KINESIOLOGY (KINES)

KINES 100 — EXERCISE, NUTRITION, AND HEALTH
2 credits.
Requisites: None
Course Designation: Breadth - Biological Sci. Counts toward the Natural Sci req
Level - Elementary
L&S Credit - Counts as Liberal Arts and Science credit in L&S
Repeatable for Credit: No
Last Taught: Spring 2020

KINES 104 — AQUATICS
1 credit.
Attainment and maintenance of a high degree of personal efficiency in swimming strokes and proficiency in fundamental aquatic skills, and an understanding of the fundamental physiological, mechanical and kinesiological principles as they relate to aquatic performance. Enroll Info: None
Requisites: None
Repeatable for Credit: No
Last Taught: Fall 2018

KINES 112 — MAKE IT COUNT: MEASURING PHYSICAL ACTIVITY BEHAVIOR
3 credits.
Define exercise and physical activity behaviors and how to systematically measure them. Content will encompass the American College of Sports Medicine definition of physical activity and recommendations for exercise across different populations. Students will engage in a service learning opportunity with our adapted fitness program where they will practice measuring and addressing the difficulties in broadly defining physical activity. Enroll Info: None
Requisites: None
Repeatable for Credit: No
Last Taught: Fall 2019

KINES 115 — PHYSIOLOGY OF HUMAN PERFORMANCE
3 credits.
Humans are capable of achieving astonishing performances in athletics, in work and in other extraordinary situations. These extraordinary performances often provide important insights into physiological processes and their limits. This course integrates information from biology, chemistry, psychology, mechanics, etc., to understand the factors that determine and limit human performance from the molecular level all the way up to whole body movement. The emphasis in the class is on using case studies to investigate physiological processes underlying movement, exercise, and performance. Enroll Info: None
Requisites: None
Course Designation: Level - Elementary
L&S Credit - Counts as Liberal Arts and Science credit in L&S
Repeatable for Credit: No
Last Taught: Fall 2019

KINES 116 — FIRST AID AND BASIC LIFE SUPPORT
2 credits.
Techniques and procedures to deal effectively with common emergencies. Includes training in airway obstruction, cardiopulmonary resuscitation, automated external defibrillation, injuries, and medical emergencies. Enroll Info: None
Requisites: None
Repeatable for Credit: No
Last Taught: Spring 2020

KINES 119 — INTRODUCTION TO KINESIOLOGY
2 credits.
Introduces students to the field of kinesiology and the Department of Kinesiology at the University of Wisconsin-Madison. Introductory material about physical activity and health will be provided, and career opportunities in kinesiology will be discussed. Enroll Info: None
Requisites: None
Repeatable for Credit: No
Last Taught: Spring 2020

KINES 121 — FOUNDATIONS OF PHYSICAL EDUCATION
2 credits.
Introduction to physical education teaching, movement education, and an operational understanding of the scientific study of human movement. Lecture and lab. Enroll Info: None
Requisites: Classified as Pre-Physical Education
Repeatable for Credit: No
Last Taught: Fall 2019

KINES 123 — LIVING WELL: LIFESTYLE REDESIGN AND HEALTH PROMOTION FOR COLLEGE STUDENTS
2 credits.
Focuses on the application of biological, cultural and social theory and research to lifestyle change. There will be lectures by experts, experiential learning, and the application of course knowledge to student’s lives through class assignments and activities. The transition to college requires students to construct a new lifestyle, take on new and greater personal responsibilities while at the same time meet rigorous academic challenges. This transition includes a loss of structured daily schedules, decreased family support for the day to day living, and greater responsibility for their finances and life choices. Students may have difficulty managing their time, exercise less, eat less healthy foods, engage in increased drinking of alcohol, and experience greater stress and depression when adjusting to college life. This life transition provides an opportunity for reexamination and an opportunity to make thoughtful choices about lifestyle. Enroll Info: None
Requisites: None
Course Designation: Level - Elementary
L&S Credit - Counts as Liberal Arts and Science credit in L&S
Repeatable for Credit: No
Last Taught: Spring 2020
KINES 125 — ADAPTED FITNESS AND PERSONAL TRAINING
1 credit.
Fitness class for developing individualized personal goals. Accommodates persons having temporary or permanent disability. Alternative to dropping from other program classes due to injury or other medical reason. Enroll Info: None
Requisites: None
Repeatable for Credit: No
Last Taught: Spring 2020

KINES 127 — INTRODUCTION TO ATHLETIC HEALTHCARE
2 credits.
Issues and basic concepts of athletic healthcare including health care systems, interprofessional teams, and injuries and conditions common to active populations. Emphasis on the team approach to patient care with exposure to a variety of health science professions. Enroll Info: None
Requisites: None
Course Designation: Level - Elementary
L&S Credit - Counts as Liberal Arts and Science credit in L&S
Repeatable for Credit: No
Last Taught: Spring 2020

KINES 129 — INTRODUCTION TO YOGA PRACTICE
1 credit.
An introduction to yoga practice, philosophy, history, and traditions. Enroll Info: None
Requisites: None
Repeatable for Credit: No
Last Taught: Spring 2020

KINES 134 — MOVEMENT TECHNIQUES FOR STRESS MANAGEMENT
1 credit.
Use of movement strategies to develop skills for reducing tensions associated with stress. Strategies include neuromuscular relaxation, flexibility exercises and movement awareness techniques. Enroll Info: None
Requisites: None
Repeatable for Credit: No
Last Taught: Fall 2015

