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; also taught at Galveston campus.

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.
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.

KINE 198 Health and Fitness Activity
Credit 1. 2 Lab Hours.
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.
(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; also taught at Galveston campus.

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 120 or concurrent enrollment; 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; Galveston campus; also taught at College Station campus.

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.
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; also taught at Galveston campus.

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. 0 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.
Prerequisite: 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.
Prerequisite: Dance science majors, dance concentration majors and dance minors; or approval of instructor.
KINE 282 Culture of Wellness
Credits 3. 2 Lecture Hours. 2 Lab Hours.
Explore the dimensions of wellness across worldwide cultures; analyze, compare and contrast wellness choices and their impact on the individual and society; investigate a global region and its wellness practices; integrate physical activity experiences that are centered on the history and culture of a focus activity that originated outside the United States; also taught at Galveston campus.

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 not 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: Grade of C or better in KINE 306 or concurrent enrollment; 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: Grade of C or better in KINE 306 or concurrent enrollment; junior or senior classification or approval of instructor.

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.
Appreciation of rhythms and dance movements in a cultural context; analysis of dance performance; basic understanding of the various dance components.
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: Grade of C or better in 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: Grade of C or better in KINE 215.

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

KINE 318 Athletic Injuries
Credits 3. 3 Lecture Hours.
Overview of the profession of athletic training; comprehensive analysis of the theories and practices in preventing, recognizing and treating common athletic injuries.
Prerequisites: Grade of C or better in BIOL 319 or KINE 302; 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: Grade of C or better in KINE 215.

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 325 Event and Tournament Operations for Coaches
Credits 2. 2 Lecture Hours.
Develop knowledge and skills related to event and tournament organization; working with sport governing bodies, school officials, comprehending risk management, financial management, classroom experiences, observations and field-based experiences to link theory into practice.

KINE 334 Coaching in Personal Training
Credits 2. 1 Lecture Hour. 2 Lab Hours.
An overview of the knowledge, skills, and expectations associated with being a competent personal trainer or fitness professional; fundamentals in addressing an individual's health, medical and fitness status, along with comprehending fitness concepts including nutrition, bioenergetics, biomechanics and applied anatomy.
Prerequisite: Grade of C or better in KINE 215.
KINE 335 Coaching in Group Fitness
Credits 2. 1 Lecture Hour. 2 Lab Hours.
An overview of the knowledge, skills and expectations associated with being a competent group fitness instructor; creation, application and adaptation of a variety of group fitness classes based on population size, skill level, equipment available and facility space; basic business practices and professional certification procedures that are required of a fitness professional.
Prerequisite: Grade of C or better in KINE 215.

KINE 340 Essentials of Strength and Conditioning
Credits 3. 3 Lecture Hours.
Current principles and procedures essential to strength training and conditioning practices; emphasis on development and practical applications of scientific based anaerobic conditioning, flexibility, mobility, muscular strength, power and aerobic endurance program designs.
Prerequisites: Junior or senior classification, grade of C or better in KINE 318 or KINE 320; recommend KINE 199 Majors Aerobic Movement, KINE 199 Majors Resist Flex prior to registering.

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: Grade of C or better in KINE 215.

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: Grade of C or better in 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: 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: 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 and KINE 213; grade of C or better in KINE 302.

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.
Prerequisite: Grade of C or better in BIOL 319, BIOL 320, and PHYS 201; 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.
Prerequisite: Grade of C or better in BIOL 319 and PHYS 201; concurrent enrollment BIOL 320; junior or senior classification.

KINE 407 Motor Control and Learning Lab
Credit 1. 2 Lab Hours.
Collection and analysis of measures of human performance; study of how humans control voluntary actions; extension of basic knowledge of behavioral and cognitive processes.
Prerequisites: Grade of C or better in KINE 213 and BIOL 319; junior or senior classification; grade of C or better or concurrent enrollment in KINE 406.

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.
Prerequisite: Grade of C or better in PHYS 201, BIOL 319, and BIOL 320; junior or senior classification.

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.
Prerequisite: Grade of C or better in BIOL 319, BIOL 320, and PHYS 201; junior or senior classification.
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: Grade of C or better in HEBF 222/KNFB 222 or KNFB 222/HEBF 222; grade of C or better in BIOL 107 or BIOL 111; grade of C or better in PHYS 201 or CHEM 119; junior or senior classification.

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 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.  
Prerequisite: Grade of C or better in PHYS 201, BIOL 319, and BIOL 320; junior or senior classification.

KINE 435 Physiology of Exercise Lab  
Credit 1. 2 Lab Hours.  
Utilization of up-to-date equipment to provide a comprehensive understanding of the physiology relating to cardio-pulmonary, skeletal muscle and metabolic responses to aerobic and anaerobic exercise.  
Prerequisite: Grade of C or better in KINE 433 or concurrent enrollment; junior or senior classification.

KINE 439 Exercise Evaluation and Prescription  
Credits 4. 3 Lecture Hours. 3 Lab Hours.  
Prerequisite: Grade of C or better in KINE 433 or concurrent enrollment; junior or senior classification.

KINE 440 Planning and Conduct of Human Subjects Research  
Credits 3. 3 Lecture Hours.  
Principles of practical issues associated with human subjects research from a multidisciplinary approach with consideration of gender, race, ethnicity and vulnerable subjects on study design; discussion of the basics of clinical trial study design, recruitment materials, informed consent and assent procedures, questionnaires, and assessments, and case report forms; importance of medical oversight and participant safety.  
Prerequisite: Junior or senior classification.

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.  
Prerequisite: Dance science majors, dance concentration majors and dance minors; or approval of instructor.