

# Kinesiology and Public Health Education (ESPT, KIN, PHE)

B.S. in Esports (<https://catalog.und.edu/undergraduateacademicinformation/departmentalcoursesprograms/kinesiologyandpublichealtheducation/kin-esports/>)

B.S. in Kinesiology (<https://catalog.und.edu/undergraduateacademicinformation/departmentalcoursesprograms/kinesiologyandpublichealtheducation/kin-bs/>)

B.S. Public Health Education (B.S.P.H.E.) (<https://catalog.und.edu/undergraduateacademicinformation/departmentalcoursesprograms/kinesiologyandpublichealtheducation/kin-bs-phe/>)

Minor in Coaching (<https://catalog.und.edu/undergraduateacademicinformation/departmentalcoursesprograms/kinesiologyandpublichealtheducation/kin-minor-ac/>)

Minor in Public Health (<https://catalog.und.edu/undergraduateacademicinformation/departmentalcoursesprograms/kinesiologyandpublichealtheducation/kin-minor-ph/>)

Certificate in Public Health

## ESPT 129. Esports I. 1 Credit.

Instruction in various esports for beginning players. Repeatable to 4.00 credits. F,S,SS.

## ESPT 139. Esports II. 1 Credit.

Instruction in various esports for intermediate players. Repeatable to 4.00 credits. On demand.

## ESPT 159. Esports III. 1 Credit.

Instruction in various esports for advanced players. Prerequisite: ESPT 139 in the same activity or consent of the instructor. Repeatable to 4.00 credits. On demand.

## ESPT 201. Introduction to Esports. 3 Credits.

Introduction to esports and their place in our modern society. Topics include the history, participants, platforms, and future of esports as a global phenomenon with a consideration of opportunities for involvement. On demand.

## ESPT 239. esports: Movement Performance and Analysis (MP&A). 1 Credit.

Course may be repeated as long as content varies, to a maximum of 12 credits for the KIN 220-239 series. Development of performance, performance analysis, and knowledge in various esports. Corequisite: ESPT 129, ESPT 139, ESPT 159 or performance equivalent in the same area. On demand.

## ESPT 262. Varsity Esports. 1 Credit.

The study, practice and performance of esports at a varsity level. Prerequisite: Currently competing for UND Varsity Esports. F,S,SS.

## ESPT 299. Special Topics in Esports. 1-4 Credits.

Specialized topics related to Esports. Repeatable to 9.00 credits.

## ESPT 330. Introduction to Game Studies. 3 Credits.

This course introduces students to the critical study of videogames, the medium surrounding esports. Gaming in a broad sense influences the ways esports make meaning and produce culture. In this class, students read, write about, and discuss scholarship on the medium of the video game and its cultural practices. F.

## ESPT 340. Esports and Healthy Gaming. 3 Credits.

This course provides an overview of contemporary esports focusing on physical and mental health, including using sport psychology techniques for behavior change. Special topics related to online citizenship behaviors, addiction, and women in gaming are also covered. F, odd years.

## ESPT 350. Game Design for Esports. 3 Credits.

In this course, students will create simple games in a process informed by leading voices in game design. Students will generate creative solutions to problems through manipulation of game rules for analog (physical) games and via user-friendly digital game design platforms such as Tabletop Simulator. No previous design or computer science experience required. S.

## ESPT 494. Directed Studies/Research in Esports. 1-4 Credits.

An in-depth study or participation in a research project in esports under faculty supervision. Prerequisite: Consent of instructor. Repeatable to 9.00 credits. F,S,SS.

## ESPT 495. Service Learning in Esports. 2 Credits.

Independent and group study of professional placement and leadership in esports settings. Practical experiences in these settings within the community. Includes lectures, site visits, and fieldwork hours. Prerequisite: Instructor Consent.

## ESPT 496. Field Study in Esports. 1-8 Credits.

Placement of student in a practical setting under university faculty supervision. Prerequisite: Consent of Instructor. Repeatable to 8.00 credits. F,S,SS.

## ESPT 497. Internship in Esports. 1-12 Credits.

Development of professional skills through practical experience in esports organizations under the supervision of professionals and faculty. Prerequisite: Esports majors only, consent of instructor, and current First Aid/CPR certification. Repeatable to 12.00 credits. F,S,SS.

## ESPT 498. Practicum. 3 Credits.

Supervised experiences for development of coaching skills and/or esports instruction. Prerequisite: Consent of instructor. Repeatable to 6.00 credits. F,S,SS.

## ESPT 499. Special Topics in Esports. 1-3 Credits.

Investigation of special topics in the study of esports not included in current course offerings. Prerequisite: Consent of instructor. Repeatable to 6.00 credits. On demand.