KINES 140 — SCIENCE AND PRACTICE OF RESISTANCE TRAINING
2 credits.
Lectures and demonstrations on the principles of resistance training and associated physiological effects designed for practitioners who wish to gain a detailed understanding of the science of resistance training. Enroll Info: None
Requisites: None
Repeatable for Credit: No
Last Taught: Spring 2020

KINES 141 — THE SCIENCE & PRACTICE OF MARATHON/DISTANCE RUNNING
2 credits.
Advanced running course. Principles of long distance/marathon running are discussed and applied; provides a foundation for high level aerobic fitness. Lecture/discussion in areas of biomechanics, nutrition, training principles and programs, physiology, and running performance. Tempo/endurance featured throughout course. Enroll Info: This course is intended for students who run 15+ miles/week.
Requisites: None
Repeatable for Credit: Yes, unlimited number of completions
Last Taught: Summer 2016

KINES 145 — CHOOSING TO MOVE: CONSTRUCTING AN ACTIVE LIFESTYLE
2 credits.
Will promote physical activity at a level to achieve health benefits, particularly in students who currently are insufficiently active (less than 150 minutes each week of moderate intensity physical activity). Students will apply course materials (e.g., behavior change strategies) to their own lives by completing self-analysis of their physical activity levels and then developing a physical activity plan to increase current physical activity levels, as well as a plan to maintain the activity after the course has ended. Enroll Info: None
Requisites: None
Repeatable for Credit: No
Last Taught: Spring 2020

KINES 147 — TAI CHI CH’UAN
1 credit.
Learn and practice 24-movement Yang Style Tai Chi Form and Animal Frolic Qi Gong Form. Enroll Info: None
Requisites: None
Repeatable for Credit: No
Last Taught: Fall 2015

KINES 150 — FOUNDATIONS OF HEALTH BEHAVIOR AND HEALTH EQUITY
3 credits.
Provides students with an overview of the personal, interpersonal and broader social factors that contribute to the health and well-being of individuals and populations in the United States. Examinations of contemporary approaches to health education and health behavior interventions including: Foundations of health education and health behavior programs, health indicators, social and structural determinants of health and health disparities, models of health education/health behavior that support interventions for individuals and communities. Enroll Info: None
Requisites: None
Course Designation: Breadth - Social Science
Level - Elementary
L&S Credit - Counts as Liberal Arts and Science credit in L&S
Repeatable for Credit: No
Last Taught: Spring 2020
KINES 197 — TECHNIQUES IN ATHLETIC TRAINING  
1 credit.
An applied clinical approach to basic skills commonly used in the field of athletic training. Designed for students interested in athletic training, and an appropriate elective for those who plan to teach or coach. Enroll Info: None  
Requisites: Classified as Pre-Kinesiology or Pre-Physical Education  
Repeatable for Credit: No  
Last Taught: Spring 2020

KINES 200 — INTRODUCTORY NEUROSCIENCE  
4 credits.
Entry-level course provides a systematic introduction to the mammalian nervous system, with emphasis on the structure and function of the human brain. Topics include the function of nerve cells, sensory systems, control of movement, learning and memory, and diseases of the nervous system. The foundational knowledge covered in this course serves students interested in health sciences majors, as well as non-science students interested in neuroscience and its relation to human health, wellness, and disease. Enroll Info: None  
Requisites: None  
Course Designation: Breadth - Biological Sci. Counts toward the Natural Sci req  
Level - Elementary  
L&S Credit - Counts as Liberal Arts and Science credit in L&S  
Repeatable for Credit: No  
Last Taught: Summer 2019

KINES 227 — INTRODUCTION TO CLINICAL ANATOMY OF HUMAN MOVEMENT  
2 credits.
Designed to provide students with a foundational knowledge in musculoskeletal anatomy and anatomical considerations related to human movement and physical activity. Enroll Info: None  
Requisites: None  
Course Designation: Breadth - Biological Sci. Counts toward the Natural Sci req  
Level - Elementary  
L&S Credit - Counts as Liberal Arts and Science credit in L&S  
Repeatable for Credit: No  
Last Taught: Spring 2020

KINES 240 — METHODS OF TEACHING INVASION GAMES AND SPORTS  
1 credit.
An examination of differences and similarities of various invasion games. Sequencing of skills and development of concepts to produce effective performance. Instruction in the teaching of invasion games to incorporate individuals of all ability levels. Enroll Info: None  
Requisites: Declared in Physical Education, Kinesiology, or classified as Pre-Physical Education  
Repeatable for Credit: No  
Last Taught: Spring 2015

KINES/ASIAN 277 — KENDO: INTEGRATION OF MARTIAL ARTS AND LIBERAL ARTS  
2 credits.
Kendo practice (martial art) supplemented by lecture describing its historical roots and philosophical background. Enroll Info: Not open to students with credit for E ASIAN 277 prior to Fall 2019.  
Requisites: None  
Course Designation: Breadth - Social Science  
Level - Elementary  
L&S Credit - Counts as Liberal Arts and Science credit in L&S  
Repeatable for Credit: No  
Last Taught: Fall 2019

