KINESIOLOGY (EDKN)

EDKN 1105 Flexibility and Strength Training 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 1111 Social Dance 1 SCH (0-3)
Instruction and practice in social, ballroom, country western and recreational dance.
Fee: $9.00

EDKN 1112 Intl Social Dance 1 SCH (0-3)
International social dance instruction and practice in social and ballroom dance, highlighting the salsa, rhumba, merengue, samba, cumbia and other regional dance styles.

EDKN 1114 Tennis 1 SCH (0-3)
Fundamental skills for beginners in tennis.
Fee: $5.00

EDKN 1117 Ballet Folklorico 1 SCH (0-3)
Fundamental techniques in Ballet Folklorico Dance.

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) or Kinesiology (Sport and Leisure Studies) majors only.
Fee: $9.00

EDKN 1120 Archery and Badminton 1 SCH (0-3)
Instruction and participation in the basic skills of archery and badminton.
Fee: $9.00

EDKN 1121 Elementary Swimming 1 SCH (0-3)
Instruction for the beginning swimmer.

EDKN 1123 Intermediate Swimming 1 SCH (0-3)
Instruction in intermediate swimming skills. Must have basic swimming and personal aquatic safety skills or instructor permission.

EDKN 1124 Adv Swimming and Water Safety 1 SCH (0-3)
Instruction in advanced swimming and water safety. Lifeguarding Certification for those who qualify. Prerequisite: EDKN 1123 or equivalent.

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 1126 Fencing 1 SCH (0-3)
Fundamental learning and practice of elementary skills in fencing.

EDKN 1127 Skin and Scuba Diving 1 SCH (0-3)
Instruction and participation in most basic to advanced skills in skin and SCUBA diving. Safety and proper use of equipment will be stressed. Prerequisite: EDKN 1124 or equivalent.
Fee: $24.00

EDKN 1129 Aerobics Activities 1 SCH (0-3)
A variety of activities including aerobic dancing to strengthen the heart, lungs and vascular system.
Fee: $4.00
EDKN 1130  Golf  1 SCH (0-3)
Instruction and practice in the basic skills for beginners in golf.
Fee: $9.00
Fee: $45.00

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 1138  Canoeing  1 SCH (0-3)
Instruction and experience in canoeing. Must have basic swimming and personal aquatic safety skills or instructor permission.
Fee: $9.00

EDKN 1142  Bowling  1 SCH (0-3)
Instruction and practice in the basic skills for beginners in bowling.
Fee: $24.00

EDKN 1143  Camping and Backpacking  1 SCH (0-3)
Instruction and participation in basic camping and backpacking. Safety and proper equipment selection and use will be stressed.
Fee: $9.00

EDKN 1146  Beginning Modern Dance  1 SCH (0-3)
Fundamental techniques in modern dance.
Fee: $9.00

EDKN 1147  Jazz Dance  1 SCH (0-3)
Beginning modern jazz dancing with emphasis on body alignment and technique.

EDKN 1148  Sailing  1 SCH (0-3)
Instruction and experience in sailing. Students will spend some time away from the main campus. Must have basic swimming and personal aquatic safety skills or instructor permission.
Fee: $9.00

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 1300  Hlth and Kines as a Profession  3 SCH (3-0)
Overview of the health and kinesiology professions and their relationships with the natural and social sciences along with the arts. In-depth study of the mission and philosophical bases of the health and kinesiology professions with emphasis on professional opportunities and university success. Required of all health and kinesiology majors.

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 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 2128 Skills in Outdoor Living 1 SCH (1-0)
An introductory course concerned with developing skills in a wide variety of outing activities; camping skills, conservation, safety, facilities and programs.

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 2321 High Adventure Activities 3 SCH (3-0)
High adventure activities including conservation of natural resources. Students will spend some time in a camp setting away from the main campus. Fee: $125.00

EDKN 2322 Preventn and Care of Athl Inj 3 SCH (2-2)
The prevention, care and rehabilitation of athletic injuries and illnesses. 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 2333 Sport Marketing & Promotions 3 SCH (3-0)
Investigation of the complex responsibilities of the sport promotion specialist that unfold through promotions and sales. Advertising, publicity, sponsorship, atmospherics, incentives, personal contact, community relations, licensing and technology in the sport industry.

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: junior standing.

EDKN 3322 Modalities and Therapeut Exerc 3 SCH (3-0)
A basic foundation in concepts and techniques of modalities and therapeutic exercise programs for the patient recovering from athletically related injuries. Individual joint rehabilitation. Prerequisites: First Aid and CPR Certification, athletic training students or permission of instructor.

EDKN 3332 Fitness Industries 3 SCH (3-0)
Organizational development and management in corporate, commercial and institutional fitness industries. 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)
Use and function of the various tests in kinesiology, together with the purpose, scope, and techniques of test construction will be analyzed. Sufficient statistical techniques necessary for adequate manipulation and interpretation will be reviewed. Required laboratory experiences. Prerequisites: MATH 1314 or MATH 1324, and one of the following: EDKN 1301, EDKN 1305, or EDKN 2330.

EDKN 3350 Kinesiology & Sport in Society 3 SCH (3-0)
Impact of kinesiology and sport on society and its institutions. Individual characteristics, motivation, psychological interventions, and social processes that influence exercise and human performance behaviors. Prerequisite: 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 (3-2)
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 Exercise in Chronic Disease/Disability 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.

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 2333 or EDKN 4401, and instructor consent.

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 Research 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 4332 Advanced Orthopaedic Evaluation 4 SCH (3-1)
Orthopaedic evaluation techniques and rehabilitation exercises for the upper and lower body. Accepted techniques and rationale from the literature and development of a solid base of skills. Theory and principles of therapeutic exercises. Prerequisites: First Aid and CPR Certification, BIOL 2401, EDKN 4327 and EDKN 3322; athletic training students or permission of 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 (3-1)
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 Adv. Orthopaedic Evaluation I  4 SCH (3-1)
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 Adv Orthopaedic Evaluation II  4 SCH (3-1)
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: EDKN 4432 and instructor consent.