

# KINESIOLOGY AND HEALTH (KAH)

## Kinesiology and Health (KAH) Courses

### **KAH 5003. Current Trends in Kinesiology and Health Education. (3-0) 3 Credit Hours.**

Students have the opportunity to examine current development in theories and practices of physical education. Recent research and literature are examined for causes and consequences of today's issues, trends, and problems. Course Fees: GH01 \$75; LRH1 \$10; STSH \$18.

### **KAH 5053. Principles of Exercise Physiology. (3-0) 3 Credit Hours.**

Prerequisite: KIN 3433 or an equivalent. A survey of exercise physiology, examining muscular, metabolic and cardiorespiratory adaptations to acute and chronic exercise. Course Fees: GH01 \$75; LRH1 \$10; STSH \$18.

### **KAH 5063. Health Behavior Theory. (3-0) 3 Credit Hours.**

A study of the determinants of human behavior as they relate to current health issues. Health behavior models and underlying rationales for prevention and intervention strategies will be examined. For teachers and counselors, as well as kinesiology and health professionals. Course Fees: GH01 \$75; LRH1 \$10; STSH \$18.

### **KAH 5073. Essential Concepts in Health Promotion. (3-0) 3 Credit Hours.**

The purpose of this course is to introduce students to the field of health promotion and to show how epidemiology, social and behavioral science theory, organization change, administration, and evaluation are related to the design and implementation of health education programs. This course serves as a foundation for other courses in health education and provides an overview of the field to the student from related areas. (Formerly titled "Health and Wellness/Health Promotion.") Course Fees: GH01 \$75; LRH1 \$10; STSH \$18.

### **KAH 5083. Epidemiology. (3-0) 3 Credit Hours.**

The overall goal of this course is to increase the health professional's ability to analyze problems and make decisions based on applications of epidemiologic concepts and methods in a variety of settings, with a particular focus on applications from studies in health promotion. Social, psychological, and biological determinants of disease will be examined. Epidemiologic tools to be presented include use of vital statistics and rates, descriptive studies, observational studies, and experimental studies. Course Fees: GH01 \$75; LRH1 \$10; STSH \$18.

### **KAH 5093. Statistics and Research in Health and Kinesiology. (3-0) 3 Credit Hours.**

This course is designed to provide students with knowledge of experimental designs and the statistical tools necessary for analyzing research data in the fields of Health and Kinesiology. Course Fees: GH01 \$75; LRH1 \$10; STSH \$18.

### **KAH 5103. Biomechanics. (3-0) 3 Credit Hours.**

Prerequisite: KIN 3323 or an equivalent. A survey of principles and procedures related to mechanical analysis of human motion, with emphases on both kinematic and kinetic analysis. Course Fees: GH01 \$75; LRH1 \$10; STSH \$18.

### **KAH 5123. Research in Health and Kinesiology. (3-0) 3 Credit Hours.**

Prerequisite: KAH 5093. Students have the opportunity to review various quantitative and qualitative research methods as well as conduct a review of the literature for a specific topic of interest. The final project will be a research proposal. Course Fees: GH01 \$75; LRH1 \$10; STSH \$18.

### **KAH 5133. Health Program Planning and Implementation. (3-0) 3 Credit Hours.**

This course is designed for students interested in planning, implementing, and evaluating health promotion/education programs in school, community, healthcare, and worksite settings. Students enrolled in this course should have prior knowledge of health behavior theories and general foundations of health promotion. (Credit cannot be earned for both KAH 5133 and PSY 7213.) Course Fees: GH01 \$75; LRH1 \$10; STSH \$18.

### **KAH 5173. Measurement and Evaluation in Physical Education. (3-0) 3 Credit Hours.**

Prerequisite: KIN 4113 or an equivalent. Overview of measurement theory, item analysis, reliability and validity studies, and factor analysis of tests. Course Fees: GH01 \$75; LRH1 \$10; STSH \$18.

### **KAH 5243. Learning and Teaching Styles in Physical Education. (3-3) 3 Credit Hours.**

Prerequisite: KAH 5003. Techniques for analyzing and enhancing the learning environment to promote and improve physical and sport performance. Course Fees: GH01 \$75; LRH1 \$10; STSH \$18.

### **KAH 5303. Community Health. (3-0) 3 Credit Hours.**

Study of community health problems, the function of public, private, and voluntary health agencies, and administration and supervision of health programs in the community, school, business, or industry setting. Course Fees: GH01 \$75; LRH1 \$10; STSH \$18.

### **KAH 5313. Adapted Physical Activity. (3-0) 3 Credit Hours.**

This course is designed to provide an introduction to adapted physical activity, including sport and leisure, for persons with disabilities across school, community, and clinical based programs. This course will also provide you with information and knowledge on how to teach physical activities to persons with disabilities in various settings. Current legislation requires that sport, recreation and exercise programs provide reasonable access for persons with disabilities. Thus, the course is important for future education, recreation, sport, and exercise professionals, as employment in such areas now increasingly involves contact with individuals with disabilities. Course Fees: GH01 \$75; LRH1 \$10; STSH \$18.

