

DEPARTMENT OF KINESIOLOGY

Students pursuing a Bachelor of Science degree in Kinesiology may select a concentration in athletic training, kinesiology and health science, exercise physiology or physical education. Students with a concentration in athletic training are prepared to pursue state licensure in athletic training careers. The student must be admitted into the Athletic Training Apprenticeship Program within the UTSA Athletic Department in order to pursue this concentration. National certification in athletic training requires additional academic training in an accredited graduate program. Students with a concentration in kinesiology and health science are prepared to pursue careers in health care such as physical therapy and/or occupational therapy. Physical and/or occupational therapy licensure requires additional academic training in an accredited graduate program. Students with a concentration in exercise physiology are trained for careers in exercise science, clinical exercise, and fitness programming in corporate, commercial, medical and public settings. Graduates of this concentration are prepared for professional certifications in fitness and exercise physiology. The physical education concentration provides students the academic and professional experience as required by the State Board for Educator Certification. To be certified as a teacher by the State of Texas, a student must complete his or her coursework, have practical teaching experience (student teaching), and pass the Texas Examinations of Educator Standards (TExES). The graduate of this program will then be certified to teach physical education in grades pre-kindergarten–12. Prior to starting the practical teaching experience, a student must be accepted into the Teacher Certification Program. Please refer to the section on Teacher Certification Program in the catalog for more information.

Department Honors

The Department of Kinesiology awards Department Honors to certain outstanding students and provides the opportunity for advanced study under close faculty supervision.

Selection of honors designation is based on the student's academic performance and recommendation by the faculty of the student's major discipline. To be eligible for the program, students must have a minimum overall grade point average of 3.0 at UTSA and a minimum grade point average of 3.5 in their major at UTSA. The minimum grade point averages must be maintained for students to receive the approval of the Department Honors Committee and the discipline faculty. Students applying for Department Honors are expected to enroll in the appropriate honors thesis course during their final two semesters. The completed thesis must be approved by the supervising faculty sponsor and another departmental faculty member. Students interested in this program should contact their professors for additional information.

- B.S. degree in Kinesiology (p. 1)
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Bachelor of Science Degree in Kinesiology

This program provides students with the opportunity to pursue a Bachelor of Science (B.S.) degree in Kinesiology. Students may apply for admission into one of the concentrations within the Kinesiology

major if they wish to specialize in athletic training, exercise physiology, kinesiology and health science, or physical education. Students may also pursue the major without a concentration. This also applies to students who are unable to complete one of the concentrations. All required Kinesiology (KIN) courses and support work must be completed with a grade of "C-" or better.

Academic advising for students seeking the Kinesiology degree is available in the Life and Health Sciences Advising Center. Students who wish to pursue teacher certification will be advised in the Interdisciplinary Education Advising Center.

The minimum number of semester credit hours for this degree, including the Core Curriculum requirements, is 120, of which at least 39 must be at the upper-division level. All candidates seeking this degree must fulfill the Core Curriculum requirements and the degree requirements, which are listed below.

Internship Policy

Experiential learning is a valuable element for kinesiology professionals. An internship enables the student to gain practical experience as a professional under conditions conducive to educational development. The internship is a time-limited, supervised period of kinesiology activities carried out in a kinesiology-oriented organization. An internship is *optional* for the students in the Kinesiology major with no concentration.

Internship Eligibility

Kinesiology majors with no concentration are eligible to apply for an internship if they:

- Have completed all degree requirements of the major and support work
- Have a minimum grade point average (GPA) of 2.5
- Are within 13 hours of graduation (including the 6 hours of the internship)

Students who do not meet the GPA requirement will not be allowed to complete the internship.

Mandatory meetings are held in the semester prior to the student enrolling in the internship. These meetings are held in June (for Fall), October (for Spring), and March (for Summer). Students are required to meet with their academic advisor prior to the meeting to verify that they are eligible for the internship. This must be done by October 1st, March 1st, or May 1st for the respective internship meeting. Students must bring a signed degree plan from their advisor to the mandatory internship meeting.

Students who miss the meeting may be ineligible for the internship in the following semester. Extenuating circumstances must be documented and will be considered on a case-by-case basis by the internship coordinator.

Students requesting an internship at a site that requires a criminal background check are responsible for having the background check completed and submitted to the internship site for approval. Students are responsible for paying any fees associated with the completion of the background check. Students must have the background check completed and accepted by the internship site when the work plan for the internship site when the work plan for the internship is submitted.

Core Curriculum Requirements (42 semester credit hours)

Students seeking the B.S. degree in Kinesiology must fulfill University Core Curriculum requirements in the same manner as other students. If courses are taken to satisfy both degree requirements and Core Curriculum requirements, then students may need to take additional courses in order to meet the minimum number of semester credit hours required for this degree.

Core Curriculum Component Area Requirements (<http://catalog.utsa.edu/undergraduate/bachelorsdegreeregulations/degreerequirements/corecurriculumcomponentarearequirements/>)

First Year Experience Requirement	3
Communication	6
Mathematics	3
Life and Physical Sciences	6
Language, Philosophy and Culture	3
Creative Arts	3
American History	6
Government-Political Science	6
Social and Behavioral Sciences	3
Component Area Option	3
Total Credit Hours	42

Gateway Course

Students pursuing the B.S. degree in Kinesiology must successfully complete the following Gateway Course with a grade of "C-" or better in no more than two attempts. A student who is unable to successfully complete this course within two attempts, including dropping the course with a grade of "W" or taking an equivalent course at another institution, will be required to change his or her major.

Code	Title	Credit Hours
KIN 2303	Foundations of Kinesiology	

Degree Requirements

Students in the Kinesiology major are required to successfully complete all required KIN courses, and select elective courses based on their post-graduate goals.

Code	Title	Credit Hours
A. Required KIN courses		
KIN 2123	Fitness and Wellness Concepts	3
KIN 2303	Foundations of Kinesiology	3
KIN 3103	Motor Development	3
KIN 3323	Biomechanics	3
KIN 3433	Exercise Physiology	3
KIN 4023	Exercise Psychology	3
KIN 4113	Evaluation	3
KIN 4123	Introduction to Sport Psychology	3
KIN 4403	Motor Learning	3
KIN 4423	Developmental/Adapted Physical Activity	3
B. Support courses		
BIO 1233	Contemporary Biology I (Life and Physical Sciences Core)	3

or BIO 1203	Biosciences I for Science Majors	
BIO 2043/HTH 3013/ KIN 4253	Nutrition	3
or NDT 2043	Introduction to Nutritional Sciences	
BIO 2053	Human Anatomy and Physiology I	3
BIO 2063	Human Anatomy and Physiology II	3
COM 1053	Business and Professional Speech	3
or COM 2113	Public Speaking	
KIN 3313	Anatomy and Physiology for Kinesiology	3
MAT 1023	College Algebra with Applications (Mathematics Core)	3
or MAT 1073	Algebra for Scientists and Engineers	
STA 1053	Basic Statistics	3
or STA 1403	Probability and Statistics for the Biosciences	

C. Electives

All candidates for this degree must complete up to 33 hours of free 24-33 electives to meet the 120 hour minimum for the degree, including a sufficient number of electives at the upper-division level to meet the UTSA minimum of 39 upper-division hours. Unless the student completes a minor, 24 hours must be taken from the list of designated electives listed below.