## KIN 104. Aquatics I. 1 Credit.

These courses are designed for beginners. They include instruction in various aquatics-related activities (e.g., swimming, diving, etc.). For specific course content, see the current schedule of classes. Repeatable to 4.00 credits. F,S,SS.

## KIN 105. Combative Sports I. 1 Credit.

These courses are designed for beginners. They include instruction in various combative sports (e.g., boxing, kickboxing, etc.). For specific course content, see the current schedule of classes. Repeatable to 4.00 credits. On demand.

## KIN 107. Dance I. 1 Credit.

These courses are designed for beginners. They include instruction in various dance types (e.g., ballroom, hip-hop, etc.). For specific course content, see the current schedule of classes. Repeatable to 4.00 credits. On demand.

## KIN 108. Fitness and Conditioning I. 1 Credit.

These courses are designed for beginners. They include instruction in various fitness and conditioning activities (e.g., aerobic exercise, pilates, yoga, etc.). For specific course content, see the current schedule of classes. Repeatable to 4.00 credits. On demand.

## KIN 110. First Aid and CPR. 1 Credit.

Recommended First Aid and CPR practices for the care of persons who have been injured or suddenly become ill. Qualifying students will have the option to become certified in CPR, AED and First Aid. F,S.

## KIN 111. Individual Sports/Activities I. 1 Credit.

These courses are designed for beginners. They include instruction in various individual sports and activities (e.g., golf, ice skating, track and field events, etc.). For specific course content, see the current schedule of classes. Repeatable to 4.00 credits. On demand.

## KIN 112. Outdoor Pursuits I. 1 Credit.

These courses are designed for beginners. They include instruction in various outdoor pursuit activities (e.g., camping, cycling, cross-country skiing, etc.). For specific course content, see the current schedule of classes. Repeatable to 4.00 credits. On demand.

**KIN 113. Racquet Sports I. 1 Credit.**

These courses are designed for beginners. They include instruction in various racquet sports (e.g., badminton, racquetball, tennis, etc.). For specific course content, see the current schedule of classes. Repeatable to 4.00 credits. On demand.

**KIN 114. Strength Training I. 1 Credit.**

These courses are designed for beginners. They include instruction in various types of strength training (e.g., body building, power lifting, weight training, etc.). For specific course content, see the current schedule of classes. Repeatable to 4.00 credits. On demand.

**KIN 115. Target Sports I. 1 Credit.**

These courses are designed for beginners. They include instruction in various target sports (e.g., trapshooting, skeet, etc.). For specific course content, see the current schedule of classes. Repeatable to 4.00 credits. On demand.

**KIN 116. Team Sports I. 1 Credit.**

These courses are designed for beginners. They include instruction in various team sports (e.g., baseball, basketball, football, ice hockey, soccer, volleyball, etc.). For specific course content, see the current schedule of classes. Repeatable to 4.00 credits. On demand.

**KIN 117. Gymnastics I. 1 Credit.**

These courses are designed for beginners. They include instruction in various types of gymnastics (e.g., artistic, trampolining, tumbling, etc.). For specific course content, see the current schedule of classes. Repeatable to 4.00 credits. On demand.

**KIN 124. Aquatics II. 1 Credit.**

Prerequisite: KIN 104 in the same activity or consent of the instructor. These courses provide intermediate level instruction in various aquatics-related activities (e.g., swimming, diving, etc.). For specific course content, see the current schedule of classes. Repeatable to 4.00 credits. On demand.

**KIN 125. Combative Sports II. 1 Credit.**

Prerequisite: KIN 105 in the same activity or consent of the instructor. These courses provide intermediate level instruction in various combative sports (e.g., boxing, kickboxing, etc.). For specific course content, see the current schedule of classes. Repeatable to 4.00 credits. On demand.

**KIN 127. Dance II. 1 Credit.**

Prerequisite: KIN 107 in the same activity or consent of the instructor. These courses provide intermediate level instruction in various dance types (e.g., ballroom, hip-hop, etc.). For specific course content, see the current schedule of classes. Repeatable to 4.00 credits. On demand.

**KIN 128. Fitness and Conditioning II. 1 Credit.**

Prerequisite: KIN 108 in the same activity or consent of the instructor. These courses provide intermediate level instruction in various fitness and conditioning activities (e.g., aerobic exercise, pilates, yoga, etc.). For specific course content, see the current schedule of classes. Repeatable to 4.00 credits. On demand.

**KIN 131. Individual Sports/Activities II. 1 Credit.**

Prerequisite: KIN 111 in the same activity or consent of the instructor. These courses provide intermediate level instruction in various individual sports and activities (e.g., golf, ice skating, track and field events, etc.). For specific course content, see the current schedule of classes. Repeatable to 4.00 credits. On demand.