### **KAH 5323. Community Nutrition. (3-0) 3 Credit Hours.**

Nutrition-related issues in public health, various community resources, agencies, and programs involved in health promotion and disease prevention. Course Fees: GH01 \$75; LRH1 \$10; STSH \$18.

### **KAH 5333. Nutrition through the Lifecycle. (3-0) 3 Credit Hours.**

This course provides the basic nutritional knowledge required to discuss the nutritional needs during various stages of the lifecycle as influenced by physiological, socio-economic, cultural, and environmental factors. Course Fees: GH01 \$75; LRH1 \$10; STSH \$18.

### **KAH 5343. Public Policy and Nutrition. (3-0) 3 Credit Hours.**

The role of public health policy in managing nutrition related chronic health disease and health promotion. This course will discuss the social, economic and environmental policies impacting food access and healthy eating behaviors. Course Fees: GH01 \$75; LRH1 \$10; STSH \$18.

### **KAH 5353. Research Methods in Community and Public Health. (3-0) 3 Credit Hours.**

Introduction to fundamentals of research methods in health education and promotion in community settings. Topics will include principles of research investigation, research design, sampling methods, and measurements. Issue and problems that are commonly encountered in community-based research will be discussed using real-world examples. Course Fees: GH01 \$75; LRH1 \$10; STSH \$18.

**KAH 5363. Data Management and Descriptive Statistics. (3-0) 3 Credit Hours.**

This course will introduce students to the commonly used data management software in community and public health. The focus of this course will be to familiarize students with processes of data management such as data monitoring, data cleaning and descriptive analysis for the purpose of research and evaluation. Additionally, information will be provided regarding institutional, state and federal protections regarding the use and storage of health-related data. Course Fees: GH01 \$75; LRH1 \$10; STSH \$18.

**KAH 5373. Inferential Statistics. (3-0) 3 Credit Hours.**

This course will introduce students to the methods commonly used in inferential statistics. The course will provide skills related to sampling procedures, hypothesis testing, and interpreting and disseminating results. Course Fees: GH01 \$75; LRH1 \$10; STSH \$18.

**KAH 5383. Health Program Evaluation. (3-0) 3 Credit Hours.**

Study of health program evaluation methodology and application in community, school, business, or industry settings. This course is designed to provide graduate health students with an overview of the evaluation process including formative and summative evaluation methods and procedures. We will examine evaluation for intrapersonal, interpersonal and macro-level programs and we will discuss critical issues associated with rigorous evaluation. Course Fees: GH01 \$75; LRH1 \$10; STSH \$18.

**KAH 5403. Applied Cardiovascular Physiology. (3-0) 3 Credit Hours.**

Prerequisite: KIN 3433, KIN 3443, or an equivalent, or a human physiology course. This course covers the physiology underlying the methods used for obtaining, maintaining, and rehabilitating the health of the cardiovascular system. Recent research findings in the areas of exercise and nutrition, related cardiovascular disease prevention and rehabilitation, weight control, and blood lipids are emphasized. (Formerly titled "Cardiovascular Fitness.") Course Fees: GH01 \$75; LRH1 \$10; STSH \$18.

**KAH 6013. The Role of Sport in Society. (3-0) 3 Credit Hours.**

Examination of sport and physical activity, sport's impact on society, and the affective roles sport takes as part of our social structure and the institution of education. (Formerly KAH 5013. Same as COU 6013. Credit cannot be earned for more than one of the following: KAH 6013, KAH 5013, or COU 6013.) Course Fees: GH01 \$75; LRH1 \$10; STSH \$18.

**KAH 6033. Sport Psychology. (3-0) 3 Credit Hours.**

A study of cognition and behaviors related to the participation in sport. This course will have a theoretical focus and will include topics such as self-efficacy, performance enhancements, cohesion, arousal and anxiety. Contemporary research will be discussed. (Formerly KAH 5033. Same as COU 6033. Credit cannot be earned for more than one of the following: KAH 6033, KAH 5033, or COU 6033.) Course Fees: GH01 \$75; LRH1 \$10; STSH \$18.

**KAH 6043. Applied Sport Psychology. (3-0) 3 Credit Hours.**

Prerequisite: KAH 6033. This course will provide a practical and comprehensive introduction to somatic, cognitive and behavioral interventions used in athletics to improve performance. Theoretical bases of psychological stress and performance will be explored and appropriate interventions discussed. Research findings related to athletics will be applied. (Same as COU 6043. Credit cannot be earned for both KAH 6043 and COU 6043.) Course Fees: GH01 \$75; LRH1 \$10; STSH \$18.

