Kinesiology

Courses

KINE 1011 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.

KINE 1012 Sports Skills I: 2 semester hours.
Theory and application of fundamental skills in flag and touch football, soccer, wrestling and gymnastics I.

KINE 1061 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.

KINE 1081 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.

KINE 1082 Fundamentals of Basic 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.

KINE 1091 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.

KINE 1101 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.

KINE 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.

KINE 1112 Sports Skills II: 2 semester hours.
Emphasis given to theory and application skills for fundamentals in badminton, bowling, tennis, and racquetball.

KINE 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.

KINE 1121 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.

KINE 1131 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.

KINE 1141 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.

KINE 1151 Low Organized Games: 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.

KINE 1161 Softball, Track and Field 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.

KINE 1172 Foundations I: 2 semester hours.
Areas of concentration will focus on history and philosophy, developmental stages, movement-related experiences and career development in health and kinesiology.

KINE 1181 Soccer and Field Hockey: 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.

KINE 1211 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.
KINE 1221 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.

KINE 1231 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.

KINE 1241 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.

KINE 1251 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.

KINE 1271 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.

KINE 1272 Foundations II: 2 semester hours.
Areas of concentration will focus on current health and kinesiology programs, physical fitness and conditioning and self-analysis.

KINE 1281 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.

KINE 1291 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.

KINE 1301 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.

KINE 1303 Foundations to Kinesiology: 3 semester hours.
Instruction is offered at beginning levels with emphasis on mechanical principles that regulate human movement, how to analyze movement and how to create the efficient movements possible to increase structure of the human body.

KINE 1321 Swimming II: 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. Students may enroll without Swimming I as a prerequisite if the student can demonstrate that he/she can swim.

KINE 1401 Restricted Performance Activities: 1 semester hour.
Adapted to individual need and capacity. Theory and practice of body mechanics and techniques of relaxation; also quiet games, walking, calisthenics, and health films. Written recommendation of a physician is required.

KINE 1411 Restricted Performance Activities: 1 semester hour.
(Adapted to individual need and capacity) Theory and practice of forming habits for good posture; also table tennis, rope jumping, goal shooting, walking and calisthenics. Written recommendation of a physician is required.
Prerequisites: KINE 1401 (http://catalog.pvamu.edu/search/?P=KINE%201401/).

KINE 2023 First Aid, Safety and CPR: 3 semester hours.
Certification program (The American Red Cross) for emergency care procedures for illness, injuries and cardiopulmonary resuscitation.

KINE 2031 Gymnastics II: 1 semester hour.
Designed for the student with intermediate and/or advanced levels of skills; emphasis is on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

KINE 2032 Life Saving: 2 semester hours.
Demonstration and practice in the fundamentals of life saving; opportunity for completion of requirements for the American Red Cross Senior Life Saving Certificate. Must be proficient in five basic strokes (front and back crawls; elementary back, side and breast strokes).

KINE 2041 Badminton and Tennis II: 1 semester hour.
Designed for the student with intermediate and/or advanced levels of skills; emphasis is on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

KINE 2043 Coaching Individual and Dual Sports: 3 semester hours.
Designed for majors with intermediate and advanced skills; deals with strategy, rules, and court layouts, with special emphasis on fundamentals and materials for individual and dual sports.
Prerequisites: KINE 1091 (http://catalog.pvamu.edu/search/?P=KINE%201091/) and KINE 1101 (http://catalog.pvamu.edu/search/?P=KINE%201101/) and KINE 1281 (http://catalog.pvamu.edu/search/?P=KINE%201281/) and KINE 1291 (http://catalog.pvamu.edu/search/?P=KINE%201291/).
**KINE 2051 Basketball and Volleyball II: 1 semester hour.**
Designed for the student with intermediate and/or advanced levels of skills; emphasis is on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

**KINE 2052 Theory and Practice of Intramural Sports: 2 semester hours.**
Theory and practice in organizing and conducting tournaments, meets, and field days.

**KINE 2053 Recreation of the Aged: 3 semester hours.**
A study of the nature, scope and significance of leisure and recreation. Emphasis is placed on methods and materials for planning, organizing, and conducting social activities for the aged in a variety of social situations.

**KINE 2063 Outdoor Performance Activities: 3 semester hours.**
Introduction to outdoor activities with emphasis on principles and purposes; skills and activities for individual and group activities; practices and skills of low and high intensity levels.

**KINE 2081 Golf and Archery II: 1 semester hour.**
Designed for the student with intermediate and/or advanced levels of skills; emphasis is on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

**KINE 2091 Swimming III: 1 semester hour.**
Designed for the student with intermediate and/or advanced levels of skills; emphasis is on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

**KINE 2101 Advanced Basketball: 1 semester hour.**
Designed for the student with intermediate and/or advanced levels of skills; emphasis is on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

**KINE 2111 Advanced Volleyball: 1 semester hour.**
Designed for the student with intermediate and/or advanced levels of skills; emphasis is on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

**KINE 2141 Flag Football and Track II: 1 semester hour.**
Designed for the student with intermediate and/or advanced levels of skills; emphasis is on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

**KINE 3012 Water Safety Instruction: 2 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 Certificate. Must have a current Red Cross Senior Life Saving Certificate.

