

Kinesiology

LOWER DIVISION

KINS 120. Developing Life Skills for Student-Athletes (3). Develop as a whole person: athletically, academically, personally. Goal setting; wellness and nutrition; communication; future career endeavors.

KINS 165. Foundations of Kinesiology (3). Contemporary practices; current issues. Philosophies and cultural foundations of human movement. Develop writing skills.

KINS 276. Techniques in Athletic Training (3). Care and prevention of athletic injuries: taping, emergency care, rehabilitation, injury prevention, use of therapeutic equipment. [Prereq: Human Anatomy or Human Physiology course.]

UPPER DIVISION

KINS 311. Concepts of Teaching Aquatics (2). Analysis of teaching concepts and skills in aquatics; instructional approaches, planning, curriculum, and evaluation of concepts and skills for water safety instruction.

KINS 313. Concepts of Teaching Dance (2). Analysis of teaching concepts and skills in dance forms; instructional approaches, planning, curriculum, and evaluation of rhythm and movement concepts and skills (e.g., multicultural, social, classical, and contemporary dance).

KINS 315. Concepts of Teaching Dynamic Patterns of Movement (2). Analysis of teaching concepts and skills in dynamic patterns of movement; instructional approaches, planning, curriculum, and evaluation of combatives/self-defenses and gymnastics concepts and skills.

KINS 317. Concepts of Teaching Fitness (2). Analysis of basic principles, theories, and practice for development and maintenance of health and physical performance; instructional approaches, planning, curriculum, and evaluation of health-related fitness concepts.

KINS 319. Concepts of Teaching Individual Activities (2). Analysis of teaching concepts and skills in individual activities, (e.g., archery, badminton, bowling, golf, pickleball, and tennis). Evaluation of instructional approaches, planning, curriculum, and assessment strategies.

KINS 321. Concepts of Teaching Recreational Activities (2). Analysis of teaching concepts and skills in recreational games and outdoor education; instructional approaches, planning, curriculum, and evaluation of various outdoor settings, ice-breakers, mixers, initiatives, and educationally-based games.

KINS 323. Concepts of Teaching Team Activities (2). Analysis of teaching concepts and skills in team activities (e.g., basketball, flickerball, football, lacrosse, soccer, softball, volleyball, and ultimate frisbee). Instructional approaches, planning, curriculum, and assessment strategies.

KINS 325. Health-Related Exercise (2). Principles, theory, and practice of health-related

exercise through fitness programs, recreational activities, and outdoor education. Analysis of teaching and learning; instructional and curricular approaches; standards-based instruction; planning and assessment strategies. [Rep once.]

KINS 327. Games Concepts I (3). Teaching Games for Understanding (TGFU) as applied to net/wall and target-based activities. Analysis of teaching and learning; instructional and curricular approaches; standards-based instruction; planning and assessment strategies. [Rep once.]

KINS 329. Games Concepts II (3). Teaching Games for Understanding (TGFU) as applied to invasion and fielding/run scoring activities. Analysis of teaching and learning; instructional and curricular approaches; standards-based instruction; planning and assessment strategies. [Rep once.]

KINS 339. Group Exercise Instruction (2). Theory and practice for group exercise leaders. Functional effects of exercise, safe techniques, modifications for special populations, choreography, health screening, and legal issues. Prepares individuals to be effective exercise instructors.

KINS 378. Sport in Society (3). Physical activity as part of culture: how it affects values, attitudes, technology; how it works in sociocultural systems.

KINS 379. Exercise Physiology (4). How the body responds, adjusts, and adapts to exercise. Muscular, circulatory, respiratory, energy, and endocrine systems. [Prereq: ZOOL 113 or ZOOL 310. Weekly: 3 hrs lect, 2 hrs act.]

KINS 384. Curriculum & Instructional Strategies in Physical Education (3). Evaluate curriculum content of secondary physical education programs. Implement curricular theory by developing an instructional program. Employ effective management techniques in lab settings.

KINS 385. Adapted Physical Education (3). Principles, practices. Consider exceptional individuals found in public schools. Appropriate evaluation and programming techniques.

KINS 386. Structural Kinesiology (4). Structural/mechanical analysis of human motor performance. Osteology, arthrology, myology, anatomical mechanics, motion ability factors, anthropometry, and specific structural movement problems, with emphasis on qualitative analysis. [Weekly: 3 hrs lect, 2 hrs lab. Prereq: ZOOL 270.]

KINS 425. Strength & Conditioning (3). Scientific basis for and practical applications of resistance training. Design and implementation of conditioning programs. Lifting mechanics, techniques and instructional strategies for teaching weight lifting for sport/performance outcomes. [Prereq: KINS 379 and KINS 386 (C).]

KINS 447. Pharmacology & Ergogenic Aids (3). Medication effects on the physiological response to exercise/stress testing. Effects of ergogenic aids on performance/health.

KINS 456A. Fitness Assessment & Exercise Programming (4). Implementation of fitness assessments to evaluate cardiorespiratory endurance and body composition, and to develop exercise prescriptions based on assessment data for low-to moderate-risk individuals and those with

controlled disease. [Weekly: 3 hrs lect, 2 hrs activ. Prereq: HED 120, KINS 379.]

KINS 456B. Fitness Assessment & Exercise Programming (4). Implementation of fitness assessments to evaluate muscular fitness and flexibility, and to develop exercise prescriptions based on assessment data for low-to moderate-risk individuals and those with controlled disease. [Weekly: 3 hrs lect, 2 hrs activ. Prereq: HED 120, KINS 379.]

KINS 460. Human Performance Lab Techniques (1). Introduction to the basic testing procedures used in the assessment of human performance, health, and wellness. Application and practice of techniques in administering tests and analysis of data. [Kinesiology majors with junior standing or greater: Rep.]

