours

0 Lab Hours

3 Lecture Hours

0 Other Hours

Prerequisite(s): (RWS 1301 w/C or better) OR (ESOL 1311 w/C or better) AND (RWS 1302 w/C or better) OR (ENGL 1313 w/C or better) OR (ESOL 1312 w/C or better) AND (MATH 1320 w/C or better) OR (MATH 1411 w/C or better) OR (MATH 1508 w/C or better) OR (MATH 1310 w/C or better) AND (BIOL 1107 w/C or better AND BIOL 1305 w/C or better AND BIOL 2111 w/C or better AND BIOL 2311 w/C or better)

KIN 3313. Assessment and Evaluation.

Assessment and Evaluation: Introduces analytical and evidence-based methods and procedures related to administering assessments and using resulting data to evaluate human physical and cognitive performance. Students will practice reviewing the literature , applying assessments, analyzing the data and drawing logical, evidence-based conclusions, arriving at well -informed evaluations. Admission to KIN and professional sequence required.

Department: Kinesiology

3 Credit Hours

0 Total Contact Hours

0-2 Lab Hours

0-2 Lecture Hours

0 Other Hours

Prerequisite(s): (KIN 3303 w/C or better) AND (PSYC 1303 w/C or better) OR (STAT 2480 w/C or better)

KIN 3315. Princip of Teaching & Lead PE.

Principles of Teaching and Leadership in Physical Education is designed to introduce teacher candidates to pedagogical skills identified in the Texas Examination of Educator Standards (TExES) necessary for directing the teaching/learning process. Teacher candidates will understand the knowledge, skills and attitudes for K-12 Physical Education presented in Texas Essential Knowledge and Skills (TEKS); practice teacher tasks involved in the planning and implementation of learning experiences; learn strategies for organizing, managing, and monitoring the learning environment; and experience the process of physical education curriculum development. 30 hours of field experience/observation required. Restricted to major: KIN. Admission to KIN core and professional sequence required. Course requires a grade of "C" or better.

Department: Kinesiology

3 Credit Hours

4 Total Contact Hours

2 Lab Hours

2 Lecture Hours

0 Other Hours

Prerequisite(s): (KIN 3303 w/C or better AND KIN 3332 w/D or better) OR (KIN 2332 w/D or better)

KIN 3325. Research Methods in Kin.

Research Methods in Kinesiology The course provides an introduction to research methods and designs used in various areas of kinesiology. The course will focus on the nature of research in Kinesiology, how to identify a research problem and search the literature, presenting the problem and formulating the research methods and the statistical analyses needed to examine the data and draw conclusions. Admission to KIN core and professional sequence required.

Department: Kinesiology

3 Credit Hours

3 Total Contact Hours

0 Lab Hours

3 Lecture Hours

0 Other Hours

Prerequisite(s): (KIN 3303 w/C or better AND KIN 3313 w/D or better)

KIN 3327. Health Risk Appraisal.

Students study and apply health risk appraisal strategies and methods to case studies of potential participants to determine risk factors and/or symptoms of various cardiovascular, pulmonary, metabolic diseases, and condition that may be aggravated by exercise, to optimize safety during exercise testing and aid in the development of safe and effective exercise prescriptions.

Department: Kinesiology

3 Credit Hours

4 Total Contact Hours

2 Lab Hours

2 Lecture Hours

0 Other Hours

Major Restrictions:

Restricted to majors of KIN, KINL

Classification Restrictions:

Restricted to class of JR,SO,SR

Prerequisite(s): (KIN 3303 w/C or better AND KIN 3313 w/C or better AND KIN 4312 w/C or better)

KIN 3331. Anatomical Kinesiology.

Anatomical Kinesiology (3-0) A study of the science of human movement with special consideration given to anatomical and neuromuscular contributions. Prerequisite: KIN 1303, BIOL 2311, and department approval.

Department: Kinesiology

3 Credit Hours

3 Total Contact Hours

0 Lab Hours

3 Lecture Hours

0 Other Hours

Prerequisite(s): (BIOL 2311 w/C or better) AND (KIN 3303 w/C or better)

KIN 3332. Motor Behavior.

Motor Behavior The study of the scientific principles underlying motor behavior in healthy adults. Examines current research related to neuro-motor control of voluntary and involuntary movement, the role of individual differences, learning and memory, optimizing the learning process of motor skills; and the application of research findings in practice.

