## Kinesiology

### KIN 100 Concepts of Health and Fitness 3 cr
An introductory course designed to show students to contributions of physical activity, nutrition, weight control, stress control, environmental conditions, and injury prevention to preventive health. Students learn how to evaluate themselves, their physical and nutritional needs and how to design individual programs for healthy living.

### KIN 166 Movement-Rhythms and Dev Act 3 cr
Movement exploration experiences, developmental games, rhythmic and dance activities are explained, developed and practiced. Clinical or field experience required.

### KIN 201 Orientation to Kinesiology 3 cr
An overview of the field of Health, Physical Education, and Exercise Science. An introduction to the Department of HKS followed by survey of philosophical and historical aspects, and professional preparations standards of the specific fields.

### KIN 231 ARC Lifeguard Training 3 cr
Prepares the student for American Red Cross Lifeguard, CPR for the professional rescuer, and first aid certification. Emphasis is placed on emergency action plans, lifeguarding techniques and all forms of victim rescue. Prerequisites: Strong swimmers ONLY.

### KIN 278 Sport and Human Behavior 3 cr
A study of the psychological and sociological aspects of sport and the relationship to human behavior.

### KIN 282 Intro to Athletic Training 3 cr
Survey of the basic techniques and practices of athletics training. Study includes prevention, recognition, care, and treatment of athletic injuries. Development of basic athletic training skills in the use of preventive and protective techniques of adhesive tape applications.

### KIN 351 Sports Skills 3 cr
The development of skills and the understanding of fundamentals and strategies in selected individual, dual, and team sports. Field experiences required. Proof of background check, fingerprinting and liability insurance is required. PE (P-12) majors only. Instructor permission is required.

### KIN 370 Basic Motor Learning 3 cr
Study of the psychological, experimental, and social aspects of learning in the psychomotor domain.

### KIN 372 Coaching Gymnastics 3 cr
History, theory, and fundamentals of coaching and officiating gymnastics.

### KIN 373 Coaching Volleyball 3 cr
History, theory, and fundamentals of coaching and officiating volleyball.

### KIN 374 Coaching Soccer 3 cr
History, theory, and fundamentals of coaching and officiating soccer.

### KIN 375 Coaching Football 3 cr
History, theory, and fundamentals of coaching and officiating football.

### KIN 376 Coaching Basketball 3 cr
History, theory, and fundamentals of coaching and officiating basketball.

### KIN 377 Coaching Baseball 3 cr
History, theory, and fundamentals of coaching and officiating baseball.

### KIN 378 Coaching Track and Field 3 cr
History, theory, and fundamentals of coaching and officiating track and field.

### KIN 380 Kinesiology 3 cr
Theory and application of the mechanical and anatomical principles of human movement. Pre-requisite: BMD 114 Minimum Grade of D or BMD 110 Minimum Grade of C or BMD 251 Minimum Grade of C.

### KIN 381 Eval and Measurement in HPE 3 cr
Statistical procedures, evaluation, and interpretation, and use of tests and other measurement devices in health and physical education.

### KIN 429 School Lab Experience-PE 0 TO 3 cr
Professional laboratory experiences involving observation and participation at local public schools. Admission to teacher candidacy required.

### KIN 450 Student Teaching-Hlth and PE 9 cr
Observation and supervised teaching with opportunity for study and discussion of problems and issues encountered in the 6-12 Health Education and P-12 Physical Education programs. Students will be placed with a person holding a valid teaching certificate in the appropriate field. Admission to teacher candidacy and completion of program and college prerequisites required.

### KIN 452 Methods of Teaching PE-W 3 cr
Organizing materials and developing methods of teaching physical education in elementary, middle, and high schools. Field experiences required. Practical mini-teaching experiences in peer labs and local schools. Prerequisite: Admission to teacher candidacy. Co-requisite: KIN 429.

### KIN 452 Methods of Teaching PE-W 3 cr
Co-requisite: KIN 429.

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KIN 460 Student Teaching Secondary 1 TO 9 cr
Observation and supervised teaching with opportunity for study and discussion of problems encountered in secondary schools. Students will be placed with a person holding a valid teaching certificate in the appropriate field. Admission to teacher candidacy and completion of program and college prerequisites required.
Pre-requisite: PRAXIS-Health Education 154 and HS 460 Minimum Grade of C and HS 340 Minimum Grade of C and HS 430 Minimum Grade of S.

KIN 461 PE for Atypical Child-Youth 3 cr
Principles and techniques for adapting physical education activities for children with special needs. Field experience required.

