Courses offered are of two types: (1) basic activity courses such as tennis, golf, etc. open to all students of the University; and (2) professional courses in kinesiology. All basic activity courses are offered on a pass/fail grade basis.

BASIC ACTIVITY COURSES

Students in these classes must furnish and wear clothing suitable to the activity.

1123 to 1160 Beginning Courses (1 sem. hr. each) Pass/fail grading.

1123 Archery
1124 Tennis
1125 Golf
1126 Gymnastics
1128 Riflery
1129 Badminton
1130 Bowling
1132 Ballroom Dance
1133 Children's Rhythms For elementary grades, physical education, or special education majors.
1134 International Folk Dance
1136 Swimming
1140 Scuba Diving Prereq.: KIN 1236 or consent of instructor.
1142 Conditioning Exercises
1144 Aerobic Dance
1146 Weight Training
1150 Recreational Dance
1151 Racquetball
1154 Martial Arts
1155 Jogging
1156 Outdoor Living Skills American Red Cross Standard First Aid Certificate recommended.
1157 Aerobic Swimming Prereq.: KIN 1236 or intermediate swimming skills.
1158 Canoeing Prereq.: must be able to swim 50 yards with a personal flotation device; tread water for one minute and swim 50 yards without a personal flotation device.
1160 Adapted Physical Education For students who cannot participate in vigorous physical exercise due to physical disability or other handicapping condition.

1224 to 1257 Intermediate Courses (1 sem. hr. each) Pass/fail grading.

1224 Tennis
1236 Swimming
1244 Aerobic Dance
1246 Weightlifting
1251 Racquetball
1254 Martial Arts
1255 Jogging
1257 Aerobic Swimming
1336 to 1338 Advanced Courses (1 sem. hr. each) Pass/fail grading.

1336 Swimming
1337 Advanced Lifesaving Prereq.: KIN 1236 and 1336 or Advanced Swimming Certificate.
1338 Water Safety Instructor's Course Prereq.: valid Advanced Lifesaving Certificate.

PROFESSIONAL COURSES

In the Department of Kinesiology, the second digit of the course number denotes the area of interest for professional courses, as follows: 4—kinesiology activity for majors; 5—kinesiology theory; 6—health.

1405 Track and Field (1) 3 hrs. lab. For kinesiology majors or minors.
1406 Basketball (1) 3 hrs. lab. For kinesiology majors or minors.
1407 Softball (1) 3 hrs. lab. For kinesiology majors or minors.
1408 Volleyball (1) 3 hrs. lab. For kinesiology majors or minors.
1409 Flag Football (1) 3 hrs. lab. For kinesiology majors or minors.
1410 Field Sports (1) 3 hrs. lab. For kinesiology majors or minors.
1411 Gymnastics (1) 3 hrs. lab. For kinesiology majors or minors.
1412 Tennis (1) 3 hrs. lab. For kinesiology majors or minors. 1413 Badminton (1) 3 hrs. lab. For kinesiology majors or minors.
1427 Physical Activity I: Volleyball and Basketball (1) For kinesiology majors or minors. 3 hrs. lab. Identification, analysis, and practice of skills and techniques fundamental to volleyball and basketball; rules, strategies, safety.
1428 Physical Activity II: Soccer and Football (1) For kinesiology majors and minors. 3 hrs. lab. Identification, analysis, and practice of skills and techniques fundamental to soccer and football; rules, strategies, safety.
1429 Physical Activity III: Softball and Track and Field (1) For kinesiology majors and minors. 3 hrs. lab. Identification, analysis, and practice of skills and techniques fundamental to softball and track and field; rules, strategies, safety.
1430 Physical Activity IV: Tennis and Badminton (1) For kinesiology majors and minors. 3 hrs. lab. Identification, analysis, and practice of skills and techniques fundamental to tennis and badminton; rules, strategies, safety.
1600 Personal and Community Health Problems (3) Content and theory related to basic health information; critical health issues; improving and maintaining optimal health and wellness.
1999 Special Topics (1) May be taken for a max. of 4 sem. hrs. credit when topics vary. 3 hrs. lab. Identification, analysis, and practice of skills and techniques
fitness testing, exercise prescription, health promotion, and related concerns.

3540 Behavior Impairment and Physical Education (3) Prereq.: EDCI 2700 and KIN 2540. Substantial observation in schools required. Focus on children sometimes labeled mentally retarded, emotionally disturbed, or learning disabled.

