Kinesiology (KIN)

NOTE: All prerequisites for Kinesiology (KIN) courses must be completed with a grade of "C-" or better.

Kinesiology (KIN) Courses

KIN 1001. Individual Physical Activities. (0-3) 1 Credit Hour.
Practice in the techniques of individual physical activities. Sections focus on particular sports or fitness activities as indicated in the Schedule of Classes. May be repeated for credit, but not more than 6 semester credit hours of KIN 1001 alone or in combination with KIN 1101 will apply to a bachelor’s degree.

KIN 1013. Freshman Topics in Kinesiology. (3-0) 3 Credit Hours.
This course is designed to help students acquire the tools and life skills necessary to succeed in college and the future. The curriculum is an overview of topics including: note and test taking, learning styles, concentration skills, stress management, communication, diversity, and how to choose a major and a career. The student will be oriented with the different aspects of Roadrunners for Life, UTSA’s version of the NCAA CHAMPS/Life Skills Program. A maximum of 3 semester credit hours of freshman topics courses may apply to a bachelor’s degree.

KIN 1101. Team Sports. (0-3) 1 Credit Hour.
Practice in the techniques of team sports. Sections focus on particular sports as indicated in the Schedule of Classes. May be repeated for credit, but not more than 6 semester credit hours of KIN 1101 alone or in combination with KIN 1001 will apply to a bachelor’s degree.

KIN 2003. Computer Applications in Kinesiology and Health. (3-0) 3 Credit Hours.
Prerequisite: KIN 2303 or HTH 2413. Application of computer and multimedia technology in Kinesiology and Health disciplines.

KIN 2123. Fitness and Wellness Concepts. (3-0) 3 Credit Hours.
(TCCN = KINE 1338)
Prerequisite: KIN 2303 or consent of instructor. This course is designed to provide students with developmentally appropriate knowledge and skills in health and fitness. The course will address health-related issues in personal, interpersonal, and community settings. An individual fitness requirement may be required.

KIN 2141. Medical Terminology. (1-1) 1 Credit Hour.
Prerequisite: KIN 2303 or admission to the Athletic Medicine Program. This course examines the word roots, prefixes, suffixes and terms used in medicine and clinical exercise. A major focus will be on the terms used in the major organ systems of the body, diseases, injuries, and medical treatments.

KIN 2303. Foundations of Kinesiology. (3-0) 3 Credit Hours.
(TCCN = KINE 1301)
Study of the history and philosophy of physical activity, and an introduction to anatomy, physiology, biomechanics, motor behavior, and psychology of exercise and sport. This course will also introduce careers in kinesiology and the requirements for graduation with a degree in kinesiology. (Formerly titled “Cultural and Scientific Foundations of Kinesiology.”).

KIN 2421. Outdoor Activities and Innovative Games. (1-2) 1 Credit Hour.
Prerequisite: KIN 2303. Practice in delivering instructions of selected outdoor activities (hiking, orienteering, biking) and innovative games for all age groups. Weekend class field trips required. Laboratory fee will be assessed. (Formerly titled “Outdoor Activities and Lifetime Sports.”).

KIN 2441. Management and Organization in Kinesiology and Sports. (1-1) 1 Credit Hour.
Prerequisite: KIN 2303. Introduction to concepts and skills that will prepare the student to become an effective leader of physical fitness, sport and health, and physical education programs. (Formerly KIN 2423. Credit cannot be earned for both KIN 2423 and KIN 2441.).

KIN 3001. Skill Analysis in Physical Activity: Individual Activities. (1-2) 1 Credit Hour.
Practice in delivering developmentally appropriate physical activity instruction in a variety of selected individual activities such as golf, bowling, archery, and track and field.

KIN 3011. Skill Analysis in Physical Activity: Team Sports I. (1-2) 1 Credit Hour.
Practice in delivering developmentally appropriate physical activity instruction in a variety of selected team sports, such as basketball, soccer, and baseball/softball.