KIN 3013	Theory of Coaching	
KIN 3053	Fitness Instruction	
KIN 3073	Strength and Conditioning	
KIN 3223	Coaching Leadership	
KIN 3303	Care and Prevention of Athletic Injuries	
KIN 3321	Biomechanics Laboratory	
KIN 3413	Instruction of Sports Activities and Games	
KIN 3431	Exercise Physiology Laboratory	
KIN 3443 & KIN 3441	Health Related Fitness Assessment and Health Related Fitness Assessment Laboratory	
KIN 3453	Exercise Prescription	
KIN 3463	Musculoskeletal Anatomy	
KIN 4233	Advanced Exercise Physiology	
KIN 4253	Exercise Nutrition	
KIN 4343	Fundamental Motor Skills	
KIN 4401	Motor Learning Laboratory	
KIN 4413	Coaching Athletics	
KIN 4933	Practicum in Kinesiology Research	
KIN 4936	Internship in Kinesiology	
KIN 4943	Athletic Coaching Practicum	

Total Credit Hours **87**

B.S. in Kinesiology – Recommended Four-Year Academic Plan

First Year		Credit Hours
Fall		
AIS 1203	Academic Inquiry and Scholarship (core)	3
KIN 2303	Foundations of Kinesiology	3
WRC 1013	Freshman Composition I (core)	3
	Life & Physical Sciences (core)	3
	Mathematics (core)	3
Credit Hours		15

Spring		
BIO 1233 or BIO 1203	Contemporary Biology I (core and major) or Biosciences I for Science Majors	3
KIN 2123	Fitness and Wellness Concepts	3
WRC 1023	Freshman Composition II (core)	3
	Elective or University core course	3
	Elective or University core course	3
	Credit Hours	15

Second Year**Fall**

BIO 2053	Human Anatomy and Physiology I	3
STA 1053	Basic Statistics	3
	Elective or University core course	3
	Elective or University core course	3
	Elective or University core course	3
	Credit Hours	15

Spring

MAT 1073 or MAT 1023	Algebra for Scientists and Engineers (core) or College Algebra with Applications	3
	Nutrition course (BIO 2043, HTH 3013, KIN 4253, or NDT 2043)	3
BIO 2063	Human Anatomy and Physiology II	3
KIN 3313	Anatomy and Physiology for Kinesiology	3
	Elective or University core course	3
	Credit Hours	15

Third Year**Fall**

COM 1053 or COM 2113	Business and Professional Speech or Public Speaking	3
KIN 3103	Motor Development	3
KIN 4423	Developmental/Adapted Physical Activity	3
	Elective or University core course	3
	Elective or University core course	3
	Credit Hours	15

Spring

KIN 3323	Biomechanics	3
KIN 3433	Exercise Physiology	3
KIN 4123	Introduction to Sport Psychology	3
	Elective or University core course	3
	Elective or University core course	3
	Credit Hours	15

Fourth Year**Fall**

KIN 4023	Exercise Psychology	3
KIN 4113	Evaluation	3
KIN 4403	Motor Learning	3
	Elective or University core course	3

Elective or University core course	3
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Credit Hours	15
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Spring

Elective or University core course	3
Elective or University core course	3
Elective or University core course	3
Elective or University core course	3
Elective or University core course	3

Credit Hours	15
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Total Credit Hours	120
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Bachelor of Science Degree in Kinesiology (Athletic Training Concentration)

This program provides students with the opportunity to pursue a Bachelor of Science (B.S.) degree in Kinesiology with a concentration in Athletic Training. Students become eligible to apply for the Texas state licensure upon completion of this concentration. Students must be accepted into the Athletic Training Apprenticeship Program to pursue this concentration. The apprenticeship program involves 1800 hours of clinical internship over a minimum of five semesters. All kinesiology degree core and support work must be completed with a grade of "C-" or better.

Admission Policy

The goal of admission requirements for the Athletic Training concentration is to provide undergraduate students with a program of study with the highest possible standards. To achieve this goal, the admission policy is designed to identify those students most likely to succeed in athletic training. All applicants for admission to the Athletic Training concentration will be initially admitted to the Kinesiology program without a concentration. In order for a student to declare the Athletic Training concentration, a student must be admitted to the Athletic Training Apprenticeship Program, and meet the following academic criteria.

To declare an Athletic Training concentration, a Kinesiology major must have:

- Completed 30 semester credit hours with a cumulative grade point average of 2.50.
- Successfully completed the following or equivalent courses with a grade of "C-" or better:

Code	Title	Credit Hours
BIO 1233	Contemporary Biology I	3
KIN 2303	Foundations of Kinesiology	3
MAT 1073	Algebra for Scientists and Engineers	3
WRC 1013	Freshman Composition I	3

Applicants who have completed all of the above courses as equivalent transferable college credit with a grade of "C-" or better and have no UTSA coursework can declare an Athletic Training concentration if they:

- Meet all UTSA undergraduate admission requirements.
- Have completed 30 semester credit hours.
- Are admitted into the Athletic Training Apprenticeship Program.

The minimum number of semester credit hours for this degree, including the Core Curriculum requirements, is 120, of which at least 39 must be at the upper-division level. All candidates seeking this degree must fulfill the Core Curriculum requirements and the degree requirements, which are listed below.

Core Curriculum Requirements (42 semester credit hours)

Students seeking the B.S. degree in Kinesiology with a concentration in Athletic Training must fulfill University Core Curriculum requirements in the same manner as other students. The courses listed below satisfy both degree requirements and Core Curriculum requirements. If courses are taken to satisfy both degree requirements and Core Curriculum requirements, then students may need to take additional courses in order to meet the minimum number of semester credit hours required for this degree.

STA 1053 should be used to satisfy the core requirement in Mathematics. BIO 1233 should be used to satisfy one of the core requirements in Life and Physical Sciences. PSY 1013 or SOC 1013 is recommended to satisfy the core requirement in Social and Behavioral Sciences. COM 2113 is recommended to satisfy the core requirement in the Component Area Option.

For a complete listing of courses that satisfy the Core Curriculum requirements, see Core Curriculum Component Area Requirements above.

Gateway Course

Students pursuing the Bachelor of Science degree in Kinesiology must successfully complete the following Gateway Course with a grade of "C-" or better in no more than two attempts. A student who is unable to successfully complete this course within two attempts, including dropping a course with a grade of "W" or taking an equivalent course at another institution, will be required to change his or her major.

Code	Title	Credit Hours
KIN 2303	Foundations of Kinesiology	

Degree Requirements

Students in the Athletic Training concentration are required to successfully complete all required HTH and KIN courses, and select designated elective courses based on their post-graduate goals.

Code	Title	Credit Hours
A. Required HTH and KIN courses		
HTH 3003	Survey of Drugs and Health	3
KIN 2141	Medical Terminology	1
KIN 2211	First Aid and CPR	1
KIN 2303	Foundations of Kinesiology	3
KIN 3073	Strength and Conditioning	3
KIN 3303	Care and Prevention of Athletic Injuries	3
KIN 3323	Biomechanics	3
KIN 3433	Exercise Physiology	3
KIN 3453	Exercise Prescription	3
KIN 3463	Musculoskeletal Anatomy	3
KIN 4043	Therapeutic Modalities	3
KIN 4123	Introduction to Sport Psychology	3

KIN 4143	Evaluation of Athletic Injuries	3
KIN 4243	Musculoskeletal Rehabilitation	3
KIN 4253	Exercise Nutrition	3
KIN 4403	Motor Learning	3
KIN 4931	Clinical Applications of Athletic Injuries (repeated for 6 semester credit hours)	6

B. Support courses

BIO 1233	Contemporary Biology I (Life and Physical Sciences Core)	3
BIO 2053 & BIO 2051	Human Anatomy and Physiology I and Human Anatomy and Physiology Laboratory I	4
BIO 2063 & BIO 2061	Human Anatomy and Physiology II and Human Anatomy and Physiology Laboratory II	4
CHE 1103	General Chemistry I	3
COM 2113	Public Speaking (Component Area Option Core)	3
or COM 1053	Business and Professional Speech	
MAT 1073	Algebra for Scientists and Engineers (Mathematics Core)	3
PHY 1603	Algebra-based Physics I	3
PSY 1013	Introduction to Psychology (Social and Behavioral Sciences Core)	3
or SOC 1013	Introduction to Sociology	
STA 1053	Basic Statistics (Mathematics Core)	3

