



COURSES IN KINESIOLOGY

KINE 1100 Personal Fitness

1 credit hour

Students attain the skills necessary for developing a personal fitness program. 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**

KINE 1101 Team Sports

1 credit hour

This course provides a basic introduction to the rules and skills of a variety of team sports including basketball, volleyball, soccer, softball, and flag football. Additional sports may be added at the instructor's discretion. **Prerequisite: None**

KINE 1102 Individual Sports

1 credit hour

This course provides a basic introduction to the rules and skills of a variety of team sports including tennis, badminton, golf, archery, and pickle ball. Additional sports may be added at the instructor's discretion. **Prerequisite: None**

KINE 1103 Outdoor Education

1 credit hour

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**

KINE 1104 Aerobic Exercise

1 credit hour

Development and maintenance of aerobic capacity of the circulatory and respiratory systems through various activities. Students perform assessment of fitness level and develop an individual activity program commensurate with personal goals. **Prerequisite: None**

KINE 1105 Rhythmic Activities

1 credit hour

This course provides a basic introduction to variety of rhythmic activities including basic motor skills, line, folk, square, and aerobic dance. Additional dances or activities may be added at the instructor's discretion. **Prerequisite: None**

KINE 1106 Aquatics

1 credit hour

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**

KINE 1107 Special Topics**1 credit hour**

An in-depth study of selected activity in 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**

KINE 1108 Track and Field**1 credit hour**

An in-depth study of track and field, including sprints, mid- and long-distance events, long jump, triple jump, shot put and discus. Sport history, rules, drill and practice routines, strategies, and sport-specific physical conditioning exercises for will be covered. **Prerequisite: None**

KINE 1109 Volleyball and Basketball**1 credit hour**

An in-depth study of volleyball and basketball. Volleyball skills include serving, passing, setting, spiking, and digging. Basketball skills include dribbling, passing, and shooting. Sport history, rules, drill and practice routines, strategies, and sport-specific physical conditioning exercises for will be covered. **Prerequisite: None**

KINE 1110 Flag Football**1 credit hour**

An in-depth study of soccer and flag football. Soccer skills include dribbling, passing, kicking, and goal tending. Flag football skills include passing, catching, punting, and running routes. Sport history, rules, drill and practice routines, strategies, and sport-specific physical conditioning exercises for will be covered. **Prerequisite: None**

KINE 1111 Baseball and Softball**1 credit hour**

An in-depth study of softball and disc sports. Softball skills include throwing, catching, fielding, and hitting. Disc sports include throwing and catching skills, ultimate disc, and disc golf. Sport history, rules, drill and practice routines, strategies, and sport-specific physical conditioning exercises for will be covered. **Prerequisite: None**

KINE 1112 Golf**1 credit hour**

An in-depth study of tennis and golf. Tennis skills include forehand stroke, backhand stroke, lob, volley, and serving. Golf skills include driving, iron shots, chipping, pitching, and putting. Sport history, rules, drill and practice routines, strategies, and sport-specific physical conditioning exercises for will be covered. **Prerequisite: None**

KINE 1113 Weight Training**1 credit hour**

Development and maintenance of muscular strength and endurance through various fitness routines. Students perform assessment of fitness level and develop an individual activity program commensurate with personal goals. **Prerequisite: None**

KINE 1114 Walking and Jogging for Fitness**1 credit hour**

Students attain the skills necessary for developing personal walking programs for fitness. 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**

KINE 1115 Balance and Tumbling

1 credit hour

This course provides a basic introduction to variety of balance and tumbling activities including individual and partner stunts, forward and backward rolls, cartwheels, and basic stability motor skills. Additional balance activities may be added at the instructor's discretion.

Prerequisite: None

KINE 1116 Folk Dance

1 credit hour

An in-depth study of a variety of folk dances including contra, square, line, and couple dances.

Prerequisite: None

KINE 1117 Self Defense

1 credit hour

This course provides a basic introduction to the philosophy, rules, and skills of a variety of self-defense techniques to empower students to protect and defend themselves. Students will practice self-protection techniques, evading techniques, and escapes techniques. This is a contact class. Physical contact with other students and the instructor are common part of this course.

Prerequisite: None

KINE 1118 Yoga and Pilates

1 credit hour

This course provides a basic introduction to variety of yoga and Pilates techniques including standing, seated, and balancing poses to enhance core strength. The course will also provide an overview of the various yoga philosophies and traditions. **Prerequisite: None**

KINE 1119 Soccer

1 credit hour

An in-depth study of archery, bowling, and table tennis. Skills and strategies will focus on participation for personal recreation, but opportunities for competition will also be discussed.

Prerequisite: None

KINE 1120 Racket Sports

1 credit hour

An in-depth study of a variety of racket sports such as badminton, pickleball and table tennis. Skills include forehand stroke, backhand stroke, lob, volley, and serving. Sport history, rules, drill and practice routines, strategies, and sport-specific physical conditioning will be taught throughout the course so that the student will be able to successfully participate in recreational racket sports as a lifelong activity. **Prerequisite: None**

KINE 1123 Field Sports

1 credit hour

An in-depth study of a variety of field sports such as flag football, lacrosse, and field hockey. Sport history, rules, drill and practice routines, strategies, and sport-specific physical conditioning exercises will be taught throughout the course so that the student will be able to successfully participate in recreational field sports as a lifelong activity. **Prerequisite: None**

KINE 1125 Tennis**1 credit hour**

An in-depth study of tennis. Tennis skills include forehand stroke, backhand stroke, lob, volley, and serving. Sport history, rules, drill and practice routines, strategies, and sport-specific physical conditioning exercises will be taught throughout the course so that the student will be able to successfully participate in recreational tennis as a lifelong activity. **Prerequisite: None**