KIN 470 Student Teaching P-12 Program 1 TO 12 cr
Observation and supervised teaching with opportunity for study and discussion of problems encountered in the P-12 program. Students will be placed with a person holding a valid teaching certificate in the appropriate field. Admission to teacher candidacy and completion of program and college prerequisites required.
Pre-requisite: PRAXIS-Phys Edu Cont Knowledge 149 and KIN 351 Minimum Grade of C and KIN 452 Minimum Grade of C and KIN 460 Minimum Grade of C.

KIN 473 Problems in Health and PE 3 cr
Special problems in health and physical education are assigned to individuals and to groups of students.
Pre-requisite: PRAXIS-Phys Edu Cont Knowledge 149 and KIN 351 Minimum Grade of C and KIN 452 Minimum Grade of C and KIN 460 Minimum Grade of C.

KIN 474 Sport and Fitness Conditioning 3 cr
Study of the theory, principles, methods, and techniques in the development, implementation, and evaluation of various strength and conditioning programs designed to enhance athletic performance and improve physical fitness. The conditioning needs of various populations with disease and degenerative conditions will be examined.

KIN 475 Org-Admin Hlth and PE-W 3 cr
Planning, policies, administrative/management functions and duties in health and physical education programs.

KIN 476 Exercise Physiology 3 cr
The study of the body's physiological responses and adaptations to exercise and training.
Pre-requisite: BMD 114 Minimum Grade of D or BMD 110 Minimum Grade of C or BMD 251 Minimum Grade of C.

KIN 477 Water Safety Instructor 3 cr
Trains prospective candidates for American Red Cross Water Safety Instructor certification. Candidates will learn how to teach all levels of swimming and basic diving to students of all ages. How to organize classes, use lesson plans and practice teaching skills. Prerequisite: Proficient swimmer in all seven strokes. See Instructor for specific skill requirements.

KIN 478 Coaching Theory 3 cr
Introduction to profession of coaching. Topics include: physical, mental and organizational preparation, teaching strategies (individual and team aspects), legal liability, officiating, and national guidelines.

KIN 479 Fit Assess-Exercise Prescript 3 cr
Through didactic study and laboratory participation, the student will develop to knowledge base and clinical skills to assess physical fitness and plan exercise prescriptions for apparently healthy individuals.
Pre-requisite: KIN 476 Minimum Grade of D or PE 476 Minimum Grade of D.

KIN 480 Therapeutic Exercise 3 cr
Theory, current research, principles, application and techniques of rehabilitation used to treat injuries to athletes and the physically active across the life span are studied. Psychological and physical parameters of rehabilitation and exercise conditioning are presented.

KIN 482 Advanced Athletic Training 3 cr
Advanced and contemporary topics, issues, and applications in athletic training. Admission to candidacy required.
Pre-requisite: KIN 380 Minimum Grade of D.

KIN 484 Apps in Sports Conditioning 3 cr
Through didactic study and physical activity participation, the student will develop the knowledge base and skills in fundamental and advanced exercise theory and techniques in sport and fitness conditioning with application to program design and periodization of training.
Pre-requisite: KIN 474 Minimum Grade of D or PE 474 Minimum Grade of D.

KIN 486 Advanced Exercise Physiology 3 cr
Detailed analysis of the underlying principles of the physiological and biochemical responses of the human body to exercise and adaptations to exercise training.
Pre-requisite: PE 476.

KIN 490 Special Topics 3 cr
A varying content course treating different aspects of health, kinesiology, and sport. May be repeated for credit when courses content varies.

KIN 494 Directed Studies 1 TO 3 cr
Directed research and/or project. No more than two directed studies can be counted towards the bachelor's degree, HKS advisor approval required.

KIN 495 Internship 1 TO 12 cr
Observation and supervised practicum experiences in a professional setting. May be repeated for credit not to exceed 12 hours. HKS advisor approval required.
KIN 499 Senior Honors Thesis-H 3 TO 6 cr
Experiences in planning, conducting, and reporting a research project relevant to the fields of Health, Kinesiology, and Sport. The project, mentored by HKS faculty, is required for Honors recognition and may be repeated for up to six credit hours. Prerequisites: Participant in Honors Program and approval of Department and Project Chairs required.

KIN 500 Admin of Hlth & Phys Ed & Sprt 3 cr
A study of the principles, techniques, and methods used in management and supervision of health and physical education and sport in schools and colleges.

KIN 503 Evaluation of Teach and Learn 3 cr
Measurement and evaluation of student progress and teaching effectiveness in the psychomotor domain.

KIN 505 Crit Read-Write Content Field 3 cr
Discussion of critical issues and outstanding research in the fields of Health, Kinesiology, and Sport, with opportunities for class interaction and critical examination of ideas.

