

Health and Kinesiology (HKIN)

Courses

HKIN 1101 Swimming I: 1 semester hour.

Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

HKIN 1106 Gymnastics: 1 semester hour.

Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

HKIN 1108 Fundamentals of Golf I: 1 semester hour.

Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

HKIN 1109 Badminton I: 1 semester hour.

Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

HKIN 1110 Basketball and Volleyball I: 1 semester hour.

Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

HKIN 1111 Flag and Touch Football I: 1 semester hour.

Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

HKIN 1112 Conditioning and Self Analysis: 1 semester hour.

Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

HKIN 1114 Personal Defense Activities: 1 semester hour.

Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

HKIN 1120 Aerobic Activities: 1 semester hour.

Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

HKIN 1122 Jogging and Track and Field Activities: 1 semester hour.

Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

HKIN 1123 Bowling I: 1 semester hour.

Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

HKIN 1124 Racquetball: 1 semester hour.

Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

HKIN 1125 Wrestling I: 1 semester hour.

Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

HKIN 1127 Cycling: 1 semester hour.

Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

HKIN 1128 Tennis I: 1 semester hour.

Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

HKIN 1129 Archery I: 1 semester hour.

Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

HKIN 1130 Weight Training: 1 semester hour.

Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

HKIN 1164 Physical Fitness: 1 semester hour.

Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

HKIN 1208 Fundamentals of Human Movement: 2 semester hours.

Theory and practice in movement improvisation, exploration, and rhythmic exercising methods and fundamentals of presenting creative and rhythmic activities to elementary age children.

HKIN 1215 Low Organized Games: 2 semester hours.

Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

HKIN 1306 First Aid, Safety and CPR: 3 semester hours.

Certification program (The American Red Cross) for emergency care procedures for illness, injury, and cardiopulmonary resuscitation.

HKIN 1321 Coaching Individual and Dual Sports: 3 semester hours.

This course is designed for majors with intermediate and advanced skills. Students deal with strategy, rules, and court layouts with special emphasis on fundamentals and materials for individual and dual sports.

Prerequisites: KINE 1151 or HKIN 1215.

HKIN 2205 Intramural and Recreational Sports: 2 semester hours.

Theory and practice in organizing and conducting tournaments, meets, and field days.

HKIN 2303 Lifeguarding: 3 semester hours.

Demonstration and practice in knowledge and skills to prevent, recognize, and respond to aquatic emergencies. Students have opportunity to complete requirements for the American Red Cross Lifeguarding Certification. Recommended proficiency in five basic strokes (front and back crawls; elementary back, side and breast strokes).

HKIN 2307 Psycho-Social Aspects of Sport: 3 semester hours.

This course will engage psychological and sociological perspectives toward understanding sports and physical activity as both personal engagements and social phenomena. Topics will include sport-based youth development, mental health and physical activity, performance enhancement, and sport and social issues.

HKIN 2308 Practicum in Kinesiology and Sport: 3 semester hours.

This course provides experiential learning opportunities for students to apply and integrate knowledge acquired through coursework, develop skills, clarify values, and develop capacity to contribute to their professional and community organizations. Students will also be able to clarify and broaden their career goals further refining necessary competencies and skills for their proposed career objectives. Work is supervised by personnel within the approved work site.

Prerequisites: KINE 1303 or KINE 1330.

HKIN 3301 Water Safety Instruction: 3 semester hours.

Swimming and lifesaving skills required for water safety instruction. Opportunity for completion of requirements for the American Red Cross Water Safety Instructor's Certification.

HKIN 3302 Applied Anatomy and Kinesiology: 3 semester hours.

A scientific study of the structural kinesiology and biomechanics of human movement.

Prerequisites: (BIOL 2401 or BIOL 1054) and (BIOL 2402 or BIOL 1064) and (KINE 1208 or KINE 1082).

HKIN 3303 Movement Activities for Elementary Children: 3 semester hours.

Theory of Kinesiology for young children; classroom demonstration and field laboratory assignments. Emphasis is placed on stages of development and gross motor skills.