KIN 3013. Theory of Coaching. (3-0) 3 Credit Hours.
This course will discuss the principles and philosophies of coaching sports. Domains will remain consistent with that of the National Standards for Sport Coaches and will focus on philosophy and ethics, safety and injury prevention, physical conditioning, growth and development, teaching and communication, sport skills and tactics, organization and administration, and evaluation.

KIN 3021. Skill Analysis in Physical Activity: Team Sports II. (1-2) 1 Credit Hour.
Practice in delivering developmentally appropriate physical activity instruction in a variety of selected team sports, such as football, volleyball, and team handball.

KIN 3031. Skill Analysis in Physical Activity: Dual Sports. (1-2) 1 Credit Hour.
Practice in delivering developmentally appropriate physical activity instruction in a variety of selected dual sports, such as badminton, tennis and handball.

KIN 3041. Skill Analysis in Physical Activity: Track and Field. (1-2) 1 Credit Hour.
Specialized activity instruction involving skills, drills, rules, regulations, and skill performance in a variety of selected track and field events.

KIN 3051. Group Fitness Instruction. (1-2) 1 Credit Hour.
Prerequisite: KIN 2303 or consent of instructor. Practice in delivering a variety of appropriate aerobic, musculoskeletal fitness, and wellness activities for children and adults. (Formerly titled “Aerobic Fitness Instruction.”).

KIN 3061. Foundational Movement. (1-2) 1 Credit Hour.
Provide instruction in facilitating the foundational movement skills which provide the basis for all movement capacities and their application in specialized activities geared to the early childhood through adolescent stages. (Formerly titled “Rhythmic Activities and Dance.”).

KIN 3071. Musculoskeletal Fitness Instruction. (1-2) 1 Credit Hour.
Prerequisite: KIN 3313. Instructional techniques applied to resistance training, plyometrics, flexibility, and musculoskeletal conditioning activities.

KIN 3103. Motor Development. (3-0) 3 Credit Hours.
A study of motor, physical, and neuromuscular development across the human life span. Effects of social, cognitive, growth and maturation, and aging factors on motor development will be addressed. Directed field experience may be required.
KIN 3113. Scientific Principles of Physical Activity. (3-1) 3 Credit Hours.
A study of the physiological and biomechanical principles of physical activity and human movement. Emphasis is placed on acute responses and chronic adaptations of the musculoskeletal and cardiorespiratory systems to physical activity.

KIN 3123. Early Childhood Development Through Movement. (3-0) 3 Credit Hours.
A study of movement development and the effects on cognitive and social development of young children. Students will learn to program and deliver developmentally appropriate strategies and activities to introduce and refine fundamental movement skills and health-related components of fitness. Task analysis and sequential delivery of concepts and skills will also be discussed. Some field work experiences may be required.

KIN 3213. First Aid and Injury Management. (3-0) 3 Credit Hours.
Prerequisite: KIN 2303 or KIN 3013. Study and application of first aid and treatment of common exercise-related injuries in sport and exercise environments. Additional training includes risk-management strategies for providing safe exercise environments, and management of exercise testing facilities. Upon successful completion of this course, the student will be eligible for certification in first aid and CPR. (Credit cannot be earned for both KIN 3213 and HTH 2523.)

KIN 3303. Athletic Injuries and Training Procedures. (3-0) 3 Credit Hours.
Prerequisite: KIN 3313 or equivalent. Prevention and care of athletic injuries. A study of training and conditioning for the team and individual. Techniques and procedures for emergencies: diagnostic, preventive, and remedial measures. Organization of the training room facility. Directed field experience may be required.

KIN 3313. Anatomy and Physiology for Kinesiology. (3-1) 3 Credit Hours.
Prerequisite: KIN 2303 or HTH 2413. A detailed study of anatomy and physiology of the human cardiorespiratory, musculoskeletal and nervous systems. Emphasis will be placed on the anatomical factors that cause human movement and application to common exercise-related injuries. Anatomy laboratory hours may be required.

