

# DEPARTMENT OF KINESIOLOGY (KINE)

## Mission

The Kinesiology program at Huston-Tillotson University offers a program of comprehensive academic coursework and field experience to prepare students for careers and/or graduate study related to the promotion of physically active and healthy lifestyles.

The degrees offered within the program provide opportunities for specialization in Human Performance, Physical Education, or Exercise Science. To fulfill this mission, students will engage in the development of content knowledge, professional dispositions, motor competency, and pedagogical skills.

## DEGREES OFFERED

Students may choose from the following three degree options:

Concentration	Degree	Required Credit Hours
Physical Education (Teacher Certification)	Bachelor of Arts	128
Human Performance	Bachelor of Arts	120
Exercise Science	Bachelor of Science	121

## GENERAL PROGRAM REQUIREMENTS

### Requirements for a Major in Kinesiology - Physical Education Concentration

Students pursuing teaching certification should refer to the Teacher Education section of this *Bulletin* for admission requirements for teacher certification in physical education.

#### Degree course requirements are:

1. Meet the science core requirement with BIOL 2407 Human Anatomy and BIOL 2408 Human Physiology.
2. Earn a grade of "C" or better in all of the following courses:
  - KINE 1301, 1331, 1338, 2356, 3300, 3301, 3302, 3303, 4100, 4301, 4301 or SEDL 3312, 4303.
  - Choose eight (8) hours from the following: KINE 1201, 1202, 1203, 1204, 1205, 1206, 1207 or advisor approved one credit activity classes.
  - Choose three (3) hours from the following: KINE 1308, 1336, 1321, 4302, 4304, 4310, SEDL 3304, SEDL 3314, SEDL 3322, SEDL 3323.
  - Take the following Teacher Education courses: EDUC 1301, 2302, 3303, 3365, 4306, 4307, 4907, SEDL 2301, and RDNG 3312 or RDNG 3321.

### Requirements for a Major in Kinesiology - Human Performance Concentration

The Human Performance Concentration allows students the flexibility to choose 21 hours of elective credit hours to support a Kinesiology related area of study. Students completing this concentration typically pursue careers in fields such as recreation and personal training. A student must pass the Kinesiology Comprehensive Examination with a score of at least 80 in order to pass the required KIN 4601 Human Performance Internship.

**Degree course requirements are:**

1. Meet the science core requirement with BIOL 2407 Human Anatomy and BIOL 2408 Human Physiology.
2. Earn a grade of “C” or better in all of the following courses.
  - KINE 1301, 1331, 1338, 2356, 3300, 3301, 3302, 3303, 4100, 4301, 4303.
  - Choose eight (8) hours from the following: KINE 1201, 1202, 1203, 1204, 1205, 1206, 1207 or advisor approved one credit activity classes.
  - Choose six (6) hours from the following: KINE 1308, 1321, 1336, 4302, 4304, 4310.
  - A total of 21 elective credit hours, of which 9 credit hours must be upper division courses.

**Requirements for a Major in Kinesiology - Exercise Science Concentration**

Students completing the Exercise Science Concentration typically pursue graduate school in fields related to exercise science, such as exercise physiology or BIOL mechanics or in fields related to allied health, such as occupational therapy or physical therapy. A student must pass the Kinesiology Comprehensive Examination with a score of at least 80 in order to pass the required KINE 4601 Human Performance Internship.

**Degree course requirements are:**

1. Meet the math core requirement with MATH 2414 Calculus II.
2. Meet the science core requirement with BIOL 2407 Human Anatomy and BIOL 2408 Human Physiology.
3. Complete the following professional preparation courses.
  - BIOL 1410, 2431, CHEM 1411, 1421, PHYS 2425, 2426, PSYC 2302 or PSYC 4316.
4. Earn a grade of “C” or better in all of the following courses.
  - KINE 1301, 1331, 1338, 2356, 3300, 3301, 3302, 3303, 4301, 4303, 4601.
  - Choose six (6) hours from the following: KINE 1308, 1321, 1336, 4302, 4304, 4310.

**Requirements for a Minor in Kinesiology**

A Minor in Kinesiology requires 24 semester credit hours. A grade of “C” or higher is required in all minor courses.

1. Complete KINE 1200, 1301, 1331, 4303.
2. Choose no more than six (6) hours from the following: KINE 1201, 1202, 1203, 1204, 1205, 1206, 1207
3. Choose seven (7) hours from the following: KINE 1308, 1321, 1336, 2356, 3300, 3301, 3302, 3303, 4301, 4302, 4303, 4304, 4310.

