

KINESIOLOGY AND SPORT SCIENCES

Dept. Code: KIN

The School of Education and Human Development offers undergraduate studies in the Kinesiology and Sport Sciences Department. The Department provides some of the strongest programs in the field, providing a structured classroom setting immersed in theory and knowledge with clinical and practical experiences. The department is committed to fostering unique and collaborative efforts within our diverse University community. Students are encouraged to engage in various work and clinical experiences including opportunities at the Medical School, the Miami Project to cure paralysis, UM Varsity Athletics Department, South Florida sports industry, Sports Medicine Clinics, Veterans Administration Hospital, and local high schools. Students may choose to major in one of the following areas:

- Exercise Physiology (a pre-medical or pre-physical therapy track)
- Sport Administration

Bachelor of Science in Education with a Major in Sport Administration

I. Candidates for B.S.Ed. in the School of Education and Human Development must complete at least 120 credit hours

II. Exemptions are predicated on department requirements and university policy regarding the following:

- Advanced Standing (Credit Hours Granted)
- Credit by Examination (AP/IB or other internationally accredited examinations)
- Advanced Placement (by proficiency examination)
- Dual Enrollment

A student may apply the credit hours earned toward the total number of credit hours specified for graduation. If SAT/ACT Scores facilitate a waiver from enrollment in WRS 105, students are expected to enroll in WRS 106 and complete 120 credits for graduation. Students must complete the last 45 credits, and at least 50% of the major or minor in residence.

III. Mathematics

B.S.Ed. degree candidates must complete MTH 113 or higher. Students who do not place directly into MTH 113 must enroll in MTH 101 or MTH 099. MATH placements are based on student results from ALEKS Math Assessment or high school record and ACT/SAT math scores.

IV. Foreign Languages (applicable to Sport Administration majors only)

Students must earn at least 3 credit hours of a foreign language at the 200 course level or higher. Special 200-level courses are required of native speakers who choose to fulfill the language requirement. Two semesters of American Sign Language constitute an acceptable alternative for the Foreign Language Requirement.

V. Credit Only

Courses which satisfy the major, minor, the distributions of the School, or any course for which a C or better is required may not be taken as "credit only". Only free electives may be taken under this option.

VI. Transferred credit hour(s) may not count toward the completion of a major without the written approval of the Associate Dean of the School of Education and Human Development.

Bachelor of Science in Exercise Physiology

I. Candidates for B.S. in Exercise Physiology (BSEXP) in the School of Education and Human Development must complete at least 120 credit hours of work.

II. Exemptions are predicated on department requirements and university policy regarding the following:

- Advanced Standing and Placement (Credit Hours Granted)
- Credit by Examination (AP/IB or other internationally accredited examinations)
- Advanced Placement (by proficiency examination)

A student may apply the credit hours earned toward the credit hours specified for graduation. If SAT/ACT Scores facilitate a waiver from enrollment in WRS 105, students are expected to enroll in WRS 106 and complete 120 credits for graduation. Students must complete the last 45 credits, and at least 50% of the major or minor in residence.

III. Mathematics and Science Requirements

Degree-seeking candidates for B.S. in Exercise Physiology must complete MTH 161 or higher. Students who do not place directly into MTH 161 must enroll in either MTH 099, MTH 101, MTH 107 or MTH 108 based on results of ALEKS Math Assessment or high school record and ACT/SAT math scores.

Students must earn 8 credit hours TOTAL in chemistry. The chemistry requirement may be fulfilled by any 8 credit hours in chemistry, provided the courses are not repeated or considered an equivalent of one another. Please see an academic advisor for suggested chemistry course sequencing and placement.

IV. Credit Only

Courses which satisfy the major, minor, the distributions of the School, or any course for which a C or better is required may not be taken for "credit only". Only free electives may be taken for credit only.

V. Transferred credit hours may not count toward the completion of a major without the written approval of the Associate Dean of the School of Education and Human Development.

VI. Students interested in pursuing Physical Therapy as a post undergraduate career path should speak to their academic advisor as early as possible.

Written Communication Skills

I. Effective writing skills advance ideas efficiently and persuasively. Students fulfill this requirement by satisfactorily completing WRS 105 together with WRS 106 or WRS 107 or ENG 106 [with permission], or the equivalent. Appropriate Advanced Placement (AP) or International Baccalaureate (IB) scores in English composition may be used to satisfy this requirement. An appropriate score on the SAT or ACT examination may earn a student exemption from, but not credit for, WRS 105.