Department: Kinesiology

3 Credit Hours

3 Total Contact Hours

0 Lab Hours

3 Lecture Hours

0 Other Hours

Major Restrictions:

Restricted to majors of KIN, KINL

Classification Restrictions:

Restricted to class of JR,SO,SR

Prerequisite(s): (KIN 3303 w/C or better)

KIN 3333. Motor Development.

This course examines basic concepts and contemporary issues associated with physical growth and motor behavior (perception to action) across the lifespan. Topics include: physical and neurological growth, perception, motor control, and environmental influences. Prerequisites: KIN 1301 and KIN 2332.

Department: Kinesiology

3 Credit Hours

3 Total Contact Hours

0 Lab Hours

3 Lecture Hours

0 Other Hours

Major Restrictions:

Restricted to majors of KIN, KINL

Prerequisite(s): (KIN 3303 w/C or better)

KIN 4101. P.E. for the Classroom Teacher.

PE for the Classroom Teacher (0-3) Principles and practice of teaching physical education in elementary school: Personal skill development, physically active lifestyle promotion, classroom management, motivating diverse student populations, learning and teaching styles, performance assessment, and legal issues. Practical lab experiences included. Prerequisite: Departmental approval. Restricted to class of Junior/Senior standing. Restricted to major of Education, EC-6.

Department: Kinesiology

1 Credit Hour

3 Total Contact Hour

3 Lab Hour

0 Lecture Hour

0 Other Hour

KIN 4201. PE for Elem Schools.

Physical Education for Elementary Schools (1-2) Principles and practice of teaching physical education in elementary school: Personal skill development, promoting a physically active lifestyle, managing the classroom, motivating diverse student populations, learning and teaching styles, performance assessment, and legal issues. Practical lab experiences included. Prerequisite: Junior status. Course fee required. . .

Department: Kinesiology

2 Credit Hours

3 Total Contact Hours

2 Lab Hours

1 Lecture Hours

0 Other Hours

KIN 4238. Group Exercise Techniques.

Group Exercise Techniques: Provides students with the knowledge, leadership, communication and logistical skills necessary to design and implement an exercise science-based group exercise program, and prepare them to get certified as Group Exercise Instructors. The course focuses on how to plan effective, safe group sessions for different fitness levels across multiple exercise modalities. Admission to KIN core and professional sequence required.

Department: Kinesiology

2 Credit Hours

3 Total Contact Hours

0 Lab Hours

3 Lecture Hours

0 Other Hours

Major Restrictions:

Restricted to majors of KIN, KINL

Classification Restrictions:

Restricted to class of JR,SO,SR

Prerequisite(s): (KIN 3331 w/D or better AND KIN 4312 w/D or better)

KIN 4301. Personal Training.

Personal Training (2-2) Experience in the application of exercise technique and prescription in the development of fitness and strength training programs for a variety of populations. Prerequisites: KIN 1303, KIN 3331 and departmental approval.

Department: Kinesiology

3 Credit Hours

4 Total Contact Hours

2 Lab Hours

2 Lecture Hours

0 Other Hours

Prerequisite(s): (KIN 3303 w/C or better) AND (KIN 3331 w/D or better)

KIN 4310. Selected Topics in Kinesiology.

Selected Topics in Kinesiology (0-0-3) Study of selected topics not included in the regular curricular offerings in Kinesiology. Prerequisite: Departmental approval.

Department: Kinesiology

3 Credit Hours

3 Total Contact Hours

0 Lab Hours

3 Lecture Hours

0 Other Hours

Prerequisite(s): (KIN 3303 w/C or better)

KIN 4312. Exercise Physiology.

Exercise Physiology (2-2) Study of the physiological adaptations the body makes to exercise stress and the principles of strength development and muscular and cardiorespiratory endurance development. Course fee required. Admission to KIN core and professional sequence required.

Department: Kinesiology

3 Credit Hours

4 Total Contact Hours

2 Lab Hours

2 Lecture Hours

0 Other Hours

Prerequisite(s): (BIOL 2113 w/C or better AND BIOL 2313 w/C or better AND HSCI 2302 w/C or better AND KIN 3303 w/C or better)

KIN 4313. Biomechanics.

Biomechanics (2-2) The study of biomechanics of human movement with concepts for coaching, rehabilitation, injury prevention and the enhancement of human performance. Admission to KIN core and professional sequence required.

Department: Kinesiology

3 Credit Hours

4 Total Contact Hours

2 Lab Hours

2 Lecture Hours

0 Other Hours

Prerequisite(s): (KIN 3303 w/C or better AND PHYS 1403 w/C or better) AND (KIN 3331 w/D or better)

KIN 4314. Special Pop: Charac/Motor Beh.