## COURSES IN KINESIOLOGY

### **KINE 1100/1200 Personal Fitness – Non-majors/Majors**

**1 credit hour for non-majors / 2 credit hours for majors**

Students attain the skills necessary for developing personal fitness programs for others and self. Emphasis is placed on the essential components of health fitness, including cardiovascular fitness, flexibility, muscular strength and endurance, body weight, and body composition. Students perform assessment of fitness level and develop an individual activity program commensurate with personal goals.

**Prerequisite: None**

**Offered: Fall and Spring/Yearly**

### **KINE 1101/1201 Team Sports – Non Majors/Majors**

**1 credit hour for non-majors/2 credit hours for majors**

Sport history, rules, drill and practice routines, strategies, and sport-specific physical conditioning exercises for basketball, volleyball, soccer, softball, and flag football will be covered. Majors focus on information required to build quality team sports units.

**Prerequisite: None**

**Offered: Fall/Yearly**

### **KINE 1102/1202 Individual Sports – Non-Majors/Majors**

**1 credit hour for non-majors/2 credit hours for majors**

Sport history, rules, drill and practice routines, strategies, and sport-specific physical conditioning exercises for tennis, badminton, golf, archery, and pickle ball will be covered. Majors focus on information required to build quality individual sports units.

**Prerequisite: None**

**Offered: Spring/Yearly**

### **KINE 1103/1203 Outdoor Education – Non-Majors/Majors**

**1 credit hour for non-majors/2 credit hours for majors**

Course introduces skills, pedagogy, and issues of outdoor education with emphasis on wilderness travel and survival. Application of skill and knowledge includes group dynamics activities, camping, hiking, backpacking, and orienteering. One overnight camping trip is required.

**Prerequisite: None**

**Offered: Fall/Yearly**

### **KINE 1104/1204 Aérobic Exercise – Non-majors/Majors**

**1 credit hour for non-majors/2 credit hours for majors**

Development and maintenance of aerobic capacity of the circulatory and respiratory systems through various activities. Includes information on the values and means of developing and assessing aerobic fitness.

**Prerequisite: None**

**Offered: Fall/Odd Years**

### **KINE 1105/1205 Rhythmic Activities – Non-majors/Majors**

**1 credit hour for non-majors/2 credit hours for majors**

Topics covered in the class include basic motor skills, line, folk, square, and aerobic dance. Emphasis is given to instructional materials and methods for teaching developmentally appropriate activities for various rhythmic movements and dances.

**Prerequisite: None**

**Offered: Spring/Yearly**

### **KINE 1106/1206 Aquatics – Non majors/Majors**

**1 credit hour for non-majors/2 credit hours for majors**

This course presents selected movement activities that emphasize aquatic skill. Application of skill and knowledge includes stroke mechanics, water aerobics, rehabilitation and adapted water activities, diving, and water games.

**Prerequisite: None**

**Offered: Fall/Odd Years**

**KINE 1207 Special Topics**

**2 credit hours**

Course topics are designed to give an in depth study of one or two physical activities. Example courses might include, but are not limited to, golf and tennis for the business major, hiking and biking in central Texas, fencing, and martial arts.

**Prerequisite: None**

**Offered: TBA/Yearly**

**KINE 1301 Foundations of Kinesiology**

**3 credit hours**

Introduces the student to the various fields within Kinesiology, provides a historical background, and acquaints the student with the basic physiological, mechanical, psychological, and sociological principles of the profession.

**Prerequisite: None**

**Offered: Fall and Spring/Yearly**

**KINE 1304 Dimensions of Health and Wellness**

**3 credit hours**

A study of personal health issues and the concept of wellness. The course includes basic principles of safety, weight control and nutrition, disease prevention, physical fitness, stress management, substance abuse, and sexual responsibility. The laboratory portion assesses physical fitness by measuring strength, cardio-respiratory endurance, body composition, and flexibility.

**Prerequisite: None**

**Offered: Fall and Spring/Yearly**

**KINE 1308 Principles of Officiating**

**3 Credit Hours**

Emphasizes basic principles, philosophies, and methods for effective officiating. Topics include officiating philosophy and ethics, professional organizations and certifications, rule interpretations and mechanics of officiating various sports. Six hours of field experience is required.

**Prerequisite: None**

**Offered: Fall/Yearly**

**KINE 1321 Coaching Education**

**3 credit hours**

Emphasizes basic principles, philosophies, and methods for effective coaching. Topics include coaching philosophy, practice considerations, travel and budgeting, rules and regulations, and motivation. Six hours of field experience is required.

