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.


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; instructional approaches, planning, curriculum, and evaluation of rhythm and movement concepts and skills [e.g., multicultural, social, classical, and contemporary dance].


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 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 325A. Training of Work-Athletes [2]. Analysis of the principles of sport science and exercise physiology; the scientific basis of coaching, training, and competition. [Rep once.] KINS 328. Game Concepts I [2]. Teaching Games for Undergraduate (TGFiU) 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 378. Sport in Society [3]. Physical activity as part of culture: how it affects values, attitudes, technology, how it works in sociocultural systems.


KINS 411. Teaching Games for Undergraduate (TGFiU) [2]. Analysis of teaching and learning; instructional and curricular approaches; standards-based instruction; planning and assessment strategies. [Rep once.]

KINS 412. Games Concepts II [2]. Teaching Games for Undergraduate (TGFiU) 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 425. Strength & Conditioning [3]. Scientific basis for 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 459B. 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 act. 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 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 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 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 575. Advanced Sports Nutrition [3]. Examine the impact of nutrition on exercise and sports performance. Topics include: bioenergetics, macro- and micronutrients, nutrient timing, fluid balance, diet recommendations, weight management and disordered eating in sport. [Prereq: HED 231, KINS 379.]

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 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 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.]