C. Designated electives

Select 11 semester credit hours from the following courses:		11
BIO 1033	Drugs and Society	
CHE 1113	General Chemistry II	
CHE 1121	General Chemistry I Laboratory	
CHE 1131	General Chemistry II Laboratory	
HTH 3013	Survey of Human Nutrition	
or BIO 2043	Nutrition	
or NDT 2043	Introduction to Nutritional Sciences	
HTH 4503	Epidemiology	
KIN 2123	Fitness and Wellness Concepts	
KIN 3013	Theory of Coaching	
KIN 3103	Motor Development	
KIN 3223	Coaching Leadership	
KIN 3313	Anatomy and Physiology for Kinesiology	
KIN 4023	Exercise Psychology	
KIN 4113	Evaluation	
KIN 4413	Coaching Athletics	
KIN 4943	Athletic Coaching Practicum	
PHY 1611	Algebra-based Physics I Laboratory	
PHY 1623	Algebra-based Physics II	
PHY 1631	Algebra-based Physics II Laboratory	
PSY 2503	Developmental Psychology	

Total Credit Hours **90**

B.S. in Kinesiology, Athletic Training Concentration – Recommended Four-Year Academic Plan**First Year**

Fall		Credit Hours
AIS 1203	Academic Inquiry and Scholarship (core)	3
BIO 1233	Contemporary Biology I (core and major)	3
KIN 2303	Foundations of Kinesiology	3
MAT 1073	Algebra for Scientists and Engineers (core)	3
WRC 1013	Freshman Composition I (core)	3
Credit Hours		15

Spring

COM 2113 or COM 1053	Public Speaking (core) or Business and Professional Speech	3
KIN 2141	Medical Terminology	1
PSY 1013 or SOC 1013	Introduction to Psychology (core) or Introduction to Sociology	3
STA 1053	Basic Statistics (core and major)	3
WRC 1023	Freshman Composition II (core)	3
Life & Physical Sciences (core)		3
Credit Hours		16

Second Year

Fall		
BIO 2053	Human Anatomy and Physiology I	3
BIO 2051	Human Anatomy and Physiology Laboratory I	1
CHE 1103	General Chemistry I	3
KIN 2211	First Aid and CPR	1
KIN 4931	Clinical Applications of Athletic Injuries	1
Designated elective or University core course		3
Designated elective or University core course		3
Credit Hours		15

Spring

BIO 2063	Human Anatomy and Physiology II	3
BIO 2061	Human Anatomy and Physiology Laboratory II	1
KIN 3303	Care and Prevention of Athletic Injuries	3
KIN 4931	Clinical Applications of Athletic Injuries	1
PHY 1603	Algebra-based Physics I	3
Designated elective or University core course		3
Credit Hours		14

Third Year

Fall		
KIN 3073	Strength and Conditioning	3
KIN 3433	Exercise Physiology	3
KIN 3463	Musculoskeletal Anatomy	3
KIN 4143	Evaluation of Athletic Injuries	3

KIN 4931	Clinical Applications of Athletic Injuries	1
Designated elective or University core course		3

Credit Hours **16****Spring**

KIN 3323	Biomechanics	3
KIN 3453	Exercise Prescription	3
KIN 4043	Therapeutic Modalities	3
KIN 4243	Musculoskeletal Rehabilitation	3
KIN 4931	Clinical Applications of Athletic Injuries	1
Designated elective or University core course		3

Credit Hours **16****Fourth Year****Fall**

KIN 4123	Introduction to Sport Psychology	3
HTH 3003	Survey of Drugs and Health	3
KIN 4253	Exercise Nutrition	3
KIN 4931	Clinical Applications of Athletic Injuries	1
Designated elective or University core course		3
Designated elective or University core course		2

Credit Hours **15****Spring**

KIN 4403	Motor Learning	3
KIN 4931	Clinical Applications of Athletic Injuries	1
Designated elective or University core course		3
Designated elective or University core course		3
Designated elective or University core course		3

Credit Hours **13****Total Credit Hours** **120****Bachelor of Science Degree in Kinesiology (Exercise Physiology Concentration)**

This program provides students with the opportunity to pursue a Bachelor of Science (B.S.) degree in Kinesiology with a concentration in Exercise Physiology. Students are trained for careers in exercise science. All kinesiology degree core and support work must be completed with a grade of "C-" or better.

Admission Policy

The goal of admission requirements for the Exercise Physiology concentration is to provide undergraduate students with a program of study with the highest possible standards. To achieve this goal, the admission policy is designed to identify those students most likely to succeed in kinesiology education. Academic performance for declaration of the Exercise Physiology concentration will be evaluated after the following criteria has been met:

- Completed 30 semester credit hours with a cumulative grade point average of 2.5.
- Successfully completed the following or equivalent courses with a grade of "C-" or better.

Code	Title	Credit Hours
BIO 1233 or BIO 1203	Contemporary Biology I Biosciences I for Science Majors	3
KIN 2303	Foundations of Kinesiology	3
MAT 1023 or MAT 1073	College Algebra with Applications Algebra for Scientists and Engineers	3
WRC 1013	Freshman Composition I	3

Applicants who have completed all of the above courses as equivalent transferable college credit with a grade of "C-" or better and have no UTSA coursework can declare an Exercise Physiology concentration if they:

- Meet all UTSA undergraduate admission requirements.
- Have completed 30 semester credit hours.

The minimum number of semester credit hours for this degree, including the Core Curriculum requirements, is 120, of which at least 39 must be at the upper-division level. All candidates seeking this degree must fulfill the Core Curriculum requirements and the degree requirements, which are listed below.

Internship Eligibility

Kinesiology majors with Exercise Physiology concentration are eligible to apply for an internship if they:

- Have completed all degree requirements of the major and support work.
- Have a minimum grade point average (GPA) of 2.5.
- Are within 13 hours of graduation (including the 6 hours of the internship).

Students who do not meet the GPA requirement will not be allowed to complete the internship. The program coordinator will assign students who do not meet the GPA requirement two upper-level courses (3 credit hours each) to take in place of the internship course.

Mandatory meetings are held in the semester prior to the student enrolling in the internship. These meetings are held in June (for Fall), October (for Spring), and March (for Summer). Students are required to meet with their academic advisor prior to the meeting to verify that they are eligible for the internship. This must be done by October 1st, March 1st, or May 1st for the respective internship meeting. Students must bring a signed degree plan from their advisor to the mandatory internship meeting.

Students who miss the meeting may be ineligible for the internship in the following semester. Extenuating circumstances must be documented and will be considered on a case-by-case basis by the internship coordinator.

Students requesting an internship at a site that requires a criminal background check are responsible for having the background check completed and submitted to the internship site for approval. Students are responsible for paying any fees associated with the completion of the background check. Students must have the background check completed and accepted by the internship site when the work plan for the internship is submitted.

Appeal Process

Students who wish to appeal the internship requirement due to prior work experience may do so by completing and submitting the appeal form, available from the academic advisor, with written documentation to a

three-member review committee. Prior work experience is defined as an experience that is at least equivalent to what students will earn in a 300-hour internship. Both the length and quality of the experience will be evaluated. Written documentation submitted with the form includes: 1) a letter from the student detailing his or her work experience, how it fits his or her degree plan, and his or her career goals; 2) the student's resume; and 3) a letter from his or her work supervisor verifying employment and stating the extent of their job responsibilities and the relationship to the degree. The appeal packet must be received by the department internship coordinator no later than October 7th, March 7th, or May 7th, for the Spring, Summer, or Fall semesters, respectively. The committee will meet prior to the internship meeting to discuss the appeals and make a recommendation to the Department Chair. Students who are denied appeals must attend the internship meeting and complete the internship.

Core Curriculum Requirements (42 semester credit hours)

Students seeking the B.S. degree in Kinesiology with a concentration in Exercise Physiology must fulfill University Core Curriculum requirements in the same manner as other students. The courses listed below satisfy both degree requirements and Core Curriculum requirements. If courses are taken to satisfy both degree requirements and Core Curriculum requirements, then students may need to take additional courses in order to meet the minimum number of semester credit hours required for this degree.

MAT 1023 should be used to satisfy the core requirement in Mathematics. BIO 1233 or BIO 1203 should be used to satisfy one of the Life and Physical Sciences core requirements. COM 2113 should be used to satisfy the Component Area Option requirement.

For a complete listing of courses that satisfy the Core Curriculum requirements, see Core Curriculum Component Area Requirements above.

