

KINESIOLOGY (KIN)

KIN 105 Christian Wellness 3 Units

A foundational exploration into Christ-centered wellness and how to construct a comprehensive strategy to develop and maintain personal wellness in relationship with God.

KIN 110 CPR/First Aid 1 Unit

This course will cover the theory and practice for prevention and care of accidents and sudden illness including the requirements for Red Cross Standard First Aid and CPR (cardiopulmonary resuscitation) certification. Nominal fee.

KIN 114 Lifetime Fitness: Badminton 0.5 Units

This course will introduce the official singles and doubles games of badminton at the beginning level as students practice basic strokes, footwork, strategies, rules, scoring, and court etiquette.

KIN 122 Lifetime Fitness: Weight Training 0.5 Units

This course will provide an exercise program for those striving for a healthy lifetime activity.

KIN 125 Lifetime Fitness: Zumba 0.5 Units

This course will provide an exercise program for those striving for a healthy lifetime activity.

KIN 126 Lifetime Fitness: Aerobics 0.5 Units

This course will provide an exercise program for those striving for a healthy lifetime activity.

KIN 127 Lifetime Fitness: Cross Training 0.5 Units

This course will provide an exercise program for those striving for a healthy lifetime activity.

KIN 128 Lifetime Fitness: Tae Kwon Do 0.5 Units

This course will provide an exercise program for those striving for a healthy lifetime activity. A nominal fee will be charged.

KIN 131 Lifetime Fitness: Tennis 0.5 Units

This course will introduce the official singles and doubles games at the beginning level and provide an exercise program for those striving for a healthy lifetime activity.

KIN 132 Lifetime Fitness: Volleyball 0.5 Units

This course will introduce the techniques, rules, and etiquette as students serve, set, score, learn other volleyball strategies, and incorporate these skills in playing volleyball.

KIN 136 Lifetime Fitness: Basketball 0.5 Units

This course will introduce students to the basic practice skills, footwork, strategies, rules, scoring, and court etiquette while also providing an exercise program for those striving for a healthy lifetime activity.

KIN 140 Lifetime Fitness: Golf 0.5 Units

This course will introduce the techniques, rules, and etiquette as students practice chipping, putting, and golfing strategies, incorporating these skills in playing a round of golf. Students are responsible for balls, green fees, and clubs.

KIN 144 Lifetime Fitness: Rock Climbing 0.5 Units

This course will provide an exercise program for those striving for a healthy lifetime activity. A required fee will be paid directly to the rock climbing facility.

KIN 145 Lifetime Fitness: Fitness Walking 0.5 Units

This course will provide an exercise program for those striving for a healthy lifetime activity.

KIN 208 Athletic Injuries 3 Units

This course provides instruction in the prevention, recognition, care of athletic injuries. How the body can be injured, and how to prevent and treat basic injuries will be presented in this course. A lab fee is required.

KIN 220 Foundations of Human Movement Studies 3 Units

This course will introduce and explore the broad field of human movement, exercise and physical activity. This course will introduce students to the domains and disciplines of study used to understand human movement, exercise and physical activity. Students will learn how to read, understand, critique, and write research articles the discipline of Kinesiology.

KIN 225 Principles of Weight Training and Cross Training 3 Units

A theory to practice approach to strength training and aerobic cross training methods will be examined in this course as students learn how to test, design, and implement strength training and aerobic cross training programs for sport and fitness. Prerequisite: KIN majors and minors only; non-KIN majors and minors must have consent of department chair.

KIN 245 Medical Terminology 3 Units

Medical/healthcare terminology course introduces the student to the medical abbreviations, prefixes, suffixes and root word terminology as it relates to the human body systems and the provision of health care. This course serves as a prerequisite for most post graduate allied healthcare programs.

KIN 303 Health Education 3 Units

Students will learn how to provide comprehensive school health education programs that incorporate concepts of maintaining balance in the physical, emotional, social, intellectual, economic, vocational, and spiritual components of life. Offered alternate years.

KIN 304 Motor Learning and Control 3 Units

This course will give an overview of significant behavioral theories which influence and determine the learning and production of motor skills. Included will be learning theories and motor control theories as well as application of theory to motor performance.

KIN 305 Motor Development 3 Units

This course will study motor skills and physical development from birth to adulthood with an emphasis on infancy, childhood, and adolescence including neurological, physiological, intellectual, social, and emotional factors that influence gross and fine movement activities.

KIN 306 Nutritional Sciences 3 Units

This course will explore issues pertinent to the study of health and nutrition for the active individual. This course will analyze concepts and controversies and will emphasize the importance of research and clinical studies in the current nutritional literature. Students will also examine and discuss key concepts concerning the role of nutrition in overall health and well-being for a healthy lifestyle.

