KINE - KINESIOLOGY (KINE)

KINE 120 The Science of Basic Health and Fitness
Credit 1. 1 Lecture Hour. 1 Lab Hour.
Overview of the human body; scientific fundamentals of stress, fitness, nutrition, disease and drug use; interdisciplinary focus on wellness and longevity; integrated physical activity experiences centering on principles and applications of the scientific basis of conditioning; not open to students who have taken KINE 223.

KINE 121 Physical and Motor Fitness Assessment
Credits 2. 1 Lecture Hour. 2 Lab Hours.
Assessment of individual physical fitness and motor ability profiles for students majoring in kinesiology.
Prerequisite: Kinesiology major.

KINE 167 Visual and Performing Arts—Jazz Dance II
Credit 1. 2 Lab Hours.
(DANC 1148) Visual and Performing Arts—Jazz Dance II. Intermediate study of jazz dance; review of historical background and cultural heritage; includes several jazz styles; proper body mechanics and alignment; placement exam required on the second day of class.
Prerequisite: Beginning jazz dance or approval of instructor.

KINE 175 Gender Neutral Partnering
Credit 1. 2 Lab Hours.
Explores the fundamental principles of partnering; explores the properties of momentum, weight sharing, contact improvisation, breath, timing and trust; develops movement phrases on the principles of impromptu and partnering.
Prerequisite: DCED 172 or approval of instructor.

KINE 198 Health and Fitness Activity
Credit 1. 2 Lab Hours.
(PhED 1164, 1238) Health and Fitness Activity. Half lecture; half activity; student choice of designated fitness or strength related activities; lecture portion covers current health topics.

KINE 199 Required Physical Activity
Credit 1. 2 Lab Hours.
(DANC 1147, DANC 1145, DANC 1146, Any 1-hour PHED activity course) Required Physical Activity. Selection from a wide variety of activities designed to increase fitness and/or encourage the pursuit of lifetime activity.

KINE 201 Pilates Apparatus
Credits 2. 2 Lecture Hours.
Study of Pilates apparatus work as designed by Joseph H. Pilates; basic principles of Pilates including breathing, pelvic and ribcage placement, scapulae stabilization, head and cervical alignment; uses apparatuses such as reformer, cadillac, chair, and barrel; incorporates the use of props such as rollers, mini balls, physioballs, blocks, therabands and pinky balls into apparatus work. May be taken 2 times for credit.
Prerequisites: KINE 198–Pilates Mat I; dance science track majors only or approval of instructor.

KINE 210 The Art of Movement
Credits 3. 3 Lecture Hours.
Introductory course that examines and appreciates movement as expressed by every culture; movement is a function driven by context, whether practical or artistic; this course examines how dance is used to advance personal, social expression via design, patterning, connoted meaning, and inter-connectivity of form; in-class discussions, applications, and presentations, students attend and critique off-campus dance productions to enhance perspective, experience and appreciation of dance movement.

KINE 213 Foundations of Kinesiology
Credits 3. 3 Lecture Hours.

KINE 214/HLTH 214 Health and Physical Activity for Children
Credits 3. 3 Lecture Hours.
(PhED 1331) Health and Physical Activity for Children. Coordinated school health and physical activity programs appropriate for elementary aged children; focus on the content of the curriculum and the philosophical underpinnings of programming related to health and physical activity.
Prerequisite: KINE 198.
Cross Listing: HLTH 214/KINE 214.

KINE 215 Fundamentals of Coaching
Credit 1. 1 Lecture Hour.
(PhED 1321) Fundamentals of Coaching. Study modern theories and applications related to coaching; philosophies, styles, techniques, team organization, liability and administration.
Prerequisite: Kinesiology majors and coaching minors only.

KINE 223 Introduction to the Science of Health and Fitness
Credits 3. 2 Lecture Hours. 2 Lab Hours.
Overview of the human body systems; interdisciplinary focus on wellness, fitness, nutrition, disease, drug use; integrated physical activity centering on principles and applications of conditioning; collect data, evaluate information, formulate plans based on findings; experience with pedometers, heart rate monitors, bioelectrical impedance devices, software and other technology.

KINE 240/HLTH 240 Computer Technology in Health and Kinesiology
Credits 3. 2 Lecture Hours. 2 Lab Hours.
Application of current technology in the areas of health and kinesiology; fundamentals of computers and their use; application of commercial software to health and kinesiology settings; use of computer networks for communications and research.
Prerequisite: Freshman or sophomore classification in health or kinesiology.
Cross Listing: HLTH 240/KINE 240.