**KIN 132. Outdoor Pursuits II. 1 Credit.**

Prerequisite: KIN 112 in the same activity or consent of the instructor. These courses provide intermediate level instruction in various outdoor pursuit activities (e.g., camping, cycling, cross-country skiing, etc.). For specific course content, see the current schedule of classes. Repeatable to 4.00 credits. On demand.

**KIN 133. Racquet Sports II. 1 Credit.**

Prerequisite: KIN 113 in the same activity or consent of the instructor. These courses provide intermediate level instruction in various racquet sports (e.g., badminton, racquetball, tennis, etc.). For specific course content, see the current schedule of classes. Repeatable to 4.00 credits. On demand.

**KIN 134. Strength Training II. 1 Credit.**

Prerequisite: KIN 114 in the same activity or consent of the instructor. These courses provide intermediate level instruction in various types of strength training (e.g., body building, power lifting, weight training, etc.). For specific course content, see the current schedule of classes. Repeatable to 4.00 credits. On demand.

**KIN 135. Target Sports II. 1 Credit.**

Prerequisite: KIN 115 in the same activity or consent of the instructor. These courses provide intermediate level instruction in various target sports (e.g., trapshooting, skeet, etc.). For specific course content, see the current schedule of classes. Repeatable to 4.00 credits. On demand.

**KIN 136. Team Sports II. 1 Credit.**

Prerequisite: KIN 116 in the same activity or consent of the instructor. These courses provide intermediate level instruction in various team sports (e.g., baseball, basketball, football, ice hockey, soccer, volleyball, etc.). For specific course content, see the current schedule of classes. Repeatable to 4.00 credits. On demand.

**KIN 137. Gymnastics II. 1 Credit.**

Prerequisite: KIN 117 in the same activity or consent of the instructor. These courses provide intermediate level instruction in various types of gymnastics (e.g., artistic, trampolining, tumbling, etc.). For specific course content, see the current schedule of classes. Repeatable to 4.00 credits. On demand.

**KIN 144. Aquatics III. 1 Credit.**

Prerequisite: KIN 124 in the same activity or consent of the instructor. These courses provide advanced level instruction in various aquatics-related activities (e.g., swimming, diving, etc.). For specific course content, see the current schedule of classes. Repeatable to 4.00 credits. On demand.

**KIN 145. Combative Sports III. 1 Credit.**

Prerequisite: KIN 125 in the same activity or consent of the instructor. These courses provide advanced level instruction in various combative sports (e.g., boxing, kickboxing, etc.). For specific course content, see the current schedule of classes. Repeatable to 4.00 credits. On demand.

**KIN 147. Dance III. 1 Credit.**

Prerequisite: KIN 127 in the same activity or consent of the instructor. These courses provide advanced level instruction in various dance types (e.g., ballroom, hip-hop, etc.). For specific course content, see the current schedule of classes. Repeatable to 4.00 credits. On demand.

**KIN 148. Fitness and Conditioning III. 1 Credit.**

Prerequisite: KIN 128 in the same activity or consent of the instructor. These courses provide advanced level instruction in various fitness and conditioning activities (e.g., aerobic exercise, pilates, yoga, etc.). For specific course content, see the current schedule of classes. Repeatable to 4.00 credits. On demand.

**KIN 151. Individual Sports/Activities III. 1 Credit.**

Prerequisite: KIN 131 in the same activity or consent of the instructor. These courses provide advanced level instruction in various individual sports and activities (e.g., golf, ice skating, track and field events, etc.). For specific course content, see the current schedule of classes. Repeatable to 4.00 credits. On demand.

**KIN 152. Outdoor Pursuits III. 1 Credit.**

Prerequisite: KIN 132 in the same activity or consent of the instructor. These courses provide advanced level instruction in various outdoor pursuit activities (e.g., camping, cycling, cross-country skiing, etc.). For specific course content, see the current schedule of classes. Repeatable to 4.00 credits. On demand.

**KIN 153. Racquet Sports III. 1 Credit.**

Prerequisite: KIN 133 in the same activity or consent of the instructor. These courses provide advanced level instruction in various racquet sports (e.g., badminton, racquetball, tennis, etc.). For specific course content, see the current schedule of classes. Repeatable to 4.00 credits. On demand.

**KIN 154. Strength Training III. 1 Credit.**

Prerequisite: KIN 134 in the same activity or consent of the instructor. These courses provide advanced level instruction in various types of strength training (e.g., body building, power lifting, weight training, etc.). For specific course content, see the current schedule of classes. Repeatable to 4.00 credits. On demand.

**KIN 155. Target Sports III. 1 Credit.**

Prerequisite: KIN 135 in the same activity or consent of the instructor. These courses provide advanced level instruction in various target sports (e.g., trapshooting, skeet, etc.). For specific course content, see the current schedule of classes. Repeatable to 4.00 credits. On demand.

