

# Kinesiology Courses

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## Courses

### **KIN 1303. Foundations of Kinesiology.**

Foundations of Kinesiology Historical and philosophical aspects of kinesiology and sports. Orientation to programs in public and private settings.

**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 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.

**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 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.

**Department:** Kinesiology

**2 Credit Hours**

**3 Total Contact Hours**

2 Lab Hours

1 Lecture Hour

0 Other Hours

**Prerequisite(s):** (KIN 3315 w/C or better AND KIN 3333 w/C or better)

### **KIN 3219. Individual Games and Sports.**

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.

**Department:** Kinesiology

**2 Credit Hours**

**3 Total Contact Hours**

2 Lab Hours

1 Lecture Hour

0 Other Hours

**Prerequisite(s):** (KIN 3315 w/C or better AND KIN 3333 w/C or better)

**KIN 3221. Team Games and Sports.**

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.

**Department:** Kinesiology

**2 Credit Hours**

**3 Total Contact Hours**

2 Lab Hours

1 Lecture Hour

0 Other Hours

**Prerequisite(s):** (KIN 3315 w/C or better AND KIN 3333 w/C or better)

**KIN 3223. Lifetime Physical Activities.**

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.

**Department:** Kinesiology

**2 Credit Hours**

**3 Total Contact Hours**

2 Lab Hours

1 Lecture Hour

0 Other Hours

**Prerequisite(s):** (KIN 3315 w/C or better AND KIN 3333 w/C or better)

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

History, Sociology, Philosophy 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):** (KIN 1303 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**

**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 1303 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.

**Department:** Kinesiology

**3 Credit Hours**

**4 Total Contact Hours**

2 Lab Hours

2 Lecture Hours

0 Other Hours

**Prerequisite(s):** (KIN 1303 w/C 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.

**Department:** Kinesiology

**3 Credit Hours**

**3 Total Contact Hours**

0 Lab Hours

3 Lecture Hours

0 Other Hours

**Prerequisite(s):** (KIN 3313 w/D or better)

**KIN 3327. Health Risk Appraisal.**

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

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

**KIN 3331. Anatomical Kinesiology.**

Anatomical Kinesiology A study of the science of human movement with special consideration given to anatomical and neuromuscular contributions.

**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

**Prerequisite(s):** (BIOL 2311 w/C or better ) AND (BIOL 2111 w/C or better ) AND (KIN 1303 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

**Prerequisite(s):** (KIN 1303 w/C or better)

**KIN 3333. Motor Development.**

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.

**Department:** Kinesiology

**3 Credit Hours**

**3 Total Contact Hours**

0 Lab Hours

3 Lecture Hours

0 Other Hours

**Classification Restrictions:**

Restricted to class of JR,SO,SR

**Prerequisite(s):** (KIN 1303 w/C or better)

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

Physical Education for the Classroom Teacher 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.

**Department:** Kinesiology

**1 Credit Hour**

**3 Total Contact Hours**

3 Lab Hours

0 Lecture Hours

0 Other Hours

**KIN 4190. Independent Study.**

Individual directed study an area of special interest. Department approval required. Keywords: Research, Investigation, Engagement.

**Department:** Kinesiology

**1 Credit Hour**

**1 Total Contact Hour**

0 Lab Hours

0 Lecture Hours

1 Other Hour

**Major Restrictions:**

Restricted to majors of KIN

**Classification Restrictions:**

Restricted to class of JR,SO,SR

**Prerequisite(s):** (KIN 1303 w/C or better)

**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 Hour

0 Other Hours

**Corequisite(s):**

**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

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

**KIN 4290. Independent Study.**

Individual directed study in an area of special interest. Department approval required. Keywords: Research, Investigation, Engagement.

**Department:** Kinesiology

**2 Credit Hours**

**2 Total Contact Hours**

0 Lab Hours

0 Lecture Hours

2 Other Hours

**Major Restrictions:**

Restricted to majors of KIN

**Classification Restrictions:**

Restricted to class of JR,SO,SR

**Prerequisite(s):** (KIN 1303 w/C or better)

**KIN 4301. Personal Training.**

Personal Training Experience in the application of exercise technique and prescription in the development of fitness and strength training programs for a variety of populations.

**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

**Classification Restrictions:**

Restricted to class of JR,SO,SR

**Prerequisite(s):** (KIN 4312 w/C or better)

**KIN 4310. Selected Topics in Kinesiology.**

Selected Topics in Kinesiology Study of selected topics not included in the regular curricular offerings in Kinesiology.

**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 1303 w/C or better)

**KIN 4312. Exercise Physiology.**

Exercise Physiology Study of the physiological adaptations the body makes to exercise stress and the principles of strength development and muscular and cardiorespiratory endurance development.

