

# KINESIOLOGY (EDKN)

## EDKN 1101 Jogging

**Credit:** 1 (1-0-0)

Instruction and participation in distance walking and jogging.

**Restrictions:** Graduate level students may not enroll.

## EDKN 1102 Weight Training

**Credit:** 1 (1-0-0)

Development of muscular strength and endurance through the use of free weights and weight machines. Principles of strength training, safety guidelines, and various training techniques are presented.

**Restrictions:** Graduate level students may not enroll.

## EDKN 1103 Cardio Dance

**Credit:** 1 (1-0-0)

Instruction and participation in various aerobic exercises to music. TSI Restriction(s): Reading, Math, and Writing

**Restrictions:** Graduate level students may not enroll.

## EDKN 1104 Cardio Fitness

**Credit:** 1 (1-0-0)

Instruction and participation in aerobic activity through various group and individual sports, games, and exercises. TSI Restriction(s): Reading, Math, and Writing

**Restrictions:** Enrollment is limited to Undergraduate level students.

## EDKN 1119 Beginning Rhythmic Activities

**Credit:** 1 (1-0-0)

The development of skills and techniques used to educate K-12 physical education students in rhythmic activities and dance. TSI Restriction(s): Reading, Math, and Writing

**Restrictions:** Graduate level students may not enroll.

## EDKN 1301 Foundations of Kinesiology

**Credits:** 3 (3-0-0)

Philosophical, historical, sociological, psychological, mechanical, and physiological principles of kinesiology. Includes careers in kinesiology. TSI Restriction(s): Reading, Math, and Writing

**Restrictions:** Graduate level students may not enroll.

## EDKN 1304 Personal/Community Health

**Credits:** 3 (3-0-0)

Principles and concepts associated with current trends related to personal and community health issues. Focus will be on preventative health and wellness. Emphasis will be placed on developing an understanding of maintaining a healthy lifestyle to prevent chronic illness.

**Restrictions:** Graduate level students may not enroll.

## EDKN 1305 Coaching

**Credits:** 3 (3-0-0)

Principles of coaching, behavior, teaching, physical training, and management. TSI Restriction(s): Reading, Math, and Writing

**Restrictions:** Graduate level students may not enroll.

## EDKN 1306 First Aid

**Credits:** 3 (3-0-0)

Current standards and practice for emergency care, recognizing and avoiding hazards within the environment, and application of first aid and treatment of common exercise-related injuries in sport and exercise environments.

**Restrictions:** Graduate level students may not enroll.

## EDKN 1308 Intramurals and Officiating

**Credits:** 3 (3-0-0)

Designing, organizing, and promoting intramural programs. Emphasis on officiating techniques and procedures in various activities. TSI Restriction(s): Reading, Math, and Writing

**Restrictions:** Graduate level students may not enroll.

## EDKN 1322 Nutrition

**Credits:** 3 (3-0-0)

The course addresses principles and concepts associated with nutrition science. Emphasis will be placed on developing an understanding of nutrition factors and the prevention of chronic illness. Students will be expected to journal and assess their personal dietary behaviors and develop a plan to improve or maintain their eating patterns. \*This course will remain open for other degree plans to use, but it focuses on Kinesiology concepts and need to be included in the EDKN degree program of study. TSI Restriction(s): Reading, Math, and Writing

**Restrictions:** Graduate level students may not enroll.

## EDKN 1338 Fitness and Wellness

**Credits:** 3 (3-0-0)

Knowledge, understanding and values of health related fitness and wellness and its influence on the quality of life. TSI Restriction(s): Reading, Math, and Writing

**Restrictions:** Graduate level students may not enroll.

## EDKN 2147 Skill Analys-Indiv/Dual Sports

**Credit:** 1 (1-0-0)

Participation and introduction to teaching in a variety of individual/dual sports, recreational, and physical fitness activities. TSI Restriction(s): Reading, Math, and Writing

**Restrictions:** Graduate level students may not enroll.

## EDKN 2148 Skill Analysis of Team Sports

**Credit:** 1 (1-0-0)

Participation and introduction to teaching in a variety of team sports. TSI Restriction(s): Reading, Math, and Writing