KIN 307 Exercise and Gerontology 3 Units

This course is will explore the latest evidence-based research on the effects of aging and will familiarize students with the physiological impacts of aging as it relates to the decline in physical development, cardiovascular and pulmonary functioning, and muscular strength and power. This course will also introduce the effects of declining motor skills as well as other physical-psychosocial relationships associated with aging.

KIN 310 General Medicine and Pharmacology 3 Units

This course will incorporate the knowledge, skills, and values that health professionals must possess to recognize, treat, and refer general medical conditions and disabilities. Students will also look at the skills and knowledge of pharmacologic applications for those involved in sport and physical activity. A lab fee is required.

KIN 317 Kinesiology 4 Units

This course will study human movement with an emphasis on the structure and function of the skeletal, muscular, and nervous systems. Prerequisite: BIO 246.

KIN 320 Historical, Social, Cultural Foundations of Sport and P.E. 3 Units

This course will present and discuss the philosophical, historical, and sociological constructs relevant to sport and physical education. Philosophy of sport will explore ways to understand sport involvement. History of sport will be explored from Ancient Greece to modern times. Sociology of sport will be explored regarding current challenges, relevant issues, and controversies in sport and physical education.

KIN 325 Exercise Testing and Prescription 3 Units

This is a National Council of Strength and Fitness (NCSF) approved course for those who want advanced personal training certification. Topics will include functional anatomy; health and fitness screening and assessment; cardiovascular assessment and prescription; strength and power assessment and prescription; nutrition and weight management. Prerequisite: KIN 225 or consent of department chair.

KIN 330 Lifestyle Medicine and Wellness 3 Units

This course will explore the research evidence for lifestyle effects on health and wellness including; nutrition, fluids, physical activity, stress, depression, happiness, sleep, pain management, and addiction; issues in health literacy; lifestyle effects on behavior change and motivation; and the role of lifestyle on chronic disease. Students will learn an alternative way of understanding health and health care compared to the typical pay-for-service or caring for the sick health care model.

KIN 335 Physical Activity and Epidemiology 3 Units

This course will explore the effects of physical activity on chronic disease prevention and health promotion throughout the life span, from clinical and public health perspectives. Discussion and application of real-life physical activity assessment, research, guidelines, and promotion in population levels. Emphasis will be placed on the ability to understand and utilize epidemiology statistics.

KIN 340 Elementary Physical Education 3 Units

This is an instructional strategies course that will introduce students to movement and fitness education for children, including topics on the development and use of games and music to aid in children's motor development, and the integration of the principles of motor learning, motor development, and physiology of movement.

KIN 344 Health and Wellness Programming 3 Units

This course covers the design and implementation of worksite health promotion programs and the benefits these programs have for both employees and employers. Students will review various health risk appraisals and plan theory-based incentive programs designed to promote positive lifestyles. Opportunities for learning behavior change models and methods will be provided through wellness coaching sessions.

KIN 348 Evaluation of Injuries 4 Units

This course provides a theoretical and practical approach to injury assessment of the upper and lower body. A systematic evaluation process is utilized to assess injuries and conditions that involve the head/face, cervical/thoracic spine, shoulder, elbow, forearm, wrist, hand, abdominal viscera, lumbar spine, hip, thigh, knee, lower leg, ankle, foot, and gait analysis. Lab time is included in the schedule.

KIN 358 Therapeutic Exercise 3 Units

A theoretical and practical approach to therapeutic exercise will be introduced, discussed and explored in this course. Lab time is included in the schedule.

KIN 360 Principles of Coaching 3 Units

An analysis of theoretical and practical factors in coaching such as motivation; attitude formation, leadership, character development and techniques of coaching will be covered in this course.

KIN 364 Exercise Psychology 3 Units

This course will focus on the psychological understanding of exercise behavior through the examination of psychological, psycho-physiological, and social factors that influence physical activity participation and performance; how participating in physical activity and exercise affect psychological well-being; and the theoretical, methodological, and applied approaches to a variety of topics related to exercise psychology.

KIN 365 Sport Psychology 3 Units

The role of psychomotor and cognitive factors in human movement and sport settings are discussed and explored in this course along with selected topics of such as personality theory, arousal, attribution theory, achievement motivation, anxiety, sport performance interventions, goal setting, attention styles, aggression, social facilitation, social reinforcement, and imagery.

KIN 368 Therapeutic Modalities 3 Units

A theoretical and practical approach for therapeutic modalities in exercise and rehabilitation are discussed and explored in this course. Lab time is included in the schedule. A lab fee is required.