Written Communication Skills General Education Requirements must be completed prior to attaining junior year classification. Students will be able to:

- Demonstrate effective written communication skills in relation to specific rhetorical tasks.
- Construct original, well-reasoned arguments using a range of materials.
- Integrate and synthesize appropriate and relevant primary and secondary sources in their writing.

EFFECTIVE FALL 2017, NEW STUDENTS WITHOUT PRIOR COLLEGE CREDIT IN WRITTEN COMMUNICATION SKILLS WILL BE PLACED AS FOLLOWS:

- WRS 103: ACT English score below 18 or SAT Evidence-Based Reading and Writing or Critical Reading score below 430, or TOEFL iBT Writing score below 18.
- WRS 105: ACT English score 18-31 or SAT Evidence-Based Reading and Writing or Critical Reading score 430-690, or TOEFL iBT Writing score 18 or above.
- WRS 106 or WRS 107 or ENG 106: ACT English score 32 or above or SAT Evidence-Based Reading and Writing or Critical Reading score 700 or above

II. Advanced Writing and Communication Requirement

Every student majoring in a program from the Kinesiology and Sport Sciences Department will complete the Advanced Writing and Communication Requirement upon fulfillment of the courses for that major. These courses have prerequisites of WRS 105 and WRS 106 or WRS 107 or ENG 106 and will be identified as either writing intensive or as an oral/verbal communication proficiency course or both. Digital competency for both written and oral components will be assessed. Writing intensive courses require students submit assignments with a minimum of 2500 written words; assignments will be assessed for analytical ability, synthesis of information, grammar, content and style. Courses designated as an oral/verbal proficiency class will provide students an opportunity to demonstrate their presentation skills using accurate standard English structure and syntax, non-verbal cues and gestures, as well as audience-appropriate language. The following courses meet the Advanced Writing and Communication Skills Requirement for the major.

Exercise Physiology: KIN 365 and KIN 457

Sport Administration: KIN 308 and KIN 498

Areas of Knowledge and Cognate Requirements

The University of Miami's General Education requirements ensure that graduates have acquired essential intellectual skills and have engaged a range of academic disciplines. All new students will fulfill the General Education requirements by selecting a **Cognate**, which is a cluster of courses arranged by their content, field and interest.

A cognate is a group of at least three related courses for at least 9 credit hours.

The courses in a cognate are related in a topical, thematic, interdisciplinary, sequential, or other such fashion, so that completion of a cognate provides coherent depth of knowledge in the area.

Students must take three cognates to fulfill the Areas of Knowledge requirement,

- one in the **Arts & Humanities (A&H)**,
- one in **People & Society (P&S)**, and
- one in **Science, Technology, Engineering & Mathematics (STEM)**.

Each cognate has course options that allow students to complete the cognate in ways that meet their individual interests, while staying within the coherent focus of the cognate. In addition to the cognates that have been designed by faculty, each major and minor fulfills the cognate requirement in one area.

- Exercise Physiology majors will fulfill the **STEM** cognate.
- Sport Administration, Community and Applied Psychological Studies, and Elementary/ESE majors will fulfill the **P&S** cognate.
- An approved list of cognates can be found in the University of Miami Cognate Search Engine website.

Majors

Candidates for the B.S.Ed. degree must declare Sport Administration as their primary major. Students who wish to declare Sports Administration as a second major must confer with their primary academic advisor. Students should expect to earn their last 45 credits at UM, and may not enroll in KIN 497 and KIN 498 (which must be taken together), unless they have earned credit for: COS 211, KIN 201, KIN 206, KIN 212, KIN 302, KIN 306, KIN 308, KIN 401, KIN 403, KIN 405, and KIN 410.

The choice of majors should be made no later than the beginning of the junior year. Any student making unsatisfactory progress in a major may be required to change his/her major or to relinquish candidacy for the degree.

Candidates for the B.S. in Exercise Physiology must choose Exercise Physiology as a primary major and be enrolled full-time in the School of Education and Human Development.

Minors

A minor in any of the three areas below consists of 15 credit hours:

- Exercise Physiology
- Sport Administration
- Sports Medicine

B.S.Ed. majors in Sport Administration and B.S. EXPS majors in Exercise Physiology are required to declare a minor. Sport Administration students require approval before declaring a minor. Exercise Physiology students who have decided to follow the pre-med track may choose not to declare a minor. Students must complete **all** of the pre-med courses in order to be waived from the minor requirement. If you are not a degree seeking student in the School, please consult an academic advisor for information or clarification of this requirement.