KINES 300 — PRACTICUM IN KINESIOLOGY  
1-3 credits.
Supervised experience in a specialized area of physical education. Enroll Info: None  
Requisites: Declared in Kinesiology and KINES 314 or 427  
Course Designation: Workplace - Workplace Experience Course  
Repeatable for Credit: Yes, unlimited number of completions  
Last Taught: Spring 2020

KINES 301 — ADVANCED TECHNIQUES IN ATHLETIC TRAINING  
2 credits.
Provides future athletic training professionals a foundation in advanced athletic training techniques. Sample topics include: injury prevention, emergency care, orthopedic appliance applications, protective equipment, environmental considerations, and computer applications. Enroll Info: None  
Requisites: Declared in Athletic Training  
Repeatable for Credit: No  
Last Taught: Fall 2019

KINES 312 — TECHNOLOGY FOR PHYSICAL ACTIVITY AND HEALTH PROFESSIONALS  
2 credits.
Designed to provide students with creative technology strategies in the fields of school wellness education, physical activity, and fitness management. Students will build skills for using widely available technology resources to enhance instruction, assessment, motivation, communication, and advocacy in health and fitness settings. Skill-specific units present experiential assignments that increase learner confidence. Each unit produces print or digital materials for practical professional use with an emphasis on innovation. Enroll Info: None  
Requisites: None  
Repeatable for Credit: No  
Last Taught: Summer 2019
KINES 314 — PHYSIOLOGY OF EXERCISE
4 credits.
Fundamental knowledge about, and appreciation for, the adaptability of human physiological systems in meeting a range of exercise demands. Enroll Info: None
Requisites: PHYSIOL 335, ANAT&PHY 335, or KINES 235
Course Designation: Breadth - Biological Sci. Counts toward the Natural Sci req
Level - Intermediate
L&S Credit - Counts as Liberal Arts and Science credit in L&S
Repeatable for Credit: No
Last Taught: Spring 2020

KINES 315 — ASSESSMENT AND RESEARCH IN PHYSICAL ACTIVITY PEDAGOGY
3 credits.
Topics and laboratory experiences will focus on parameters that are measured in physical activity pedagogy; instruments for measuring physical activity, health related fitness, knowledge, and psychological characteristics; concepts of assessment and research, basic statistical methods; and action research. Enroll Info: None
Requisites: Satisfied Quantitative Reasoning (QR) A requirement and declared in Physical Education
Course Designation: Gen Ed - Quantitative Reasoning Part B
Repeatable for Credit: No
Last Taught: Spring 2020

KINES 316 — ADAPTED PHYSICAL ACTIVITY
3 credits.
An understanding of foundations, assessment and pedagogy for individuals with disabilities in a variety of physical activity settings. Emphasis on individual differences, life-span, and self-actualization. Enroll Info: None
Requisites: KINES 328, 337, or ANAT&PHY 337
Repeatable for Credit: No
Last Taught: Spring 2020

KINES 317 — EVALUATION AND DIAGNOSIS OF ORTHOPEDIC CONDITIONS
4 credits.
The evaluative skills and knowledge needed for minimum competency in the recognition, evaluation, and diagnosis of orthopedic conditions common to active populations. Enroll Info: None
Requisites: Declared in Athletic Training
Repeatable for Credit: No
Last Taught: Fall 2019

KINES 318 — BIOMECHANICS OF HUMAN MOVEMENT
3 credits.
Analysis of human action through the application of mechanical principles. Enroll Info: None
Requisites: (KINES 328, 329, KINES 337, 338, ANAT&PHY 337, or 338) and (MATH 112 or placement in MATH 113)
Repeatable for Credit: No
Last Taught: Spring 2020

KINES 325 — GROUP DEVELOPMENT AND BEHAVIOR MANAGEMENT
3 credits.
Provide students with opportunities and experiences to learn and participate in the development of groups. Provide students with strategies and experiences in the management of behaviors and techniques to maintain a safe and productive teaching environment. Enroll Info: None
Requisites: None
Repeatable for Credit: No
Last Taught: Spring 2020

KINES 327 — CURRENT TOPICS IN OUTDOOR PURSUITS
1 credit.
Introduce students to several outdoor activities to enable the teaching of these topics. Enroll Info: None
Requisites: KINES 370
Repeatable for Credit: Yes, unlimited number of completions
Last Taught: Spring 2020

KINES 330 — RESEARCH IN KINESIOLOGY
2 credits.
The research process as applied in kinesiology, including hypothesis development, ethical issues, study design, measurement and statistical concepts, and presentation of results. Includes exposure to current research within the Department of Kinesiology. Enroll Info: None
Requisites: MATH 112 or placement in MATH 113 and (STAT 371, 301, or PSYCH 210)
Repeatable for Credit: No
Last Taught: Spring 2020

KINES 332 — SPECIALIZED TEACHING EXPERIENCE
1 credit.
Enroll Info: None
Requisites: None
Repeatable for Credit: Yes, unlimited number of completions
Last Taught: Fall 2013

KINES 350 — INTRODUCTION TO EXERCISE PSYCHOLOGY
3 credits.
Emphasis on the psychological foundations of exercise with motivational techniques, perception of effort, personality dynamics, and mental health serving as the focal points. Enroll Info: None
Requisites: None
Repeatable for Credit: No
Last Taught: Spring 2020
KINES 353 — HEALTH AND PHYSICAL EDUCATION IN A MULTICULTURAL SOCIETY
2 credits.

