KINESIOLOGY (KNES)

KNES 100 WATER AEROBICS (2)
Aerobic aquatic activities designed to improve knowledge, understanding and performance levels of cardiorespiratory fitness, muscular strength and endurance, flexibility, body composition, and stress management. Not open to students who successfully completed PHEA 157.

KNES 101 SWIMMING I (0.5-1)
A course for non-swimmers. Elements covered include personal safety, American crawl, elementary backstroke, side stroke, back crawl, deep water adjustment, and beginning diving. Not open to students who successfully completed KNES 165.

KNES 102 SELF DEFENSE (2)
Development of student competence in personal assault prevention and street safety awareness.

KNES 103 RHYM/STEP AERO (2)
Development of sufficient competency to promote active lifestyle, improve knowledge, and performance levels of cardiorespiratory fitness, agility, strength, endurance and flexibility.

KNES 104 BALLROOM DANCE (2)
Development of sufficient competence for active lifestyle through ballroom dance.

KNES 105 JOGGING, CYCLING, SKATING (2)
Development of sufficient competence to promote an active lifestyle through cardiovascular movement.

KNES 106 BILLIARDS, BOWLING, GOLF (2)
Development of sufficient competence to promote an active lifestyle through playing of leisure time activities.

KNES 107 CARDIOVASCULAR FITNESS (3)
A concentration on the physiological components of physical fitness and the effects of exercise upon the risk factors associated with cardiovascular diseases. Ten field trips. A three week workshop. Only taught in minimester.

KNES 108 BASKETBALL LAX SOCCER (2)
Development of sufficient competence to promote active lifestyle through the playing of invasion games.

KNES 109 BADMINTON, TENNIS, VOLLEYBALL (2)
Development of sufficient competence to promote active lifestyle through playing net games.

KNES 110 RACQUETBALL, SQUASH, HANDBALL (2)
Development of sufficient competence to promote active lifestyle through playing of wall games.

KNES 119 BOWLING I (0.5-1)
For description and prerequisites, consult the Department of Kinesiology.

KNES 123 ELEM BACKPACKING I (1)
For description and prerequisites, consult the Department of Kinesiology.

KNES 124 INTERMED BACKPACKING (2)
For description and prerequisites, consult the Department of Kinesiology.

KNES 127 GOLF I (0.5-1)
For description and prerequisites, consult the Department of Kinesiology.

KNES 134 JOGGING (1)
For description and prerequisites, consult the Department of Kinesiology.

KNES 137 ORIENTEERING (0.5)
For description and prerequisites, consult the Department of Kinesiology.

KNES 140 TRACK AND FIELD (1)
Basic instruction of all track and field events and their application across the K-12 curriculum. Open to PHEC majors only.

KNES 141 BASIC ROCK CLIMBING (1)
For description and prerequisites, consult the Department of Kinesiology.

KNES 142 INTERMED. ROCK CLIMBING (2)
For description and prerequisites, consult the Department of Kinesiology.

KNES 143 SELF DEFENSE I (0.5)
For description and prerequisites, consult the Department of Kinesiology.

KNES 150 PERSONAL DEFENSE/WRESTLING (1)
Skills, strategies, and developmentally appropriate activities for personal defense and wrestling. Open to PHEC majors only.

KNES 155 RHYTHMIC AEROBICS (2)
For description and prerequisites, consult the Department of Kinesiology.

KNES 156 GYMNASTICS (1)
For description and prerequisites, consult the Department of Kinesiology.

KNES 157 AQUATIC FITNESS (2)
For description and prerequisites, consult the Department of Kinesiology.

KNES 160 BLRM/FLK/SQRE DAN (1)
For description and prerequisites, consult the Department of Kinesiology.

KNES 161 TENNIS II (0.5-1)
For description and prerequisites, consult the Department of Kinesiology.

KNES 162 FIELD/COURT I (1)
Skills, strategies, and developmentally appropriate activities for the sports of tennis, badminton, and team handball. Open to PHEC majors only.

KNES 163 AQUATIC FITNESS (2)
For description and prerequisites, consult the Department of Kinesiology.