- A grade of C or better is required for each course applied toward the minor; the overall grade point average for the minor must be 2.0 or above.
- The undergraduate coursework in Exercise Physiology, Sports Medicine, and Sport Administration are open to all qualified University of Miami students. A student can minor in *either* Exercise Physiology or Sports Medicine but not *both*.
- Determination for using these courses as a minor, as a specialization, and/or as electives in any program, is made by the individual student's degree granting college or school.
- Seniors are required to participate in the General Education Assessment as part of the SACSCOC review process.
- Study abroad coursework should be selected in collaboration with your academic advisor.
- Repeating coursework **may only be done** with the permission of your academic advisor.

Electives

Electives may be chosen from among courses offered by the University. The student should consult an advisor before selecting elective courses. At least 6 credit hours must be at the 300 level or above.

Senior Assessment

Seniors are required to participate in the General Education Assessment prior to graduation as part of the SACSCOC review process.

For further information, address all inquiries to:

Associate Dean

School of Education and Human Development
P. O. Box 248065
University of Miami
Coral Gables, Florida 33124
Telephone: (305) 284-3711

KIN 100. Leadership, Management, and Ethics in Sports. 3 Credit Hours.

Students will gain an understanding of skills and philosophies of leadership, management, and ethic necessary for a position in the sport industry.

Components: LEC.

Grading: GRD.

Typically Offered: Summer.

KIN 101. Introduction to Esports. 3 Credit Hours.

This course is a lecture-style course that explores the rapidly growing Esports industry. Students will gain an understanding of the history, development, operations, and management of esports players, teams, leagues, events, and competitions. Numerous concerns, considerations, and areas of business activities also receive in-depth focus.

Components: LEC.

Grading: GRD.

Typically Offered: Fall.

KIN 105. Introduction to Athletic Training and Sports Medicine. 3 Credit Hours.

In this practical, hands-on course, the students will learn to identify basic sport injuries that afflict the major joints of the body, and review basic methods to treat these injuries. The student will also learn how nutrition, improper biomechanics, and poor training can all impact sport performance. Plus, participants will be given the opportunity to learn and practice techniques or procedures (such as athletic taping or bracing) that may be useful in minimizing the incidence of injury.

Components: LEC.

Grading: GRD.

Typically Offered: Summer.

KIN 110. Translational Health in Nutrition and Kinesiology. 3 Credit Hours.

This class will consist of an introduction to the field of Sports Medicine and Exercise Science. Basic information relevant to appropriate exercise prescription, proper nutritional habits, implications on health, longevity and performance will be addressed. Hands-on practical experiences will supplement theoretical concepts learned in the classroom setting.

Components: LEC.

Grading: GRD.

Typically Offered: Summer.

KIN 140. Introduction to Athletic Training. 2 Credit Hours.

Introduction to the profession of athletic training. Introduction to Athletic Training with emphasis on study of the sports medicine team, legal concerns, nutrition, and pre-participation physicals. Course will discuss the basic principles of injury prevention including the role of conditioning, equipment, and protective padding. Emphasis will be familiarization with various community and university agencies, as well as the University of Miami athletic training staff, and policies and procedures used in the clinic/athletic facilities.

Components: LEC.

Grading: GRD.

Typically Offered: Fall & Spring.

KIN 150. General Nutrition for Health and Performance. 3 Credit Hours.

Fundamentals and theories of nutrition with a specific focus on nutrition for both sports and fitness.

Components: LEC.

Grading: GRD.

Typically Offered: Fall, Spring, & Summer.

KIN 155. Biological Bases for Physical Activity and Health. 3 Credit Hours.

This course serves as an introduction to the field of exercise physiology. Students will learn the biological need for physical activity, discuss specific mechanisms on how physical activity reduces disease risk and understand the relationship between physical activity and chronic diseases such as coronary heart disease, obesity, diabetes, cancer, aging and mental health.

Components: LEC.

Grading: GRD.

Typically Offered: Fall & Spring.

KIN 184. Athletic and Sport Injuries. 3 Credit Hours.

Students will become familiar with athletic injuries in sports that occur over the principal joints in the body and the inclusion of anatomical structures that are frequently damaged. Basic operational treatments and rehabilitation programs after surgery will be discussed.

Components: LEC.

Grading: GRD.

Typically Offered: Fall, Spring, & Summer.

KIN 200. Survey of Sports Administration. 3 Credit Hours.

Students will examine the employment opportunities and skills needed in professional, collegiate, and amateur sports as well as the health and fitness industry.

Components: LEC.

Grading: GRD.

Typically Offered: Summer.