**KIN 156. Team Sports III. 1 Credit.**

Prerequisite: KIN 136 in the same activity or consent of the instructor. These courses provide intermediate level instruction in various team sports (e.g., baseball, basketball, football, ice hockey, soccer, volleyball, etc.). For specific course content, see the current schedule of classes. Repeatable to 4.00 credits. On demand.

**KIN 157. Gymnastics III. 1 Credit.**

Prerequisite: KIN 137 in the same activity or consent of the instructor. These courses provide advanced level instruction in various types of gymnastics (e.g., artistic, trampolining, tumbling, etc.). For specific course content, see the current schedule of classes. Repeatable to 4.00 credits. On demand.

**KIN 206B. Psychological Skills Workshop. 1 Credit.**

On demand.

**KIN 207. Prevention, Care and Legal Issues for Injury. 2 Credits.**

A study of the prevention, care and legal aspects of injuries incurred by individuals in physical activity settings across the lifespan. Includes recommended first aid and CPR practices for the care of persons who have been injured. S.

**KIN 207L. Prevention, Care and legal Issues for Injury Lab. 1 Credit.**

The demonstration of principles for prevention, care and legal aspects of injuries. Includes athletic taping procedures, rehabilitation techniques and recommended first aid and CPR practices for the care of persons who have been injured. Corequisite: KIN 207. S.

**KIN 213. Individual/Dual Sports. 2 Credits.**

Participation in various individual/dual sports with a focus on instructional delivery and management (skill development, performance, performance analysis and knowledge). F.

**KIN 214. Team Sports. 2 Credits.**

Participation in various team sports with a focus on instructional delivery and management (skill development, performance, performance analysis and knowledge). S.

**KIN 224. Aquatics: Movement Performance and Analysis (MP&A). 1 Credit.**

Course may be repeated as long as content varies, to a maximum of 12 credits for the KIN 220-239 series. These courses focus on the development of performance, performance analysis and knowledge in various aquatic-related activities (e.g., swimming, diving, etc.). These are professional preparation courses for KIN majors. For specific course content, see the current schedule of classes. Prerequisite or Corequisite: KIN 104, KIN 124, or KIN 144; or performance equivalent in same area. Repeatable to 12.00 credits. On demand.

**KIN 225. Combative Sports: Movement Performance and Analysis (MP&A). 1 Credit.**

Course may be repeated as long as content varies, to a maximum of 12 credits for the KIN 220-239 series. These courses focus on the development of performance, performance analysis and knowledge in various combative sports (e.g., boxing, kickboxing, etc.). These are professional preparation courses for KIN majors. For specific course content, see the current schedule of classes. Prerequisite or Corequisite: KIN 105, KIN 125, or KIN 145; or performance equivalent in same area. Repeatable to 12.00 credits. On demand.

**KIN 227. Dance: Movement Performance and Analysis (MP&A). 1 Credit.**

Course may be repeated as long as content varies, to a maximum of 12 credits for the KIN 220-239 series. These courses focus on the development of performance, performance analysis and knowledge in various dance types (e.g., ballroom, hip-hop, etc.). These are professional preparation courses for KIN majors. For specific course content, see the current schedule of classes. Prerequisite or Corequisite: KIN 107, KIN 127, or KIN 147; or performance equivalent in same area. Repeatable to 12.00 credits. On demand.

**KIN 228. Fitness & Conditioning: Movement Performance and Analysis (MP&A). 1 Credit.**

Course may be repeated as long as content varies, to a maximum of 12 credits for the KIN 220-239 series. These courses focus on the development of performance, performance analysis and knowledge in various fitness and conditioning activities (e.g., aerobic exercise, pilates, yoga, etc.). These are professional preparation courses for KIN majors. For specific course content, see the current schedule of classes. Prerequisite or Corequisite: KIN 108, KIN 128, or KIN 148; or performance equivalent in same area. Repeatable to 12.00 credits. On demand.

**KIN 231. Individual Sports/Activities: Movement Performance and Analysis (MP&A). 1 Credit.**

Course may be repeated as long as content varies, to a maximum of 12 credits for the KIN 220-239 series. These courses focus on the development of performance, performance analysis and knowledge in various individual sports and activities (e.g., golf, ice skating, track and field events, etc.). These are professional preparation courses for KIN majors. For specific course content, see the current schedule of classes. Prerequisite or Corequisite: KIN 111, KIN 131, or KIN 151; or performance equivalent in same area. Repeatable to 12.00 credits. On demand.