KNES 164 BASIC CANOEING (0.5)
For description and prerequisites, consult the Department of Kinesiology.

KNES 165 BASIC SWIMMING (1)
Designed to teach a non-swimmer, beginner, or advanced beginner to develop intermediate level swimming and diving skills. Strokes presented include: front crawl; elementary backstroke; back crawl; and breast stroke.

KNES 166 WATER POLO (0.5)
For description and prerequisites, consult the Department of Kinesiology.

KNES 167 BASIC DIVING (0.5)
For description and prerequisites, consult the Department of Kinesiology.

KNES 168 TENNIS II (0.5-1)
For description and prerequisites, consult the Department of Kinesiology.

KNES 169 BASIC DIVING (0.5)
For description and prerequisites, consult the Department of Kinesiology.

KNES 170 ELEM BACKPACKING II (2)
For description and prerequisites, consult the Department of Kinesiology.

KNES 171 AEROBIC AQUATIC ACTIVITIES (2)
Aerobic aquatic activities designed to improve knowledge, understanding and performance levels of cardiorespiratory fitness, muscular strength and endurance, flexibility, body composition and stress management. Not open to students who successfully completed PHEA 157.

KNES 172 INTERMED BACKPACKING (2)
For description and prerequisites, consult the Department of Kinesiology.

KNES 173 GOLF II (0.5-1)
For description and prerequisites, consult the Department of Kinesiology.

KNES 174 SELF DEFENSE I (0.5)
For description and prerequisites, consult the Department of Kinesiology.

KNES 175 INTERMED. ROCK CLIMBING (2)
For description and prerequisites, consult the Department of Kinesiology.

KNES 176 PERSONAL DEFENSE/WRESTLING (1)
Skills, strategies, and developmentally appropriate activities for personal defense and wrestling. Open to PHEC majors only.

KNES 177 BASKETBALL LAX SOCCER (2)
Development of sufficient competence to promote active lifestyle through the playing of invasion games.

KNES 178 BADMINTON, TENNIS, VOLLEYBALL (2)
Development of sufficient competence to promote active lifestyle through playing net games.

KNES 179 RACQUETBALL, SQUASH, HANDBALL (2)
Development of sufficient competence to promote active lifestyle through playing of wall games.

KNES 180 TENNIS II (0.5-1)
For description and prerequisites, consult the Department of Kinesiology.

KNES 181 FIELD/COURT II (1)
Skills, strategies, and developmentally appropriate activities for the sports of hockey (field and floor), lacrosse and ultimate frisbee. Open to PHEC majors only.

KNES 182 INDEPENDNT STUDY (0.5-3)
Directed study on specific topics in Kinesiology and related fields. Prerequisite: Consent of instructor and department chair.

KNES 201 NET/ WALL GAMES (1)
Skills, strategies, and developmentally appropriate activities for the sports of tennis, badminton, and volleyball. Open to PHEC majors only.

KNES 202 NET/ WALL GAMES (1)
Skills, strategies, and developmentally appropriate activities for the sports of tennis, badminton, and volleyball. Open to PHEC majors only.

KNES 203 CAMP LEADERSHIP (2)
The role of camp counselor in organized camping. Emphasis on camp related skills of campcraft, trips, crafts and nature study. Several field trips.

KNES 204 CAMP LEADERSHIP (2)
The role of camp counselor in organized camping. Emphasis on camp related skills of campcraft, trips, crafts and nature study. Several field trips.

KNES 205 CAMP LEADERSHIP (2)
The role of camp counselor in organized camping. Emphasis on camp related skills of campcraft, trips, crafts and nature study. Several field trips.

KNES 206 CAMP LEADERSHIP (2)
The role of camp counselor in organized camping. Emphasis on camp related skills of campcraft, trips, crafts and nature study. Several field trips.

KNES 207 FIELD HOCKEY I (0.5)
For description and prerequisites, consult the Department of Kinesiology.
KNES 210 LIFETIME SPORTS (1)
Skills, strategies, and developmentally appropriate activities for the lifetime sports of golf, archery, softball, and bowling.

