

# Kinesiology (EDKN)

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## **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 Prevention 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 principles 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 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 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 Populations 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.