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**

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**

KINE 1305 Introduction to Athletic Training and Allied Health**3 credit hours**

This course is an introduction to the field of athletic training, sports medicine, and allied health fields with a focus on the principles, practices, contributions of athletic training and allied health professions to the health team, and techniques used by certified athletic trainers in the prevention, management, and rehabilitation of athletic injuries. **Prerequisite: None**

KINE 1308 Principles of Sport Officiating, Statistics and Ratings**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. **Prerequisite: None**

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. **Prerequisite: None**

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. **Prerequisite: None**

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**

KINE 2301 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**

KINE 2305 Essentials of Medical Terminology 3 credit hours

This course is designed to introduce students to the structure of medical terms, including prefixes, suffixes, word roots, singular and plural forms, and medical abbreviations. The course allows students to achieve comprehension of medical vocabulary appropriate to medical procedures, human anatomy and physiology, and pathophysiology. **Prerequisite: None**

KINE 2307 Kinesiology Practicum I 3 credit hours

This course provides students with a supervised practical professional experience in an approved kinesiology-related field under the supervision of a faculty supervisor, practicum supervisor or agency supervisor. Students will have the opportunity to observe in-service professionals, learn about the career field, apply basic concepts, and engage to the maximum extent possible in basic operations within the practicum setting. Students will be required to provide their own transportation to off-campus sites. 120 hours required. May not be repeated for credit. **Prerequisite: sophomore standing, have earned more than 30 credit hours, 2.5 or higher GPA OR permission of instructor**

KINE 2356 Care and Prevention of Athletic 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**

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**

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. This is a designated writing intensive course.

Prerequisite: BIOL 2401

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: KINE 1304 or KINE 1338**

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 2401 and MATH 1314**

KINE 3304 Governance and Policies of Sports

3 credit hours

This course examines sport organizations focusing on both professional and amateur governance structures and processes. The study of policy in interscholastic, collegiate, non-profit, and professional sport venues is also addressed. **Prerequisite: KINE 1321**

KINE 3307 Kinesiology Practicum II

3 credit hours

A second directed, field-based experience under supervision in an approved kinesiology professional setting in which students observe and participate in conditions, practices, and settings where sought career roles are conducted. Students will be required to provide their own transportation to off-campus sites. 120 hours required. May not be repeated for credit. **Prerequisite: junior standing, have earned more than 60 credit hours, 2.5 or higher GPA OR permission of instructor**

KINE 3356 Evaluation of Upper Extremity Athletic Injuries

3 credit hours

Study and analysis of the anatomy, injury signs and symptoms, and commonly accepted techniques used to clinically evaluate upper extremity athletic injuries. **Prerequisite: KINE 2356 OR permission of instructor**

KINE 3357 Evaluation of Lower Extremity Athletic Injuries

3 credit hours

Study and analysis of the anatomy, injury signs and symptoms, and commonly accepted techniques used to clinically evaluate lower extremity athletic injuries. **Prerequisite: KINE 2356 OR permission of instructor**

KINE 3412 Adapted Physical Activity

3 credit hours

Course designed to provide content knowledge to plan and implement appropriate physical activity experiences for students with disabilities. Emphasizes the adaptation of physical activities to needs of children with various disabilities. Strategies for program planning and implementation include writing IEPs, activity/equipment adaptation and techniques of teaching. Experiential learning required as part of the course. This is a designated writing intensive course. **Prerequisite: None**

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 or KINE 1338**

KINE 4303 Theory & 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. This is a designated writing intensive course. **Prerequisite: 21 credit hours in Kinesiology**

KINE 4304 Administration of Sports & Physical Education Programs 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**

KINE 4305 The Business of Sports 3 credit hours
This course will provide an overview of management and marketing issues across the sports industry. Topics include legal implications of sport and business, ownership, strategy analysis, competitive balance in clubs and leagues, revenue pool composition, revenue sources, free market vs. agreed salary structure, sport agents, estimating the value of players, endorsements, sponsorships, contracts, risk sharing, college conferences, promoting fan satisfaction, the media (TV, video, etc.), and ticket pricing. **Prerequisite: KINE 4304**

KINE 4306 Rehabilitation and Therapeutic Modalities 3 credit hours
Study of the theories and applications of contemporary rehabilitation and therapeutic modalities in the treatment of and recovery of musculoskeletal injuries sustained by physically active individuals. **Prerequisite: KINE 2356, 21 credit hours in Kinesiology, 2.5 Or higher GPA OR permission of instructor**

KINE 4307 Strength and Conditioning 3 credit hours
This course discusses the development, instruction and evaluation of strength and conditioning principles and programs for various athletic and non-athletic populations. **Prerequisite: KINE 1113 and 3302 or consent of the instructor**

KINE 4308 Fitness Assessment and Exercise Prescription 3 credit hours
This course is a study of the methods of determining fitness levels and developing safe exercise programs, developing, and administering exercise/wellness programs. **Prerequisite: KINE 1113 and 3302 or consent of the instructor**

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**

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**

KINE 4401 Kinesiology Internship

4 credit hours

Clinical experience in selected settings as a physical activity practitioner under the supervision of University and program professionals. This course is the culminating experience for students who want to pursue specializations such as sport coaching, corporate fitness programs, personal training, hospital or clinical wellness programs, and community recreational fitness programs. Student will be responsible for performing 160 hours of designated intern duties under supervision, as well as participating in weekly on-campus seminars. **Prerequisite: 21 credit hours in Kinesiology**

Note: KINE 1308, KINE 1336, KINE 3304, KINE 4307, KINE 4308, KINE 4310 and KINE 4311 may be offered every other year. If taken as electives, students should take these courses when offered to ensure timely progress through the program.