Familiarizes students with perspectives of culture and diversity, the concepts and importance of culturally responsive teaching, and the Act 31 requirement for teacher education students within a health and physical education/activity context. Students will have opportunities to incorporate concepts from class into their Multicultural Field Experience. Enroll Info: None
Requisites: Declared in Kinesiology, Athletic Training, or Physical Education
Course Designation: Level - Intermediate
L&S Credit - Counts as Liberal Arts and Science credit in L&S
Repeatable for Credit: No
Last Taught: Fall 2019

KINES 355 — SOCIO-CULTURAL ASPECTS OF PHYSICAL ACTIVITY
3 credits.

An introduction to the philosophy of physical activity/education, history of physical activity/education and sport, and sociology of sport. Enroll Info: None
Requisites: Declared in Kinesiology or Physical Education and Satisfied Communication A requirement
Course Designation: Gen Ed - Communication Part B
Repeatable for Credit: No
Last Taught: Spring 2020

KINES 357 — THERAPEUTIC STRATEGIES IN ATHLETIC TRAINING I
4 credits.

A study of therapeutic intervention strategies used by athletic trainers. Evidence guided principles and clinical applications of therapeutic exercise, use of physical agents, indications and contra-indications, program design, progression, and standard documentation. Enroll Info: None
Requisites: KINES 317
Repeatable for Credit: No
Last Taught: Spring 2020

KINES 358 — THERAPEUTIC STRATEGIES IN ATHLETIC TRAINING II
4 credits.

A study of therapeutic intervention strategies used by athletic trainers. Evidence guided principles and clinical applications of therapeutic exercise, use of physical agents, indications and contra-indications, program design, progression, and standard documentation. A continuation of KINES 357. Enroll Info: None
Requisites: KINES 357
Repeatable for Credit: No
Last Taught: Fall 2019

KINES 360 — LIFESPAN MOTOR DEVELOPMENT
3 credits.

(For majors) Motor development in individuals at various points in the life span; use of such information as a framework for assessing levels of motor development. How to observe movement, interpreting and using such information as one important basis for planning what and how to teach. Enroll Info: None
Requisites: Declared in Kinesiology, Athletic Training, or Physical Education
Repeatable for Credit: No
Last Taught: Spring 2020

KINES 361 — MOTOR LEARNING AND PERFORMANCE
3 credits.

A basic and up-to-date view of the major processes and mechanisms underlying the performance and learning of motor skills. Principles in motor learning and control are systematically introduced to produce a meaningful conceptual framework. Enroll Info: None
Requisites: None
Course Designation: Breadth - Biological Sci. Counts toward the Natural Sci req
Level - Intermediate
L&S Credit - Counts as Liberal Arts and Science credit in L&S
Repeatable for Credit: No
Last Taught: Spring 2020

KINES 364 — ASSESSMENT AND PROGRAMMING IN ADAPTED PHYSICAL EDUCATION
3 credits.

Physical education methods, programs and assessment procedures related to individuals with a variety of disabilities. Enroll Info: None
Requisites: KINES 315 and 316
Repeatable for Credit: No
Last Taught: Fall 2019

KINES 365 — PRACTICUM: ADAPTED PHYSICAL EDUCATION
2 credits.

A practicum experience for individuals who are emphasizing the area of Physical Education/Special Populations. Six hours per week working with individuals who have disabling conditions. Enroll Info: None
Requisites: None
Course Designation: Workplace - Workplace Experience Course
Repeatable for Credit: Yes, unlimited number of completions
Last Taught: Spring 2020
KINES 370 — PLANNING, FACILITATING & ASSESSMENT IN MOVEMENT AND HEALTH PROFESSIONALS
3 credits.
Builds a repertoire of instructional skills and strategies such as organizing, planning, implementing and assessing developmentally appropriate learning tasks that are aligned with local, state, and national standards to address the diverse needs of participants. Enroll Info: None
Requisites: Declared in Physical Education or Health Promotion and Health Equity
Course Designation: Breadth - Social Science
Level - Intermediate
L&S Credit - Counts as Liberal Arts and Science credit in L&S
Repeatable for Credit: No
Last Taught: Fall 2019

KINES 371 — METHODS AND PRACTICUM OF TEACHING PK-12 DANCE AND GYMNASTICS
3 credits.
Methods of instruction in movement concepts, educational dance and gymnastics. Students will gain practice in planning, teaching, and assessing participants. Students will also observe, practice, and assess the facilitation skills of health and physical activity professionals. In addition, students will apply the concepts presented in KINES 370. Enroll Info: None
Requisites: Declared in Physical Education and KINES 370 or concurrent enrollment
Repeatable for Credit: No
Last Taught: Fall 2019

KINES 372 — METHODS AND PRACTICUM OF TEACHING PK-12 EDUCATIONAL GAMES AND FITNESS
3 credits.
Methods of instruction in motor skills, educational games and fitness. Students will gain practice in planning, teaching, and assessing participants. Students will also observe, practice and assess the facilitation skills of health and physical activity professionals. In addition, students will apply the concepts presented in KINES 370. Enroll Info: None
Requisites: Declared in Physical Education and KINES 370 or concurrent enrollment
Repeatable for Credit: No
Last Taught: Spring 2020