KIN 3321. Biomechanics Laboratory. (1-1) 1 Credit Hour.
Prerequisite: KIN 3313 and concurrent enrollment in KIN 3323. Quantitative and qualitative evaluation of human movement through analysis of video and biomechanical data. Application of Biomechanics to sports performance enhancement and injury prevention. This lab will complement the content covered in KIN 3323.

KIN 3323. Biomechanics. (3-0) 3 Credit Hours.
Prerequisite: KIN 3313 or equivalent. The study of the human body in sports motion and sport objects in motion. The application of mechanical principles, kinematics, and kinetics. Biomechanics laboratory hours are required.

KIN 3413. Tactics. (3-0) 3 Credit Hours.
Prerequisite: KIN 2303. Development, organization, and delivery of appropriate physical activities for children through the adolescent stage. Some fieldwork observation experiences may be required.

KIN 3431. Exercise Physiology Laboratory. (1-1) 1 Credit Hour.
Prerequisite: KIN 3313 and concurrent enrollment in KIN 3433. Laboratory exercises demonstrating principles of exercise physiology. Topics include metabolic, cardiorespiratory, and neuromuscular responses to physical activity and exercise.

KIN 3433. Exercise Physiology. (3-0) 3 Credit Hours.
Prerequisite: KIN 3313 or equivalent. A study of the adaptation and effects of the body to physiological stress. Emphasis will be placed on the physiology of training, metabolism and work capacity, and electrocardiography.

KIN 3441. Graded Exercise Testing and Fitness Assessment Laboratory. (1-1) 1 Credit Hour.
Prerequisite: KIN 3433 and concurrent enrollment in KIN 3443. This course includes laboratory and clinical measurements of aerobic capacity, balance, body composition, electrocardiography, flexibility, muscular endurance, muscular strength, and pulmonary function. Students are required to demonstrate competence in administering health related physical fitness.

KIN 3443. Graded Exercise Testing and Fitness Assessment. (3-0) 3 Credit Hours.
Prerequisite: KIN 3433. A study of the principles and concepts of fitness measurement. Topics include graded exercise testing, electrocardiography, assessment of aerobic capacity, body composition, flexibility, muscular strength, muscular endurance, and pulmonary function. (Formerly titled “Fitness Testing and Exercise Prescription.”)

KIN 3453. Fitness Programming and Exercise Prescription. (3-1) 3 Credit Hours.
Prerequisites: KIN 3071, KIN 3323, and KIN 3433. A study and application of principles and concepts related to designing exercise programs. The target population includes apparently healthy adults and individuals with special considerations, including cardiovascular disease, pulmonary disease, obesity, diabetes, pregnancy, and children.

KIN 3463. Musculoskeletal Anatomy. (3-1) 3 Credit Hours.
Prerequisite: KIN 3313 or equivalent, and admission to the Athletic Medicine Program. A detailed examination of the nervous, muscular, and skeletal systems. This course focuses on bones, bone markings, articulations, origins, insertions, actions, and innervations of these systems. The etiology and pathophysiology of common sport and exercise related injuries to the musculoskeleton will be introduced. Laboratory examination of the skeletal system may be required.

KIN 4023. Exercise Psychology. (3-0) 3 Credit Hours.
Prerequisite: KIN 2303. An investigation of psychological processes and behaviors related to participation in exercise and physical activities. Psychological effects of exercise, motives for fitness, exercise adherence, and fitness counseling.

KIN 4043. Therapeutic Modalities. (3-0) 3 Credit Hours.
Prerequisites: KIN 3003, KIN 3463, and admission to the Athletic Medicine Program. This course is designed to introduce students to a variety of therapeutic modalities currently used in clinical rehabilitation. Students will learn the theoretical basis and application procedures for a variety of modalities including therapeutic heat and cold, electrotherapy, therapeutic massage, ultrasound, and laser/light therapy.