KIN 201. Introduction to Sport Administration. 3 Credit Hours.

Basic overview of the fields of sport management. Majors must receive a grade of C or higher.

Components: LEC.

Grading: GRD.

Typically Offered: Fall, Spring, & Summer.

KIN 202. Applied Nutrition for Health and Performance. 3 Credit Hours.

The study of nutrition, diet analysis, biochemical processes in energy metabolism, nutrition and health problems, and nutrition as it relates to physical performance. The class will have 3 sections: 1) nutritional links to chronic disease; 2) nutrition before, during and after exercise bout; and 3) nutritional supplements for health and performance.

Components: LEC.

Grading: GRD.

Typically Offered: Fall, Spring, & Summer.

KIN 203. Introduction to Gaming and Casino Management. 3 Credit Hours.

The course will focus on the management of gaming and casino operations. Gambling has emerged as a major segment of the sport industry, comprising 10% of sport expenditures and injecting over \$20B annually into the economy. Students will be exposed to the managerial requirements and organizational structures of various gaming operations. They will also learn about the history of the gaming industry and its impact on the South Florida and the Caribbean economy. The course will provide an introductory level of knowledge regarding the managerial nuances which make working within the industry unique to the traditional sport business environments.

Components: LEC.

Grading: GRD.

Typically Offered: Fall & Spring.

KIN 204. Administration of Collegiate Athletics. 3 Credit Hours.

A comprehensive overview of all aspects of the administration of college athletics programs, with emphasis of various components contained within. Course will include lecture, group activities and expert guest speakers.

Components: LEC.

Grading: GRD.

Typically Offered: Fall & Spring.

KIN 205. Sports Sales. 3 Credit Hours.

The focus of this class is to examine the sales process and best practices in ticket sales and other forms of revenue generation. This course will provide hands-on experience featuring ticket sales 101, guest speakers, individual and group role-playing to simulate sales calls and will culminate with students entering The Sports Sales Tank.

Components: LEC.

Grading: GRD.

Typically Offered: Fall & Spring.

KIN 206. Sport Facilities and Event Management. 3 Credit Hours.

This course is an overview of the policy and procedures necessary to organize and develop sport events and facilities. In depth review of all programs, functions and procedures necessary for the operation of events and facilities are examined.

Components: LEC.

Grading: GRD.

Typically Offered: Fall, Spring, & Summer.

KIN 211. Introduction to Campus Recreation. 3 Credit Hours.

This course is an introductory course and provides a broad overview of campus recreation. It will include information on how to plan, and execute programs such as intramurals, club sports and fitness and wellness. Risk management will be stressed in every aspect in the field along with other important topics such as sponsorships, budgeting, and evaluating programs and employees. Students will gain an understanding of what campus recreation is and its importance to a healthy lifestyle on campus.

Components: LEC.

Grading: GRD.

Typically Offered: Fall & Spring.

KIN 212. Elements of Sports Psychology. 3 Credit Hours.

Introduction to the field of sport and exercise psychology by examination of psychological theories and research related to sport and exercise behavior.

Components: LEC.

Grading: GRD.

Typically Offered: Fall, Spring, & Summer.

KIN 221. Exercise Physiology: Biochemistry and Skeletal Muscle. 3 Credit Hours.

This course will offer an overview of the biochemistry pertaining to neuroendocrine responses, nutrition, and neuromuscular function; as well as the physiological and biochemical plasticity within skeletal muscle associated with various interventions, diseases, injuries, and aging. Majors must receive a grade of B- or higher.

Requisite: Exercise Physiology Majors Only and **Corequisite:** 3 Chemistry credits CHM 110, CHM 121, CHM 103.

Components: LEC.

Grading: GRD.

Typically Offered: Fall, Spring, & Summer.

KIN 222. Neuromuscular Physiology Laboratory. 3 Credit Hours.

This course examines the nature of data collection in exercise physiology. Students will receive information on collection theory and its application to the measurement of a number of physiological systems during exercise. The course is designed to establish a clear linkage between the chronic and acute changes that occur during exercise and the laboratory methods that are used to assess those changes. Co-requisite: KIN 221.

Components: LAB.

Grading: GRD.

Typically Offered: Fall & Spring.

KIN 230. Medical Terminology and Documentation. 1 Credit Hour.

Terminology, note writing, and documentation techniques in sports medicine. A treatment cycle model will be introduced.

Components: LEC.

Grading: GRD.

Typically Offered: Spring.

KIN 232. Basic Human Physiology. 3 Credit Hours.