3541 Chronic Disability and Physical Education (3) Prereq.: EDCI 2700 and KIN 2540. Substantial observations in schools required. Focus on children with overt physical and/or sensory disabilities of a long-lasting nature who need adjusted physical education programs.

3545 Handicapped Children in Physical Education (3) Prereq.: EDCI 2700. Credit will not be given for both this course and KIN 2540. Not open to kinesiology majors. Motor traits of handicapped children; curriculum implementation specified in federal and state legislation.

3602 Instructor's Course in First Aid (2) 1 hr. lecture; 2 hrs. lab. For persons qualifying to teach the junior and standard Red Cross courses in aid to the injured.

3603 Organization of the School Health Program (3) Prereq.: KIN 1600. Organization of school health programs involving health services, healthful school living, school environment, school health administration, and evaluation of school health programs.

3604 Methods of Teaching Secondary Health Education (3) Prereq.: KIN 1600. 2 hrs. lecture; 2 hrs. field experiences in multicultural settings. Structure of school health education and its relationship to official and voluntary health agencies and to professional associations; modern health resources suitable for teaching health.

3605 Health and the Aging Process (3) Health conservation of human resources; emphasis on understanding attitudes and practices related to health in the aging process.

3608 Communicable and Noncommunicable Diseases (3) Etiology, prophylaxis, and control of communicable and noncommunicable diseases and impairments; cancer, diabetes, and cardiovascular, respiratory, and sexually transmitted diseases.

3660 The Holistic Health Approach to Stress (3) Sources of stress; evaluation of stress-related diseases; techniques for promoting stress reduction; prevention of stress-related diseases.

4500 Adapted Physical Education (3) 2 hrs. lecture; 2 hrs. lab. Preparation for teaching special activities to a typical or handicapped children; organization and administration of clinical exercise programs.

4501 Special Topics in Kinesiology (3) May be repeated for a max. of 6 sem. hrs. of credit when topics vary. For students interested in additional study in specific aspects of kinesiology.

4510 Knowledge Structure Approach to Skills Analysis (3) Prereq.: physical education cohort membership or consent of instructor. Analyses of the skills and subskills of selected team, dual, and individual movement activities.

4512 Lifespan Motor Development (3) Analysis of changes in motor behavior from infancy to older adulthood; current theoretical perspectives; current issues; correlates of motor development.

4514 Quantitative Analysis of Human Movement (3) Prereq.: KIN 3514 or equivalent. Theory and application of kinematic, kinetic, and electromyographic data acquisition and analysis in the study of human movement as it relates to performing motor skills.

4515 Sports Seminar (3) Trends and issues related to the development and maintenance of athletic abilities in a variety of sports.

4517 Sports Administration (3) Policies and practices in the administration of athletic programs in academic settings.

4520 Psychosocial Aspects of Physical Activity (3) Prereq.: senior or graduate standing. Psychological and sociological perspectives of physical activity; theories and research related to sport and exercise behavior; and psychological factors that influence involvement and performance in physical activity settings.

4538 Practicum in Applied Fitness (6) Prereq.: KIN 3534, 3535. 12 hrs. lab. For kinesiology majors. Pass-fail grading. Practical application of exercise testing, exercise prescription, and leadership.


4550 Reflective Teaching in Health and Physical Education (3) Prereq.: physical education cohort membership or consent of instructor. Critical issues and pedagogical practices of the reflective teacher in health and physical education.

4600 The School Health Program (3) Problems involved in promoting health of school children; prevention of and protection against infectious diseases; physical inspection and examination; health instruction; provision of a wholesome environment.

4601 Community Health Issues (3) Community health aspects and implications of tobacco, alcohol, drugs, venereal disease and other communicable diseases; other community health problems.

4602 Community Safety Education (3) Covers all grade levels in the school health program; community programs; home, traffic, and recreational safety; emphasis on organization and administration of these programs.

4605 Habituating and Addictive Drugs in Our Culture (3) Prereq.: KIN 1600 and senior or graduate standing. Harmless, harmful, useful, and useless chemical substances that affect physiological well-being and behavior or mood; interaction of psychological, sociological, and physiological components.

4900 Independent Study (1-3) May be taken for a max. of 6 sem. hrs. of credit. Open to advanced undergraduate or graduate students. Reading, research, and/or field work on selected topics.