KIN 4113. Evaluation. (3-0) 3 Credit Hours.
Application of test, measurement, and evaluation theory. Emphasis is on proper selection and administration of tests, appropriate evaluation of test results using basic statistical procedures, and assignment of grades. Field experience required.

KIN 4123. Psychosocial Aspects of Exercise and Sport. (3-0) 3 Credit Hours.
Prerequisite: KIN 2303. A study of human behavior in exercise and sport. Emphasis is placed on understanding the psychosocial principles underlying group processes, performance enhancement, and health and well-being.
KIN 4143. Advanced Athletic Training. (3-0) 3 Credit Hours.
Prerequisites: KIN 3303 and KIN 3463, and admission to the Athletic Medicine Program. This course deals in depth with issues related to athletic training, including assessment of injuries, and proper taping and wrapping techniques.

KIN 4203. Teaching Secondary Physical Education. (3-1) 3 Credit Hours.
Prerequisites: KIN 4343, KIN 4423, and admission to the Teacher Certification Program. Examination of current trends, issues, and pedagogical approaches to the teaching and learning of physical education in the secondary school curriculum. Contemporary programming, behavior management strategies, and community outreach activities will be emphasized. Weekly fieldwork in the public schools at the secondary school level is required. Restricted course; advisor code required for registration.

KIN 4233. Advanced Topics in Exercise Physiology. (2-2) 3 Credit Hours.
Prerequisite: KIN 3433. In-depth study of exercise physiology, emphasizing application of physiological principles of training for physical fitness and sport performance, graded exercise testing, and professional issues. This course includes introduction to research in exercise physiology.

KIN 4243. Musculoskeletal Rehabilitation. (3-1) 3 Credit Hours.
Prerequisites: KIN 3303, KIN 3463, and admission to the Athletic Medicine Program. This course examines various therapeutic exercises and programs used in the treatment and rehabilitation of exercise-related injuries.

KIN 4253. Exercise Nutrition. (3-0) 3 Credit Hours.
Prerequisite: KIN 3433. This course will address the basic concepts of nutrition from a scientific basis, applying these concepts to understanding of food nutritional labeling, dietary recommendations for health and fitness, as well as exercise or sport performance enhancement.

KIN 4303. Teaching Elementary Physical Education. (3-1) 3 Credit Hours.
Prerequisites: KIN 4343, KIN 4423, and admission to the Athletic Medicine Program. Examination of current trends, issues, and pedagogical approaches to teaching and facilitating learning of physical education in the elementary school curriculum. Contemporary programming, problem solving, and community outreach activities will be emphasized. Weekly fieldwork in the public schools at the elementary school level is required. Restricted course; advisor code required for registration.

KIN 4343. Movement Awareness. (3-0) 3 Credit Hours.
Prerequisite: KIN 3413. Study of concepts of movement awareness and the elements of movement that are the basis of all movement capacities. Application of these concepts to the learning of motor skills will be included.

KIN 4401. Motor Learning Laboratory. (1-1) 1 Credit Hour.
Prerequisite: KIN 3313, and concurrent enrollment in KIN 4403. Laboratory exercises demonstrating the principles of motor learning and motor control. This lab will complement KIN 4403.

KIN 4403. Motor Learning. (3-0) 3 Credit Hours.
Prerequisite: KIN 3313 or an equivalent. Functional applications of motor control and learning theory in skill instruction and sports performance. Motor learning laboratory hours are required.

KIN 4413. Coaching Athletics. (3-0) 3 Credit Hours.
Theory of coaching relevant to athletics. Emphasis on organization and content involved in coaching sports. The sport content may vary in different semesters between baseball, basketball, football, soccer, softball, and volleyball. Course may be repeated for credit.