KNES 215 MEDICAL TERMINOLOGY FOR HEALTH PROFESSIONS AND MEDICAL CONDITIONS (3)
Introduces the student to the detailed language of medicine and provides an overview of medical conditions for students entering a medical-related profession.

KNES 217 FUNCTIONAL ANATOMY FOR EXERCISE SCIENCE (3)
Investigation of the musculoskeletal system with regard to functional anatomy. Prerequisites: BIOL 221/BIOL 221L (BIOL 213); KNES 297 or KNES 291; Academic major EXSC or ATTR.

KNES 235 PHYSICAL WELLNESS FOR A HEALTHY AMERICA (3)
The national health goals and objectives released by the U.S. Department of Health and Human Services in Healthy People: 2020 that are applicable to physical wellness are explored. Students will research the national health objectives of the United States and benefits of a healthy and active lifestyle and issues surrounding lifelong physical health. Fitness principles related to the achievement of the U.S. national health objectives will be further explored through laboratory activities. Core: The United States as a Nation or GenEd: II.B.3.

KNES 238 PHYSICAL FITNESS PROGRAMMING AND ASSESSMENT (3)
Focuses on teaching methodologies and performance of several field/court invasion games including ultimate, team handball, soccer, hockey, and lacrosse. Prerequisite: Must be declared as a physical education teacher education (PHEC) major.

KNES 239 PHYSICAL FITNESS ACTIVITIES (1)
Development, administration, and evaluation of fitness activities for selected populations. Open to PHEC majors only.

KNES 240 PEDAGOGY IN FIELD/COURT SKILLS AND STRATEGY (3)
Focuses on teaching methodologies and performance of several field/court invasion games including ultimate, team handball, soccer, hockey, and lacrosse. Prerequisite: Must be declared as a physical education teacher education (PHEC) major.

KNES 241 PROJECT MARJ (1)
A wilderness orientation program in which a small group of students and instructors takes a five day backpacking trip filled with adventure and climbing. Graded SU.

KNES 242 PEDAGOGY IN STRIKING, FIELDING AND TARGET SKILLS AND STRATEGY (3)
Examines the skills, strategies, developmentally appropriate activities, and analysis/evaluation process for teaching lifetime physical activities including both striking/fielding games and target games. Prerequisite: Must be declared as a physical education teacher education (PETE) major.

KNES 243 MOUNTAINEERING (3)
For description and prerequisites, consult the Department of Kinesiology.

KNES 244 PEDAGOGY IN CREATIVE MOVEMENT AND GYMNASTICS SKILLS AND STRATEGIES (3)
Content, teaching methods and provision of safety measures for teaching creative movement/dance and gymnastics in a Pre-K-12 grade school setting. Prerequisite: must be declared as a physical education teacher education (PHEC) major.

KNES 245 CAMP LEADERSHIP (2)
The role of the camp counselor in organized camping. Emphasis on camp related skills of campcraft, trips, crafts, and nature study. Several field trips.

KNES 246 PEDAGOGY OF NET/WALL SKILLS & STRATEGIES (3)
Focuses on teaching methodologies and performance of several sports in the net/wall skill classification including volleyball, tennis, table tennis, pickleball, and badminton. Prerequisite: Must be declared as a physical education teacher education (PHEC) major.

KNES 247 OFFICIATING I (2)
A study of the art of officiating through lectures, films, discussions, and practical application. Covers swimming, volleyball, wrestling, football, basketball, and field hockey.

KNES 248 OFFICIATING II (2)
A study of the art of officiating through lectures, films, discussions, and practical application. Covers track, softball, lacrosse, baseball, tennis, and gymnastics.

KNES 249 PEDAGOGY IN TRACK & FIELD SKILLS AND STRATEGY, AND ADVENTURE EDUCATION (3)
Focuses on teaching methodologies and performance of Track & Field skills and Adventure Education content and pedagogy. Prerequisite: must be declared as a physical education teacher education (PHEC) major.

KNES 251 HISTORY OF SPORT IN AMERICA (3)
Explores the history of American sport, emphasizing its interactions with political, economic, social, and cultural forces; introduces aspects of historical methodology. GenEd II.B.1 or Core: The United States as a Nation.