Special Populations:Characteristics and Motor Behavior (3-0) Development of an understanding of persons with disabilities and programs of sports and physical activity adapted to their needs. The nature of physical, mental, emotional, and social disabilities will be discussed with application of corrective, developmental, and remedial physical activities in various social settings. Practical laboratory experiences will be provided. Minimum grade of "C" to pass. Admission to KIN core and professional sequence required.

Department: Kinesiology

3 Credit Hours

3 Total Contact Hours

0 Lab Hours

3 Lecture Hours

0 Other Hours

Prerequisite(s): (KIN 3303 w/C or better AND KIN 3332 w/D or better) OR (KIN 2332 w/D or better)

KIN 4315. Advanced Athletic Training.

Advanced Athletic Training (3-0) Provides opportunities for the development of competence in the uses of common technique for both the prevention and rehabilitation of athletic injuries. Students will be provided opportunities to demonstrate an understanding of bone and soft tissue injury management and of the implications of gender differences for conditioning and injury management. Prerequisite: KIN 4309, BIOL 2311, BIOL 2111, BIOL 2313, and BIOL 2113. Course fee required.

Department: Kinesiology

3 Credit Hours

3 Total Contact Hours

0 Lab Hours

3 Lecture Hours

0 Other Hours

Prerequisite(s): (KIN 2315 w/D or better) AND (BIOL 2311 w/D or better) AND (BIOL 2111 w/D or better) AND (BIOL 2313 w/D or better) AND (BIOL 2113 w/D or better)

KIN 4317. Sport Psychology.

Sport Psychology: Classic and current psychological theories, strategies, and techniques used by coaches and sport psychologists to cultivate peak performance and personal growth.

Department: Kinesiology

3 Credit Hours

3 Total Contact Hours

0 Lab Hours

3 Lecture Hours

0 Other Hours

Major Restrictions:

Restricted to majors of KIN

Classification Restrictions:

Restricted to class of JR,SO,SR

Prerequisite(s): (KIN 3303 w/C or better)

KIN 4319. Teaching Elem. School Phy. Ed..

Curriculum planning, materials selection and evaluation. Teaching Elementary School Physical Education (3-0) Texas Essential Knowledge and Skills (TEKS), class management, and teaching-learning process for elementary physical education teachers. Field experience required. Admission to KIN core and professional sequence required. Course fee required.

Department: Kinesiology

3 Credit Hours

3 Total Contact Hours

0 Lab Hours

3 Lecture Hours

0 Other Hours

Prerequisite(s): (KIN 3217 w/D or better AND KIN 3219 w/D or better AND KIN 3221 w/D or better AND KIN 3223 w/D or better AND KIN 3315 w/C or better AND KIN 3333 w/D or better)

KIN 4320. Adventure Curricula in PE.

Adventure Curricula in Physical Education (2-2) Enhance the understanding of the principles of experiential education through hands-on experiences with challenge course and adventure activities. Focused on integrating these activities in secondary school curricula. Course is designed to help the beginning teachers implement individual leadership and teamwork challenges for their students. Additional training is required for low challenge course facilitator certification. Credit: Three hours. Corequisite: KIN 4321. Prerequisites: KIN 1303, KIN 2332, and departmental approval. Course fee required.

Department: Kinesiology

3 Credit Hours

4 Total Contact Hours

2 Lab Hours

2 Lecture Hours

0 Other Hours

Prerequisite(s): (KIN 1303 w/D or better) AND (KIN 2332 w/D or better)

KIN 4321. Adv Lead & Teach Sec School PE.

Adv, Leadership and Teaching Second School PE Effective curriculum and lesson planning, materials selection, delivery and evaluation of physical education classes in grades 8-12 based on the Texas Essential Knowledge & Skills (TEKS) and national standards. Presents the principles and practice of experimental, student- centered physical education through hands-on experiences with challenge course and adventure activities integrated in the secondary school curricula, and focused on individual leadership and teamwork challenges. Admission to KIN core and professional sequence required.

Major fee required.

Department: Kinesiology

3 Credit Hours

0 Total Contact Hours

0-2 Lab Hours

0-2 Lecture Hours

0 Other Hours

Prerequisite(s): (KIN 3217 w/D or better AND KIN 3219 w/D or better AND KIN 3221 w/D or better AND KIN 3223 w/D or better AND KIN 3315 w/C or better AND KIN 3333 w/D or better)

KIN 4323. Current Issues in Exercise Sci.