KINES 373 — METHODS AND PRACTICUM OF TEACHING SECONDARY SPORT CONCEPTS AND SKILLS
3 credits.
Methods of instruction in sports concepts and skills. Students will gain practice in planning, teaching, and assessing participants. Students will also observe, practice and assess the facilitation skills of health and physical activity professionals. Enroll Info: None
Requisites: Declared in Physical Education and KINES 370 or concurrent enrollment
Repeatable for Credit: No
Last Taught: Fall 2019

KINES 375 — PRACTICUM IN PHYSICAL EDUCATION
3 credits.
Provides opportunities for the physical education student to develop competencies in the teaching skills necessary to provide quality Physical Education to children and youth. Students will receive individualized feedback about their performance from the cooperating teacher and the university supervisor. Provide a forum for students to learn from their peers through discussions, sharing their experiences and knowledge gained from their practicum placement. Enroll Info: None
Requisites: KINES 371, 372, and 373
Course Designation: Workplace - Workplace Experience Course
Repeatable for Credit: No
Last Taught: Spring 2019

KINES 390 — PRINCIPLES OF EXERCISE LEADERSHIP
2 credits.
Introduction to the design of individual and group exercise programs utilized in fitness leadership roles. Supervised practical experience will be provided in class to assist the development of student leadership skills. Enroll Info: None
Requisites: Declared in Kinesiology
Repeatable for Credit: No
Last Taught: Fall 2019

KINES 399 — INDEPENDENT STUDY
1-3 credits.
Independent undergraduate study in beginning to intermediate area of study under direct guidance of kinesiology faculty. Enroll Info: None
Requisites: Consent of instructor
Course Designation: Level - Intermediate
L&S Credit - Counts as Liberal Arts and Science credit in L&S
Repeatable for Credit: Yes, unlimited number of completions
Last Taught: Spring 2020

KINES 400 — ORGANIZATION AND ADMINISTRATION OF ATHLETIC TRAINING PROGRAMS
3 credits.
Principles of organizational theory and administrative practice as they apply to athletic training and sports medicine programs. Emphasis on developing knowledge and skills needed for entry-level professionals in the athletic training field. Enroll Info: None
Requisites: Declared in Athletic Training
Repeatable for Credit: No
Last Taught: Spring 2020

KINES 412 — ORGANIZATION AND ADMINISTRATION OF PHYSICAL EDUCATION
2 credits.
The presentation of materials and depth study of the organization and administration of a sound program of physical education, the knowledge of which is mandatory for all physical education teachers. Enroll Info: None
Requisites: Declared in Kinesiology or Physical Education
Repeatable for Credit: No
Last Taught: Fall 2019
KINES 417 — ADVANCED CLINICAL ASSESSMENT TECHNIQUES IN
ATHLETIC TRAINING
2 credits.

Provides students with knowledge and skills in advanced clinical
assessment techniques used in the evaluation of injuries, illnesses, and
conditions found in physically active populations. Enroll Info: None
Requisites: KINES 317
Repeatable for Credit: No
Last Taught: Fall 2019

KINES 427 — FITNESS TESTING AND EXERCISE PRESCRIPTION
3 credits.

Fitness assessment and exercise prescription principles are applied
to the health-related fitness components through discussion and lab
activities. Enroll Info: None
Requisites: ANAT&PHY 335 or PHYSIOL 335
Repeatable for Credit: No
Last Taught: Spring 2020

KINES 450 — CLINICAL FIELD EXPERIENCE IN ATHLETIC TRAINING
3 credits.

A clinical field placement for students in the athletic training professional
preparation program. Clinical placements under the direction of an AT
Program Clinical Preceptor are offered in a variety of clinical settings
including intercollegiate, secondary school, and private clinical settings.
Enroll Info: None
Requisites: Declared in Athletic Training
Course Designation: Workplace - Workplace Experience Course
Repeatable for Credit: Yes, unlimited number of completions
Last Taught: Spring 2020

KINES 457 — MEDICAL PROBLEMS OF EXERCISE AND SPORTS
3 credits.

Responses of the human body to exercise and sports with specific
discussion of acute and chronic medical problems which may affect
performance. Emphasis on cardiopulmonary, metabolic, nutritional, fluid-
electrolyte, heat-temperature regulation. Enroll Info: None
Requisites: Declared in Athletic Training
Course Designation: Gen Ed - Communication Part B
Repeatable for Credit: No
Last Taught: Spring 2020

KINES 475 — SEMINAR IN ATHLETIC TRAINING
1 credit.

Research trends, evidence-based clinical practice, transition to practice,
and current issues in the field of athletic training are emphasized. Enroll
Info: None
Requisites: Declared in Athletic Training
Course Designation: Level - Advanced
L&S Credit - Counts as Liberal Arts and Science credit in L&S
Repeatable for Credit: Yes, for 2 number of completions
Last Taught: Spring 2020
KINES 521 — PHYSICAL ACTIVITY AND HEALTH
3 credits.

Research evidence regarding how physical activity and fitness are related to health (e.g., during pregnancy and aging) and disease, especially cardiovascular diseases, obesity, diabetes, osteoporosis, and cancer. Application and communication of knowledge in practical situations. Enroll Info: None
Requisites: Declared in Kinesiology and KINES 314
Course Designation: Gen Ed - Communication Part B
Grad 50% - Counts toward 50% graduate coursework requirement
Repeatable for Credit: No
Last Taught: Fall 2019

KINES/MEDICINE/NURSING 523 — CLINICAL EXERCISE TESTING & TRAINING
3 credits.