KNES 255 ADVANCED INDIVIDUALIZED FITNESS (3)
Structure and function of the physiological components of large muscle activity and their relationship to the development and maintenance of fitness.

KNES 262 WTR SAFETY INST (3)
For description and prerequisites, consult the Department of Kinesiology.

KNES 263 SCUBA DIVING (1)
For description and prerequisites, consult the Department of Kinesiology. Lab/Class fee will be assessed.

KNES 265 FUNDAMENTALS IN HEALTH AND PHYSICAL FITNESS ASSESSMENT (3)
Provides an integrated examination of the theory and methodology of health-related physical fitness testing. Allows for practical experience in health-related physical fitness testing and interpretation of assessment data for low- to moderate-risk healthy adults. Prerequisites: KNES 297 and BIOL 221 and BIOL 221L, MATH 115. Lab/Class fee will be assessed.

KNES 269 LIFEGUARD TRAINING (2)
An advanced course in life guarding techniques for swimming pools and open-water beach areas.

KNES 270 SPECIAL TOPICS IN PHYSICAL EDUCATION (1-3)
Designed for study of special topics of current interest in physical education, athletics, and their related fields. Objectives and content for each topic are reviewed and approved by the physical education faculty. May be repeated for a maximum of 6 units provided a different topic is covered.

KNES 271 SPECIAL TOPICS IN PHYSICAL EDUCATION (1-3)
Designed for study of special topics of current interest in physical education, athletics, and their related fields. Objectives and content for each topic are reviewed and approved by the physical education faculty. May be repeated for a maximum of 6 units provided a different topic is covered.
KNES 272 SPECIAL TOPICS IN PHYSICAL EDUCATION (1-3)
Designed for study of special topics of current interest in physical education, athletics, and their related fields. Objectives and content for each topic are reviewed and approved by the physical education faculty. May be repeated for a maximum of 6 units provided a different topic is covered.

KNES 273 SPECIAL TOPICS IN PHYSICAL EDUCATION (1-3)
Designed for study of special topics of current interest in physical education, athletics, and their related fields. Objectives and content for each topic are reviewed and approved by the physical education faculty. May be repeated for a maximum of 6 units provided a different topic is covered.

KNES 274 SPECIAL TOPICS IN PHYSICAL EDUCATION (1-3)
Designed for study of special topics of current interest in physical education, athletics, and their related fields. Objectives and content for each topic are reviewed and approved by the physical education faculty. May be repeated for a maximum of 6 units provided a different topic is covered.

KNES 275 SPECIAL TOPICS IN PHYSICAL EDUCATION (1-3)
Designed for study of special topics of current interest in physical education, athletics, and their related fields. Objectives and content for each topic are reviewed and approved by the physical education faculty. May be repeated for a maximum of 6 units provided a different topic is covered.

KNES 276 SPECIAL TOPICS IN PHYSICAL EDUCATION (1-3)
Designed for study of special topics of current interest in physical education, athletics, and their related fields. Objectives and content for each topic are reviewed and approved by the physical education faculty. May be repeated for a maximum of 6 units provided a different topic is covered.

KNES 277 SPECIAL TOPICS IN PHYSICAL EDUCATION (1-3)
Designed for study of special topics of current interest in physical education, athletics, and their related fields. Objectives and content for each topic are reviewed and approved by the physical education faculty. May be repeated for a maximum of 6 units provided a different topic is covered.

KNES 278 SPECIAL TOPICS IN PHYSICAL EDUCATION (1-3)
Designed for study of special topics of current interest in physical education, athletics, and their related fields. Objectives and content for each topic are reviewed and approved by the physical education faculty. May be repeated for a maximum of 6 units provided a different topic is covered.

KNES 279 TECHNIQUES OF TEACHING CREATIVE MOVEMENT (1)
A student-directed approach to the teaching of creative movement to all age levels, pre-school to senior citizen. Includes learning and utilization of basic rhythmic concepts.

KNES 280 INTRODUCTION TO SPORTS INDUSTRY (3)
Trends, challenges, and opportunities in the sports industry. Open to SPMT majors only.