This course presents a general overview of the major systems of the human organism with an examination of how they function in the human body. Majors must receive C or higher.

Components: LEC.

Grading: GRD.

Typically Offered: Fall, Spring, & Summer.

KIN 233. Basic Anatomy Lab. 2 Credit Hours.

This course presents a general overview of the anatomy of the major body systems, such as the skeletal, muscular, cardiovascular, nervous, digestive, respiratory and reproductive systems as well as the integumentary system and special senses.

Components: LAB.

Grading: GRD.

Typically Offered: Fall, Spring, & Summer.

KIN 234. Functional Human Anatomy. 3 Credit Hours.

The study of human anatomy specifically for the sports medicine practitioner.

Components: LEC.

Grading: GRD.

Typically Offered: Fall, Spring, & Summer.

KIN 235. Personal and Community Health. 3 Credit Hours.

Overview of current strategies and practices for healthy living, including health maintenance and disease prevention.

Components: LEC.

Grading: GRD.

Typically Offered: Fall, Spring, & Summer.

KIN 256. Globalization of Sport. 3 Credit Hours.

This course will address the intertwined relationship between globalization, sport, and development from a critical global perspective. This course highlights the extent to which contemporary sport cultures are the result of an interplay between local and global forces. We will explore the international character of professional and amateur sports including international competitions, league expansions beyond national boundaries, and the movement of athletes. Course topics include international sport organization, international competition, sport governance, international dispute resolution, international sports law, and new media.

Components: LEC.

Grading: GRD.

Typically Offered: Fall.

KIN 264. General Medical Conditions Evaluation. 2 Credit Hours.

This class is the study of the clinical signs and symptoms of General Medical conditions that will present to the Certified Athletic Trainer. Emphasis will be placed on the techniques and instrumentation used for performing appropriate evaluation procedures.

Components: LEC.

Grading: GRD.

Typically Offered: Spring.

KIN 301. Athletic Injuries and Sport First Aid. 3 Credit Hours.

Course will help coaches, camp counselors, teachers, personal trainers, and athletes of all levels to fulfill the role of being a competent first responder to athletic injuries and illnesses. Upon completion of this course, students will have knowledge of basic sport first aid skills, anatomy and sport injury terminology, and knowledge of specific athletic injuries and illnesses. These will include head injuries, sudden illnesses, weather-related problems, upper and lower body musculoskeletal injuries, respiratory emergencies and illnesses, and internal injuries. Students will also learn basic hands-on skills such as splinting, taping, and bracing as it relates to preventing and treating athletic injuries.

Components: LEC.

Grading: GRD.

Typically Offered: Fall, Spring, & Summer.

KIN 302. Sport Marketing. 3 Credit Hours.

This course is designed as a marketing course that deals exclusively with Sport Marketing. Students are expected to develop comprehensive marketing and sponsorship plans. This course will require moderate to heavy computer knowledge. This course is designed to maximize the practical applications of marketing theory to the sport business environment.

Components: LEC.

Grading: GRD.

Typically Offered: Fall, Spring, & Summer.

KIN 305. Careers in Sports. 3 Credit Hours.

This course is designed to provide a basic overview of careers in the sports industry. Students will develop an understanding of the foundations of sport administration and various topics related to the professional growth within this field. The course will also provide basic fundamentals and skills to prepare students for potential employment within the sports world.

Components: DIL.

Grading: GRD.

Typically Offered: Fall, Spring, & Summer.

KIN 306. Essential Leadership in Sports and the Professions. 3 Credit Hours.

A variety of leadership and management skills will be examined, including communication, problem solving, conflict management, group dynamics, and leadership theory. Practical application to sport and allied professions will be included. Self-assessment opportunities and exercises will be utilized.

Prerequisite: KIN 201.

Components: LEC.

Grading: GRD.

Typically Offered: Fall, Spring, & Summer.

KIN 308. Ethical Decision Making in Sport and the Professions. 3 Credit Hours.

This course will examine ethical dilemmas in decision-making and other contemporary issues in sports management and campus and community environment. Real and hypothetical situations will be utilized. This course is a designated Upper Level Communication Requirement. Advanced written, digital and/or oral communication proficiencies will be emphasized in this course. Credit for WRS 105 and WRS 106 (or equivalent) is required for this course.

Prerequisite: KIN 201 AND KIN 306. Prerequisite: WRS 105 And WRS 106 prerequisite of enrollment is required for this course.

Components: LEC.

Grading: GRD.

Typically Offered: Fall & Spring.

KIN 321. Introduction to Systemic Exercise Physiology. 3 Credit Hours.