Physiological basis and methods of human exercise testing and training. Topics: clinical exercise physiology, exercise testing protocols, cardiopulmonary monitoring, basic ECG interpretation, exercise prescription. Enroll Info: None
Requisites: Declared in Kinesiology and KINES 314
Repeatable for Credit: No
Last Taught: Spring 2020

KINES/NUTR SCI 525 — NUTRITION IN PHYSICAL ACTIVITY AND HEALTH
3 credits.

Provides both scientific knowledge and application of nutrition related to exercise, health, and sports. Enroll Info: None
Requisites: ANAT&PHY 335 or PHYSIOL 335
Repeatable for Credit: No
Last Taught: Spring 2020

KINES 527 — PRINCIPLES OF STRENGTH AND CONDITIONING
3 credits.

Present/discuss the scientific basis and current practices of strength and conditioning for athletic performance. Training program design and training methods, for performance enhancement, related to the areas of strength, power, speed, and endurance. Enroll Info: None
Requisites: KINES 427
Repeatable for Credit: No
Last Taught: Fall 2019

KINES 531 — NEURAL CONTROL OF MOVEMENT
3 credits.

Intermediate course on neuronal circuits and neurophysiological mechanisms involved in the control of human motor behavior. Including discussion of: 1) sensorimotor integration, 2) interactions between spinal, brainstem, and cerebral cortical levels of control, and 3) how motor control knowledge is created and evaluated. Enroll Info: None
Requisites: None
Course Designation: Breadth - Biological Sci. Counts toward the Natural Sci req
Level - Intermediate
L&S Credit - Counts as Liberal Arts and Science credit in L&S
Repeatable for Credit: No
Last Taught: Spring 2020

KINES/CURRIC/ELPA 541 — ORGANIZATION AND ADMINISTRATION OF SCHOOL HEALTH PROGRAMS
3 credits.

Theory, philosophy, patterns, and responsibilities. Enroll Info: None
Requisites: KINES/CURRIC 501
Repeatable for Credit: No
Last Taught: Spring 2018

KINES/CURRIC 542 — TEACHER EDUCATION ABOUT ALCOHOL AND OTHER DRUGS
3 credits.

Social and cultural factors which influence the use and abuse of alcohol and other selected psychoactive drugs. Emphasis on educational concepts and processes important for instructional planning, curriculum strategies, value clarification, evaluation of learning, and countermeasure research developments. Enroll Info: None
Requisites: KINES/CURRIC 501
Repeatable for Credit: No
Last Taught: Spring 2017

KINES 547 — SKILLS FOR HEALTH: METHODS AND PRACTICUM OF TEACHING HEALTH
3 credits.

Centered on the components (social, emotional, spiritual, environmental, occupational, intellectual, and physical) and skills (influence analysis, interpersonal communication, health-enhancing behaviors, accessing valid information, goal-setting, decision-making and advocacy) of wellness. Gain competence by planning for, learning, and practicing teaching skills in educational settings. Through this approach, highly competent teachers will be developed who can adapt health instruction to a wide variety of audiences and topics. Enroll Info: None
Requisites: None
Repeatable for Credit: No
Last Taught: Fall 2019

KINES 555 — SPORTS SCIENCE & ATHLETE MONITORING
3 credits.

In-depth look at how technology is changing the way we assess physical activity, help people return from injury, and increase physical performance. Topics include field-based testing, athlete monitoring, and movement screenings. Exposure to the most popular technologies in the field of human performance. Upper level elective in Kinesiology that builds on concepts acquired in the Kinesiology core curriculum. Offers real-world application of these concepts to students. Enroll Info: None
Requisites: None
Course Designation: Grad 50% - Counts toward 50% graduate coursework requirement
Repeatable for Credit: No
Last Taught: Fall 2019

KINES/CURRIC 561 — TEACHER EDUCATION IN HUMAN SEXUALITY
3 credits.

Student teachers plan educational experiences through which children and youth can learn about human potential in sexuality. Enroll Info: None
Requisites: KINES/CURRIC 501
Repeatable for Credit: No
Last Taught: Fall 2017
KINES 566 — PROMOTING HEALTH IN THE COMMUNITY
3 credits.
Introduces theories and application of health promotion and health education, specifically, health education specialties and philosophical foundations. Addresses professional issues relating to the history, philosophy, ethics, practice, settings and competence of health education. Includes a focus on skills and techniques in writing, developing health educational materials, public speaking and group dynamics as they relate to community health promotion and health education programs. Enroll Info: None
Requisites: KINES 370
Course Designation: Breadth - Social Science
Level - Advanced
L&S Credit - Counts as Liberal Arts and Science credit in L&S
Repeatable for Credit: No
Last Taught: Spring 2020

KINES/CURRIC 567 — ISSUES, MATERIALS AND METHODS IN HEALTH EDUCATION
3 credits.
Principles, materials, and methods. Enroll Info: None
Requisites: KINES/CURRIC 501
Repeatable for Credit: No
Last Taught: Fall 2018

KINES 568 — STUDENT TEACHING IN HEALTH EDUCATION
2-8 credits.
Supervised student teaching experience in Health Education. Enroll Info: None
Requisites: Senior standing and KINES/CURRIC 501, 541, 542, 561, and 567
Course Designation: Workplace - Workplace Experience Course
Repeatable for Credit: No
Last Taught: Spring 2020