**Restrictions:** Graduate level students may not enroll.

## EDKN 3101 Jaguar Tracks III

**Credit:** 1 (1-0-0)

This course is designed to prepare students to meet the minimum health-related fitness standards of the five components of fitness. These five components will be assessed, students will identify areas of need, formulate a plan, and put this plan in action. TSI Restriction(s): Reading, Math, and Writing

**Prerequisites:** UNIV 2101 or Junior standing.

**Restrictions:** Enrollment is limited to students with a major in Kinesiology.

**EDKN 3315 Functional Anatomy****Credits:** 3 (3-0-0)

This is a basic course in human anatomy. An in-depth study of the structure involved in human movement will be studied as well as the basic functions of these structures.

**Prerequisites:** BIOL 1306 and 1307, or BIOL 2401 TSI Restriction(s): Reading, Math, and Writing

**Restrictions:** Graduate level students may not enroll.

**EDKN 3316 Medical Terminology****Credits:** 3 (3-0-0)

This course is designed to develop skills necessary to read and comprehend original research, medical reports, and health/fitness evaluations with regards to prefixes, suffixes and root words of medical terms. TSI Restriction(s): Reading, Math, and Writing

**Restrictions:** Graduate level students may not enroll.

**EDKN 3320 Motor Dvlpmnt/Motor Learning****Credits:** 3 (3-0-0)

Physical factors that influence growth, maturation and aging; process underlying perceptual-motor performance and the interpretation and applications of motor research to human movement.

**Prerequisites:** EDKN 1119, EDKN 1134, EDKN 2112, EDKN 2114 and EDKN aquatics.

**Restrictions:** Enrollment limited to students with a semester level of Senior.

**EDKN 3331 Consumer Health****Credits:** 3 (3-0-0)

Study of health services and products from a consumer perspective. Consumer protection and rights, marketing, science, public agenda setting, and special interest groups are studied with the objective of developing critical health consumers. This course will remain open for other degree plans to use. TSI Restriction(s): Reading, Math, and Writing

**Restrictions:** Graduate level students may not enroll.

**EDKN 3332 Program Development and Management in the Fitness Industry****Credits:** 3 (3-0-0)

Organizational development and management in corporate, commercial and institutional fitness industries. TSI Restriction(s): Reading, Math, and Writing

**Prerequisites:** EDKN 1301.

**Restrictions:** Graduate level students may not enroll.

**EDKN 3340 Health & PE-EC & Elem Teach****Credits:** 3 (3-0-0)

Students will develop knowledge of the concepts, principles, skills, and practices of health and physical education to plan and implement effective and engaging health and physical education activities for young children. Formerly EDED 3340. TSI Restriction(s): Reading, Math, and Writing

**Restrictions:**

**EDKN 3350 Kinesiology/Sport in Society****Credits:** 3 (3-0-0)

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. TSI Restriction(s): Reading, Math, and Writing

**Prerequisites:** EDKN 1301.

**Restrictions:** Enrollment limited to students with a semester level of Junior or Senior. Graduate level students may not enroll.

**EDKN 3426 Basic Physiology of Exercise****Credits:** 4 (4-0-0)

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. TSI Restriction(s): Reading, Math, and Writing

**Prerequisites:** EDKN 3315.

**Restrictions:** Graduate level students may not enroll.

**EDKN 3445 Msrmnt & Eval in Kinesiology****Credits:** 4 (4-0-0)

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. Includes required laboratory experiences. TSI Restriction(s): Reading, Math, and Writing

**Prerequisites:** EDKN 1301.

**Restrictions:** Graduate level students may not enroll.

**EDKN 4101 Jaguar Tracks IV****Credit:** 1 (1-0-0)

This course is designed to prepare students for their profession outside of content-specific information. Students learn to work safely within their social environment to better prepare them for interaction in group setting when planning, implementing, and/or evaluating activities, events, or other job-related activities. TSI Restriction(s): Reading, Math, and Writing

**Prerequisites:** UNIV 3101 or EDKN 3101 or Senior standing.

**Restrictions:** Enrollment is limited to students with a major in Kinesiology.

**EDKN 4310 Teaching Elem Physical Educ****Credits:** 3 (3-0-0)

Developmental movement experiences for children; sport and health-related physical fitness activities, dance, lead-up games, gymnastics, game analysis and evaluative criteria for movement skills. TSI Restriction(s): Reading, Math, and Writing