KINE 260 Movement Lab: Ballet I
Credits 2. 2 Lecture Hours. 5 Lab Hours.
Understand body alignment through ballet technique; assess individual muscular and skeletal imbalances during a ballet technique class; video references of proper body alignment; anatomical explanation and assessment of individual's use of lateral rotation in ballet technique. May be taken 3 times for credit.
Prerequisites: DCED 160; dance science majors, dance concentration majors and dance minors; or approval of instructor.
KINE 271 Movement Lab: Modern Dance I  
**Credits 2. 0 Lecture Hours. 5 Lab Hours.**  
Understand body alignment through modern dance; assess individual muscular and skeletal body imbalances during a modern dance class; introduction of how to work with imbalances in the body while executing proper dance technique; understand the structural and muscular alignment of parallel versus lateral rotation. May be taken 3 times for credit.  
**Prerequisites:** DCED 171; dance science majors, dance concentration majors and dance minors; or approval of instructor.

KINE 285 Directed Studies  
**Credits 0 to 4. 0 to 4 Other Hours.**  
Work on a specified topic with the intent of promoting independent reading, research and study; supplement existing course offerings or subjects nor presently covered.  
**Prerequisites:** Freshman or sophomore classification; approval of instructor.

KINE 289 Special Topics in...  
**Credits 0 to 4. 0 to 4 Lecture Hours.**  
Selected topics in an identified area of kinesiology. May be repeated for credit.

KINE 291 Research  
**Credits 0 to 4. 0 to 4 Other Hours.**  
Research conducted under the direction of faculty member in kinesiology. May be repeated 4 times for credit.  
**Prerequisites:** Freshman or sophomore classification and approval of instructor.

KINE 302 Applied Exercise Physiology for Coaches  
**Credit 1. 1 Lecture Hour.**  
Survey of the physiology of exercise with an emphasis on topics in applied physiology that coaches should understand in working with student athletes of both genders and different ages.  
**Prerequisites:** KINE 306; junior or senior classification or approval of instructor.

KINE 305 Sport Nutrition  
**Credits 3. 3 Lecture Hours. 0 Lab Hours.**  
Optimal nutritional intake in support of peak performance in sport and dance; food as fuel and which fuels are most important to specific sport/dance activities; the role nutritional supplements can play; fluid balance; weight management for athletes and dancers.  
**Prerequisites:** NUTR 202 or equivalent or approval of instructor; junior or senior classification.

KINE 306 Functional Anatomy for Coaches  
**Credit 1. 2 Lab Hours.**  
Introduction to musculoskeletal anatomy and movement analysis and the applications of these topics to basic sport skills.  
**Prerequisite:** Junior or senior classification or approval of instructor.

KINE 307 Lifespan Motor Development  
**Credits 3. 3 Lecture Hours.**  
Developmental characteristics and contemporary issues associated with motor behavior across the lifespan.  
**Prerequisite:** Junior or senior classification or approval of instructor.

KINE 308 Integrated Adventure Education  
**Credits 3. 2 Lecture Hours. 3 Lab Hours.**  
Philosophy of outdoor education in a physical education program; designing and implementing outdoor adventure activities in an experiential and interdisciplinary manner for reinforcing the Texas Essential Knowledge and Skills.  
**Prerequisites:** Junior or senior classification or instructor approval.

KINE 311 Fundamental Rhythms and Dance  
**Credits 3. 2 Lecture Hours. 3 Lab Hours.**  
Theory and practice in fundamental rhythms and dance as appropriate for elementary and secondary school curricula.  
**Prerequisite:** Approval of instructor.

KINE 312 Coaching of Baseball  
**Credits 2. 1 Lecture Hour. 2 Lab Hours.**  
Theory and practice of coaching fundamentals in baseball.  
**Prerequisite:** KINE 215.

KINE 314 Coaching of Soccer  
**Credits 2. 1 Lecture Hour. 2 Lab Hours.**  
Study of modern theories and applications related to coaching soccer.  
**Prerequisites:** KINE 215 and KINE 199-Soccer or approval of instructor.

KINE 317 Coaching of Football  
**Credits 2. 1 Lecture Hour. 2 Lab Hours.**  
Theory and practice of coaching fundamentals in football.  
**Prerequisite:** KINE 215.

KINE 318 Athletic Injuries  
**Credits 3. 3 Lecture Hours.**  
Introduction to the profession of athletic training; comprehensive analysis of the theories and practices in preventing, recognizing and treating common athletic injuries.  
**Prerequisites:** HLTH 216; BIOL 319; BIOL 320; junior or senior classification.

KINE 320 Advanced Athletic Injuries  
**Credits 3. 3 Lecture Hours.**  
Principles and procedures of therapeutic modalities, therapeutic exercise and rehabilitation as they relate to physical education, athletic training and physical therapy.  
**Prerequisites:** KINE 318 and approval of instructor.