Current Issues in Exercise Science (3-0) Analysis of current issues related to exercise science. Prerequisites: KIN 1303, KIN 4312, KIN 4313, and departmental approval. Course fee required.

Department: Kinesiology

3 Credit Hours

3 Total Contact Hours

0 Lab Hours

3 Lecture Hours

0 Other Hours

Prerequisite(s): (KIN 3303 w/C or better) AND (KIN 4312 w/D or better) AND (KIN 4313 w/D or better)

KIN 4330. Exercise Prescription & Prog.

Exercise Testing & Prescription: Prepares students to identify exercise needs and prescribe appropriate exercises and physical activities in a coherent exercise program, customized to individual needs and goals that enhances health-related physical fitness for children and adults. Weekly fieldwork required.

Department: Kinesiology

3 Credit Hours

6 Total Contact Hours

2 Lab Hours

2 Lecture Hours

2 Other Hours

Prerequisite(s): (KIN 3303 w/C or better) AND (KIN 4312 w/D or better)

KIN 4331. Clinical Exercise Physiology.

Clinical Exercise Physiology: The course provides students with recent advances in exercise physiology for clinical populations. Particular emphasis is placed on the acute and chronic responses to exercise in patients at risk for or having cardiac, pulmonary, and metabolic disease. Exercise assessment/prescription and program management in rehabilitation for these populations is addressed. Admission to KIN core and professional sequence required.

Department: Kinesiology

3 Credit Hours

3 Total Contact Hours

0 Lab Hours

3 Lecture Hours

0 Other Hours

Major Restrictions:

Restricted to majors of KIN, KINL

Classification Restrictions:

Restricted to class of JR,SO,SR

Prerequisite(s): (KIN 3303 w/C or better AND KIN 4312 w/D or better)

KIN 4334. Coronary Intervention Programs.

Coronary Intervention Programs (2-3) The anatomy and physiology of the cardiovascular system, cardiovascular disease, electrophysiology, exercise tolerance testing, ECG interpretation, risk factor analysis, prevention programs and cardiac rehabilitation programs will be discussed. Prerequisite: KIN 4312 or instructor approval. Course fee required.

Department: Kinesiology

3 Credit Hours

5 Total Contact Hours

3 Lab Hours

2 Lecture Hours

0 Other Hours

Prerequisite(s): (KIN 3303 w/C or better) AND (KIN 4312 w/D or better)

KIN 4340. Sci. Princpls-Strength/Tr/Cond.

Scientific Principles of Strength Training and Conditioning (3-0) Analysis of the conceptual, theoretical, and technical considerations of assessing, designing, and implementing strength training and conditioning programs. Includes analysis and application of contemporary periodization concepts. Prerequisites: KIN 1303, KIN 4312, and departmental approval.

Department: Kinesiology

3 Credit Hours

3 Total Contact Hours

0 Lab Hours

3 Lecture Hours

0 Other Hours

Prerequisite(s): (KIN 3303 w/C or better) AND (KIN 4312 w/D or better)

KIN 4341. Pract Appl of Strength/Condit.

Practical Applications for Strength Training and Conditioning: Analysis of practical implementation of strength training and conditioning modalities, including the application of warm-up and flexibility training, and exercise technique analysis for resistance, speed, agility, plyometric, and aerobic endurance training concepts.

Department: Kinesiology

3 Credit Hours

3 Total Contact Hours

1 Lab Hours

2 Lecture Hours

0 Other Hours

Prerequisite(s): (KIN 3331 w/D or better)

KIN 4342. Geriatric Fitness Programming.

Analysis of concepts of aging, age-related changes in physical ability, physical activity needs of older adults, exercise programming guidelines for older adults, and practical implementation of fitness programs for older adults. Prerequisites: Departmental approval required; KIN 3331 and KIN 4312 w/a grade of "D" or better.

Department: Kinesiology

3 Credit Hours

3 Total Contact Hours

2 Lab Hours

1 Lecture Hours

0 Other Hours

Major Restrictions:

Restricted to majors of KIN, KINL

Prerequisite(s): (KIN 3331 w/D or better AND KIN 4312 w/D or better)

KIN 4345. Strength &Cond Prgrm Des & Per.

Strength and Conditioning Program Design and Periodization Analysis of concepts of aging, age-related changes in physical ability, physical activity needs of older adults, exercise programming guidelines for older adults, and practical implementation of fitness programs for older adults.