**Prerequisite: None**

**Offered: Spring/Yearly**

**KINE 1331 Developmentally Appropriate Activities**

**3 credit hours**

This course introduces the sequence and relationship of motor development and perceptual activity throughout the pre-school and elementary school years. It includes experiences related to readiness for learning physical skills, movement education approaches, and curricular content for early childhood and elementary physical education.

**Prerequisite: None**

**Offered: Fall and Spring/Yearly**

**KINE 1336 Recreational Leadership**

**3 credit hours**

The course is intended to give the necessary background and experiences that will enable the student to work in a variety of recreational settings. Topics include scheduling, budgeting, and equipment management as related to recreation. Six hours of field experience is required.

**Prerequisite: None**

**Offered: Fall/Yearly**

**KINE 1338 Concepts of Physical Fitness**

**3 credit hours**

Concepts and use of selected physiological variables of fitness, individual testing and consultation, and the organization of sports and fitness programs. Components of health related fitness are emphasized. This is an activity based course in which students perform assessment of fitness, then develop and participate in an individual activity program commensurate with personal goals.

**Prerequisite: None**

**Offered: Fall and Spring/Yearly**

**KINE 2356 Care and Prevention of Movement Injuries**

**3 credit hours**

Identification, first aid, rehabilitation, and prevention of injuries sustained in physical education, recreation, and athletic situations. Supplemental information is provided for first aid and safety in the home, school, and community.

**Prerequisite: None**

**Offered: Spring/Yearly**

**KINE 3300 Tests and Measurements**

**3 credit hours**

Course provides an introduction to various tools and measurements used to assess human physical performance. Students develop proficiency in the administration of tests and the application of the results. Emphasis will be given to the development of skill in elementary statistical procedures.

**Prerequisite: MATH 1314**

**Offered: Fall/Yearly**

**KINE 3301 Motor Behavior**

**3 credit hours**

Principles of motor control, motor development, and motor learning as they relate to skill acquisition and motor competency are examined. Topics include theories of cognitive processing, feedback, practice scheduling, and stages of learning. Laboratory activities cover practical application of theories related to skill acquisition and motor control.

**Prerequisite: BIOL 2407**

**Offered: Spring/Yearly**

**KINE 3302 Physiology of Exercise**

**3 credit hours**

Provides the essential physiological background necessary to understand the cardiopulmonary and musculo-skeletal systems response to exercise. Training principles for human performance and health/fitness promotion are emphasized. Laboratory activities cover application of physiological principles and fitness assessment techniques.

**Prerequisite: None**

**Offered: Fall/Yearly**

**KINE 3303 Biomechanics**

**3 credit hours**

Application of anatomical and mechanical principles in the study of human movement. Topics include analyses of projectile-related activities, aerodynamics in sport, principles of stability, and qualitative and quantitative analysis of sport activities. Laboratory activities cover functional anatomy and mechanical principles applied to movement and sports skills.

**Prerequisite: BIOL 2407 and MATH 1314**

**Offered: Spring/Yearly**

**KINE 4100 Teacher Certification Examination Preparation**

**3 Credit Hours**

This course is designed to allow the student to focus on requirements for teacher certification with intensive preparation for the State Physical Education TExES Examination. Students will be able to review pertinent subject matter covered on the state examination as well as learn effective test-taking techniques via practice examination. This course is required of all P.E. majors during the final semester prior to the state certification test.

**Prerequisite: Instructor approval**

**Offered: Spring/Yearly**

**KINE 4301 Adapted Physical Education**

**3 credit hours**

Emphasizes the problems underlying the need for an adapted physical education program in schools. Stresses the formation of individual programs for the most prevalent types of disabilities found in school populations. Six hours of field experience is required.

**Prerequisite: None**

**Offered: Spring/Yearly**

**KINE 4302 Nutrition for Health and Fitness** **3 credit hours**

This course will provide an overview of how dietary sources impact physiological determinants of health, disease, and exercise performance. Topics include general principles of nutrition, nutrient requirements, and distinguishing fact versus fallacy related to fad diets, supplements, and performance enhancement.

**Prerequisite: KINE 1304**

**Offered: Fall/Yearly**

**KINE 4303 Theory and Methods of Teaching Physical Education** **3 credit hours**

Curriculum planning, materials, and course content related to teaching all levels (K-12) physical education. Topics will include writing objectives and lesson plans, teaching and learning styles, legal liability, assessment, and State of Texas requirements. Field experience in local elementary and secondary schools is required.