KINE 321 Coaching of Volleyball  
**Credits 2. 1 Lecture Hour. 2 Lab Hours.**  
Coaching fundamentals in volleyball.  
**Prerequisites:** KINE 215 and KINE 199-Volleyball or approval of instructor.

KINE 324 Career Development in Coaching and Youth Development  
**Credits 3. 3 Lecture Hours.**  
Topic relevant to and career options in the coaching profession; preparation of future coaches and youth development professionals for successful careers; exploration and development of skills and knowledge to lead and manage individuals and teams.  
**Prerequisites:** Junior or senior classification; approval of instructor.

KINE 351 Coaching of Basketball  
**Credits 2. 1 Lecture Hour. 2 Lab Hours.**  
Theory of fundamental skills needed to coach basketball with emphasis on knowledge of rules, strategies and skill analysis.  
**Prerequisites:** KINE 215 and KINE 199-Basketball or approval of instructor.

KINE 355 Coaching of Track  
**Credits 2. 1 Lecture Hour. 2 Lab Hours.**  
Theory and practice of coaching fundamentals in track and field events.  
**Prerequisite:** KINE 215.
KINE 361 Movement Lab: Ballet II
Credits 2. 0 Lecture Hours. 5 Lab Hours.
Self evaluation of correct body alignment and imbalances while executing proper ballet technique; observation and assessment of the student’s progression throughout the semester in regards to proper alignment and technique. May be taken 3 times for credit.
Prerequisite: KINE 121; dance science majors, dance concentration majors and dance minors; or approval of instructor.

KINE 372 Movement Lab: Modern Dance II
Credits 2. 0 Lecture Hours. 5 Lab Hours.
Self evaluation of correct body alignment and imbalances while executing proper modern dance technique; observation and assessment of the student’s progression throughout the semester in regards to proper alignment and technique. May be taken 3 times for credit.
Prerequisite: KINE 172; dance science majors, dance concentration majors and dance minors; or approval of instructor.

KINE 386 Sport Physiology
Credits 3. 3 Lecture Hours.
Scientific physiological principles as they relate to sport and exercise in the preparation of current and future coaches; emphasis on cognitive, physiological knowledge and practical applications necessary to earn a creditable national certification; safely and effectively train athletic, fitness and general populations.
Prerequisites: KINE 121, KINE 213 and KINE 302; junior or senior classification.

KINE 403 Dance Wellness
Credits 3. 3 Lecture Hours.
Using scientific methods to evaluate the dancer’s body; implementation of dance screening process and creation of programs to address specific dance related injuries, imbalances or misalignments; study of current research in dance medicine/science and application of this knowledge to increase longevity of movement.
Prerequisites: BIOL 319, BIOL 320; dance science track majors only; admittance into the professional phase or approval of instructor; junior or senior classification.

KINE 404 Coaching Psychology
Credits 3. 3 Lecture Hours.
Mental aspects of coaching for performance improvement in athletic and exercise settings; focus on coaching applications of theoretical concepts including individual differences, motivation, team and group dynamics, leadership, performance enhancement, positive and negative health behaviors and youth development.
Prerequisite: Junior or senior classification, or approval of instructor.

KINE 406 Motor Learning and Skill Performance
Credits 3. 3 Lecture Hours.
Learning in psychomotor domain; motor learning theories, physiological bases of skill behavior, motor and skill learning, state of performer and application of instructional techniques in motor learning and skill performance.
Prerequisites: Junior or senior classification; admission to professional phase of program or approval of instructor for non-kinesiology majors.

KINE 425 Tests and Measurements
Credits 3. 3 Lecture Hours.
Comprehensive examination of the conceptual and theoretical aspects of measurement and evaluation in the field of kinesiology; emphasis on the application of statistical techniques germane to measurement and evaluation.
Prerequisites: Junior or senior classification; or approval of instructor for non-majors.

KINE 426 Exercise Biomechanics
Credits 4. 3 Lecture Hours. 3 Lab Hours.
An integrated, mechanistic study of biomechanics of human motion during physical activity and exercise; biology and mechanical properties of the human movement system including bones, tendons, ligaments, cartilage, skeletal muscles, joints and whole body systems investigated.
Prerequisites: PHYS 201, BIOL 319, BIOL 320; junior or senior classification; admission to the professional phase of program or approval of instructor for non-majors.

KINE 427 Therapeutic Principles
Credits 3. 3 Lecture Hours.
Examination of human tissue types, characteristics, and physiology pertaining to injury, pain transmission, and the healing process; study of common therapeutic modalities such as ultrasound and electricity with emphasis on physiological mechanisms of effect.
Prerequisites: Junior or senior classification; admission to the professional phase of program or approval of instructor for non-kinesiology majors.