Gateway Course

Students pursuing the B.S. degree in Kinesiology must successfully complete the following Gateway Course with a grade of "C-" or better in no more than two attempts. A student who is unable to successfully complete this course within two attempts, including dropping a course with a grade of "W" or taking an equivalent course at another institution, will be required to change his or her major.

Code	Title	Credit Hours
KIN 2303	Foundations of Kinesiology	

Degree Requirements

Code	Title	Credit Hours
A. Required KIN courses		
KIN 2211	First Aid and CPR	1
KIN 2303	Foundations of Kinesiology	3
KIN 2441	Management in Kinesiology	1
KIN 3053	Fitness Instruction	3
KIN 3073	Strength and Conditioning	3
KIN 3321	Biomechanics Laboratory	1
KIN 3323	Biomechanics	3
KIN 3431	Exercise Physiology Laboratory	1
KIN 3433	Exercise Physiology	3

KIN 3441	Health Related Fitness Assessment Laboratory	1
KIN 3443	Health Related Fitness Assessment	3
KIN 3453	Exercise Prescription	3
KIN 4023	Exercise Psychology	3
KIN 4233	Advanced Exercise Physiology	3
KIN 4253	Exercise Nutrition	3
KIN 4933	Practicum in Kinesiology Research (repeated twice)	6
or KIN 4936	Internship in Kinesiology	

B. Support courses

BIO 1233	Contemporary Biology I (Life and Physical Sciences Core)	3
or BIO 1203	Biosciences I for Science Majors	
BIO 2053 & BIO 2051	Human Anatomy and Physiology I and Human Anatomy and Physiology Laboratory I	4
BIO 2063 & BIO 2061	Human Anatomy and Physiology II and Human Anatomy and Physiology Laboratory II	4
COM 2113	Public Speaking (Component Area Option Core)	3
MAT 1023	College Algebra with Applications	3
STA 1053	Basic Statistics (Mathematics Core)	3

C. Minor Required 18-21

Student must choose from one of the four minors: Biology, Business, Community Health, or Wellness.

D. Electives 7-10

All candidates for this degree must complete enough hours of electives to meet the 120 hour minimum for the degree, including a sufficient number of electives at the upper-division level to meet the UTSA minimum of 39 upper-division hours.

Total Credit Hours 89

B.S. in Kinesiology, Exercise Physiology Concentration – Recommended Four-Year Academic Plan

First Year

		Credit Hours
Fall		
AIS 1203	Academic Inquiry and Scholarship (core)	3
BIO 1233 or BIO 1203	Contemporary Biology I (core and major) or Biosciences I for Science Majors	3
KIN 2303	Foundations of Kinesiology	3
MAT 1023	College Algebra with Applications (core)	3
WRC 1013	Freshman Composition I (core)	3
Credit Hours		15

Spring

BIO 2053	Human Anatomy and Physiology I	3
BIO 2051	Human Anatomy and Physiology Laboratory I	1
STA 1053	Basic Statistics (core and major)	3
WRC 1023	Freshman Composition II (core)	3

Life & Physical Sciences (core)	3
Elective or University core course	3
Credit Hours	16

Second Year

Fall

BIO 2063	Human Anatomy and Physiology II	3
BIO 2061	Human Anatomy and Physiology Laboratory II	1
KIN 2211	First Aid and CPR	1
Elective, minor, or university core course	3	
Elective, minor, or university core course	3	
Elective, minor, or university core course	3	
Credit Hours	14	

Spring

COM 2113	Public Speaking (core)	3
KIN 2441	Management in Kinesiology	1
KIN 3053	Fitness Instruction	3
Elective, minor, or university core course	3	
Elective, minor, or university core course	3	
Elective, minor, or university core course	3	
Credit Hours	16	

Third Year

Fall

KIN 3073	Strength and Conditioning	3
KIN 3323	Biomechanics	3
KIN 3321	Biomechanics Laboratory	1
KIN 3433	Exercise Physiology	3
KIN 3431	Exercise Physiology Laboratory	1
Elective, minor, or university core course	3	
Credit Hours	14	

Spring

KIN 3443	Health Related Fitness Assessment	3
KIN 3441	Health Related Fitness Assessment Laboratory	1
KIN 3453	Exercise Prescription	3
KIN 4023	Exercise Psychology	3
Elective, minor, or university core course	3	
Elective, minor, or university core course	3	
Credit Hours	16	

Summer

Elective course	2
Credit Hours	2

Fourth Year

Fall

KIN 4233	Advanced Exercise Physiology	3
KIN 4253	Exercise Nutrition	3
Elective, minor, or university core course	3	
Elective, minor, or university core course	3	
Elective, minor, or university core course	3	
Credit Hours	15	

Spring

KIN 4936	Internship in Kinesiology	6
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Elective, minor, or university core course	3
Elective, minor, or university core course	3
Credit Hours	12
Total Credit Hours	120

Bachelor of Science Degree in Kinesiology (Kinesiology and Health Science Concentration)

This program provides students with the opportunity to pursue a Bachelor of Science (B.S.) degree in Kinesiology with a concentration in Kinesiology and Health Science. All kinesiology degree core and support work must be completed with a grade of "C-" or better. This concentration is suited for students who are taking prerequisite courses for medical schools or graduate programs in health professions (e.g., Physical Therapy, Occupational Therapy, and Physician Assistant). Students who are interested in applying to these programs are encouraged to meet with their academic advisor and consult with the UTSA Health Professions Office.

Accelerated advanced degree programs

Through UTSA's partnership with UT Health San Antonio, Kinesiology major students in the Kinesiology and Health Science Concentration are eligible to apply to the 3+2 M.S. in Respiratory Therapy Program and 3+3 Physical Therapy Early Acceptance Program (PREAP). The 3+2 M.S. in Respiratory Therapy Program allows students to complete B.S. in Kinesiology from UTSA and M.S. in Respiratory Therapy from UT Health San Antonio in 5 years. The 3+3 Physical Therapy Early Acceptance Program allows students to complete B.S. in Kinesiology from UTSA and Doctorate in Physical Therapy from UT Health San Antonio in 6 years. Students interested in applying to these programs are encouraged to meet with their academic advisor and consult with the UTSA Health Professions Office.

Admission Policy

The goal of admission requirements for the Kinesiology and Health Science concentration is to provide undergraduate students with a program of study with the highest possible standards. All applicants for admission to the Kinesiology and Health Science concentration will be initially admitted to the Kinesiology program without a concentration. In order for a student to declare the Kinesiology and Health Science concentration must meet the following academic criteria.

To declare an Kinesiology and Health Science concentration, a Kinesiology major must have:

- Completed 30 semester credit hours with a cumulative grade point average (GPA) of 2.75.
- Successfully completed the following or equivalent courses with a grade of "C-" or better.

Code	Title	Credit Hours
BIO 1203 & BIO 1201	Biosciences I for Science Majors and Biosciences I Laboratory for Science Majors	4
KIN 2303	Foundations of Kinesiology	3
MAT 1073	Algebra for Scientists and Engineers	3
WRC 1013	Freshman Composition I	3

Applicants who have completed all of the above courses as equivalent transferable college credit with a grade of "C-" or better and have no UTSA coursework can declare a Kinesiology and Health Science concentration if they:

- Meet all UTSA undergraduate admission requirements.
- Have completed 30 semester credit hours.
- Have a cumulative GPA of 2.75.

The minimum number of semester credit hours for this degree, including the Core Curriculum requirements, is 120, of which at least 39 must be at the upper-division level. All candidates seeking this degree must fulfill the Core Curriculum requirements and the degree requirements, which are listed below.

Internship Policy

Experiential learning is a valuable element for kinesiology professionals. An internship enables the student to gain practical experience as a professional under conditions conducive to educational development. The internship is a time-limited, supervised period of kinesiology activities carried out in a kinesiology-oriented organization. An internship is *optional* for the students in the Kinesiology major with a concentration in Kinesiology and Health Science.

Internship Eligibility

Kinesiology majors with a concentration in Kinesiology and Health Science are eligible to apply for an internship if they:

- Have completed all degree requirements of the major and support work.
- Have a minimum grade point average (GPA) of 2.75.
- Are within 13 hours of graduation (including the 6 hours of the internship).