**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

**Classification Restrictions:**

Restricted to class of JR,SO,SR

**Prerequisite(s):** (BIOL 2111 w/C or better AND BIOL 2113 w/C or better AND BIOL 2311 w/C or better AND BIOL 2313 w/C or better AND KIN 1303 w/C or better)

**KIN 4313. Biomechanics.**

Biomechanics The study of biomechanics of human movement with concepts for coaching, rehabilitation, injury prevention and the enhancement of human performance.

**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

**Classification Restrictions:**

Restricted to class of JR,SO,SR

**Prerequisite(s):** (KIN 1303 w/C or better AND PHYS 1403 w/C or better)

**KIN 4314. Special Pop: Charac/Motor Beh.**

Special Populations: Characteristics and Motor Behavior 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.

**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 1303 w/C or better)

**KIN 4315. Advanced Athletic Training.**

Advanced Athletic Training 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.

**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 2315 w/C or better AND KIN 3331 w/C 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

**Prerequisite(s):** (KIN 1303 w/C or better)

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

Teaching Elementary School Physical Education: Curriculum Planning, materials selection and evaluation. Texas Essential Knowledge and Skills (TEKS), class management, and teaching-learning process for elementary physical education teachers. Field Experience 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

**Classification Restrictions:**

Restricted to class of JR,SO,SR

**Prerequisite(s):** (KIN 3315 w/C or better AND KIN 3333 w/C or better)

**KIN 4320. Adventure Curricula in PE.**

Adventure Curricula in Physical Education 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.

**Department:** Kinesiology

**3 Credit Hours**

**4 Total Contact Hours**

2 Lab Hours

2 Lecture Hours

0 Other Hours

**Prerequisite(s):** (KIN 3315 w/C or better ) AND (KIN 3333 w/C or better)

**Corequisite(s):** KIN 4321

**KIN 4321. Teaching Sec School Phys Ed.**

Curriculum planning, materials selection and evaluation, Texas Essential Knowledge & Skills (TEKS), class management, & teaching-learning process for secondary physical education teachers. Field experience required.

**Department:** Kinesiology

**3 Credit Hours**

**NaN Total Contact Hours**

0-2 Lab Hours

0-2 Lecture Hours

0 Other Hours

**Major Restrictions:**

Restricted to majors of KIN

**Classification Restrictions:**

Restricted to class of JR,SR

**Prerequisite(s):** (KIN 3315 w/C or better AND KIN 3333 w/C or better)

**Corequisite(s):**

**KIN 4323. Current Issues in Exercise Sci.**

Current Issues in Exercise Science Analysis of current issues related to exercise science.

**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,SR

**Prerequisite(s):** (KIN 3313 w/C or better ) AND (KIN 4312 w/D or better ) AND (KIN 4313 w/D or better)

**KIN 4330. Exercise Prescription & Prog.**

Exercise Prescription & Programming: 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

**Major Restrictions:**

Restricted to majors of KIN

**Classification Restrictions:**

Restricted to class of JR,SO,SR

**Prerequisite(s):** (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.

**Department:** Kinesiology

**3 Credit Hours**

**3 Total Contact Hours**

0 Lab Hours

3 Lecture Hours

0 Other Hours

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



**KIN 4334. Coronary Intervention Programs.**

Coronary Intervention Programs 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.

**Department:** Kinesiology

**3 Credit Hours**

**5 Total Contact Hours**

3 Lab Hours

2 Lecture Hours

0 Other Hours

**Major Restrictions:**

Restricted to majors of KIN

**Classification Restrictions:**

Restricted to class of JR,SO,SR

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

**KIN 4340. Sci Prin & Prac App of S&C.**

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

**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 3331 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 Hour

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 Hour

0 Other Hours

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

**KIN 4345. Strength & Cond Program Des.**

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.

**Department:** Kinesiology

**3 Credit Hours**

**3 Total Contact Hours**

0 Lab Hours

3 Lecture Hours

0 Other Hours

**Classification Restrictions:**

Restricted to class of JR,SO,SR

**Prerequisite(s):** (KIN 4340 w/D or better)

**KIN 4350. Internship.**

Supervised participatory experience in a sport, health, and/or exercise-related setting. Minimum 130 total hours under a recognized specialist.

**Department:** Kinesiology

**3 Credit Hours**

**15 Total Contact Hours**

15 Lab Hours

0 Lecture Hours

0 Other Hours

**Major Restrictions:**

Restricted to majors of KIN

**Classification Restrictions:**

Restricted to class of JR,SR

**Prerequisite(s):** (KIN 1303 w/C or better)

**KIN 4351. Internship - Strength & Cond.**

Supervised participatory experience in application of strength training and/or conditioning principles. Minimum 130 total hours under a recognized specialist.

**Department:** Kinesiology

**3 Credit Hours**

**15 Total Contact Hours**

0 Lab Hours

0 Lecture Hours

15 Other Hours

**Classification Restrictions:**

Restricted to class of JR,SR

**Prerequisite(s):** (KIN 4345 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 1303 w/C or better)

**KIN 4390. Independent Study.**

Independent Study Individual directed study in an area of special interest.

**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

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

**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**

**NaN 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

**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)