**KIN 232. Outdoor Pursuits: Movement Performance and Analysis (MP&A). 1 Credit.**

Course may be repeated as long as content varies, to a maximum of 12 credits for the KIN 220-239 series. These courses focus on the development of performance, performance analysis and knowledge in various outdoor pursuit activities (e.g., camping, cycling, cross-country skiing, etc.). These are professional preparation courses for KIN majors. For specific course content, see the current schedule of classes. Prerequisite or Corequisite: KIN 112, KIN 132, or KIN 152; or performance equivalent in same area. Repeatable to 12.00 credits. On demand.

**KIN 233. Racquet Sports: Movement Performance and Analysis (MP&A). 1 Credit.**

Course may be repeated as long as content varies, to a maximum of 12 credits for the KIN 220-239 series. These courses focus on the development of performance, performance analysis and knowledge in various racquet sports (e.g., badminton, racquetball, tennis, etc.). These are professional preparation courses for KIN majors. For specific course content, see the current schedule of classes. Prerequisite or Corequisite: KIN 113, KIN 133, or KIN 153; or performance equivalent in same area. Repeatable to 12.00 credits. On demand.

**KIN 234. Strength Training: Movement Performance and Analysis (MP&A). 1 Credit.**

Course may be repeated as long as content varies, to a maximum of 12 credits for the KIN 220-239 series. These courses focus on the development of performance, performance analysis and knowledge in various types of strength training (e.g., body building, power lifting, weight training, etc.). These are professional preparation courses for KIN majors. For specific course content, see the current schedule of classes. Prerequisite or Corequisite: KIN 114, KIN 134, or KIN 154; or performance equivalent in same area. Repeatable to 12.00 credits. On demand.

**KIN 235. Target Sports: Movement Performance and Analysis (MP&A). 1 Credit.**

Course may be repeated as long as content varies, to a maximum of 12 credits for the KIN 220-239 series. These courses focus on the development of performance, performance analysis and knowledge in various target sports (e.g., trapshooting, skeet, etc.). These are professional preparation courses for KIN majors. For specific course content, see the current schedule of classes. Prerequisite or Corequisite: KIN 115, KIN 135, or KIN 155; or performance equivalent in same area. Repeatable to 12.00 credits. On demand.

**KIN 236. Team Sports: Movement Performance and Analysis (MP&A). 1 Credit.**

Course may be repeated as long as content varies, to a maximum of 12 credits for the KIN 220-239 series. These courses focus on the development of performance, performance analysis and knowledge in various team sports (e.g., baseball, basketball, football, ice hockey, soccer, volleyball, etc.). These are professional preparation courses for KIN majors. For specific course content, see the current schedule of classes. Prerequisite or Corequisite: KIN 116, KIN 136, or KIN 156; or performance equivalent in same area. Repeatable to 12.00 credits. F,S.

**KIN 237. Gymnastics: Movement Performance and Analysis (MP&A). 1 Credit.**

Course may be repeated as long as content varies, to a maximum of 12 credits for the KIN 220-239 series. These courses focus on the development of performance, performance analysis and knowledge in various types of gymnastics (e.g., artistic, trampolining, tumbling, etc.). These are professional preparation courses for KIN majors. For specific course content, see the current schedule of classes. Prerequisite or Corequisite: KIN 117, KIN 137, or KIN 157; or performance equivalent in same area. Repeatable to 12.00 credits. On demand.

**KIN 239. esports: Movement Performance and Analysis (MP&A). 1 Credit.**

Course may be repeated as long as content varies, to a maximum of 12 credits for the KIN 220-239 series. Development of performance, performance analysis, and knowledge in various esports. Corequisite: KIN 129, 139, 159 or performance equivalent in the same area. Repeatable to 12.00 credits. On demand.

**KIN 241. Introduction to Coaching. 3 Credits.**

An introduction and overview of relevant philosophy, sport psychology, sport pedagogy, sport physiology, sport medicine and sport management issues confronting coaches. Coaching is presented with emphasis on effective instructional techniques and coaching principles based upon scientific knowledge. F.

**KIN 242. Introduction to Kinesiology. 3 Credits.**

An introduction and overview of are as in Kinesiology. Includes information on the required preparation and training for careers in this area. On demand.

**KIN 243. Introduction to Esports Coaching. 3 Credits.**

In the growing world of esports, coaches are of greater importance than ever. In this course, we will explore esports coaching with an introduction to philosophies, organization and administration, player growth and development and student success. S.

**KIN 250. Varsity Basketball. 1 Credit.**

The study, practice and performance of basketball at a varsity level. Corequisite: Open to active members of UND NCAA squad lists only. F,S,SS.

**KIN 251. Varsity Cross Country. 1 Credit.**

The study, practice and performance of cross country at a varsity level. Corequisite: Open to active members of UND NCAA squad lists only. F,S,SS.

**KIN 252. Varsity Football. 1 Credit.**

The study, practice and performance of football at a varsity level. Corequisite: Open to active members of UND NCAA squad lists only. F,S,SS.