KINE 429 Adapted Physical Activity
Credits 3. 2 Lecture Hours. 2 Lab Hours.
Kinesiology for individuals with handicapping conditions; emphasis on cognitive recognition of such handicaps as postural deviations, emotional disturbances, convulsive disorders, vision and auditory problems, and other learning disability conditions.
Prerequisite: Admission to professional phase of program or approval of instructor for non-majors.

KINE 431 Ropes Course and Group Process
Credits 3. 2 Lecture Hours. 2 Lab Hours.
Techniques of group facilitation for initiatives of ropes/challenge course events; activity presentation and sequencing, safety techniques and construction principles, and processing experiences for transfer of learning.
Prerequisite: Junior or senior classification; approval of instructor.

KINE 432 Exercise Evaluation and Prescription
Credits 4. 3 Lecture Hours. 3 Lab Hours.
An integrated, mechanistic study of biomechanics of human motion during physical activity and exercise; biology and mechanical properties of the human movement system including bones, tendons, ligaments, cartilage, skeletal muscles, joints and whole body systems investigated.
Prerequisites: PHYS 201, BIOL 319, BIOL 320; junior or senior classification; admission to the professional phase of program or approval of instructor for non-majors.

KINE 433 Physiology of Exercise
Credits 3. 3 Lecture Hours.
Physiological bases of exercise and physical conditioning; measurement of metabolic efficiency during exercise, neuromuscular efficiency and body composition.
Prerequisites: BIOL 319, BIOL 320; junior or senior classification; admittance to the professional phase of program or approval of instructor for non-majors.

KINE 434 Advanced Exercise Physiology
Credits 3. 3 Lecture Hours.
Investigates mechanisms responsible for skeletal muscle power production during exercise and the energetic support for the muscles through intermediary metabolism and oxygen flux from the lungs to the muscle mitochondria; examines the effects of training on these processes.
Prerequisites: KINE 433; junior or senior classification.

KINE 439 Exercise Evaluation and Prescription
Credits 4. 3 Lecture Hours. 3 Lab Hours.
Prerequisites: KINE 433; senior classification; admission to the professional phase of program or approval of instructor for non-kinesiology majors.
KINE 462 Movement Lab: Ballet III  
Credits 2.0 Lecture Hours. 5 Lab Hours.  
Peer evaluation of body alignment, imbalances and biomechanics of movement; explanation of kinesthetic principles and injury prevention through ballet technique; conditioning programs for a peer's imbalances and improper technique in a ballet class. May be taken 3 times for credit.  
Prerequisites: DCED 162; dance science majors, dance concentration majors and dance minors; or approval of instructor.

KINE 473 Movement Lab: Modern Dance III  
Credits 2.0 Lecture Hours. 5 Lab Hours.  
Peer evaluation of body alignment, imbalances and biomechanics of movement; explanation of kinesthetic principles and injury prevention through modern dance technique; develop conditioning program for a peer's imbalances and improper technique in a modern dance class. May be taken 3 times for credit.  
Prerequisites: DCED 173; dance science majors, dance concentration majors and dance minors; or approval of instructor.

KINE 482 Seminar  
Credit 1.1 Lecture Hour.  
Acquaint students with current research and the research process in their chosen field of study (kinesiology). May be taken four times for credit. Must be taken on a satisfactory/unsatisfactory basis.  
Prerequisites: Admission to professional phase of program or approval of instructor; junior or senior classification.

KINE 483 Practicum in Kinesiology  
Credits 3.2 Lecture Hours. 2 Lab Hours.  
Participation and study in the areas of fitness assessment, exercise and/or sport programming, and fitness/sport administration; acquisition and practice of professional and/or clinical skills in kinesiology.  
Prerequisites: KINE 199 (Aerobic Movement); senior classification; admission to the professional phase; approval of instructor.

KINE 484 Internship in Kinesiology  
Credits 0 to 12. 0 to 12 Other Hours.  
Supervised internship with corporate fitness centers, rehabilitation centers, hospitals, recreation centers and similar agencies and organizations.  
Prerequisites: KINE 483; completion of all coursework.

KINE 485 Directed Studies  
Credits 0 to 4. 0 to 4 Other Hours.  
Special problems in kinesiology assigned to individual students or to groups.  
Prerequisites: Junior or senior classification; approval of instructor.

KINE 489 Special Topics in...  
Credits 0 to 4. 0 to 4 Lecture Hours. 0 to 4 Lab Hours.  
Selected topics in an identified area of kinesiology. May be repeated for credit.

KINE 491 Research  
Credits 0 to 4. 0 to 4 Other Hours.  
Research conducted under the direction of faculty member in kinesiology. May be repeated 4 times for credit.  
Prerequisites: Junior or senior classification and approval of instructor.