Students who do not meet the GPA requirement will not be allowed to complete the internship.

Mandatory meetings are held in the semester prior to the student enrolling in the internship. These meetings are held in June (for Fall), October (for Spring), and March (for Summer). Students are required to meet with their academic advisor prior to the meeting to verify that they are eligible for the internship. This must be done by October 1st, March 1st, or May 1st for the respective internship meeting. Students must bring a signed degree plan from their advisor to the mandatory internship meeting.

Students who miss the meeting may be ineligible for the internship in the following semester. Extenuating circumstances must be documented and will be considered on a case-by-case basis by the internship coordinator.

Students requesting an internship at a site that requires a criminal background check are responsible for having the background check completed and submitted to the internship site for approval. Students are responsible for paying any fees associated with the completion of the background check. Students must have the background check completed and accepted by the internship site when the work plan for the internship site when the work plan for the internship is submitted.

Core Curriculum Requirements (42 semester credit hours)

Students seeking the B.S. degree in Kinesiology with a concentration in Kinesiology and Health Science must fulfill University Core Curriculum

requirements in the same manner as other students. The courses listed below satisfy both degree requirements and Core Curriculum requirements. If courses are taken to satisfy both degree requirements and Core Curriculum requirements, then students may need to take additional courses in order to meet the minimum number of semester credit hours required for this degree.

STA 1053 should be used to satisfy the core requirement in Mathematics. BIO 1203 and BIO 1223 should be used to satisfy the core requirement in Life and Physical Sciences. PSY 1013 or SOC 1013 is recommended to satisfy the core requirement in Social and Behavioral Sciences. COM 2113 is recommended to satisfy the core requirement in the Component Area Option.

For a complete listing of courses that satisfy the Core Curriculum requirements, see Core Curriculum Component Area Requirements above.

Gateway Course

Students pursuing the B.S. degree in Kinesiology must successfully complete the following Gateway Course with a grade of "C-" or better in no more than two attempts. A student who is unable to successfully complete this course within two attempts, including dropping the course with a grade of "W" or taking an equivalent course at another institution, will be required to change his or her major.

Code	Title	Credit Hours
KIN 2303	Foundations of Kinesiology	

Degree Requirements

Students in the Kinesiology and Health Science concentration are required to successfully complete all required KIN courses, and select designated elective courses based on their post-graduate goals. Students interested in applying to Physical Therapy, Occupational Therapy, and Physician's Assistant programs are encouraged to meet with the academic advisor and consult with the UTSA Health Professions Office.

Code	Title	Credit Hours
A. Required KIN courses		
KIN 2141	Medical Terminology	1
KIN 2303	Foundations of Kinesiology	3
KIN 3073	Strength and Conditioning	3
KIN 3303	Care and Prevention of Athletic Injuries	3
KIN 3323	Biomechanics	3
KIN 3433	Exercise Physiology	3
KIN 3453	Exercise Prescription	3
KIN 3463	Musculoskeletal Anatomy	3
KIN 4043	Therapeutic Modalities	3
KIN 4143	Evaluation of Athletic Injuries	3
KIN 4243	Musculoskeletal Rehabilitation	3
KIN 4253	Exercise Nutrition	3
KIN 4403	Motor Learning	3
B. Support courses		
BIO 1203 & BIO 1201	Biosciences I for Science Majors and Biosciences I Laboratory for Science Majors (Life and Physical Sciences Core)	4

BIO 1223 & BIO 1221	Biosciences II for Science Majors and Biosciences II Laboratory for Science Majors (Life and Physical Sciences Core)	4
BIO 2053 & BIO 2051	Human Anatomy and Physiology I and Human Anatomy and Physiology Laboratory I	4
BIO 2063 & BIO 2061	Human Anatomy and Physiology II and Human Anatomy and Physiology Laboratory II	4
CHE 1103 & CHE 1121	General Chemistry I and General Chemistry I Laboratory	4
CHE 1113 & CHE 1131	General Chemistry II and General Chemistry II Laboratory	4
COM 1053 or COM 2113	Business and Professional Speech (Component Area Option Core) Public Speaking	3
MAT 1073	Algebra for Scientists and Engineers (Mathematics Core)	3
PHY 1603 & PHY 1611	Algebra-based Physics I and Algebra-based Physics I Laboratory	4
PHY 1623 & PHY 1631	Algebra-based Physics II and Algebra-based Physics II Laboratory	4
PSY 1013	Introduction to Psychology (Social and Behavioral Sciences Core)	3
SOC 1013	Introduction to Sociology (Social and Behavioral Sciences Core)	3
STA 1053	Basic Statistics (Mathematics Core)	3

C. Electives

All candidates for this degree must complete enough hours of electives to meet the 120 hour minimum for the degree, including a sufficient number of electives at the upper-division level to meet the UTSA minimum of 39 upper-division hours.	3
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Total Credit Hours **87**

B.S. in Kinesiology, Kinesiology and Health Science Concentration – Recommended Four-Year Academic Plan

First Year

		Credit Hours
Fall		
AIS 1203	Academic Inquiry and Scholarship (core)	3
KIN 2303	Foundations of Kinesiology	3
MAT 1073	Algebra for Scientists and Engineers (core)	3
PSY 1013	Introduction to Psychology (core)	3
WRC 1013	Freshman Composition I (core)	3
Credit Hours		15

Spring

BIO 1203 & BIO 1201	Biosciences I for Science Majors and Biosciences I Laboratory for Science Majors (core and major)	4
CHE 1103	General Chemistry I	3
CHE 1121	General Chemistry I Laboratory	1
SOC 1013	Introduction to Sociology (core and major)	3
WRC 1023	Freshman Composition II (core)	3

Elective or University core course		2
Credit Hours		16
Second Year		
Fall		
BIO 1223 & BIO 1221	Biosciences II for Science Majors and Biosciences II Laboratory for Science Majors (core and major)	4
CHE 1113	General Chemistry II	3
CHE 1131	General Chemistry II Laboratory	1
KIN 2141	Medical Terminology	1
PHY 1603	Algebra-based Physics I	3
PHY 1611	Algebra-based Physics I Laboratory	1
Elective or University core course		3
Credit Hours		16
Spring		
BIO 2053	Human Anatomy and Physiology I	3
BIO 2051	Human Anatomy and Physiology Laboratory I	1
PHY 1623	Algebra-based Physics II	3
PHY 1631	Algebra-based Physics II Laboratory	1
STA 1053	Basic Statistics (core and major)	3
Elective or university core course		3
Credit Hours		14
Third Year		
Fall		
BIO 2063	Human Anatomy and Physiology II	3
BIO 2061	Human Anatomy and Physiology Laboratory II	1
KIN 3303	Care and Prevention of Athletic Injuries	3
KIN 3073	Strength and Conditioning	3
KIN 3433	Exercise Physiology	3
Elective or university core course		3
Credit Hours		16
Spring		
KIN 3323	Biomechanics	3
KIN 3463	Musculoskeletal Anatomy	3
KIN 4143	Evaluation of Athletic Injuries	3
KIN 4253	Exercise Nutrition	3
Elective or University core course		3
Credit Hours		15
Summer		
Elective or University core course		3
Credit Hours		3
Fourth Year		
Fall		
COM 1053 or COM 2113	Business and Professional Speech or Public Speaking	3
KIN 3453	Exercise Prescription	3
KIN 4043	Therapeutic Modalities	3
KIN 4243	Musculoskeletal Rehabilitation	3
Elective or University core course		3
Credit Hours		15

Spring		
KIN 4403	Motor Learning	3
KIN 4936	Internship in Kinesiology (or two Electives or University core courses)	6
Elective or University core course		1
Credit Hours		10
Total Credit Hours		120

Bachelor of Science Degree in Kinesiology (Physical Education Concentration)

This program provides students with the opportunity to pursue a Bachelor of Science (B.S.) degree in Kinesiology with a concentration in Physical Education. The physical education concentration provides students the academic and professional experience as required by the State Board for Educator Certification. To be certified as a teacher by the State of Texas, a student must complete his or her coursework, have practical teaching experience (student teaching), and pass the Texas Examinations of Educator Standards (TEXES). The graduate of this program will then be certified to teach physical education in grades pre-kindergarten - 12. Prior to starting the practical teaching experience, a student must be accepted into the Teacher Certification Program. The requirements for acceptance into the Teacher Certification Program include a 2.75 cumulative grade point average. Please refer to the section on Teacher Certification Program in the catalog for more information. All kinesiology degree core and support work must be completed with a grade of "C-" or better.

