

Kinesiology

***301 Structural Biomechanics* 3 credit hours**

A study of anatomical and mechanical phenomena, which underlie human motion. Prereq: Math 113 or higher, Biol 211, Phys 211 and Junior status; declared Sports and Fitness Programs Mgmt. or Kinesiology major or permission of instructor. (Fall)

311 Measurement and Evaluation in Exercise Science

3 credit hours

An analysis of statistical techniques, tests, and other forms of measurement used in assessment and evaluation in exercise science. Opportunities are provided for administering, scoring, and interpreting tests. Prereq: Math 110 or higher. Prereq: declared Sports and Fitness Programs Mgmt. major or permission of instructor. (Fall)

***321 Physiology of Exercise* 3 credit hours**

A study of human biological functions and their physiological responses to stress. Prereq: Math 110 or higher, Biol 211. Prereq: declared Sports and Fitness Programs Mgmt. or Kinesiology major or permission of instructor. (Fall)

***332 Radiological Anatomy* 3 Credit hours**

A study of anatomical and radiological phenomena. Studies would include an introduction to radiology while also learning the anatomical structures in radiological films of all areas of the human body. Prereq: Math 110 or higher, Biol 211, and Junior status; declared Biology or Kinesiology major or permission of instructor. (Spring)

***333 Exercise Testing and Prescription* 3 credit hours**

This course is designed to provide the student with an understanding of techniques necessary for exercise test administration, evaluation,

and prescription for normal and special populations. Special emphasis will be placed on clinical physiology, testing protocols, the evaluation of results, and designing individual exercise prescriptions based upon their results. Prereq: Math 110 or higher, Biol 211, KIN 301, and Junior status; declared Biology or Kinesiology major or permission of instructor. (As needed)

351 Motor Development 3 credit hours

This course is designed to present neutral, physiological, perceptual, and cognitive changes that occur over the lifespan of an individual. Emphasis is placed on forming hierarchies that enable assessment and prescription. Prereq: KIN 301, declared Sports and Fitness Programs Mgmt. or Kinesiology major or permission of instructor. (Fall)

352 Motor Learning and Control 3 credit hours

This course is designed to present contemporary issues and theories of motor control, motor learning, and neuroplasticity. The course presents the production and control of human movement is a process that varies from a simple reflex loop to a complex of neural patterns that communicate throughout the Central Nervous System (CNS) and Peripheral Nervous System (PNS). Prereq: KIN 351, declared Sports and Fitness Programs Mgmt. or Kinesiology major, or permission of instructor. (Spring)

390 Independent Study 1-3 credit hours

This course may offer kinesiology majors an opportunity to do direct and concentrated study in an area of physical education not pursued in the regular course offerings. Prereq: Junior status and permission of instructor. (As needed)

402 Prevention and Care of Injuries 3 credit hours

This course is a study of the treatment and prevention of specific sport injuries resulting from activities in the home, recreation, intramural and

extramural and extramural settings. It will cover the identification of injuries, proper treatment after they occur, and preventative measures. Students learn how to create a safe environment for individuals.

Cramer and American Red Cross techniques will be covered. Prereq: Sophomore, Junior, Senior status and Sports and Fitness Programs Management, or Kinesiology major. (Spring)

421 Principles of Physical Fitness 3 credit hours

In addition to participation in a fitness program, program design and exercise prescription will be discussed. This course can prepare a student for ACSM certification. Prereq: KIN 301, KIN 321; declared Sports and Fitness Programs Mgmt. major, Kinesiology major, or permission of instructor. (Spring)

440-450 Special Topics 3 credit hours

Occasionally, when there is a need and opportunity, a course may be offered on a topic that can be beneficial to the study of kinesiology or of clinical importance. Prereq: Senior status or permission of instructor. (As needed)