

Department of Health and Kinesiology

Contact Information

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The mission of Health and Kinesiology is to provide well-rounded leaders and critical thinkers in the areas of health and movement studies. To accomplish this mission, the faculty are committed to teaching, service and research in the fields of health and kinesiology, in an academically challenging, learner-centered and caring environment where all employees contribute to student success.

The Department offers the following undergraduate degrees that can prepare students for health- and/or kinesiology-related careers in either a school setting or the public sector: B.S. in Kinesiology (EC-12 Physical Education), B.S. in Kinesiology (Exercise Science), B.S. in Kinesiology (Exercise Science/Performance Psychology), B.S. in Kinesiology (Exercise Science/Pre-Physical Therapy), B.S. in Kinesiology (Sport and Leisure Studies) and B.S. in Kinesiology (Sport Business).

Special Requirements for B.S. in Kinesiology

In addition to the graduation requirements set forth by the university and the College of Education and Human Performance, the Department of Health and Kinesiology requires a grade of C or better in all major or teaching-field courses for all degree concentrations offered under the B.S. in Kinesiology. Additionally, students earning a grade below C more than twice in any specific EDHL or EDKN course will be denied subsequent enrollment in that course, and will not be allowed to pursue the degree under any concentration requiring that course.

All students pursuing the B.S. in Kinesiology (EC-12 Physical Education) must have completed the major/teaching-field courses, with the exception of EDKN 4315 and EDKN 4342, prior to beginning the CEHP Educator Preparation Program in the second semester of their junior year. Finally, students pursuing the B.S. in Kinesiology (EC-12 Physical Education) must pass TExES examinations #158 (physical education: EC-12) and #150 (pedagogy and professional responsibilities) prior to enrolling in student teaching (EDED 4613) in their final semester.

Health and Kinesiology Minors

A minor in health is available to all majors. Additionally, non-kinesiology majors may choose to minor in kinesiology, and may select from one of the following minors based on their specific interests:

- Kinesiology-Coaching
- Kinesiology-Exercise Science
- Kinesiology-Performance Psychology
- Kinesiology-Physical Education
- Kinesiology-Sport Business

Activity Courses (EDKN)

The courses listed below require physical activity. Depending on the specific course, that activity can range in intensity from light to vigorous. All students enrolled in an activity will be required to sign an assumption of risk and participation agreement, and may be required to complete a pre-participation health assessment. An activity course fee of \$4 will be charged to each student enrolled in an activity class. In certain specified courses additional fees may be charged. *Note: Enrollment in EDKN 1107, EDKN 1108, EDKN 1109 and EDKN 1110 is restricted to intercollegiate athletes only.*

Activity Course Listing

| Code | Title | Semester Credit Hours |
|-----------|--------------------------------|-----------------------------|
| EDKN 1101 | Selected Physical Activity | 1 |
| EDKN 1105 | Flexibility and Strength Train | 1 |
| EDKN 1121 | Elementary Swimming | 1 |
| EDKN 1125 | Water Aerobics | 1 |
| EDKN 1135 | Racquetball | 1 |
| EDKN 1137 | Weight Training and Cond | 1 |
| EDKN 1142 | Bowling | 1 |

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|-----------|------------------------------|---|
| EDKN 1149 | Jogging and Circuit Training | 1 |
| EDKN 1150 | Mat Pilates | 1 |

Health (EDHL)

EDHL 1254 Contemporary Wellness 2 SCH (2-1)

Introductory health education for establishing wellness concepts for men and women of all ages. Nutrition, diseases of the circulatory system, sexually transmitted diseases, behavior modification and related concepts for establishing life time commitments to health promotion are taught. May be substituted as one required activity course.

EDHL 1304 Foundations of Health 3 SCH (3-0)

Study of the profession and practice of health education, health sciences and behavior modification.

EDHL 2124 CPR and First Aid 1 SCH (0-3)

Current standards and techniques for first aid and cardiopulmonary resuscitation, including bloodborne and airborne pathogen training.

EDHL 2325 Health Promotion 3 SCH (3-0)

Overview of theories, processes, activities and settings for health education/health promotion practice.

EDHL 3331 Consumer Health 3 SCH (3-0)

An informed health consumer is one who purchases health products and services that are useful and beneficial. This consumer is also aware of consumer protection, product safety and services available if dissatisfied with a product or service.