**Prerequisites:** EDKN 1301.

**Restrictions:** Graduate level students may not enroll.

**EDKN 4311 Teaching Secondary Phys Educ****Credits:** 3 (3-0-0)

Theory and application of group management skills that are appropriate for physical activities. Effects of facilities, design, program, equipment, class scheduling and lesson planning on group management. TSI Restriction(s): Reading, Math, and Writing

**Prerequisites:** EDKN 1301.**Restrictions:** Graduate level students may not enroll.**EDKN 4316 Compl Psychomotor Skls Chldrn****Credits:** 3 (3-0-0)

Developmental movement experiences for children; sport and health-related physical fitness activities, dance, lead up games, gymnastics, game analysis and evaluative criteria for movement skills. Completion of 90 semester hours. Field experience required

**Restrictions:** Enrollment limited to students with a semester level of Senior.**EDKN 4320 Motor Dev and Motor Learning****Credits:** 3 (3-0-0)

Physical factors that influence growth, maturation and aging; process underlying perceptual-motor performance and the interpretation and applications of motor research to human movement. TSI Restriction(s): Reading, Math, and Writing

**Restrictions:** Graduate level students may not enroll.**EDKN 4324 Exercise in Chronic Disease and Disabilities****Credits:** 3 (3-0-0)

Special exercise testing and exercise program design/implementation considerations for individuals with commonly seen chronic diseases and disabilities. Basic pathophysiology. TSI Restriction(s): Reading, Math, and Writing

**Prerequisites:** EDKN 3426.**Restrictions:** Graduate level students may not enroll.**EDKN 4325 Biomechanics****Credits:** 3 (3-0-0)

The study of the human body in its performance of movement and interrelationships of biomechanics, musculoskeletal anatomy and neuromuscular physiology. TSI Restriction(s): Reading, Math, and Writing

**Prerequisites:** EDKN 3315.**Restrictions:** Graduate level students may not enroll.**EDKN 4328 Internship I****Credits:** 3 (0-0-3)

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. TSI Restriction(s): Reading, Math, and Writing

**Prerequisites:** EDKN 4401.**Restrictions:** Enrollment limited to students with a semester level of Senior. Graduate level students may not enroll.**EDKN 4334 Research Proj in Exerc Sci****Credits:** 3 (3-0-0)

An independent review of literature and a laboratory or field problem yielding a formal report on the research. TSI Restriction(s): Reading

**Prerequisites:** EDKN 3445.**Restrictions:** Graduate level students may not enroll.**EDKN 4342 Motor Skills Special Populations****Credits:** 3 (3-0-0)

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. TSI Restriction(s): Reading, Math, and Writing

**Prerequisites:** EDKN 4320.**Restrictions:** Graduate level students may not enroll.**EDKN 4344 Health and Aging****Credits:** 3 (3-0-0)

This course will explore in-depth information regarding the health issues of aging individuals including physical health, psychological health, legal and ethical issues of health, and Medicare/Medicaid. This course will remain open for other degree plans to use, but it focuses on Kinesiology concepts and need to be included in the EDKN degree program of study. TSI Restriction(s): Reading, Math, and Writing

**Restrictions:** Graduate level students may not enroll.**EDKN 4401 Exercise Test and Prescription****Credits:** 4 (3-1-0)

Design and implementation of exercise programs for healthy and special populations based upon appropriate screening and evaluation procedures. Includes required laboratory experiences. TSI Restriction(s): Reading, Math, and Writing

**Prerequisites:** EDKN 3426.**Restrictions:** Graduate level students may not enroll.**EDKN 4417 Adv Physiology of Exercise****Credits:** 4 (4-0-0)

This course investigates the role of various physical environments, activity extremes, and disease status on the human response to physical activity. Additional emphasis is placed on the nutrient demands and role of supplements in human performance. Includes required laboratory experiences. TSI Restriction(s): Reading, Math, and Writing

**Prerequisites:** EDKN 3426.**Restrictions:** Enrollment limited to students with a semester level of Senior. Graduate level students may not enroll.