7201 Advanced Research Methods (3) Analysis of quantitative research methods and statistical analysis used in kinesiology research.

7202 Curriculum Construction in Physical Education (3) Contemporary educational trends in curriculum theory, issues, philosophical orientation, and models derived from research and experience.

7203 Dimensions of Aging (3) Focus on physical, cognitive, and emotional aspects of biological aging; role of physical activity and lifestyle issues and their interaction with chronological aging and functional ability.

7204 Tests and Measurements in Kinesiology (3) Measurement theory applied to testing in educational, fitness, and other kinesiology settings.

7205 Problems in Kinesiology (3) May be taken for a max. of 6 hrs. of credit when topics vary. Individual study.

7207 Historical and Philosophical Foundations of Kinesiology (3)

7208 Analysis of Human Movement (3) Mechanisms involved in the production of human movement and the techniques available for scientific analysis of such movement.

7510 Motor Learning (3) Cognitive and motor processes influencing the learning of motor skills; emphasis on assessing learning, changes during learning, attention, augmented feedback, transfer of learning, and practice conditions, with implications for a variety of skill instruction and rehabilitation contexts.

7511 Administrative Problems in Kinesiology (3) Organization and management theory and techniques for administration of programs in educational and fitness settings.

7512 Motor Control (3) Prereq.: consent of instructor. Neurophysiological and behavioral issues in control of human movement; emphasis on contrast between ecological and constructionist approaches.

7513 Seminar in Physical Education Professional Preparation (3) Issues and trends in physical education; emphasis on undergraduate and graduate professional preparation.

7514 Pedagogy in Physical Education (3) Prereq.: KIN 7502 and admission to the doctoral program. Theory and research relating to systematized instruction in physical education.

7515 Theories of Achievement Motivation in Physical Activity (3) Theories of achievement motivation as they apply in a variety of physical activity settings including motor skill acquisition, sport, exercise behavior, and rehabilitation.

7520 Motor Development (3) 2 hrs. lecture; 2 hrs. lab. Psychomotor development of children; implications for skill learning; analyzing and planning motor development research; motor development in special children; research on youth sports; evaluation and assessment; and perceptual-motor development.

7521 Laboratory Techniques in Motor Behavior (3) Prereq.: KIN 7508 or equivalent and consent of instructor. 2 hrs. lecture; 2 hrs. lab. Techniques and equipment used in motor behavior and biomechanics labs; data acquisition and processing techniques; hardware and software associated with computerized data acquisition and
processing; timing equipment; force measuring instrumentation; motion analysis equipment; electromyography.

7522 Physical Education for Preschool and Elementary School Children (3) Essentials for a successful movement program for children at the preschool and elementary school level; philosophy, objectives, teaching methods, and materials necessary for program development.

7523 Theories of Motor Skill Acquisition (3) Prereq.: KIN 7510 and 7520. For Ph.D. students in motor learning or motor development. Issues in motor control and learning, i.e., central and peripheral mechanisms, theories of motor learning, motor programs, and short-term memory.

7524 Children and Sport (3) Open to graduate students from any area. Children's involvement in organized sports; understanding of the present structure of youth sports; research in child development, training, injuries, social psychology, skill acquisition, and coaching behavior; implications for children in sport.

7527 Seminar: Developmental Factors in Children's Motor-Skill Learning (3) Prereq.: KIN 7530 and 7520 or equivalent. For doctoral students only. Developmental learning theory and literature; effects of developmental factors on children's motor performance and learning.

7528 Sport Psychology (3) Problems of several areas of social psychology related to sport; research methodology and theories.

7530 Exercise Physiology (3) 2 hrs. lecture; 2 hrs. lab. Physical, chemical, and environmental factors influencing physical performance; bioenergetics, cardiovascular and respiratory adjustments to exercise; research relevant to conditioning and physiological responses to exercise.

7531 Structural and Functional Characteristics of the Developing Child (3) 2 hrs. lecture; 2 hrs. lab. Structural changes of growth prepubertal and pubertal children related to function in physical activity.

7533 Exercise Testing in Health and Disease (3) Prereq.: KIN 7530. 1 hr. seminar; 4 hrs. lab. Theory and practicum in evaluating fitness, prescribing exercise, and planning and supervising group programs for adults.