**KINE 3023 Applied Anatomy and Kinesiology: 3 semester hours.**
A scientific study of the muscles and human movement.
Prerequisites: BIOL 1054 (http://catalog.pvamu.edu/search/?P=BIOL%201054/) and BIOL 1064 (http://catalog.pvamu.edu/search/?P=BIOL%201064/) and KINE 1082 (http://catalog.pvamu.edu/search/?P=KINE%201082/).

**KINE 3033 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 (http://catalog.pvamu.edu/search/?P=KINE%201151/).

**KINE 3053 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 3063 (http://catalog.pvamu.edu/search/?P=KINE%203063/).

**KINE 3063 Theory and Practice of Coaching: 3 semester hours.**
Theory and strategy of coaching football, basketball, and volleyball.
Prerequisites: KINE 1101 (http://catalog.pvamu.edu/search/?P=KINE%201101/) and KINE 1111 (http://catalog.pvamu.edu/search/?P=KINE%201111/).

**KINE 3421 Restricted Performance Activities: 1 semester hour.**
(Adapted to individual need and capacity) Theory and practice of physical fitness techniques; also shuffleboard, horse shoes, dance, volleyball, health, and safety films, walking and calisthenics. Written recommendation of a physician is required.
Prerequisites: KINE 1411 (http://catalog.pvamu.edu/search/?P=KINE%201411/).

**KINE 3653 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.

**KINE 4033 Measurement and Evaluation: 3 semester hours.**
A study of various kinds of tests and test usage in the field of health and kinesiology includes practical experience in the construction and administration of tests and in use of elementary statistics to interpret test scores.
Prerequisites: KINE 1082 (http://catalog.pvamu.edu/search/?P=KINE%201082/) and KINE 1172 (http://catalog.pvamu.edu/search/?P=KINE%201172/) and BIOL 1054 (http://catalog.pvamu.edu/search/?P=BIOL%201054/) and BIOL 1064 (http://catalog.pvamu.edu/search/?P=BIOL%201064/).
KINE 4042 Athletic Injuries and CPR: 2 semester hours.
Theory and practice of prevention and treatment of athletic injuries; laboratory experience in techniques of massaging and bandaging; emergency care procedures for cardiopulmonary resuscitation.

KINE 4053 Special Topics in Health and Kinesiology: 3 semester hours.
Detailed study of selected topic and activities.

KINE 4062 Correctives: 2 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.
Prerequisites: KINE 1082 (http://catalog.pvamu.edu/search/?P=KINE%201082/) and KINE 1172 (http://catalog.pvamu.edu/search/?P=KINE%201172/) and KINE 2043 (http://catalog.pvamu.edu/search/?P=KINE%202043/) and KINE 2063 (http://catalog.pvamu.edu/search/?P=KINE%202063/).

KINE 4073 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 1082 (http://catalog.pvamu.edu/search/?P=KINE%201082/) and KINE 1172 (http://catalog.pvamu.edu/search/?P=KINE%201172/) and BIOL 1054 (http://catalog.pvamu.edu/search/?P=BIOL%201054/) and BIOL 1064 (http://catalog.pvamu.edu/search/?P=BIOL%201064/).

KINE 4083 Administrative Management of Kinesiology: 3 semester hours.
Principles and fundamentals in the organization, administration and supervision of the health, kinesiology, intramural, and athletic programs.
Prerequisites: KINE 1082 (http://catalog.pvamu.edu/search/?P=KINE%201082/) and KINE 1172 (http://catalog.pvamu.edu/search/?P=KINE%201172/) and BIOL 1054 (http://catalog.pvamu.edu/search/?P=BIOL%201054/) and BIOL 1064 (http://catalog.pvamu.edu/search/?P=BIOL%201064/).

KINE 4093 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.

KINE 4106 Internship in Health and Kinesiology: 6 semester hours.
Supervised study and practice in community, recreation, sports, fitness, and rehabilitation centers, hospitals, clinics, and other approved agencies, organizations and institutions.

KINE 4232 Advanced Athletic Injuries: 2 semester hours.
This course provides the student athletic trainer with the knowledge of clinical techniques, rules and regulations governing licensure and certification. Emphasis will be given to application techniques and therapeutic modalities.

KINE 4233 Fitness Program: 3 semester hours.
This course uses health, wellness and fitness assessments to develop healthy lifestyles.

KINE 4431 Restricted Performance Activities: 1 semester hour.
(Adapted to individual need and capacity) Theory and practice of adaptive corrective exercises; archery, badminton, arts and crafts, musical games, calisthenics and isometric exercises. Written recommendation of a physician is required.
Prerequisites: KINE 3421 (http://catalog.pvamu.edu/search/?P=KINE%203421/).

KINE 4993 Independent Study: 1-3 semester hour.
Readings, research and/or field work on selected topics.