**Prerequisite: 21 credit hours in Kinesiology**

**Offered: Spring/Yearly**

**KINE 4304 Structural Organization of Physical Education** **3 credit hours**

Designed to consider factors in program effectiveness including: matters of finance, policymaking, curriculum construction, liability for injury, care and purchase of equipment, and staff and personnel problems. Six hours of field experience is required.

**Prerequisite: None**

**Offered: Fall/Yearly**

**KINE 4310 African Americans in Sports** **3 Credit Hours**

This class deals with the problem areas of race relations and social injustice facing the African American college athlete. Topics include the historical analysis of racism and critical events: recruitment, retention and social mobility in collegiate sport; gender and race intersections of college athletics; and analysis of racism and prospects for change. A distinctive perspective is provided on racism, sexism and classism with strategies to work towards eliminating contributing conditions.

**Prerequisite: None**

**Offered: TBA/Yearly**

**KINE 4311 Special Topics** **3 Credit Hours**

An in depth study of selected topics in Kinesiology. Course topic is designed to enhance the student's specialized interest within Kinesiology. Example courses might include, but are not limited to, women and minorities in sport, cardiac rehabilitation, allied health careers, and technology in physical education.

**Prerequisite: None**

**Offered: TBA/Yearly**

**KINE 4601 Human Performance Internship** **6 credit hours**

Clinical experience in selected settings as a physical education practitioner under the supervision of University and program professionals. This course is the culminating experience for students who want to pursue specializations such as corporate fitness programs, personal training, hospital or clinical wellness programs, and community recreational fitness programs. Student will be responsible for performing 100 hours of designated intern duties under supervision, as well as participating in weekly on-campus seminars.

**Prerequisite: 21 credit hours in Kinesiology**

**Offered: Spring/Yearly**

**BACHELOR OF ARTS**  
**KINESIOLOGY MAJOR – PHYSICAL EDUCATION (Total Hours 120)**  
**COURSE SEQUENCE TO AN ALL-LEVEL PHYSICAL EDUCATION CERTIFICATE**

**YEAR 1**

<b>FALL</b>			<b>SPRING</b>					
UNIV	1201 or	Freshman Seminar	2	MATH	1314	College Algebra	3	
RAMS	1201			ENGL	1302	English II	3	
ENGL	1301	English I	3	COMM	1315	Public Speaking	3	
KINE	1304	Health and Wellness	3	PSCI	1301	Government.- State or	3	
COSC	1300	Introduction to Computers	3		/1302	Federal		
SPAN/FREN		Language I	3	SPAN/FREN		Language II	3	
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Total Hours			14	Total Hours			15	

**YEAR 2**

<b>FALL</b>			<b>SPRING</b>					
HIST	1301/1302	U.S. History I or II	3	KINE	2356	Care and Prevention of	3	
KINE	1301	Foundations of	3	Fine Arts Core		Injuries	3	
		Kinesiology		EDUC	1301	Introduction to the	3	
KINE	1331	Developmentally	3			Teaching Profession		
		Appropriate Activities		KINE	1338	Concepts of Physical	3	
KINE	Skills Class		2			Fitness		
BIOL	2407	Human Anatomy	4	BIOL	2408	Human Physiology	4	
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Total Hours			15	Total Hours			16	

**YEAR 3**

<b>FALL</b>			<b>SPRING</b>					
Ethics / Religion Core			3	KINE	Skills Class		2	
KINE	Skills Class		2	KINE	3303	Biomechanics	3	
EDUC	2302	Technology Applications	3	KINE	3301	Motor Behavior	3	
KINE	3302	Physiology of Exercise	3	KINE	4301	Adapted Physical Education	3	
ENGL	Literature (200 level course)		3	KINE	4310	African Americans in Sport (div)	3	
SEDL	2301	Survey of Exceptional	3	EDUC	3303	Teacher and Student in a	3	
		Learners				Multicultural Society		
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Total Hours			17	Total Hours			17	

**YEAR 4**

<b>FALL</b>			<b>SPRING</b>					
EDUC	4306	Assessment and Instructional	3	EDUC	4907	Student Teaching – Field	9	
KINE	3300	Management Tests and	3	EDUC	4306	Student Teaching – Seminar	3	
		Measurements						
KINE	4303	Theory and Methods of PE	3	KINE	4100	Teacher Certification Exam	1	
KINE		Motor Skill Class	3			Preparation		
RDNG	3312	Reading in the content Area	3					
EDUC	3365	TEKS Curriculum and Exam	3					
		Preparation						
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Total Hours			18	Total Hours			13	