Department: Kinesiology

3 Credit Hours

3 Total Contact Hours

0 Lab Hours

3 Lecture Hours

0 Other Hours

Prerequisite(s): (KIN 3331 w/D or better AND KIN 4312 w/D or better)

KIN 4350. Internship.

Internship (0-15) Supervised, participatory experience in a commercial sport or exercise-related setting. Minimum of 15 hours per week for a total of 225 hours. Prerequisite: KIN 1303, senior standing, and departmental approval.

Department: Kinesiology

3 Credit Hours

15 Total Contact Hours

15 Lab Hours

0 Lecture Hours

0 Other Hours

Prerequisite(s): (KIN 3303 w/C or better)

KIN 4351. Intern Hum Fit, Perf, Stre Con.

Internship in Human Fitness, Performance, and Strength & Conditioning: Supervised, participatory experience in application of human fitness and performance principles, strength training or conditioning. Minimum of 15 hours per week with a recognized specialist for a total of 225 hours. Admission to KIN core and professional sequence required.

Department: Kinesiology

3 Credit Hours

15 Total Contact Hours

0 Lab Hours

0 Lecture Hours

15 Other Hours

Major Restrictions:

Restricted to majors of KIN

Prerequisite(s): (KIN 4301 w/D or better AND KIN 4341 w/D or better AND KIN 4440 w/D or better AND KIN 4442 w/D or better AND KIN 4445 w/D or better)

KIN 4366. Directed Study.

Directed Study Directed study allows undergraduate students to experience various aspects of research under the direction of a faculty member. The type of work and content does not fit within regular course offerings, and is intended to be a unique/ innovative project within the capabilities of junior/ senior undergraduate students. Students are not allowed to take content covered in any established kinesiology course as directed study. The chair of the department and the faculty advisor must approve all Directed Study requests and the activities must align with the department's program learning outcomes.

Department: Kinesiology

3 Credit Hours

3 Total Contact Hours

0 Lab Hours

0 Lecture Hours

3 Other Hours

Major Restrictions:

Restricted to majors of KIN, KINL

Classification Restrictions:

Restricted to class of JR,SR

Prerequisite(s): (KIN 4312 w/C or better) OR (KIN 3313 w/C or better) OR (KIN 3325 w/C or better)

KIN 4390. Independent Study.

Independent Study (0-0-3) Individual directed study in an area of special interest. Prerequisite: Department approval.

Department: Kinesiology

3 Credit Hours

3 Total Contact Hours

0 Lab Hours

0 Lecture Hours

3 Other Hours

KIN 4440. Sci. Princpls-Strength/Tr/Con.

Scientific Principles of Strength Training and Conditioning: Analysis of the anatomical, physiological, biomechanical, and psychological principles of strength training and conditioning. Also includes strength and conditioning concepts for different populations, nutritional strategies, and concepts of program organization and administration.

Department: Kinesiology

4 Credit Hours

4 Total Contact Hours

0 Lab Hours

4 Lecture Hours

0 Other Hours

Major Restrictions:

Restricted to majors of KIN

Prerequisite(s): (KIN 3303 w/C or better AND PREQ ERROR)

KIN 4442. Geriatric Fitness Programming.

Geriatric Fitness Programming: Analysis of concepts of aging, age-related changes in physical ability, physical activity needs of older adults, exercise programming guidelines for older adults, and practical implementation of fitness programs for older adults. Admission to KIN core and professional sequence required.

Department: Kinesiology

4 Credit Hours

0 Total Contact Hours

0-4 Lab Hours

0-2 Lecture Hours

0 Other Hours

Prerequisite(s): (KIN 3313 w/D or better AND KIN 3331 w/D or better AND KIN 4312 w/D or better AND KIN 4341 w/D or better)

KIN 4445. Strength/Cond Prog Design.

Strength and Conditioning Program Design and Periodization: Analysis of concepts of program design for resistance, plyometric, speed, agility, and aerobic endurance training. Also includes the concepts of the development of rehabilitation and reconditioning strategies, and the concepts of periodization to improve sports performance. Can be taken concurrently with KIN 4440.

Department: Kinesiology

4 Credit Hours

4 Total Contact Hours

0 Lab Hours

4 Lecture Hours

0 Other Hours

Major Restrictions:

Restricted to majors of KIN

Prerequisite(s): (KIN 3303 w/C or better AND KIN 3331 w/D or better AND KIN 4312 w/D or better AND KIN 4440 w/D or better)