KINS 474. Psychology of Sport & Exercise (3). Theoretical and applied aspects of the psychology of exercise and sport. Review of personality, motivational processes, interpersonal and group processes, developmental patterns, and intervention techniques in cultural contexts. [Prereq: junior standing or greater: DCG-d.]

KINS 475. Elementary School Physical Education (3). Analyze motor skills. Appropriate movement patterns and progressions for children and early adolescents. Meets elementary education credential requirements.

KINS 480. Special Topics [1-4]. Topics of current interest. Lect/lab as appropriate. [Rep.]

KINS 482. Internship in Kinesiology [2-7]. Supervised experience in corporate/private business, clinical, community, educational, research, or sport performance setting. Application of knowledge, skills, and abilities in exercise science and/or health promotion. [Prereq: completion of all kinesiology and exercise science option courses and IA. Rep up to 7 units.]

KINS 483. Evaluation Techniques in Kinesiology (3). Testing, measurement, and statistical procedures. Theory and lab analysis of how measuring/statistical devices are constructed, administered, evaluated.

KINS 484. Motor Development/Motor Learning (3). Principles of perceptual organization. Functions of proprioceptors and other sensory modes in developing kinesthesia. Interrelationships necessary for cognition.

KINS 486. Theory of Coaching (2). Provides coach with general knowledge of fiscal management, contest management, public relations, marketing. Guest lecturers.

KINS 487. Biomechanics Lab Techniques (2). This course introduces students to advanced biomechanics concepts and skills applied to research and clinical testing. Student gains an understanding of balance testing, gait analysis, electromyography, and force measurement. [Prereq: KINS 386 (C). Kinesiology majors. Rep.]

KINS 490. Practica (3). Application of principles of kinesiology in a school, community-based agency, physical therapy, clinical, or health promotion setting.

KINS 492. Senior Seminar in Kinesiology (3). Selected trends. [Prereq: senior standing.]

KINS 495. Directed Field Experience (1-6). Assigned field experience under supervision of HSU staff. [Prereq: HED 120 and junior standing. Rep.]

KINS 499. Directed Study (1-6). Supervised independent study in areas not covered by scheduled courses. Open only to undergraduates. [Rep.]

GRADUATE

KINS 535. Assessment Techniques (2). Psychomotor assessment for individuals with disabilities. Implement assessment programs in public schools.

KINS 540. Exercise Psychology (3). Theoretical and applied aspects of the psychology of exercise/physical activity. Topics include: exercise adherence and behavior change, physical activity interventions across various populations, and exercise and psychological well-being. [Prereq: KINS 474 or equivalent. Open to students in the Kinesiology MS program.]

KINS 577. Adapted Physical Education Programs (4). Relationship between handicapping conditions and physical activity. Value of physical activity for individuals with disabilities.

KINS 578. Adapted Aquatics for Instructors (2). Develop aquatic activities for persons with disabilities. Red Cross certification. [Prereq: water safety instructor.]

KINS 580. Special Topics (1-4). Topics of current interest. [Rep.]

KINS 588. Optimizing Exercise Training (3). This course covers exercise prescription and training based on advanced study of the physiological responses and adaptations to exercise and deep understanding of the metabolic, neuromuscular and cardiorespiratory systems. [Prereq: KINS 379; junior standing or above.]

KINS 610. Statistics for Kinesiology (3). Parametric and nonparametric univariate and multivariate statistical procedures. Analysis, interpretation, and presentation of data. [Prereq: KINS 483 or course in elementary statistics.]

KINS 615. College Teaching in Kinesiology (3). Conceptual and practical understanding of knowledge and skills applied to teaching in higher education. Topics include: collaborative/active learning techniques, developing students' critical thinking skills, strategies in planning, instruction & assessment.

KINS 635. Research Methods in Kinesiology (3). Introduction to research concepts, design, methods, analyses, and ethics in Kinesiology. Develop professional writing and presentation skills. [Prereq: graduate standing with classified status in kinesiology MS program.]

KINS 640. Psychology of Sport & Exercise (3). Introduction to theoretical and applied aspects of the psychology of sport and physical activity. Topics include: anxiety, body image, confidence, exercise and mood, injury, motivation, multicultural issues and performance enhancement.

KINS 650. Exercise Physiology (3). Advanced study of the physiological responses and adaptations to physical activity. Emphasis is on the metabolic, neuromuscular, and cardiorespiratory systems. [Prereq: KINS 379.]

KINS 655. Biomechanics (3). Principles of physics and physiology applied to the analysis of human movement. Quantitative analysis of kinematics and kinetics of human movement. Mechanical properties of muscles, tendons, ligaments and bones. [Prereq: KINS 386 or equivalent.]

KINS 684. Graduate Seminar in Kinesiology (3). A readings, discussion, and seminar course designed to examine selected aspects of the human movement and sport professions. Recommended for those students entering the Physical Education graduate program. [Prereq: graduate standing with classification status in Kinesiology MA program or IA.]

KINS 690. Thesis Writing Seminar (1-6). Written under direction of chairperson and/or committee. [Prereq: KINS 635. Rep.]

KINS 691. Comprehensive Exam (0). Comprehensive exam for the Master's degree in Kinesiology. [Prereq: Completion of 24 units of graduate program coursework in Kinesiology. CR/NC]

KINS 695. Directed Field Experience (1-6). Approved practical assignment directly related to student MS program. Supervised by department faculty member. Pursuant to field study program procedures, submit detailed written report prior to starting and completing course. [Rep.]

KINS 699. Independent Study (1-6). [Prereq: graduate standing with classified status in Kinesiology MS program or IA. Rep.]