The structure, function, and training of the cardiorespiratory system. Special emphasis on structural changes in the systems with exercise and their influence on cardiovascular performance, body composition, exercise efficiency and health.

Requisite: EXPH or EXPS Major ONLY and Prerequisite: KIN 221 with a grade of C or higher.

Components: LEC.

Grading: GRD.

Typically Offered: Fall & Spring.

KIN 322. Cardiorespiratory and Metabolic Laboratory. 3 Credit Hours.

This course concentrates on collection of cardiorespiratory data. In addition, the application of these data to exercise prescription for specific athletic and non-athletic populations will be covered. Corequisite: ESS 321.

Components: LAB.

Grading: GRD.

Typically Offered: Fall & Spring.

KIN 344. Gross Anatomy for Kinesiology and Sport Sciences. 3 Credit Hours.

Human dissection of the major muscles, arteries and nerves of the body.

Requisite: EXPH or EXPS Majors ONLY and Prerequisite: KIN 233 with a grade of C or higher.

Components: LEC.

Grading: GRD.

Typically Offered: Fall & Spring.

KIN 345. Kinesiology. 3 Credit Hours.

Structure and function of the skeletal, joint, and muscular systems, with emphasis on the mechanics of the movement of the human body and its relationship to sport and physical performance.

Requisite: EXPH or EXPS Majors ONLY and Prerequisite: KIN 233 with a grade of C or higher.

Components: LEC.

Grading: GRD.

Typically Offered: Fall, Spring, & Summer.

KIN 365. Exercise Programming. 3 Credit Hours.

This class is the study of the theory and principles behind the development of exercise programs. Students will learn how to accurately evaluate and develop individual exercise prescription based upon sound scientific research. Exercise prescriptions will be developed in accordance with the guidelines set forth by the National Strength and Conditioning Association and the American College of Sports Medicine. This course is a designated Upper Level Communication Requirement; Advanced written, digital and/or oral communication proficiencies will be emphasized in this course. Credit for WRS 105 and WRS 106 (or equivalent) is required for this course.

Prerequisite: WRS 105 And WRS 106 prerequisite of enrollment is required for this course.

Components: LEC.

Grading: GRD.

Typically Offered: Fall, Spring, & Summer.

KIN 366. Exercise Physiology Laboratory: Assessment. 3 Credit Hours.

This lab course is designed to complement the ESS 365 lecture course (Principles of Exercise Prescription): Cardiovascular. Students will apply practical field assessments for body composition, aerobic capacity, muscular fitness, and joint range of motion, and will employ exercise strategies to improve each of the assessed fitness components. Students will also prescribe exercises to improve performance-based fitness, such as coordination, balance, agility, speed and power while learning proper exercise training techniques. Must be a declared Exercise Physiology (EXPH) major and receive a grade of "C" or better to satisfy requirements.

Requisite: EXPH or EXPS Major ONLY and Prerequisite: KIN 233 with a grade of C or higher.

Components: LAB.

Grading: GRD.

Typically Offered: Fall & Spring.

KIN 369. Introduction to Exercise Prescription. 3 Credit Hours.

Students will learn various assessment of health and wellness, and discover how to most effectively prescribe exercise strategies to treat the assess needs of an individual. This course provides the competencies required for cognate students to attain a personal training credential through accredited personal training certification agencies.

Components: LEC.

Grading: GRD.

Typically Offered: Fall & Spring.

KIN 399. Neuromuscular Basis for Training. 3 Credit Hours.

A critical examination of neuromuscular training techniques, their strengths, weaknesses and scientific bases.

Requisite: EXPH or EXPS Major ONLY and Prerequisite: KIN 221 with a grade of C or higher.

Components: LEC.

Grading: GRD.

Typically Offered: Fall & Spring.

KIN 401. Legal Aspects of Sport. 3 Credit Hours.

This course will focus on legal issues applicable to sport administration, including tort law, risk management, negligence, and constitutional law.

Relevant legal cases and concepts will be incorporated.

Prerequisite: KIN 201 + Sophomore or Higher.

Components: LEC.

Grading: GRD.

Typically Offered: Fall & Spring.

KIN 403. Sport Information Management. 3 Credit Hours.

This course centers upon the development of those skills that are necessary for Sport Information Directors. Specifically, these traditionally include marketing, media, promotion, and public relations. This course hopes to provide detailed knowledge to allow the student to participate in these activities in a professional manner.

Components: LEC.

Grading: GRD.

Typically Offered: Fall, Spring, & Summer.