**KAH 6053. Nutrition in Health and Disease. (3-0) 3 Credit Hours.**

Study of basic nutrients, nutritional needs at various stages of life, and therapeutic diets for selected disease states. Course Fees: GH01 \$75; LRH1 \$10; STSH \$18.

**KAH 6063. Obesity and Health. (3-0) 3 Credit Hours.**

The spread of obesity has touched virtually every aspect of daily life at every corner of the world and led to unforeseen health and economic burdens at every population level. This seminar will address issues related to the obesity epidemic and explore effective prevention strategies for child, adult, and high-risk populations. Course Fees: GH01 \$75; LRH1 \$10; STSH \$18.

**KAH 6203. Psychological Perspectives of Motor Learning and Control. (3-0) 3 Credit Hours.**

Study of the individual processes of skill acquisition, including the involvement of transfer, timing, feedback, practice, and retention as well as the processes of central and peripheral mechanisms involved in implementing physical and perceptual skills. (Formerly KAH 5203. Same as COU 6203. Credit cannot be earned for more than one of the following: KAH 6203, KAH 5203, or COU 6203.) Course Fees: GH01 \$75; LRH1 \$10; STSH \$18.

**KAH 6213. Motor Development. (3-0) 3 Credit Hours.**

Prerequisite: KIN 3103 or an equivalent. The study of motor, physical, and neuromuscular development across the human life span (from prenatal periods to old age); stages of development, motor system and development of specific movement patterns. Course Fees: GH01 \$75; LRH1 \$10; STSH \$18.

**KAH 6223. Exercise Nutrition. (3-0) 3 Credit Hours.**

A scientific evidence-based study of the nutritional aspects of exercise performance and health-related fitness. This course will focus on nutrition-related support of various modes, training, and competition, as well as nutritionally-relevant diseases. Included in the course is an examination of macronutrients, water/hydration, ergogenic aids, and supplements. Course Fees: GH01 \$75; LRH1 \$10; STSH \$18.

**KAH 6953. Independent Study. (0-0) 3 Credit Hours.**

Prerequisites: Graduate standing and permission in writing (form available) of the instructor and the student's Graduate Advisor of Record. Independent reading, research, discussion, and/or writing under the direction of a faculty member. For students needing specialized work not normally or not often available as part of the regular course offerings. May be repeated for credit, but not more than 6 hours, regardless of discipline, will apply to the Master's degree. Course Fees: GH01 \$75; STSH \$18.

**KAH 6961. Comprehensive Examination. (0-0) 1 Credit Hour.**

Prerequisite: Approval of the appropriate Graduate Program Committee to take the Comprehensive Examination. Independent study course for the purpose of taking the Comprehensive Examination. May be repeated as many times as approved by the Graduate Program Committee. Enrollment is required each term in which the Comprehensive Examination is taken if no other courses are being taken that term. The grade report for the course is either "CR" (satisfactory performance on the Comprehensive Examination) or "NC" (unsatisfactory performance on the Comprehensive Examination). Course Fees: GH01 \$25; STSH \$6.

**KAH 6973. Special Problems. (3-0) 3 Credit Hours.**

Prerequisite: Consent of instructor. An organized course offering the opportunity for specialized study not normally or not often available as part of the regular course offerings. Special Problems courses may be repeated for credit when topics vary, but not more than 6 hours, regardless of discipline, will apply to the Master's degree. Course Fees: GH01 \$75; LRH1 \$10; STSH \$18.

**KAH 6983. Master's Thesis. (0-0) 3 Credit Hours.**

Prerequisites: Permission of the Graduate Advisor of Record and thesis director. Thesis research and preparation. May be repeated for credit, but not more than 6 hours will apply to the Master's degree. Credit will be awarded upon completion of the thesis. Enrollment is required each term in which the thesis is in progress. Course Fees: GH01 \$75; STSH \$18.

**KAH 7893. Doctoral Research. (0-0) 3 Credit Hours.**

Prerequisites: Doctoral student standing; consent of the instructor and of the Graduate Advisor of Record. Under the direction of a faculty advisor, this course consists of independent and original research skill building, preparation and writing of dissertation proposal. May be repeated for a maximum of 30 credit hours. Course Fees: GH01 \$75; STSH \$18.

**KAH 7991. Doctoral Dissertation. (0-0) 1 Credit Hour.**

Prerequisites: Admission to candidacy and consent of student's faculty advisor. This course consists of independent and original research skill building under the direction of a faculty advisor. May be repeated for credit, but not more than 10 hours may be applied toward the Doctoral degree. Course Fees: GH01 \$25; STSH \$6.

**KAH 7993. Doctoral Dissertation. (0-0) 3 Credit Hours.**

Prerequisites: Admission to candidacy and consent of student's faculty advisor. Must be a Ph.D. candidate. Preparation, writing, and successful defense of Doctoral dissertation. May be repeated for credit, but not more than 18 hours may be applied toward the Doctoral degree. Course Fees: GH01 \$75; STSH \$18.