7534 Exercise in Health and Disease (3) Contraindications and valid uses of exercise in mediating risk factors.

7535 Neuromuscular Aspects of Exercise (3) Prereq.: KIN 7530. Effects of exercise on muscle cell structure and function; neuromuscular integration and neural function in exercise.

7536 Cardiovascular and Respiratory Function in Exercise (3) Prereq.: KIN 7530. 2 hrs. lecture; 2 hrs. lab. Mechanics of cardiovascular and respiratory function related to exercise.

7537 Exercise and Environment (3) Prereq.: KIN 7530. 2 hrs. lecture; 2 hrs. lab. Effects of environmental conditions on performance of various types of exercise.

7538 Practicum in Cardiac Rehabilitation (6) Prereq.: KIN 7530, 7533, 7534, 7551. Pass-fail grading. Minimum on-site requirement is 20 hours per week. Important for exercise specialists, exercise leader, or graded exercise technician certification. Involvement in the practical application of exercise testing, exercise prescription and exercise leadership for cardiac patients.

7539 Laboratory Techniques in Exercise Physiology (3) Prereq.: KIN 7530: 1 hr. lecture, 4 hrs. lab; exercise physiology and college chemistry recommended. Laboratory techniques in exercise physiology, principles of metabolic measurement and assay procedures for quantification of dynamic changes in blood chemistry during exercise.

7540 Motor Characteristics of Handicapped Children (3) Prereq.: KIN 4500 or 4540 or equivalent. Structure of gross and fine motor abilities in regular and handicapped children; inter-and intra-individual performance differences and factors associated with them.

7541 Motor Activity Programming for Handicapped Children (3) Prereq.: KIN 7540. Motor activity programs developed from factor analytical studies contrasted with those of an intuitive base; implications of federal and state regulations.

7542 Program Approaches for Special Physical Education (3) Prereq.: KIN 7541. Open only to doctoral students. Approaches for eliciting behavior change in handicapped children, from a motor activity frame of reference.

7550 Advanced Exercise Physiology (3) Prereq.: KIN 7530: 2 hrs. lecture; 2 hrs. lab; college chemistry, mathematics, physics recommended. Quantitative approach to both systematic and cellular control during exercise.

7551 Exercise Electrocardiography: Principles and Practice (3) Prereq.: KIN 7530 or consent of instructor. Physiological bases, practical considerations, and rhythm identification of resting and exercise electrocardiograms.

7560 Fall Practicum in Health and Physical Education (5) Prereq.: physical education cohort membership or consent of instructor. 1 hr. lecture; 8 hrs. lab. Pass-fail grading. First teaching practicum in local schools.

7561 Spring Practicum in Health and Physical Education (5) Prereq.: physical education cohort membership or consent of instructor. 1 hr. lecture; 8 hrs. lab. Pass-fail grading. Second teaching practicum in local schools.

7570 Critical Issues in Teaching Health and Physical Education (3) Prereq.: physical education cohort membership or consent of instructor. Critical theory and research related to pedagogical practices in health and physical education.

7575 The Teacher-Researcher in Health and Physical Education (3) Prereq.: physical education cohort membership or consent of instructor. Analysis of teacher-researcher literature; its application to teaching health and physical education.

7580 Research Project in Health and Physical Education (3) Prereq.: physical education cohort membership and completion of KIN 7560 and 7561 or consent of instructor. 2 hrs. lecture; 2 hrs. lab. Development, completion, and presentation of a research problem in teaching health and physical education that grows out of fifth-year clinical experiences and course work.

7601 Changing Health Behavior (3) Motivation and determinants of health behavior; behavior change strategies designed for utilization in individual and group health education programs; promoting innovative health education programs in schools and the community.

7620 Epidemiological Approach to Community Health (3) Prereq.: EXST 4001 or equivalent. Vital health statistics via the disease model and its determinants; community organization and program development related to community health education, both qualitatively and quantitatively.

7900 Introduction to Research Methods (3)

7999 Seminar in Selected Topics in Kinesiology (1-3) May be taken for a max. of 6 sem. hrs. credit. Topics vary.

8000 Thesis Research (1-12 per sem.) “S”/”U” grading.

8900 Independent Research (1-9) May be taken for a max. of 9 sem. hrs. credit. Pass-fail grading.

9000 Dissertation Research (1-12 per sem.) “S”/”U” grading.