KIN 405. Finance and Budget in Sport Administration. 3 Credit Hours.

This course seeks to develop those financial skills necessary to understand a wide variety of financial concepts that impact sport managers. Such topics would include but not be limited to: Sport franchise value/valuations; economic impact of sport; risk-return models; financial statement analysis, and budgeting.

Components: LEC.

Grading: GRD.

Typically Offered: Fall & Spring.

KIN 410. Problems and Issues in Sport Administration. 3 Credit Hours.

This course is designed as a seminar course. Topical issues in high school, collegiate and professional sport are presented and discussed in detail. A number of student-centered activities are introduced to aid in the development of the student.

Requisite: SPAD major and Prerequisites: KIN 201 and KIN 306 and KIN 308.

Components: LEC.

Grading: GRD.

Typically Offered: Fall & Spring.

KIN 411. International Club/Sport Management. 3 Credit Hours.

This course is designed to examine the various international sport-based organizations that comprise the sport industry. Examined areas will include products/services offered, marketing opportunities and challenges, public relations, economic impact on the local community, physical facilities, internship/employment opportunities, strengths, weaknesses, opportunities, threats, and the unique aspects and challenges of sport. The class will also compare and contrast sport in the United States and sport in the country visited.

Components: LEC.

Grading: GRD.

Typically Offered: Spring.

KIN 416. Research Methods in Exercise Physiology. 3 Credit Hours.

This course will introduce the student to clinical epidemiology and the evaluation of the efficacy of prevention, diagnostic, and treatment strategies in exercise physiology and related professions.

Components: LEC.

Grading: GRD.

Typically Offered: Fall & Spring.

KIN 417. Research Methods for the Sport Sciences. 3 Credit Hours.

This course seeks to provide a full introduction to research methods in sport studies.

Components: LEC.

Grading: GRD.

Typically Offered: Fall.

KIN 421. Advanced Systemic Exercise Physiology. 3 Credit Hours.

This course examines the short and long term physical responses to exercise and provides a general overview of the field of exercise physiology with reference to the latest trends in modern physiological research.

Requisite: EXPH or EXPS Majors ONLY And Prerequisite: KIN 232 and KIN 321 with a grade C or Higher.

Components: LEC.

Grading: GRD.

Typically Offered: Fall & Spring.

KIN 457. Practicum in Kinesiology and Sport Sciences. 1-3 Credit Hours.

A comprehensive program of observation and supervised experience under the direction of a professional in the field for one semester. Supervised by University faculty. This course is a designated Upper Level Communication Requirement; Advanced written, digital and/or oral communication proficiencies will be emphasized in this course. Credit for WRS 105 and WRS 106 (or equivalent) is required for this course.

Prerequisite: WRS 105 And WRS 106 prerequisite of enrollment is required for this course.

Components: PRA.

Grading: GRD.

Typically Offered: Fall, Spring, & Summer.

KIN 463. Therapeutic Rehabilitation. 2 Credit Hours.

Students will acquire the theoretical knowledge for the clinical application of a rehabilitation program, physical examination, principles of therapeutic exercise, open and closed chain exercise, muscle reeducation, and special therapeutic techniques such as aquatic therapy.

Corequisite: KIN 464. Requisite: Athletic Training.

Components: LEC.

Grading: GRD.

Typically Offered: Fall.

KIN 465. Pharmacology. 1 Credit Hour.

Introduction to the basic principles of pharmaceutical intervention and the implications for rehabilitation as related to the Certified Athletic Trainer.

Requisite: ATHS Majors Only.

Components: LEC.

Grading: GRD.

Typically Offered: Fall.

KIN 473. Sports Governance. 3 Credit Hours.

This course provides the students with an examination of the governing organizations of sport at the youth, secondary, intercollegiate, professional, international, sport specific and olympic levels. In addition, policy development in sport management will be explored.

Prerequisite: KIN 401.

Components: LEC.

Grading: GRD.

Typically Offered: Spring.

KIN 477. Advanced Nutrition for Health and Fitness. 3 Credit Hours.

This course is an in-depth study of nutritional concerns of today's athlete. From dehydration to classic carbohydrate loading and from the Female Athlete Triad to ergogenic aids in sports, this course provides state of the art information on the latest nutritional issues for the exercising individual and for the athlete.

Requisite: EXPH or EXPS Major ONLY and Prerequisite: KIN 202 with a grade of C or higher.

Components: LEC.

Grading: GRD.

Typically Offered: Fall & Spring.