EDHL 3333 Growth Develop and Sexuality 3 SCH (3-0)

Human sexuality content for different developmental stages. Designed for individuals who plan to present human sexuality content to various age groups.

EDHL 3335 Drug Education 3 SCH (3-0)

Study of prescription and non-prescription drugs, their action in the body, their benefits and abuse potentials.

EDHL 3381 Community Health 3 SCH (3-0)

Acquaints the student with all aspects of community and public health. Designed to prepare students for planning, implementation and evaluation of health education/health promotion programs in community, health care and worksite settings. Prerequisites: junior standing.

EDHL 3383 Women's Health 3 SCH (3-0)

Medical, historical, legal, environmental, sociological and psychological issues that affect women's health, both past and present. Prerequisite: junior standing.

EDHL 4331 Health Field Studies 3 SCH (0-3)

Studies and investigations relating to health problems in community health, school health and industry. All students will initiate individual study in an area of their interest. Prerequisite: 15 hours of health.

EDHL 4337 Disease Entities and Epidemiol 3 SCH (3-0)

Cause, epidemiology, prevention and treatment of communicable, chronic and degenerative disease. Prerequisites: BIOL 2401 and credit or registration in BIOL 2402.

EDHL 4342 Program Planning Health Promo 3 SCH (3-0)

Explore the demographics of the Kingsville area, identify a disease that is prevalent to a local population, assess the resources available, develop a health promotion program and implement the program at a local facility.

EDHL 4344 Health and Aging (WI) 3 SCH (3-0)

In-depth information regarding the health issues of aging individuals including: physical health, psychological health, legal and ethical issues of health and Medicare/Medicaid. Prerequisite: junior standing.

Kinesiology (EDKN)

EDKN 1101 Selected Physical Activity 1 SCH (0-3)

A variable topics course that provides instruction and practice in skills for selected physical activities. Course may be repeated for credit as activities vary.

EDKN 1105 Flexibility and Strength Train 1 SCH (0-3)

Introduction to training techniques used for muscular endurance and flexibility training. Recommended for those desiring an individualized approach to light resistance and flexibility training.

EDKN 1107 Varsity Football 1 SCH (0-3)

Participation in varsity football through regularly scheduled practice sessions and games.

Fee: \$9.00

EDKN 1108 Varsity Basketball 1 SCH (0-3)

Participation in varsity basketball through regularly scheduled practice sessions and games.

Fee: \$9.00

EDKN 1109 Varsity T and F Vb Tn Bb or Sb 1 SCH (0-3)

Varsity participation in either track and field, volleyball, tennis, baseball or softball through regularly scheduled practice sessions, meets and games.
Fee: \$4.00

EDKN 1110 2nd Semester Varsity Sports 1 SCH (0-3)

Credit for a second semester's participation in varsity sports.
Fee: \$4.00

EDKN 1119 Beg Rhythmic Activities 1 SCH (0-3)

The development of skills and techniques appropriate for all ages (K-adult) in rhythmic and physical fitness activities suitable for inclusion in an educational setting. Prerequisite: Kinesiology (EC-12 Physical Education) majors only.
Fee: \$9.00

EDKN 1121 Elementary Swimming 1 SCH (0-3)

Instruction for the beginning swimmer.

EDKN 1125 Water Aerobics 1 SCH (0-3)

A variety of water activities designed to strengthen the heart, lungs and vascular system without undue stress of weight-bearing exercise. Must have basic swimming and personal aquatic safety skills or instructor permission.

EDKN 1135 Racquetball 1 SCH (0-3)

Instruction and practice in the fundamentals of racquetball.
Fee: \$5.00

EDKN 1137 Weight Training and Cond 1 SCH (0-3)

Individualized conditioning program based upon knowledge of the basic training principles underlying flexibility, muscle strength, muscle endurance and cardiorespiratory endurance exercises.
Fee: \$4.00

EDKN 1142 Bowling 1 SCH (0-3)

Instruction and practice in the basic skills for beginners in bowling.
Fee: \$24.00

EDKN 1149 Jogging and Circuit Training 1 SCH (0-3)

Instruction and participation in distance running and circuit training.
Fee: \$4.00

EDKN 1150 Mat Pilates 1 SCH (0-3)

Exercises serving to improve fluidity of mobility, mental focus and control, flexibility and posture. Lifelong participation in Mat Pilates can lead to improved muscular strength, balance, coordination and a reduction of stress.