Prerequisites: (KINE 1151 or HKIN 1215) and (KINE 1082 or HKIN 1208).

HKIN 3305 Theory and Practice of Officiating: 3 semester hours.

Treats the theory and practice of officiating selected sports; emphasis on rules, mechanics, and officiating individual, dual and team sports.

Prerequisites: (KINE 1303 or KINE 1330).

HKIN 3306 Theory and Practice of Coaching: 3 semester hours.

Theory and strategy of coaching football, basketball, and volleyball.

Prerequisites: (HKIN 1208 or KINE 1082) and (KINE 1303 or HKIN 1330).

HKIN 3365 Motor Learning and Control: 3 semester hours.

This course is designed to review basic principles of motor control and motor learning with emphasis on the application of these principles in the neurologic population.

Prerequisites: (KINE 1082 or HKIN 1208) and (KINE 1303 or KINE 1330).

HKIN 3366 Exercise Physiology: 3 semester hours.

This course is a study of the physiological bases of exercise and physical conditioning through investigation of the body's response to exercise; measurement of the metabolic efficiency during exercise, neuromuscular efficiency, and body composition.

Prerequisites: (KINE 3023 or HKIN 3302) and (MATH 1113 or MATH 1314).

HKIN 4303 Measurement and Evaluation: 3 semester hours.

This course is a study of various kinds of tests and test usage in the field of health and kinesiology. Students are exposed to and participate in practical experiences in the 1) construction and administration of tests, 2) application and use of elementary statistics to manipulate data, and 3) interpretation of results.

Prerequisites: KINE 3023 or HKIN 3302.

HKIN 4304 Athletic Injuries: 3 semester hours.

Theory and practice of prevention and treatment of athletic injuries; laboratory experience in techniques of massaging and bandaging.

Prerequisites: KINE 3023 or HKIN 3302.

HKIN 4306 Adapted Physical Activity: 3 semester hours.

A study of the general organization of programs of therapeutic exercise, recreational sports, and aquatic skills for use in correctional procedures; evaluation and classification of exercises; practice in planning and presenting activities for special programs.

HKIN 4307 Secondary Kinesiology: 3 semester hours.

Scientific examination of current human movement concepts, emphasis on curricular and evaluative concepts designed to assist the student in selecting, appraising, utilizing and analyzing movement related materials, resources, and instruments.

Prerequisites: KINE 3033 or HKIN 3303.

HKIN 4308 Administrative Management of Kinesiology: 3 semester hours.

This course studies the principles and fundamentals in the organization, administration and supervision of the health, kinesiology, intramural, and athletic programs.

HKIN 4309 Practicum in Athletic Training: 3 semester hours.

Designed to acquaint the Athletic Trainer Intern, Pre-Physical Therapist, and Sports Certified Specialist with the principles of application for an orthopedic examination of the joints and muscles. A hands-on clinical approach to physical assessment and rehabilitation techniques involving basic theories and principles.

Prerequisites: KINE 4232 or HKIN 4322.

HKIN 4310 Research Methods: 3 semester hours.

This course is designed to acclimate students to current research and the research process in their chosen field of study through exploration of scientific writings.

HKIN 4322 Advanced Athletic Injuries: 3 semester hours.

This course provides knowledge of clinical procedures with an emphasis on application techniques, therapeutic modalities, therapeutic exercise, and rehabilitative practices.

Prerequisites: HKIN 4304 or KINE 4042.

HKIN 4323 Fitness Program: 3 semester hours.

This course uses health, wellness and fitness assessments to develop healthy lifestyles.

HKIN 4399 Independent Study: 1-3 semester hour.

Readings, research and/or field work on selected topics.

HKIN 4619 Internship in Kinesiology and Sport: 6 semester hours.

Supervised study and practice in community, recreation, sports, fitness, and rehabilitation centers, hospitals, clinics, and other approved agencies, organizations and institutions.

Prerequisites: KINE 2308.