Academic advising for students seeking the Kinesiology degree is available in the Interdisciplinary Education Advising Center.

The minimum number of semester credit hours for this degree, including the Core Curriculum requirements, is 120, of which at least 39 must be at the upper-division level. All candidates seeking this degree must fulfill the Core Curriculum requirements and the degree requirements, which are listed below.

Core Curriculum Requirements (42 semester credit hours)

Students seeking the B.S. degree in Kinesiology with a concentration in Physical Education must fulfill University Core Curriculum requirements in the same manner as other students. The courses listed below satisfy both degree requirements and Core Curriculum requirements. If courses are taken to satisfy both degree requirements and Core Curriculum requirements, then students may need to take additional courses in order to meet the minimum number of semester credit hours required for this degree.

STA 1053 or MAT 1023 should be used to satisfy the core requirement in Mathematics. BIO 1233 should be used to satisfy one of the core requirements in Life and Physical Sciences. SOC 1013 is recommended to satisfy the core requirement in Social and Behavioral Sciences.

For a complete listing of courses that satisfy the Core Curriculum requirements, see Core Curriculum Component Area Requirements above.

Gateway Courses

Students pursuing the B.S. degree in Kinesiology must successfully complete each of the following Gateway Courses with a grade of "C-" or better in no more than two attempts. A student who is unable to

successfully complete these courses within two attempts, including dropping a course with a grade of “W” or taking an equivalent course at another institution, will be required to change his or her major.

Code	Title	Credit Hours
KIN 2303	Foundations of Kinesiology	
KIN 3313	Anatomy and Physiology for Kinesiology	

Degree Requirements

Code	Title	Credit Hours
A. Required KIN courses		27
KIN 2303	Foundations of Kinesiology	
KIN 3103	Motor Development	
KIN 3313	Anatomy and Physiology for Kinesiology	
KIN 3323	Biomechanics	
KIN 3413	Instruction of Sports Activities and Games	
KIN 3433	Exercise Physiology	
KIN 4113	Evaluation	
KIN 4343	Fundamental Motor Skills	
KIN 4423	Developmental/Adapted Physical Activity	
B. Support courses		6
BIO 1233	Contemporary Biology I (Life and Physical Sciences core)	
STA 1053 or MAT 1023	Basic Statistics (Mathematics core) College Algebra with Applications	
C. Second Teaching Field or Coaching Certificate		18
D. Teaching Certificate courses		33
EED 2013	Introduction to Teaching and Learning in a Culturally Diverse Society	
EDU 2103	Social Foundations for Education in a Diverse U.S. Society	
EDP 3203	Learning and Development in the Secondary School Adolescent	
BBL 3403	Cultural and Linguistic Equity for Schooling	
SPE 3603	Introduction to Special Education	
LTED 3773	Reading and Writing Across the Disciplines-Grades 7–12 ¹	
ESL 3073	Second Language Teaching and Learning for Grades 4-8	
CI 4273	Methods of Teaching Content in the Elementary School- Physical Education ¹	
CI 4313	Methods of Teaching Content in the Secondary School- Physical Education ¹	
CI 4713	Clinical Teaching: All Level EC-12 (Repeat for 6 semester credit hours) ¹	
Total Credit Hours		84

¹ These courses require an advisor code and are restricted to students who have applied and been accepted into the Teacher Certification Program.

All the courses listed for the Physical Education Concentration (84 hours) are required for teacher certification in physical education. Only the courses marked with an asterisk are restricted and require an advisor

code and acceptance into the Teacher Certification Program. Advisor codes for these classes will be issued only if all prerequisites have been completed.

B.S. in Kinesiology, Physical Education Concentration – Recommended Four-Year Academic Plan

First Year		Credit Hours
Fall		
AIS 1203	Academic Inquiry and Scholarship (core)	3
HIS 1043	United States History: Pre-Columbus to Civil War Era (core)	3
KIN 2303	Foundations of Kinesiology	3
POL 1013	Introduction to American Politics (core)	3
WRC 1013	Freshman Composition I (core)	3
Credit Hours		15
Spring		
BIO 1233	Contemporary Biology I (core and major)	3
HIS 1053 or HIS 2053	United States History: Civil War Era to Present (core) or Texas History	3
EED 2013	Introduction to Teaching and Learning in a Culturally Diverse Society	3
POL 1133 or POL 1213	Texas Politics and Society (core) or Civil Rights in Texas and America	3
WRC 1023	Freshman Composition II (core)	3
Credit Hours		15
Summer		
University core course		3
Credit Hours		3
Second Year		
Fall		
KIN 3103	Motor Development	3
KIN 3313	Anatomy and Physiology for Kinesiology	3
EDU 2103	Social Foundations for Education in a Diverse U.S. Society	3
SOC 1013	Introduction to Sociology (core)	3
STA 1053 or MAT 1023	Basic Statistics (core and major) or College Algebra with Applications	3
Credit Hours		15
Spring		
EDP 3203	Learning and Development in the Secondary School Adolescent	3
KIN 3323	Biomechanics	3
KIN 3413	Instruction of Sports Activities and Games	3
KIN 4113	Evaluation	3
Second Teaching Field		3
Credit Hours		15

Summer		
University core course		3
	Credit Hours	3
Third Year		
Fall		
BBL 3403	Cultural and Linguistic Equity for Schooling	3
CI 4313	Methods of Teaching Content in the Secondary School- Physical Education	3
KIN 4343	Fundamental Motor Skills	3
SPE 3603	Introduction to Special Education	3
Second Teaching Field		3
	Credit Hours	15
Spring		
CI 4273	Methods of Teaching Content in the Elementary School- Physical Education	3
ESL 3073	Second Language Teaching and Learning for Grades 4-8	3
KIN 4423	Developmental/Adapted Physical Activity	3
LTED 3773	Reading and Writing Across the Disciplines-Grades 7-12	3
Second Teaching Field		3
	Credit Hours	15
Summer		
University core course		3
KIN 3433	Exercise Physiology	3
	Credit Hours	6
Fourth Year		
Fall		
Second Teaching Field		3
Second Teaching Field		3
CI 4713	Clinical Teaching: All Level EC-12	3
	Credit Hours	9
Spring		
CI 4713	Clinical Teaching: All Level EC-12	3
Secondary Teaching Field		3
University core course		3
	Credit Hours	9
	Total Credit Hours	120

KIN 4943	Athletic Coaching Practicum	3
	Total Credit Hours	15

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. Generally offered: Fall, Spring, Summer. Course Fees: LRHC \$10; PAG1 \$20; STHC \$6.

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. Generally offered: Fall, Summer. Course Fees: LRHC \$10; STHC \$18.

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. Generally offered Fall, Spring. Course Fees: LRHC \$10; PAG1 \$20; STHC \$6.

KIN 2111. Lifetime Fitness Activity Instruction. (1-2) 1 Credit Hour.

Practice in delivering instructions in lifetime fitness activities for adults. These activities include cycling, hiking, jogging, golf, badminton and tennis. Course Fees: LRHC \$10; PAG1 \$20; STHC \$6.

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. Generally offered Fall, Spring. Course Fees: DL01 \$75; LRHC \$10; PAG1 \$20; STHC \$18.

KIN 2141. Medical Terminology. (1-1) 1 Credit Hour.

Prerequisites: KIN 2303 and admission to the Athletic Training concentration or Kinesiology and Health Science concentration. 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. Course Fees: DL01 \$25; LRHC \$10; STHC \$6.

KIN 2211. First Aid and CPR. (1-2) 1 Credit Hour.