EDKN 1301 Foundations of Kinesiology 3 SCH (3-0)

Biological, sociological, psychological, philosophical and historical foundations of kinesiology. Consideration of objectives and programs in the field.

EDKN 1305 Intro to Exercise Science 3 SCH (3-0)

Anatomical, physiological, nutritional, biomechanical, and psychological foundations of the exercise sciences; courses of study, professional responsibilities, and careers within the exercise sciences.

EDKN 1308 Intramurals and Officiating 3 SCH (3-0)

Develop competency in designing, organizing and promoting intramural programs. Emphasis on officiating techniques and procedures in various activities.

EDKN 1309 Fundamentals of Coaching and Officiating 3 SCH (3-0)

Officiating techniques and procedures in various sports, administration of intramural sport programs, and coaching ethics, philosophy and careers.

EDKN 2110 Teaching Lifelong Activities 1 SCH (0-3)

Participation and introduction to teaching in a variety of lifelong activities and sports. Active participation required. Prerequisite: Kinesiology (EC-12 Physical Education) majors or Kinesiology-Physical Education minors only.

EDKN 2112 Teaching of Indiv/Dual Sports 1 SCH (0-3)

Participation and introduction to teaching in a variety of individual/dual sports, recreational and physical fitness activities. Active participation is expected. Prerequisite: Kinesiology (EC-12 Physical Education) majors or Kinesiology-Physical Education minors only.

EDKN 2114 Teaching of Team Sports 1 SCH (0-3)

Participation and introduction to teaching in a variety of team sports. Active participation required. Prerequisite: Kinesiology (EC-12 Physical Education) majors or Kinesiology-Physical Education minors only.

EDKN 2130 Sport Business Apprenticeship 1 SCH (1-0)

An introductory field experience in sport business. Forty contact hours in the field in addition to in-class meetings, allowing the student to explore career options in a practical work setting, normally on campus. May be repeated for credit. Prerequisites: Kinesiology adviser consent.

EDKN 2201 Cert Personal Trainer Prep **2 SCH (2-1)**

Course is designed to help prepare students to sit for any of a number of accredited personal trainer certifications with primary focus on the knowledge and skills specific to the American College of Sports Medicine Certified Personal Trainer certification. Includes required laboratory experiences.

EDKN 2322 Preventn and Care of Athl Inj **3 SCH (2-2)**

The prevention, care and rehabilitation of athletic injuries and illnesses. Prerequisite: instructor consent.

Fee: \$5.00

EDKN 2324 Admin of Sports Programs **3 SCH (3-0)**

Overview of the fundamental principles of management and administration of sport programs. Combines theory and practice related to legal and ethical issues, marketing and organizational structure of recreational and sport related services and facilities.

EDKN 2326 Activity Health and Safety **3 SCH (2-2)**

The factors that enhance children's physical development; the interrelatedness of physical activity, health, wellness, and safety. Includes training in CPR/AED and basic first aid, and requires physical activity.

EDKN 2330 Introduction to Sport Business **3 SCH (3-0)**

Introduction to the sports industry, career opportunities involving sport and the economic impact of sports in America, including theoretical and applied foundations of sport business.

EDKN 2335 Sport in Global Society **3 SCH (3-0)**

The impact of sport on global society and its institutions. Current practices, problems, and issues in sport and physical activity across the globe.

EDKN 2340 Medical Terminology **3 SCH (3-0)**

Vocabulary related to anatomical structures, physical processes, illnesses, and diseases of the human body.

EDKN 3320 Motor Devel and Motor Learning **3 SCH (2-3)**

Physical factors that influence growth, maturation and aging; process underlying perceptual-motor performance and the interpretation and applications of motor research to human movement. Includes required laboratory experiences. Prerequisite: One of the following: EDKN 1301, EDKN 1305, or EDKN 2330, and junior standing.

EDKN 3322 Modalities **3 SCH (3-0)**

A basic foundation in concepts and techniques of modalities for the patient recovering from athletically related injuries. Individual joint rehabilitation.

