

# Kinesiology and Public Health Education

M.S. in Kinesiology (<https://catalog.und.edu/graduateacademicinformation/departmentalcoursesprograms/kinesiologyandpublichealtheducation/kin-ms/>)

## ESPT 540. Esports and Healthy Gaming. 3 Credits.

A study of the philosophical, disciplinary, and professional considerations that are necessary for the optimal planning and execution of esports programs with an emphasis on healthy gaming. On demand.

## KIN 510. Ethical Sports Leadership. 3 Credits.

This course is designed to encourage a critical analysis and examination of current issues related to the ethical leadership of sport. Students will explore common occurrences in order to clarify their own philosophy and decision-making in sports administration. On demand.

## KIN 511. Sports Administration. 3 Credits.

Explores the skill sets needed to be a successful and effective sport administrator across multiple levels of sport, with a focus on leadership and decision-making. On demand.

## KIN 512. Sports Risk Management. 3 Credits.

An introduction into risk management in the intercollegiate sports administration setting. Legal topics covered include student-athlete eligibility and safety, fan safety and guarantees, contracts, antitrust, labor law, NCAA cases, intellectual property, and employment issues. Other topics may be introduced as current events dictate. On demand.

## KIN 513. Skill Acquisition in Sport. 3 Credits.

This course is designed to apply the scientific principles of Motor Behavior, specifically Motor Learning, Motor Control, and Motor Development to the teaching and coaching of sport skills and the development of those skills in athletic settings. On demand.

## KIN 515. Cultural Impact of Sports in American History. 3 Credits.

This course is designed to encourage a critical analysis and examination of the philosophical and cultural impacts of sports on American history and the impacts of American history on sports. Students will engage in topics ranging from the entanglement of sports in high school and collegiate education, the role of sports in racial, ethnic, gender, and social integration, the impact of sports on modern culture, and the expansion of American ideals to globalized sports. S, odd years.

## KIN 524. Adapted Physical Activities. 3 Credits.

This course is designed to develop professionals to respond to the motor and physical fitness needs of persons who require adaptation for participation in the context of physical activity by focusing on research, theory, and practice in the field of APA. On demand.

## KIN 525. Motor Development. 3 Credits.

Study of age-related performance changes across the life span. Emphasis will be on physical and mental change as they affect motor skill acquisition and performance. F, odd years.

## KIN 529. Exercise Psychology. 3 Credits.

A research-based study of the psychological aspects that are associated with participation in exercise/physical activity. On demand.

## KIN 530. Sports Biomechanics. 3 Credits.

The application of principles of mechanics to the study of human motion. F, even years.

## KIN 531. Psychology of Sports Leadership. 3 Credits.

Consideration of team/group dynamics, behavioral economics and popular leadership theories and models. On demand.

## KIN 534. Social Issues in Sports. 3 Credits.

Consideration of social issues in sport with a focus on activism for positive change. On demand.

## KIN 535. Applied Exercise Physiology. 3 Credits.

The focus of this course is on the planning, organization, and administration of gas-analyzed cardiorespiratory exercise testing. Prerequisite: KIN 402 or equivalent and consent of instructor. F, odd years.

## KIN 536. Bioenergetics and Skeletal Muscle Function. 3 Credits.

Focuses on acute and chronic muscle function, energy metabolism, and regulatory process of skeletal muscle and muscle cell function during rest, during exercise and during recovery. F.

## KIN 537. Applied Sports Psychology. 3 Credits.

A study of sports psychological skill training programs for use with team and individual athletes. On demand.

## KIN 541. Exercise Program Design. 3 Credits.

Focuses on designing scientifically sound aerobic, strength and conditioning, and resistance training programs for healthy adults. Intended for students planning on coaching, strength conditioning coaching, personal training, corporate fitness, exercise physiology, law enforcement, military, athletic training, or the allied health professions (physical therapy, etc.). S.

## KIN 542. Sport Psychology for Teams. 3 Credits.

This course covers sport psychology principles related to team sports. Topics include understanding factors that influence the development of effective teams (including member attributes and structure) and factors effecting team performance (e.g., collective efficacy, cohesion, communication, leadership, etc.). SS, odd years.

## KIN 543. Sport Psychology for Coaches. 3 Credits.

This course is designed to provide coaches with practical information about sport psychology so they can enhance the performance of their athletes. Topics are related to coaching effectiveness (philosophy, leadership and motivation) and the application of mental training tools (goal setting, imagery, positive thinking, etc.) to enhance mental skills for athletes (confidence, focus, energy management, etc.). SS, even years.

## KIN 551. Philosophy and Application of Coaching. 3 Credits.

The course explores various philosophies, methods, and techniques of coaching to enhance the student's ability to promote athletes' improvement and growth. Emphasis is placed on the National Association for Sport and Physical Education's national standards for sport coaches. On demand.

## KIN 555. Special Topics in Kinesiology. 1-4 Credits.

Investigation of special topics in the study of kinesiology not included in current departmental course offerings. Repeatable when topics differ. Repeatable.

## KIN 560. Seminar in Kinesiology. 1 Credit.

Presentations of current topics based on reviews of literature. Repeatable to 4 credits. Prerequisite: Consent of instructor. Repeatable to 4.00 credits. S/U grading.

## KIN 584. Practicum in Kinesiology. 3 Credits.

Supervised experiences (e.g., observing, shadowing, etc.) for the development of skills in Kinesiology, such as coaching, personal training, management, etc. F,S,SS.

## KIN 585. Internship in Kinesiology. 3-6 Credits.

Professional experience and skill development through supervised placement at an approved work site (or other program) relevant to the course of study. Repeatable to 6 credits. Prerequisite: Appropriate foundational and major area coursework and consent of advisor and on-site supervisor. Repeatable to 6.00 credits.

## KIN 590. Individual Research in Kinesiology. 1-4 Credits.

Library, laboratory or field research of an approved project in Kinesiology. Prerequisite: Consent of the advisor and program director. Repeatable to 4.00 credits. F,S,SS.

## KIN 592. Directed Readings in Kinesiology. 2-3 Credits.

Extensive readings to cover a student's area of specialization and interest; written reports are required (may be repeated to a total of six credits). Prerequisite: Consent of the student's faculty advisor and program director. Repeatable to 6.00 credits. F,S,SS.

## KIN 996. Continuing Enrollment. 1-12 Credits.

Repeatable. S/U grading.

## KIN 997. Independent Study. 2 Credits.

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## KIN 998. Thesis. 1-9 Credits.

Minimum of 4 credits for thesis option. Repeatable to 9.00 credits. F,S,SS.