**Education majors may test out of COSC 1300 and satisfy computer requirement by taking EDUC 2302.**

**BACHELOR OF ARTS**  
**KINESIOLOGY MAJOR – HUMAN PERFORMANCE**  
**TOTAL HOURS 120**

**YEAR 1**

<b>FALL</b>				<b>SPRING</b>			
UNIV	1201 or	Freshman Seminar	2	ENGL	1302	English II	3
RAMS	1201			MATH	1314	College Algebra	3
ENGL	1301	English I	3	COMM	1315	Public Speaking	3
KINE	1304	Health and Wellness	3	PSCI	1301/1302	Government. Federal or State	3
COSC	1300	Introduction to Computers	3	SPAN/FREN		Language II	3
SPAN/FREN		Language I	3				
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Total Hours			14	Total Hours			15

**YEAR 2**

<b>FALL</b>				<b>SPRING</b>			
BIOL	2407	Human Anatomy	4	BIOL	2408	Human Physiology	4
KINE	1301	Foundations of Kinesiology	3	KINE	2356	Care and Prevention of Injuries	3
KINE	1331	Developmentally Appropriate Activities	3	HIST	1301/1302	U.S. History I or II	3
KINE	1338	Concepts of Physical Fitness	3			Fine Arts Core	3
		Behavioral Science Core	3	KINE		Skills Class	2
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Total Hours			16	Total Hours			15

**YEAR 3**

<b>FALL</b>				<b>SPRING</b>			
		Ethics / Religion Core	3	KINE	3303	Biomechanics	3
KINE		Skills Class	2	KINE	3301	Motor Behavior	3
KINE	3300	Tests and Measurements	3	KINE	4301	Adapted Physical Education	3
KINE	3302	Physiology of Exercise	3	KINE		KIN Elective	3
ENGL		Literature (200 level)	3			Elective supporting career path	3
KINE		Skills Class	2				
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Total Hours			16	Total Hours			15

**YEAR 4**

<b>FALL</b>				<b>SPRING</b>			
KINE	4303	Theory and Methods of PE	3	KINE	4601	Human Performance Internship	6
KINE		KIN Elective	3			Elective supporting career path	3
KINE		Skills Class	2			Upper division elective	3
		Elective supporting career path	3			Upper division elective	3
		Upper division elective	3				
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Total Hours			14	Total Hours			15

**BACHELOR OF ARTS**  
**KINESIOLOGY MAJOR – EXERCISE SCIENCE**  
TOTAL HOURS 120

**YEAR 1**

<b>FALL</b>				<b>SPRING</b>			
UNIV RAMS	1201 or 1201	Freshman Seminar	2	COSC	1300	Introduction to Computers	3
KINE	1338	Concepts of Physical Fitness	3	KINE	1304	Health and Wellness	3
ENGL	1301	English I	3	ENGL	1302	English II	3
BIOL	1410	Organism and Evolution	4	COMM	1315	Public Speaking	3
SPAN/FREN		Language I	3	SPAN/FREN		Language II	3
Total Hours			15	Total Hours			15

**YEAR 2**

<b>FALL</b>				<b>SPRING</b>			
BIOL	2407	Human Anatomy	4	BIOL	2408	Human Physiology	4
KINE	1301	Foundations of Kinesiology	3	KINE	2356	Care and Prevention of Injuries	3
KINE	1331	Dev Appropriate Activities	3	HIST	1301/1302	U.S. History I or II	3
PSCI	1301/1302	Government Federal or TX Elective	3	Fine Arts Core			3
Total Hours			16	MATH	2414	Calculus II	4
Total Hours				Total Hours			17

**YEAR 3**

<b>FALL</b>				<b>SPRING</b>			
CHEM	1411	Chemistry I	4	CHEM	1412	Chemistry II	4
PSYC	1301	Introduction To Psychology	3	KINE	3301	Motor Behavior	3
Ethics/Religion Core			3	KINE	3303	Biomechanics	3
BIOL	2431	Cellular and Molecular Biology	4	ENGL	2331	World Literature	3
Total Hours			14	Total Hours			13

**YEAR 4**

<b>FALL</b>				<b>SPRING</b>			
PHYS	2425	Physics I	4	PHYS	2426	Physics II	4
KINE	3300	Tests and Measurements	3	KINE	4601	Human Performance	6
PSYC	2302	Growth and Development	4	Internship			
	or 4316	Abnormal Psychology		KINE	4301	Adapted Physical Education	3
KINE	3302	Physiology of Exercise	3	KINE	4601	Senior KINE Elective	3
Total Hours			14	Total Hours			16