KIN 506 Physical Education Curriculum 3 cr
An overview of the physical education curriculum, its foundations, critical issues, and modern trends. It explores curriculum content areas of scheduling administration, teaching methods, and various standards and procedures for evaluation.

KIN 516 Exercise Physiology 3 cr
Advanced study of the theories, current research, and under-lying principles of the physiological responses and adaptations of the human body to exercise and training.

KIN 521 Motor Learning 3 cr
Theories and applications of the foundations of learning motor skills and presented.

KIN 530 Seminar in Health and Phys Ed 3 cr
Professional growth through in-depth experiences in the presentation of problems and formal papers, with emphasis on guided discussions and research criticism.

KIN 540 Cardiovas Resps Adapt Excerc 3 cr
Concentrated study of cardiovascular and respiratory systems including their structure, regulation, and integration with emphasis on physiological responses and adaptations to exercise and training, optimization of performance, overtraining and environmental influences, and aerobic exercise program design.

KIN 550 Perceptual-Motor Dev Children 3 cr
Designed to give the classroom teacher, special educator and physical educator a background in perceptual-motor development and training in infants and children.

KIN 570 Stress Testing-Ex Prescription 3 cr
The development of competencies necessary to administer graded exercise tests and prescribe appropriate exercise programs for various populations, based upon clinical observations and physiological data.

KIN 571 Exer Mgt Chronic Disease/Disab 3 cr
This course is designed to provide a problem-oriented approach to exercise testing and prescription/programming for special needs populations.

KIN 572 Applic of Biomech Concepts 3 cr
An examination of the relationship of fundamental anatomical and mechanical principles of human movement as applied to sport performance, fitness, and injury prevention through observation of common activities.

KIN 574 Sport and Fitness Conditioning 3 cr
Advanced study of the scientific theory, principles, methods, and techniques in the development, implementation, and evaluation of various strength and conditioning programs designed to enhance athletic performance. Instructor permission is required.

KIN 579 Fitness Assessment-Exer Presc 3 cr
Fitness Assessment and Exercise Prescription reviews the advanced principles of exercise testing and prescription for at risk and health adult populations including health appraisal, risk assessment, and interpretation of data. Assessment results are utilized in designing training programs and recommending lifestyle changes for enhancing health, fitness, and performance. The ACSM Exercise Guidelines are emphasized. This course is dually listed with an equivalent 400 level course (KIN 479). Instructor permission is required.

KIN 590 Special Topics- 3 TO 6 cr
A varying-content course treating various aspects of health, kinesiology, and sport. May be repeated for credit when course content varies.

KIN 594 Directed Study and Research 1 TO 3 cr
Students explore, through directed study and research, problems and issues of special interest or significance in Health, Kinesiology, and Sport. Not more than three semester hours of any departmental 594 courses can be accepted toward a degree program.

KIN 595 Internship 3 TO 6 cr
A supervised learning experience in a health, kinesiology, or sport setting. Provides the student an opportunity to apply theories and concepts learned during the graduate program. No more than six semester hours may be taken. HKS advisor approval required.

KIN 599 Thesis 1 TO 9 cr
A student selects a project, study, or investigation in health and/or kinesiology. Such project forms the basis for the thesis. A committee will give guidance during the investigation and the writing of the thesis.

KIN 601 Biomech Found Human Movement 3 cr
This course is designed to provide students with an understanding of how to use various technologies in a biomechanics lab for measuring kinematics. Along with making measurements, students will also learn how to perform the calculations involved in analysis.
KIN 602  Techniques of Supervision PE  3 cr
Course is designed to familiarize the student with
the principles, problems, and techniques, involved in
supervision.

KIN 603  Adv Measurement-Eval in HKS  3 cr
Measurement and evaluation in the areas of strength, body
composition, flexibility, endurance, general motor capacity,
perceptual motor-functions, and anthropometrics.

KIN 694  Directed Study and Research  1 TO 3 cr
Through directed study and research, problems and
issues of special interest or significance in health and/or
kinesiology are explored. No more than three semester
hours of any department 694 courses can be accepted
toward a degree program.

KIN 695  Internship  3 TO 9 cr
A supervised field study investigation in a candidate’s work
setting. The student will conduct an investigation, apply
concepts and skills learned during the program.

KIN 699  Research Project  1 TO 6 cr
A supervised research project or investigation in
instructional development. The student will conduct an
investigation, apply concepts and skills learned during the
sixth-year program. May be taken more than one semester;
total cannot exceed six semester hours.