**KIN 253. Varsity Golf. 1 Credit.**

The study, practice and performance of golf at a varsity level. Corequisite: Open to active members of UND NCAA squad lists only. F,S,SS.

**KIN 254. Varsity Hockey. 1 Credit.**

The study, practice and performance of hockey at a varsity level. Corequisite: Open to active members of UND NCAA squad lists only. F,S,SS.

**KIN 255. Varsity Tennis. 1 Credit.**

The study, practice and performance of tennis at a varsity level. Corequisite: Open to active members of UND NCAA squad lists only. F,S,SS.

**KIN 256. Varsity Track and Field. 1 Credit.**

The study, practice and performance of track and field at a varsity level. Corequisite: Open to active members of UND NCAA squad lists only. F,S,SS.

**KIN 257. Varsity Soccer. 1 Credit.**

The study, practice and performance of soccer at a varsity level. Corequisite: Open to active members of UND NCAA squad lists only. F,S,SS.

**KIN 258. Varsity Softball. 1 Credit.**

The study, practice and performance of softball at a varsity level. Corequisite: Open to active members of UND NCAA squad lists only. F,S,SS.

**KIN 259. Varsity Volleyball. 1 Credit.**

The study, practice and performance of volleyball at a varsity level. Corequisite: Open to active members of UND NCAA squad lists only. F,S,SS.

**KIN 260. Varsity Sport. 1 Credit.**

The study, practice and performance of sport at a varsity level. Prerequisite: Open to members of NCAA squad lists only. F,S,SS.

**KIN 261. Varsity Cheer and Dance. 1 Credit.**

The study, practice and performance of cheer and dance at a varsity level. Corequisite: Open to active members of UND spirit squad lists only. F,S,SS.

**KIN 299. Special Topics. 1-4 Credits.**

Investigation of special topics not included in current departmental course offerings. Repeatable to 9.00 credits. On demand.

**KIN 305. Health/Physical Education for Early Childhood and Elementary Education Teachers. 3 Credits.**

This course provides background information and skills for the early childhood and elementary teacher to implement coordinated health education in the elementary grades and how to provide support and effective instruction in elementary physical education. F,SS.

**KIN 309. Aquatics/Water Safety Instruction. 2 Credits.**

Scientific movement principles and techniques as they apply to the teaching and conduct of aquatics (including swimming) and water safety. F,SS.

**KIN 311. Sports Administration. 3 Credits.**

Explores the skill sets needed to be a successful and effective sport administrator across multiple levels of sport/esport, with a focus on leadership and decision-making. S, even years.

**KIN 325. Youth and Children in Sport. 3 Credits.**

Analysis of research findings in physical education, exercise science and wellness with applications to coaching children and youth in sport. F.

**KIN 326. Fundamentals of Physical Conditioning. 3 Credits.**

A study of the basic knowledge, principles, and methods of physical conditioning for improved health, wellness, physical fitness and athletic performance. Prerequisite: KIN Majors, coaching minors only or consent of Instructor. S,SS.

**KIN 332. Biomechanics. 2 Credits.**

The study of human movement with special emphasis on those movements related to sport and physical activity. Prerequisite: KIN or Athletic Training majors only, or consent of instructor. Corequisite: KIN 332L. F,SS.

**KIN 332L. Biomechanics Laboratory. 1 Credit.**

The demonstration of biomechanical principles related to movement in sport and physical activity. Prerequisite: KIN or Athletic Training Majors only, or consent of instructor. Corequisite: KIN 332. F,SS.

**KIN 355. Applied Motor Development. 3 Credits.**

Changes in motor performance which occur with age; physical and mental development as they relate to these changes. F,SS.

**KIN 366. Motor Learning. 3 Credits.**

Consideration of various factors which may affect learning and performance in human movement activities. Corequisite: KIN 366L. S.

**KIN 366L. Motor Learning Lab. 1 Credit.**

Demonstration of various factors which may affect learning and performance in human movement activities. Corequisite: KIN 366. S.

**KIN 375. Exercise and Weight Training Skills and Teaching Techniques. 3 Credits.**

Knowledge and practical skills needed to lead group exercise and weight training classes (including adaptations needed for special populations). Prerequisite: KIN 326. S.

**KIN 376. Essentials of Personal Training. 3 Credits.**

Knowledge and skills required to provide personal training for individuals and/or small groups including aerobic and anaerobic exercise prescription. Prerequisite: KIN 326. F.

**KIN 390. Introduction to Teaching in Physical Education and Coaching. 2 Credits.**

Strategy for classroom management, planning, instruction, and assessment of teacher and student behavior. Special emphasis on systematic development of a variety of teaching skills through practice and feedback in individual and small group situations. Prerequisite: KIN 220-239 series requirements. Corequisite: KIN 390L. On demand.