A study of basic first aid procedures, cardiopulmonary resuscitation (CPR), automated external defibrillation (AED), and blood borne pathogens. Upon successful completion of this course students will be able to sit for national certification in first aid and CPR. (Formerly KIN 3213. Credit cannot be earned for both KIN 2211 and KIN 3213.) Course Fees: KSM1 \$10; LRHC \$10; STHC \$6; DL01 \$25.

Certificate in Athletic Coaching

All students pursuing a Certificate in Athletic Coaching must complete the following 15 semester credit hours:

Code	Title	Credit Hours
KIN 3013	Theory of Coaching	3
KIN 3223	Coaching Leadership	3
KIN 4123	Introduction to Sport Psychology	3
KIN 4413	Coaching Athletics	3

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.") Generally offered: Fall, Spring, Summer. Course Fees: LRHC \$10; STHC \$18; DL01 \$75.

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.") Generally offered: Fall, Spring. Course Fees: LRHC \$10; PARC \$40; STHC \$6.

KIN 2441. Management in Kinesiology. (1-0) 1 Credit Hour.

Prerequisite: KIN 2303. Introduction to concepts and skills that will prepare the student to become an effective leader of physical fitness. (Formerly KIN 2423. Credit cannot be earned for both KIN 2423 and KIN 2441.) Course Fees: DL01 \$25; LRHC \$10; STHC \$6.

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. Generally offered Fall, Spring. Course Fees: LRHC \$10; PAG1 \$20; STHC \$6.

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. Generally offered: Fall. Course Fees: LRHC \$10; PAG1 \$20; STHC \$6.

KIN 3013. Theory of Coaching. (3-0) 3 Credit Hours.

This course will discuss the principles and philosophies of coaching sports in a modern environment. Domains will remain consistent with that of the National Standards for Sport Coaches. Areas of focus: The study of professional and development of personal coaching philosophies, understanding and implementing mission-vision-values, mindset, awareness, and effective feedback. Student coaches will also gain certification through the NFHS coaching diploma. This course qualifies as part of the Athletic Coaching Certificate. Generally offered: Fall and Spring. Course Fees: LRHC \$10; STHC \$18.

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. Generally offered: Spring. Course Fees: LRHC \$10; PAG1 \$20; STHC \$6.

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. Generally offered: Fall, Spring. Course Fees: LRHC \$10; PAG1 \$20; STHC \$6.

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.") Generally offered: Fall, Spring, Summer. Course Fees: LRHC \$10; PAG1 \$20; STHC \$6.

KIN 3053. Fitness Instruction. (2-2) 3 Credit Hours.

The course will discuss how to design, choreograph and lead a group fitness class, training on modalities (including: walking/jogging, hiking, strength and resistance, HIIT and interval, boot camp, yoga, cycle and more), essentials of exercise and physiology, foundations of nutrition and healthy eating, how to adapt for special populations like pregnant and senior participants, and business skills and professional responsibilities. The course will follow the curriculum for the Athletics and Fitness Association of America (AFFA) Group Fitness Instructor Certification. Students will become eligible to take the certification exam upon passing the course. This course satisfies the requirement for KIN3051 and KIN2111. Course fees: LRHC \$10; KSM1 \$10; PAG1 \$20; STHC \$18.

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 "Rhythmical Activities and Dance.") Generally offered: Fall, Spring. Course Fees: LRHC \$10; PAG1 \$20; STHC \$6.

KIN 3071. Musculoskeletal Fitness Instruction. (1-2) 1 Credit Hour.

Prerequisite: KIN 3313 or BIO 2053. Instructional techniques applied to health related fitness using resistance training, balance, flexibility, and musculoskeletal conditioning activities. Generally offered: Fall, Spring. Course Fees: LRHC \$10; PAG1 \$20; STHC \$6.

KIN 3073. Strength and Conditioning. (2-2) 3 Credit Hours.

Prerequisite: KIN 3313 or BIO 2053. Introduces theories and principles of strength and conditioning to improve fitness, health, and overall wellness. The course will discuss the knowledge and skills needed to perform and instruct safe and effective strength and conditioning workouts. This course satisfies the requirement for KIN 3071. Course fees: LRHC \$10; PAG1 \$20; STHC \$18.

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. Generally offered: Fall, Spring. Course Fees: LRHC \$10; STFK \$57; STHC \$18; DL01 \$75.

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. Generally offered: Fall, Spring. Course Fees: DL01 \$75; KSM1 \$10; LRHC \$10; STHC \$18.

KIN 3223. Coaching Leadership. (3-0) 3 Credit Hours.

This course will discuss an athletic principled leadership model and decision-making and problem-solving techniques used by modern coaches. The student will learn to lead the team as a head coach through discussion of leadership scenarios. KIN 3013 is highly recommended as a prerequisite. This course qualifies as part of the Athletic Coaching Certificate. Course fees: LRHC \$10; KSM1 \$10; PAG1 \$20; STHC \$18.

KIN 3303. Care and Prevention of Athletic Injuries. (3-0) 3 Credit Hours.

Prerequisite: KIN 3313 or BIO 2053. 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. (Formerly titled "Athletic Injuries and Training Procedures.") Generally offered: Fall, Spring, Summer. Course Fees: KSM1 \$10; LRHC \$10; STHC \$18; DL01 \$75.

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. Generally offered: Fall, Spring, Summer. Course Fees: KSM1 \$10; LRHC \$10; STHC \$18; DL01 \$75.

KIN 3321. Biomechanics Laboratory. (1-1) 1 Credit Hour.

Prerequisite: KIN 3313 or BIO 2053. Corequisite: 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. Course Fees: KSM1 \$10; LRHC \$10; STHC \$6; DL01 \$25.

KIN 3323. Biomechanics. (3-0) 3 Credit Hours.

Prerequisite: KIN 3313 or BIO 2053. 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. Generally offered: Fall, Spring, Summer. Course Fees: LRHC \$10; STHC \$18; DL01 \$75.

KIN 3413. Instruction of Sports Activities and Games. (3-0) 3 Credit Hours.

Development, organization, and delivery of appropriate physical activities for children through the adolescent stage. Some fieldwork observation experiences may be required. Generally offered: Fall, Spring. Course Fees: LRHC \$10; PAG1 \$20; STHC \$18.

KIN 3431. Exercise Physiology Laboratory. (1-1) 1 Credit Hour.

Prerequisite: KIN 3313 or equivalent (BIO 2053 and BIO 2063). Corequisite: KIN 3433. Laboratory exercises demonstrating principles of exercise physiology. Topics include metabolic, cardiorespiratory, and neuromuscular responses to physical activity and exercise. Course Fees: KSM1 \$10; LRHC \$10; STHC \$6; DL01 \$25.

KIN 3433. Exercise Physiology. (3-0) 3 Credit Hours.

Prerequisite: KIN 3313 or equivalent (BIO 2053 and BIO 2063). 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. Generally offered: Fall, Spring, Summer. Course Fees: LRHC \$10; STHC \$18; DL01 \$75.

KIN 3441. Health Related Fitness Assessment Laboratory. (0-2) 1 Credit Hour.

Prerequisite: KIN 3433. Corequisite: 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. (Formerly titled "Graded Exercise Testing and Fitness Assessment Laboratory.") Course Fees: KSM1 \$10; LRHC \$10; STHC \$6; DL01 \$25.

KIN 3443. Health Related Fitness Assessment. (3-0) 3 Credit Hours.

Prerequisite: KIN 3433. Corequisite: KIN 3441. 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 "Graded Exercise Testing and Fitness Assessment.") Generally offered: Fall, Spring. Course Fees: LRHC \$10; STHC \$18; DL01 \$75.

KIN 3453. Exercise Prescription. (3-1) 3 Credit Hours.

Prerequisites: KIN 3071 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. Generally offered: Fall, Spring. Course Fees: KSM1 \$10; LRHC \$10; STHC \$18; DL01 \$75.

KIN 3463. Musculoskeletal Anatomy. (3-1) 3 Credit Hours.

Prerequisite: KIN 3313 or BIO 2053. 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. Course Fees: KSM1 \$10; LRHC \$10; STHC \$18; DL01 \$75.