Prerequisites: EDKN 2322 and Instructor consent.

EDKN 3323 Therapeutic Exercise **3 SCH (3-0)**

A basic foundation in concepts of prescribing therapeutic exercise programs for the patient recovering from athletically related injuries. Individual joint rehabilitation. Prerequisites: EDKN 2322 and instructor consent.

EDKN 3333 Sport Marketing & Promotions **3 SCH (3-0)**

This course examines the practical applications of consumer behavior, marketing information systems, pricing strategies, media relations, promotional methods, sponsorship, and marketing controls in a variety of sport business contexts. Prerequisite: junior standing.

EDKN 3343 Strength and Conditioning **3 SCH (2-2)**

Scientific principles of strength training and conditioning and their application to athletic competition and performance, including program design and facility administration. Laboratory required. Prerequisites: EDKN 3436 and junior standing.

EDKN 3345 Meas/Eval in Kinesiology **3 SCH (2-3)**

An overview of measurement techniques used in the evaluation and assessment of humans with an emphasis on human performance. Sufficient statistical techniques necessary for adequate analysis and interpretation of data are taught and performed. Required laboratory experiences.

Prerequisites: MATH 1314 or MATH 1324, and junior standing.

EDKN 3352 Sport Psychology **3 SCH (3-0)**

Social and psychological factors related to sport participation. Topics include socialization into and through sport; feedback, reinforcement and expectation effects; moral development; competition and competitive stress; self-perceptions; motivation and mental skills training. Prerequisites:

PSYC 2301 and junior standing.

EDKN 3353 Applied Performance Psychology **3 SCH (3-0)**

Social and psychological factors related to exercise participation, peak performance, and injury rehabilitation. Prerequisites: PSYC 2301 and junior standing.

EDKN 3355 Sport and the Law (WI) **3 SCH (3-0)**

Legal and ethical dilemmas facing those in sport. Legal principles and judicial opinions in cases involving organized sport. Prerequisite: junior standing.

EDKN 3390 Topics in Sport Business **3 SCH (3-0)**

Current issues in sport business are identified and researched. Course may be repeated for credit as topics vary. Prerequisite: junior standing.

EDKN 3395 Topics in Kinesiology & Sport **3 SCH (3-0)**

Current issues and special topics in kinesiology and sport are identified and researched. Course may be repeated for credit as topics vary.

EDKN 3436 Basic Physiology of Exercise **4 SCH (0-3-0-2)**

Physiology as applied to exercise and human performance. How the systems of the body respond to both acute and chronic exercise training. Includes required laboratory experiences. Prerequisite: BIOL 2401; credit or registration in BIOL 2402; junior standing.

EDKN 4315 Psychomotor Skills Child (WI) 3 SCH (3-0)

Motor development activities for children. Grouping principals and techniques for selecting activities appropriate to various age groups and development levels. Prerequisites: EDKN 2110, EDKN 2112, EDKN 2114 and junior standing.

EDKN 4320 Introductory Research Methods 3 SCH (3-0)

An introduction to research methodologies commonly employed in the health, fitness and exercise science disciplines. Prerequisites: MATH 1314 and junior standing.

EDKN 4324 Exerc in Chronic Disea/Disab 3 SCH (3-0)

Basic pathophysiology, and special exercise testing and exercise program design/implementation considerations for individuals with commonly seen chronic diseases and disabilities. Prerequisites: EDKN 4401 and senior standing.

EDKN 4325 Biomechanics 3 SCH (3-0)

The study of the human body in its performance of movement and interrelationships of biomechanics, musculoskeletal anatomy and neuromuscular physiology. Prerequisites: BIOL 2401; junior standing.

EDKN 4327 Advanced Athletic Training 3 SCH (3-0)

Practical experience in the prevention, care and rehabilitation of athletic injuries and illnesses. Prerequisite: EDKN 2322 and instructor consent.

EDKN 4328 Internship 3 SCH (3-0)

The student and the university supervisors will develop a contractual agreement which provides for a minimum of 120 clock hours of specific learning experiences on or off campus. Approved ACSM certification examination required for interns in the exercise science concentrations. Course may be repeated for credit. Prerequisites: EDKN 4401(exercise science concentrations only) and instructor consent (all concentrations).