KINES 590 — CURRENT TOPICS IN KINESIOLOGY
1-3 credits.
Examination of current topics in the field of kinesiology. Enroll Info: None
Requisites: None
Repeatable for Credit: No
Last Taught: Fall 2012

KINES 600 — ADVANCED EXERCISE PSYCHOLOGY
3 credits.
Exercise and performance examined from the standpoint of motivation, personality dynamics, psychophysics, mental health, social psychology, and behavioral medicine. Enroll Info: None
Requisites: Graduate/professional standing or declared in Kinesiology
Course Designation: Gen Ed - Communication Part B
Repeatable for Credit: No
Last Taught: Spring 2020

KINES 614 — BIOLOGICAL FACTORS INFLUENCING EXERCISE PERFORMANCE
3 credits.
Exploration of selected factors relative to performance and exercise physiology: e.g., ergogenic aids, nutritional factors, gender and age of the athlete, and long term competitive events. Enroll Info: None
Requisites: Declared in Kinesiology, Physical Education, or Athletic Training, and KINES 314 or graduate/professional standing
Repeatable for Credit: No
Last Taught: Spring 2020

KINES 615 — LABORATORY TECHNIQUES IN EXERCISE PHYSIOLOGY
2 credits.
Laboratory procedures and skills commonly used in exercise physiology. Enroll Info: None
Requisites: Declared in Kinesiology, Physical Education, or Athletic Training, and KINES 314 or graduate/professional standing
Course Designation: Breadth - Biological Sci. Counts toward the Natural Sci req
Level - Intermediate
L&S Credit - Counts as Liberal Arts and Science credit in L&S
Grad 50% - Counts toward 50% graduate coursework requirement
Repeatable for Credit: No
Last Taught: Fall 2019

KINES 618 — BIOMECHANICS
2-3 credits.
Biomechanics of human movement and skill with emphasis on kinematics and kinetics. Enroll Info: None
Requisites: Declared in Kinesiology, KINES 318 and (KINES 328, 337 or ANAT&PHY 337) or graduate/professional standing
Course Designation: Breadth - Biological Sci. Counts toward the Natural Sci req
Level - Intermediate
L&S Credit - Counts as Liberal Arts and Science credit in L&S
Grad 50% - Counts toward 50% graduate coursework requirement
Repeatable for Credit: No
Last Taught: Fall 2018

KINES 690 — INTERNSHIP IN KINESIOLOGY
3-6 credits.
Integrated learning from didactic courses in an approved supervisor setting such as a research laboratory or a health and fitness facility. Students will assume responsibilities that are consistent with their level of professional development and learning experiences. Enroll Info: None
Requisites: Consent of instructor
Course Designation: Grad 50% - Counts toward 50% graduate coursework requirement
Repeatable for Credit: Yes, for 4 number of completions
Last Taught: Spring 2020
KINES 699 — INDEPENDENT STUDY
1-3 credits.

Independent undergraduate work in advanced area of study under direct
guidance of kinesiology faculty. Enroll Info: None
Requisites: Consent of instructor
Course Designation: Level - Advanced
L&S Credit - Counts as Liberal Arts and Science credit in L&S
Repeatable for Credit: Yes, unlimited number of completions
Last Taught: Spring 2020

KINES 700 — PSYCHOLOGICAL EFFECTS OF EXERCISE
3 credits.

Consequences of involvement in acute and chronic exercise on selected
psychological states such as anxiety, depression, hostility, and self-esteem. Enroll Info: None
Requisites: Graduate/professional standing
Course Designation: Grad 50% - Counts toward 50% graduate coursework requirement
Repeatable for Credit: No
Last Taught: Spring 2020

KINES 713 — NEURAL BASIS OF NORMAL AND PATHOLOGICAL
MOVEMENT
3 credits.

In-depth look at anatomic, neurophysiological, behavioral, and clinical
aspects of motor control under normal and pathological conditions. Movement disorders include sensory neuropathy, cerebral cortical or brain stem stroke, basal ganglia dysfunction, and cerebellar disease. Enroll Info: None
Requisites: Graduate/professional standing
Course Designation: Grad 50% - Counts toward 50% graduate coursework requirement
Repeatable for Credit: No
Last Taught: Fall 2018

KINES 721 — NEURAL BASIS FOR MOVEMENT
3 credits.

How the central nervous system organizes skilled human performance. Evolution of neuromuscular mechanisms, suberving skills, and the causes and limitations of movement at high speeds and high levels of force. Enroll Info: None
Requisites: Graduate/professional standing
Course Designation: Grad 50% - Counts toward 50% graduate coursework requirement
Repeatable for Credit: No
Last Taught: Fall 2019

KINES 774 — METABOLIC RESPONSES TO EXERCISE AND
ENVIRONMENTAL STRESS
2 credits.

Examination of the metabolic and biochemical responses to acute and chronic exercise and environmental stress. Emphasis placed on the mechanisms underlying these responses. Enroll Info: None
Requisites: Graduate/professional standing
Course Designation: Grad 50% - Counts toward 50% graduate coursework requirement
Repeatable for Credit: No
Last Taught: Spring 2019

KINES 779 — HUMAN MUSCLE FUNCTION IN HEALTH AND DISEASE
2 credits.