KIN 490. Special Topics in Kinesiology and Sports Sciences. 1-3 Credit Hours.

This course is designed for students wishing to focus on a specific area of study within the umbrella of the field of Kinesiology. Students will be given supervision and support in a direction relevant to their needs and interests in a structured setting.

Components: LEC.

Grading: GRD.

Typically Offered: Fall, Spring, & Summer.

KIN 491. Undergraduate Teaching Assistant Training in KIN. 1-3 Credit Hours.

This course involves training and teaching assistant experience under the supervision of faculty. Students will have the opportunity to assist faculty and/or doctoral students in the teaching of clinical laboratory and/or undergraduate theory courses offered in the KIN department.

Components: PRA.

Grading: GRD.

Typically Offered: Fall, Spring, & Summer.

KIN 492. Undergraduate Teaching Assistant Training in KIN II. 1-3 Credit Hours.

This course involves training and teaching assistant experience under the supervision of faculty. Students will have the opportunity to assist faculty and/or doctoral students in the teaching of clinical laboratory and/or undergraduate theory courses offered in the KIN department.

Components: PRA.

Grading: GRD.

Typically Offered: Fall, Spring, & Summer.

KIN 493. Undergraduate Research Assistant Training in KIN. 1-3 Credit Hours.

This course entails research training for a specific topic in the areas of Kinesiology under the supervision of faculty. It will enable the student to understand the fundamentals of following up on a research question, setting up research design and following up with data collection for the purposes of acquiring clinical training and/or assisting in manuscript preparation.

Components: PRA.

Grading: GRD.

Typically Offered: Fall, Spring, & Summer.

KIN 494. Undergraduate Research Assistant Training in KIN II. 1-3 Credit Hours.

This course entails research training for a specific topic in the areas of Kinesiology under the supervision of faculty. It will enable the student to understand the fundamentals of following up on a research question, setting up research design and following up with data collection for the purposes of acquiring clinical training and/or assisting in manuscript preparation.

Components: PRA.

Grading: GRD.

Typically Offered: Fall, Spring, & Summer.

KIN 495. Individual Study. 1-3 Credit Hours.

Individual Study. Requires faculty permission and a PIN.

Components: THI.

Grading: GRD.

Typically Offered: Fall, Spring, & Summer.

KIN 496. Individual Study. 1-3 Credit Hours.

Individual Study. Requires faculty permission and a PIN.

Components: THI.

Grading: GRD.

Typically Offered: Fall, Spring, & Summer.

KIN 497. Internship in Sport Administration. 1-9 Credit Hours.

KIN 497: Internship in Sport Administration Filed Experience that requires the student to participate in the work environment (Formally ESS 497).
Requisites: SPAD Majors and Senior Status.

Components: PRA.

Grading: GRD.

Typically Offered: Fall, Spring, & Summer.

KIN 498. Seminar in Sport Administration. 3 Credit Hours.

Professional seminar to accompany internship in sport administration. Students will be required to interact with other internship students and supervisors on a regular basis and additionally, students will be required to submit comprehensive reports regarding their internship experiences. This course is a designated Upper Level Communication Requirement; Advanced written, digital and/or oral communication proficiencies will be emphasized in this course. Credit for WRS 105 and WRS 106 (or equivalent) is required for this course.

SPAD Majors and Senior Standing Prerequisite: WRS 105 And WRS 106 prerequisite of enrollment is required for this course.

Components: PRA.

Grading: GRD.

Typically Offered: Fall, Spring, & Summer.

KIN 568. Developmental Sports Psychology. 3 Credit Hours.

Examination of the concept of sport psychology which includes but is not limited to performance, enhancement, student performance and academic application.

Components: LEC.

Grading: GRD.

Typically Offered: Offered by Announcement Only.

KIN 587. Laboratory Experience in Sports Nutrition. 3 Credit Hours.

This laboratory class provides case study analyses and computerized nutrient analysis systems designed to evaluate nutrition and hydration needs of the recreational and competitive athlete. From urinalysis and blood work, to body composition and computerized nutrient data base systems, this laboratory provides a clinical approach to evaluating the nutrition status of the exercising individual. Corequisite: ESS 577.

Components: LEC.

Grading: GRD.

Typically Offered: Spring.

KIN 598. Research Honors Project - Seminar. 1 Credit Hour.

Seminar section of School of Education & Human Development Research Honors Program. This seminar culminates with the presentation of your research at the Undergraduate Research, Creativity, and Innovation Forum (RCIF).

Components: LEC.

Grading: GRD.

Typically Offered: Fall, Spring, & Summer.