**KIN 390L. Introduction to Teaching in Physical Education and Coaching Laboratory. 2 Credits.**

Supervised experiences in laboratory and field settings for the purpose of developing teaching skills for physical education and sport settings. Prerequisite: KIN 220-239 series requirements. Corequisite: KIN 390. On demand.

**KIN 397. Cooperative Education. 1-4 Credits.**

Part of the educational system where KIN majors can earn academic credit for career work done in their field of study. Arranged by mutual agreement among student, department, and employer. Repeatable to 16 credits. Prerequisite: KIN majors only. Repeatable to 16.00 credits. S/U grading. F,S,SS.

**KIN 400. Methods and Materials for Teaching Physical Education Elementary School. 2 Credits.**

The development of skills and knowledge related to teaching physical education to young children in elementary school. Prerequisite: KIN 305 and admission to Teacher Education. Corequisite: KIN 400L. S.

**KIN 400L. Methods and Materials for Teaching Physical Education in the Elementary School -Laboratory. 2 Credits.**

Supervised teaching experiences in the elementary schools for developing teaching skills for pre-service teachers. Prerequisite: KIN 290, 390L and admission to Teacher Education. Corequisite: KIN 400. S.

**KIN 401. Sport Sociology. 3 Credits.**

The critical exploration of the function of sports in American culture, in an interdisciplinary fashion, with a focus on the contemporary scene. F,SS.

**KIN 402. Exercise Physiology. 3 Credits.**

This course will examine the acute and chronic effect of the type, intensity and duration of exercise on physiological functions. Corequisite: KIN 402L. F.

**KIN 402L. Exercise Physiology Laboratory. 1 Credit.**

This course is designed to allow students to develop an understanding of laboratory and field techniques used to assess physiological responses of the body to exercise, which are commonly used in professional settings (e.g., fitness facilities, institutes of sport, research facilities). During this course, students will quantify and interpret fitness testing data. Corequisite: KIN 402. F.

**KIN 404. Adapted Physical Activity. 3 Credits.**

A study of the physical and motor characteristics and needs of persons with disabilities across the lifespan. Application focuses on planning and implementing physical education and activity programs in school and/or community settings. S,SS.

**KIN 410. Methods and Materials for Teaching Physical and Health Education in the Secondary School. 3 Credits.**

Instructional skills and curriculum analysis for secondary school physical and health education. Prerequisite: Admission to Teacher Education. Corequisite: KIN 410L. F.

**KIN 410L. Methods and Materials for Teaching Physical & Health Education in the Secondary School-Laboratory. 1 Credit.**

Supervised experiences in the secondary school for the purpose of developing teaching skills for physical and health education. Prerequisite: Admission to Teacher Education. Corequisite: KIN 410. F.

**KIN 412. 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. F, odd years.

**KIN 415. History of Sporting Experiences in America. 3 Credits.**

The course surveys the history of sports in America from Native American games in the 1400s through the impact of Covid-19 restrictions in 2020. Students will explore the introduction, rise, and impact of sports throughout key points in American history with a focus on the growth of sport from informal games for exercise to professionalization as a multi-billion dollar industry. Topics of study will also include the rise of alternative sports, the X Games, and the introduction of esports. S, odd years.

**KIN 420. Curriculum Development for Physical and Health Education. 3 Credits.**

An examination of different curriculum models used in K-12 physical education programs as well as health education programs. Also, study of national and state standards, program development and assessment, and future trends in school physical education. Prerequisite: Admission to Teacher Education. S.

**KIN 440. Sport and Exercise Psychology. 3 Credits.**

Examination of psychological constructs influencing sport performance and exercise behavior. S,SS.

**KIN 491. Senior Capstone. 3 Credits.**

Focus on reflection, professional growth including information literacy and communication, collaboration, learning communities, professional decision making, and technology applications in Kinesiology and Public Health. Prerequisite: Senior Standing. F,S.

**KIN 494. Directed Studies/Research. 1-4 Credits.**

An in-depth study or participation in a research project in a subject area selected by the student under faculty supervision. Repeatable to 9 credits. Prerequisite: Consent of instructor. Repeatable to 9.00 credits. On demand.

**KIN 495. Service Learning in KIN. 2 Credits.**

Independent and group study of professional placement and leadership in kinesiology settings. Practical experiences in these settings within the community. Includes lectures, site visits, and fieldwork hours. Prerequisite: Instructor consent. F,S,SS.

**KIN 496. Field Study in KIN. 1-8 Credits.**

Placement of student in a practical setting under university faculty supervision. Repeatable to 8 credits. Prerequisite: Consent of instructor and upper division status. Repeatable to 8.00 credits. F,S,SS.