KIN 4423. Developmental/Adapted Physical Activity. (3-1) 3 Credit Hours.
Prerequisites: KIN 3103 and KIN 4143, or consent of instructor. A developmental and functional approach to the study of disabilities in physical activity. Legislation, pathologies, and adaptation principles. Field experience is required throughout the course.

KIN 4911. Independent Study. (0-0) 1 Credit Hour.
Prerequisites: Permission in writing (form available) from the instructor, the student’s advisor, the Department Chair, and the Dean of the College in which the course is offered. Independent reading, research, discussion, and/or writing under the direction of a faculty member. May be repeated for credit, but not more than 6 semester credit hours of independent study, regardless of discipline, will apply to a bachelor’s degree.

KIN 4912. Independent Study. (0-0) 2 Credit Hours.
Prerequisites: Permission in writing (form available) from the instructor, the student’s advisor, the Department Chair, and the Dean of the College in which the course is offered. Independent reading, research, discussion, and/or writing under the direction of a faculty member. May be repeated for credit, but not more than 6 semester credit hours of independent study, regardless of discipline, will apply to a bachelor’s degree.

KIN 4913. Independent Study. (0-0) 3 Credit Hours.
Prerequisites: Permission in writing (form available) from the instructor, the student’s advisor, the Department Chair, and the Dean of the College in which the course is offered. Independent reading, research, discussion, and/or writing under the direction of a faculty member. May be repeated for credit, but not more than 6 semester credit hours of independent study, regardless of discipline, will apply to a bachelor’s degree.

KIN 4931. Clinical Applications of Athletic Injuries. (1-2) 1 Credit Hour.
Prerequisites: Consent of instructor and admission to the Athletic Medicine Program. This course provides practical applications in prevention, diagnosis, treatment, and rehabilitation of athletic injuries, and includes 300 hours of supervised field, laboratory and clinical experiences in athletic training. May be repeated for credit for a maximum of 6 semester credit hours.

KIN 4936. Internship in Kinesiology. (0-0) 6 Credit Hours.
Prerequisites: Student is required to have a cumulative grade point average of 2.0 or greater and must be within 13 semester credit hours of graduation. Supervised internship with appropriate agency in the field of kinesiology. No more than 6 semester credit hours of internship will apply to a bachelor’s degree. (Credit cannot be earned for both KIN 4936 and HTH 4936.)

KIN 4943. Athletic Coaching Practicum. (0-0) 3 Credit Hours.
Prerequisites: First Aid and CPR certification and consent of instructor. Supervised coaching practicum with appropriate agency in the field of kinesiology. May be repeated for credit for a maximum of 6 semester credit hours. (Formerly titled “Practicum in Kinesiology.”).
KIN 4953. Special Studies. (3-0) 3 Credit Hours.
Prerequisite: Consent of instructor. Organized course offering the opportunity for specialized study not normally or not often available as part of the regular course offerings. Special Studies may be repeated for credit when topics vary, but not more than 6 semester credit hours, regardless of discipline, will apply to a bachelor’s degree.

KIN 4973. Wellness Counseling. (3-0) 3 Credit Hours.
Prerequisites: KIN 3443 and KIN 4253. Students will learn and apply counseling techniques to promote the adoption of health-promoting lifestyle behaviors in diverse populations. Basic counseling theories will be introduced.

KIN 4983. Applied Exercise Science. (3-1) 3 Credit Hours.
Prerequisites: KIN 3323, KIN 3433, KIN 3443, KIN 3453, and KIN 4253. Capstone course and seminar for students pursuing training and certification in exercise science, and preparation for graduate studies.

KIN 4993. Honors Thesis. (0-0) 3 Credit Hours.
Prerequisites: Enrollment limited to candidates for honors in the Department of Health and Kinesiology during the last two semesters; consent of the Honors College. Supervised research and preparation of an honors thesis. May be repeated once for credit with advisor’s approval.