Multidisciplinary seminar on human muscle function in health and disease. The course is geared toward advanced undergraduate and graduate students in kinesiology, physical and occupational therapy, motor control and behavior, neurophysiology resident in neurology and other related allied health professionals. Enroll Info: None
Requisites: Graduate/professional standing
Course Designation: Grad 50% - Counts toward 50% graduate coursework requirement
Repeatable for Credit: No
Last Taught: Spring 2018

KINES 785 — HUMAN OCCUPATION AND HEALTH
2-3 credits.

Focuses on the nature of human occupation (everyday purposeful activity) and its relationship to well-being and health. Theories of occupation and health are critically examined. Enroll Info: None
Requisites: Graduate/professional standing
Course Designation: Grad 50% - Counts toward 50% graduate coursework requirement
Repeatable for Credit: No
Last Taught: Fall 2019

KINES/POP HLTH 791 — PHYSICAL ACTIVITY EPIDEMIOLOGY
3 credits.

Recommendations for and surveillance of physical activity in the U.S., and associations with health and disease at the population level. Emphasis on measurement techniques, study design and research considerations. Enroll Info: None
Requisites: Graduate/professional standing
Course Designation: Grad 50% - Counts toward 50% graduate coursework requirement
Repeatable for Credit: No
Last Taught: Spring 2020

KINES 800 — SEMINAR-EXERCISE PSYCHOLOGY
2 credits.

Research oriented developments in exercise psychology. Enroll Info: None
Requisites: Graduate/professional standing
Course Designation: Grad 50% - Counts toward 50% graduate coursework requirement
Repeatable for Credit: Yes, unlimited number of completions
Last Taught: Spring 2015
KINES 861 — PRINCIPLES OF MOTOR CONTROL AND LEARNING
3 credits.

Theories and experimental findings in motor control, acquisition and retention of motor behavior. Topics: attention, models of motor control, kinesthesis, learning, information processing, memory, transfer, feedback, age and gender differences. Enroll Info: None
Requisites: Graduate/professional standing
Course Designation: Grad 50% - Counts toward 50% graduate coursework requirement
Repeatable for Credit: No
Last Taught: Spring 2019

KINES 885 — SEMINAR IN OCCUPATION AND HEALTH
1 credit.

Current theoretical and methodological issues and problems within the study of human occupation and health. Enroll Info: None
Requisites: Graduate/professional standing
Course Designation: Grad 50% - Counts toward 50% graduate coursework requirement
Repeatable for Credit: Yes, unlimited number of completions
Last Taught: Spring 2020

KINES 900 — SEMINAR IN KINESIOLOGY
1 credit.

Provides a forum for students, faculty and staff from the department of kinesiology to present and discuss research and current issues related to the field of kinesiology. Enroll Info: None
Requisites: Graduate/professional standing
Course Designation: Grad 50% - Counts toward 50% graduate coursework requirement
Repeatable for Credit: Yes, unlimited number of completions
Last Taught: Spring 2020

KINES 951 — SEMINAR-BIOMECHANICS
2 credits.

Seminar topics in field of biomechanics. Enroll Info: None
Requisites: Graduate/professional standing
Course Designation: Grad 50% - Counts toward 50% graduate coursework requirement
Repeatable for Credit: No
Last Taught: Spring 2019

KINES 953 — HUMAN BIODYNAMICS SEMINAR
1 credit.

Seminar topics in field of human biodynamics. Enroll Info: None
Requisites: Graduate/professional standing
Course Designation: Grad 50% - Counts toward 50% graduate coursework requirement
Repeatable for Credit: Yes, unlimited number of completions
Last Taught: Spring 2019

KINES/POP HLTH 955 — SEMINAR - PHYSICAL ACTIVITY EPIDEMIOLOGY
1 credit.

Current research developments in physical activity epidemiology. Enroll Info: None
Requisites: Graduate/professional standing
Course Designation: Grad 50% - Counts toward 50% graduate coursework requirement
Repeatable for Credit: Yes, unlimited number of completions
Last Taught: Spring 2019

KINES 961 — SEMINAR IN MOTOR CONTROL AND LEARNING
2 credits.

Seminar topics in field of motor control and learning. Enroll Info: None
Requisites: Graduate/professional standing
Course Designation: Grad 50% - Counts toward 50% graduate coursework requirement
Repeatable for Credit: Yes, unlimited number of completions
Last Taught: Spring 2013

KINES 990 — RESEARCH OR THESIS
1-12 credits.

Independent research and writing for graduate students under the supervision of kinesiology faculty member. Enroll Info: None
Requisites: Graduate/professional standing
Course Designation: Grad 50% - Counts toward 50% graduate coursework requirement
Repeatable for Credit: Yes, unlimited number of completions
Last Taught: Spring 2020

KINES 991 — RESEARCH IN PHYSICAL ACTIVITY- THEORY AND DESIGN
3 credits.

Basic principles of scientific inquiry and their application to the study of physical activity. Enroll Info: None
Requisites: Graduate/professional standing
Course Designation: Grad 50% - Counts toward 50% graduate coursework requirement
Repeatable for Credit: No
Last Taught: Fall 2019

KINES 999 — INDEPENDENT READING
1-4 credits.

Directed study projects for graduate students as arranged with kinesiology faculty member. Enroll Info: None
Requisites: Graduate/professional standing
Course Designation: Grad 50% - Counts toward 50% graduate coursework requirement
Repeatable for Credit: Yes, unlimited number of completions
Last Taught: Fall 2019