EDKN 4329 Sr Seminar Exercise Sci (WI) 3 SCH (3-0)

The capstone course for Kinesiology-Exercise Science, to be taken in the senior year. The course will explore the current status of and current issues in careers in exercise science. Issues will include but not be limited to professional ethics, social impact and career options. Prerequisites: senior standing and instructor consent.

EDKN 4330 Rsrch Projects in Kinesiology 1-3 SCH (1-3)

An independent review of literature and a laboratory or field problem yielding a formal report on the research. Variable credit dependent upon the project. May be repeated for a maximum of 6 semester hours. Prerequisite: advanced standing and prior approval of the problem by the supervising instructor.

EDKN 4334 Research Proj in Exerc Sci 3 SCH (3-0)

An independent review of literature and a laboratory or field problem yielding a formal report on the research. Prerequisites: Kinesiology majors only, senior standing and prior approval of the problem by the supervising instructor.

EDKN 4336 Research in Sport Business 3 SCH (3-0)

Research design, data collection, data analysis, and data interpretation in sport business. Students are required to complete a practical sport business research project of publication quality. Prerequisite: EDKN 3345.

EDKN 4342 Motor Skills Special Populatns 3 SCH (3-0)

Practical considerations for conducting kinesiology programs for individuals of all ages with disabilities. Legal entitlements, integrating persons with disabilities, conducting individualized instruction, physical fitness programs, and use of motor skills for transitional living. Prerequisites: EDKN 3320 and junior standing.

EDKN 4345 Sport Economics and Finance 3 SCH (3-0)

Cases from facility construction, marketing, sport law and sponsorship illustrating the integral role of economics and finances in the daily administration of the sport organization. How the disbursement, receipt and use of money can catalyze growth in the sport industry. Prerequisite: junior standing.

EDKN 4350 Sport Event and Facility Mgmt 3 SCH (3-0)

Designing, planning, implementing, and evaluating sport events. Planning and management of major sport facilities. Emphasis on the experience of the sport event or facility's customer and/or participant. Prerequisite: junior standing.

EDKN 4352 Psychology of Injury 3 SCH (3-0)

Psychosocial factors involved in injury prevention, pain, and the rehabilitation process. Relevant theory, research, and practical applications will be discussed. Prerequisites: PSYC 2301 and junior standing.

EDKN 4353 Psychology for Sports Coaches 3 SCH (3-0)

Understanding and applying psychological principles as they relate to sports coaching and athletic performance. Prerequisites: EDKN 3352, PSYC 2301, and junior standing.

EDKN 4401 Exercise Test and Prescription 4 SCH (3-2)

Design and implementation of exercise programs for healthy and special populations based upon appropriate screening and evaluation procedures. Laboratory required. Prerequisites: EDKN 3436 and senior standing.

EDKN 4432 Advanced Orthopaedic Evaluation I 4 SCH (3-2)

Orthopaedic evaluation techniques and rehabilitation exercises for the lower body. Accepted techniques and rationale from the literature and development of a solid base of skills. Theory and principles of therapeutic exercises. Prerequisites: BIOL 2402 and EDKN 2322; and instructor consent.

EDKN 4433 Advanced Orthopaedic Evaluation II **4 SCH (3-2)**

Orthopaedic evaluation techniques and rehabilitation exercises for the upper body. Accepted techniques and rationale from the literature and development of a solid base of skills. Theory and principles of therapeutic exercises. Prerequisites: BIOL 2402 and EDKN 2322; and instructor consent.

Majors

- Kinesiology, B.S. (EC-12 Physical Education with Teacher Certification)
- Kinesiology, B.S. (Sport and Leisure Studies)
- Kinesiology, B.S. (Sport Business)
- Kinesiology-Exercise Science, B.S.
- Kinesiology-Exercise Science, B.S. (Performance Psychology Option)
- Kinesiology-Exercise Science, B.S. (Pre-Physical Therapy Option)

Minors

- Health, Minor
- Kinesiology-Coaching, Minor
- Kinesiology-Exercise Science, Minor
- Kinesiology-Performance Psychology, Minor
- Kinesiology-Physical Education, Minor
- Kinesiology-Sport Business, Minor
- Special Education, Minor