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. Generally offered: Fall, Spring, Summer. Course Fees: LRHC \$10; STHC \$18; DL01 \$75.

KIN 4043. Therapeutic Modalities. (3-0) 3 Credit Hours.

Prerequisites: KIN 3303, KIN 3463, KIN 4143, and admission to the Athletic Training concentration or Kinesiology and Health Science concentration. 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. Generally offered: Fall, Spring. Course Fees: KSM1 \$10; LRHC \$10; STHC \$18.

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. Generally offered: Fall, Spring. Course Fees: DL01 \$75; LRHC \$10; PAG1 \$20; STHC \$18.

KIN 4123. Introduction to Sport Psychology. (3-0) 3 Credit Hours.

Prerequisite: KIN 2303. This course involves an in-depth study of the psychological factors that underlie and support human behavior and performance, particularly as it relates to sports. This course introduces contemporary and practical theories regarding mental processes and applicable uses for this information. (Formerly titled "Psychosocial Aspects of Exercise and Sport.") Generally offered: Fall, Spring. Course Fees: DL01 \$75; LRHC \$10; STHC \$18.

KIN 4143. Evaluation of Athletic Injuries. (3-0) 3 Credit Hours.

Prerequisites: KIN 3303 and KIN 3463, and admission to the Athletic Training concentration or Kinesiology and Health Science concentration. This course deals in depth with issues related to athletic training, including assessment of injuries, and proper taping and wrapping techniques. (Formerly titled "Advanced Athletic Training.") Generally offered: Fall, Spring, Summer. Course Fees: KSM1 \$10; LRHC \$10; STHC \$18; DL01 \$75.

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. Same as CI 4313. Credit cannot be earned for both CI 4313 and KIN 4203. Generally offered: Fall, Spring. Course Fees: DL01 \$75; LRHC \$10; STFK \$57; STHC \$18.

KIN 4233. Advanced Exercise Physiology. (3-1) 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. Course Fees: KSM1 \$10; LRHC \$10; STHC \$18.

KIN 4243. Musculoskeletal Rehabilitation. (3-1) 3 Credit Hours.

Prerequisites: KIN 3303, KIN 3463, KIN 4143, and admission to the Athletic Training concentration or Kinesiology and Health Science concentration. This course examines various therapeutic exercises and programs used in the treatment and rehabilitation of exercise-related injuries. Generally offered: Fall, Spring, Summer. Course Fees: KSM1 \$10; LRHC \$10; STHC \$18; DL01 \$75.

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. Generally offered: Fall, Spring, Summer. Course Fees: KSM1 \$10; LRHC \$10; STHC \$18; DL01 \$75.

KIN 4263. Clinical Exercise Physiology. (3-1) 3 Credit Hours.

Prerequisites: KIN 3441, KIN 3443, and KIN 3453. This course will examine the essential knowledge, skills, and abilities necessary for exercise physiology practiced in clinical settings. Topics will include diseases of the cardiovascular, pulmonary, and metabolic systems. Skills in administering graded exercise testing with ECG monitoring, pulmonary function testing, and screening for metabolic disease will be emphasized in laboratory settings. Additionally, exercise prescription and programming will be studied for persons with chronic disease. Course Fees: KSM1 \$10; LRHC \$10; STHC \$18.

KIN 4303. Teaching Elementary 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 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. (Same as CI 4273. Credit cannot be earned for both KIN 4303 and CI 4273.) Generally offered: Fall, Spring. Course Fees: DL01 \$75; LRHC \$10; STFK \$57; STHC \$18.

KIN 4343. Fundamental Motor Skills. (3-0) 3 Credit Hours.

Prerequisite: KIN 3413. Provide instruction in facilitating motor skills, which provide the basis for all movement capacities and their application in specialized activities geared to the early childhood through adolescent stages. Generally offered: Fall, Spring. Course Fees: LRHC \$10; PAG1 \$20; STHC \$18.

KIN 4401. Motor Learning Laboratory. (1-1) 1 Credit Hour.

Prerequisite: KIN 3313 or BIO 2053. Corequisite: KIN 4403. Laboratory exercises demonstrating the principles of motor learning and motor control. This lab will complement KIN 4403. Course Fees: KSM1 \$10; LRHC \$10; STHC \$6.

KIN 4403. Motor Learning. (3-0) 3 Credit Hours.

Prerequisite: KIN 3313 or BIO 2053. Functional applications of motor control and learning theory in skill instruction and sports performance. Motor learning laboratory hours are required. Generally offered: Fall, Spring, Summer. Course Fees: DL01 \$75; LRHC \$10; STHC \$18.

KIN 4413. Coaching Athletics. (2-2) 3 Credit Hours.

This course studies the physical application, planning, and practical implementation of different coaching methodologies in modern sporting environments. It will provide students with the necessary craft and skillsets to teach, assess, and self-evaluate their athletes through LTAD (Long Term Athletic Development) and relative age effect developmental models. This class will be approximately 30% theory and 70% practical format. KIN 3013 is highly recommended as a pre-req. This course qualifies as part of the Athletic Coaching Certificate. Generally offered: Fall, Spring. Course Fees: LRHC \$10; PAG1 \$20; STHC \$18.

KIN 4423. Developmental/Adapted Physical Activity. (3-1) 3 Credit Hours.

Prerequisites: KIN 3103 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. Generally offered: Fall, Spring. Course Fees: DL01 \$75; LRHC \$10; PAG1 \$20; STHC \$18.

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. Course Fee: STHC \$6.

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. Course Fee: STHC \$12.

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. Generally offered: Fall, Spring. Course Fee: STHC \$18.

KIN 4931. Clinical Applications of Athletic Injuries. (1-2) 1 Credit Hour.

Prerequisites: Consent of instructor and admission to the Athletic Training concentration. This course provides practical applications in prevention, diagnosis, treatment, and rehabilitation of athletic injuries, and includes a minimum of 150 hours of supervised field and clinical experiences in athletic training. May be repeated for credit for a maximum of 6 semester credit hours. Course Fees: LRHC \$10; STFK \$57; STHC \$6.

KIN 4933. Practicum in Kinesiology Research. (0-0) 3 Credit Hours.

Prerequisites: Admission to Kinesiology major and consent of Instructor. This course provides supervised research experience in various areas of kinesiology. May be repeated for credit, but not more than 6 semester credit hours will apply to a bachelor's degree. The 6 semester credit hours of this course can be used to substitute for KIN 4936. (Same as KIN 4936. Credit cannot be earned for both KIN 4936 and KIN 4933.) Generally offered: Fall, Spring, Summer. Course Fees: LRHC \$10; STHC \$18.

KIN 4936. Internship in Kinesiology. (0-0) 6 Credit Hours.

Prerequisites: Student is required to have a cumulative grade point average of 2.5 or greater and must be within 13 semester credit hours of graduation (including the 6 hours of the internship), and attend the mandatory new candidate meeting the semester prior to completing the internship to register for this course. Supervised internship with appropriate agency in the field of kinesiology. Student must complete this course during the last semester before graduation. No more than 6 semester credit hours of internship will apply to a bachelor's degree. (Same as HTH 4936 and KIN 4933. Credit cannot be earned for both KIN 4936, KIN 4933, and HTH 4936.) Generally offered: Fall, Spring, Summer. Course Fees: STFK \$57; STHC \$36.

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.") Generally offered: Spring. Course Fees: LRHC \$10; STHC \$18.

KIN 4953. Special Studies. (3-0) 3 Credit Hours.

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. Course Fees: KSM1 \$10; LRHC \$10; STHC \$18; DL01 \$75.

KIN 4983. Applied Exercise Science. (3-1) 3 Credit Hours.

Prerequisites: KIN 3323, KIN 3433, KIN 3443, KIN 3453, and KIN 4253; for students pursuing training and certification in exercise science. Capstone course and seminar for preparation for graduate studies. Generally offered: Fall, Spring, Summer. Course Fees: KSM1 \$10; LRHC \$10; STHC \$18.

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. Course Fee: STHC \$18.