KIN 370 Adaptive Physical Education 3 Units

An analysis of how physical education, sport, and physical activities can be adapted to meet students' special and unique needs will be examined in this course including an analysis of motor and intellectual development, appropriate skill progressions, and an examination of various diseases and genetic conditions that lead to adaptation needs. Offered alternate years.

KIN 376 Physical Education Management 3 Units

An evaluation of how to develop physical education lesson plans and curriculums will be examined in this course including practical tips for creating effective teaching environments and teaching developmentally appropriate skills and activities. Offered alternate years.

KIN 390 Practicum: General 1-4 Units

This course is a practical, hands-on experience outside the classroom directly related to the student's major, minor or professional program that is a beneficial complement to the student's academic experience. Offered at a Pass/No Pass course.

KIN 392 Practicum: Teacher Education 1-4 Units

This course is a practical, hands-on experience outside the classroom directly related to the student's major, minor or professional program that is a beneficial complement to the student's academic experience. Offered at a Pass/No Pass course.

KIN 393 Practicum: Kinesiology 1-4 Units

This course is a practical, hands-on experience outside the classroom directly related to the student's major, minor or professional program that is a beneficial complement to the student's academic experience. Offered at a Pass/No Pass course.

KIN 394 Practicum: Coaching 1-4 Units

This course is a practical, hands-on experience outside the classroom directly related to the student's major, minor or professional program that is a beneficial complement to the student's academic experience. Offered at a Pass/No Pass course.

KIN 395 Practicum: Allied Health 1-4 Units

This course is a practical, hands-on experience outside the classroom directly related to the student's major, minor or professional program that is a beneficial complement to the student's academic experience. Offered at a Pass/No Pass course.

KIN 403 Biomechanics 4 Units

This introductory course will look at the basic principles of anatomical mechanics and their applications to human movement including an analysis of efficient movement. Lab time is included in the schedule. A lab fee is required. Prerequisite: KIN 317.

KIN 406 Exercise Physiology 4 Units

This course applies the physiological principles to the study of human performance in exercise. A lab fee is required. Prerequisites: BIO 246 and BIO 247.

KIN 409 Research in Kinesiology 1 Unit

This course will require students to apply research methods and skills towards the completion of original student-conducted research. This course may require library research, field and/or laboratory research, and statistical analysis to be completed under the supervision of a faculty advisor.

KIN 410 Statistics and Measurement 4 Units

The development, evaluation, and administration of measurement techniques and tests in exercise science will be explored through lecture and practical applications. Basic statistical analyses and applications in interpreting tests and measurements are taught. A lab fee is required.

KIN 416 Advanced Exercise Physiology 4 Units

As a continuation of KIN 406, this course will survey and evaluate current concepts and literature regarding physiological regulatory mechanisms of oxygen transport and muscle metabolism including the examination of both acute and chronic effects of exercise with an emphasis placed on physiological limitations. Lab time is included in the schedule. A lab fee is required. Prerequisite: KIN 406.

KIN 420 Research Methods in Kinesiology 3 Units

This course will prepare students to read, critique, and conduct scientific research. Through practical experience and understanding of research methods students will develop the skills and knowledge needed to conduct research using a variety of assessments and data collection methods in the discipline of human movement.

KIN 492 Internship: Teacher Education 1-8 Units

This course is an intense practical part- or full-time experience outside the classroom that is an integral part of a professional program that contributes significantly to the preparation of a student for entrance into a profession. Approximately forty-two (42) contact hours are required for each unit of credit. Each department may limit the maximum number of internship credit. Offered at a Pass/No Pass course.

KIN 493 Internship: Kinesiology 1-8 Units

This course is an intense practical part- or full-time experience outside the classroom that is an integral part of a professional program that contributes significantly to the preparation of a student for entrance into a profession. Approximately forty-two (42) contact hours are required for each unit of credit. Each department may limit the maximum number of internship credit. Offered at a Pass/No Pass course.

KIN 494 Internship: Coaching 1-8 Units

This course is an intense practical part- or full-time experience outside the classroom that is an integral part of a professional program that contributes significantly to the preparation of a student for entrance into a profession. Approximately forty-two (42) contact hours are required for each unit of credit. Each department may limit the maximum number of internship credit. Offered at a Pass/No Pass course.

KIN 495 Internship: Allied Health 1-8 Units

This course is an intense practical part- or full-time experience outside the classroom that is an integral part of a professional program that contributes significantly to the preparation of a student for entrance into a profession. Approximately forty-two (42) contact hours are required for each unit of credit. Each department may limit the maximum number of internship credit. Offered at a Pass/No Pass course.