**KIN 497. Internship. 1-10 Credits.**

Development of professional skills through practical experience under the supervision of professionals and faculty. Repeatable to 10.00 credits. S/U grading. F,S,SS.

**KIN 498. Practicum. 3 Credits.**

Supervised experiences for development of coaching skills and/or exercise instruction. Repeatable to 6.00 credits. F,S,SS.

**KIN 499. Special Topics. 1-4 Credits.**

Investigation of special topics not included in current departmental course offerings. Repeatable to 4.00 credits. On demand.

**PHE 101. Introduction to Public Health. 3 Credits.**

Introduction to the population health approach to public health. Principles of evidence-based public health and tools for implementation including health communications and informatics, applications of social and behavioral sciences, and health policy, law and ethics. Methods for addressing non-communicable diseases, communicable disease and environmental diseases and injury. An overview of the U.S. health care system and comparisons with health care systems in other developed countries. Examination of public health institutions and systems at the local/state, federal and global levels as well as future issue in public health. F,S.

**PHE 102. Epidemiology in Public Health. 3 Credits.**

This course covers applications of epidemiologic methods and procedures to the study of the distribution and factors influencing health and diseases, morbidity, injuries, disability, and mortality in populations. Epidemiologic methods for the control of conditions such as infectious and chronic diseases, mental disorders, community and environmental health hazards, and unintentional injuries are discussed. Other topics include quantitative aspects of epidemiology, for example, data sources, measures of morbidity and mortality, evaluation of association and causality, and study design. F,S.

**PHE 103. Introduction to Global Health. 3 Credits.**

The purpose of this course is to provide the students with the basic knowledge of health indicators, major determinants, and trends of global health. F.

**PHE 240. Personal Wellness. 3 Credits.**

Designed to encourage personal awareness and responsibility for the maintenance of health and well-being. This course will study the multi-dimensional nature of wellness and the pivotal role that each dimension plays in personal self-fulfillment. F,S.

**PHE 301. Principles and Foundation of Health Education. 3 Credits.**

The purpose of this course is to provide the students the historical perspectives of health and health education; professional issues and ethics; credentialing; principles, practices, theoretical frameworks, and foundations of health education. F.

**PHE 302. Community Health. 3 Credits.**

Concepts of community and public health, health advocacy, and cultural competence; role of government, nonprofit and private agencies; investigation of health issues. F.

**PHE 303. Organization and Administration of Community Health Programs. 3 Credits.**

The purpose of this course is to provide the students with the basic principles of the organization and administration of health programs; leadership skills; grant writing. S.

**PHE 304. Health Program Planning, Implementation, and Evaluation. 3 Credits.**

This course is designed to prepare public health educators to plan, implement, and evaluate health education programs that are context sensitive, culturally relevant, and technologically appropriate to the setting, the population of potential learners, and the resources available. Additionally, concepts and theories essential to program evaluation are highlighted. S.

**PHE 305. Research Methods in Kinesiology & Public Health Education. 3 Credits.**

This course will engage students to understand and evaluate research in kinesiology and public health education. Quantitative and qualitative research methodology will be discussed. S.

**PHE 306. Epidemiology and Biostatistics. 3 Credits.**

An introduction to epidemiology and biostatistics in public health. S.

**PHE 307. Methods and Materials of Health Education. 3 Credits.**

Principles and application of methodology for educating about health; learning styles; development of computer-generated learning materials; selection, utilization, and evaluation of resources. F.

**PHE 308. Health Policy, Law, and Ethics. 3 Credits.**

The purpose of this course is to introduce students to the legal and ethical issues impacting the administration and delivery of health care services. Health policy will examine the governmental role in health and in the provision of health care. Health policies, law, and ethics have a profound effect on quality of life. Accessibility, cost, quality of health care; safety of food, water, and environment; the right to make decisions about our health; these issues are vitally tied to health policies, law, and ethics. S.

**PHE 309. Introduction to Human Disease. 3 Credits.**

Fundamental principles relating to etiology, nature, prevention, and control of communicable and non-communicable diseases in human populations. Special emphasis on human physiology, disease prevention and health promotion in the high-risk diseases of modern, industrialized society. F.

**PHE 415. Public Health Internship. 1-12 Credits.**

A supervised practical experience designed to provide the student the opportunity to apply the knowledge and skills learned through their public health coursework. Prerequisite: Public Health Education major or minor, PHE 301, PHE 302, PHE 303, and PHE 304. Repeatable to 12.00 credits. S/U grading. F,S,SS.

**PHE 499. Special Topics in Public Health Education. 1-6 Credits.**

Investigation of special topics in the study of public health education not included in current departmental course offerings. Specific topic will vary from offering to offering at the discretion of the department. Prerequisite: Consent of Instructor. Repeatable to 6.00 credits. On demand.