KNES 281 PHYSICAL EDUCATION FOR ELEMENTARY EDUCATION STUDENTS I (1)
Designed for the teacher of elementary school children to gain an understanding of and develop a basic ability in the basic skills of children's activities. Provides opportunity to become familiar with methods of learning skills and to appreciate the needs of the individuals in motor learning and analysis of group behavior.

KNES 282 PHYSICAL EDUCATION FOR ELEMENTARY EDUCATION STUDENTS II (1)
Designed for the teacher of elementary school children to gain an understanding of and develop a basic ability in the basic skills of children's activities. Provides opportunity to become familiar with methods of learning skills and to appreciate the needs of the individuals in motor learning and analysis of group behavior.

KNES 283 PHYSICAL EDUCATION ACTIVITIES FOR THE YOUNG CHILD (1)
Provides Physical Education majors with practical knowledge of appropriate movement experiences for use in a developmental program of physical education for children in grades K-3. Open to PHEC majors only.

KNES 284 ADVENTURE BASED EDUCATION ACTIVITIES (1)
Adventure curriculum approach to experiential education including initiatives, problem-solving activities, and low and high ropes course elements. Open to PHEC majors only. Lab/Class fee will be assessed.

KNES 285 SPORT: CROSS-CULTURAL PERSPECTIVE (3)
Systematic study of sport from an anthropological perspective. GenEd II.D or Core: Global Perspectives.
KNES 307 TEACHING APPRENTICESHIP (0.5-1)  
Students with a high degree of competency may request to be assigned to assist a faculty master teacher in class instruction and evaluation. May be repeated for a maximum of 1 unit.

KNES 309 TESTS AND MEASUREMENTS (3)  
Elementary statistical procedure as applied to exercise science and physical education measurement. Prerequisite: MATH 109 or higher (except MATH 204).

KNES 310 ASSESSMENT IN PHYSICAL EDUCATION (3)  
Designed to develop comprehensive knowledge about the development, implementation, and evaluation of diverse assessments to examine students’ (PK-12) knowledge and performance in physical education in psychomotor, cognitive, and affective domains. Prerequisite: must be declared as a physical education teacher education (PHEC) major.

KNES 311 BIOMECHANICS (3)  
Mechanical and anatomical analysis of movement in relation to human performance. Prerequisites: BIOL 221/BIOL 221L (BIOL 213); BIOL 222/ BIOL 222L (BIOL 214); and MATH 115.

KNES 313 PHYSIOLOGY OF EXERCISE (3)  
Application of principles of physiology to large muscle activity, with special emphasis on the interrelations of muscular, nervous, circulatory, and respiratory functions during exercise. Prerequisites: BIOL 221/ BIOL 221L (BIOL 213) & BIOL 222/ BIOL 222L (BIOL 214).

KNES 315 CARE AND PREVENTION OF ATHLETIC INJURIES (3)  
Lecture and practical experiences in the study of modern theories and principles of athletic training mechanisms, nature and causes of the most common sports-related injuries.

KNES 316 LOWER EXTREMITY AND SPINE EVALUATION (4)  
Designed to provide the athletic training student with a foundation to effectively assess musculoskeletal injuries to the lower extremity and spine; fundamentals of determining injury severity, proper management and the ability to make an appropriate referral to other sports medicine professionals. Prerequisite: KNES 291, ATTR Major.

KNES 317 MOTOR BEHAVIOR IN PHYS EDUCATION (3)  
Research of literature related to developmental movement patterns, and how movements are learned and controlled. Factors that influence the development, learning and control of movements will be explored. Applications of motor behavior concepts to teaching physical education will be examined and evaluated. Prerequisite: physical education teacher education (PETE) major.

KNES 318 SCIENTIFIC FOUNDATIONS OF STRENGTH TRAINING AND CONDITIONING (3)  
Examination of scientific principles that are fundamental to developing and implementing effective strength and conditioning programs. Prerequisites: BIOL 221; BIOL 221L; BIOL 222; BIOL 222L; declared EXSC major.

KNES 321 SCIENCE OF SPORT SUCCESS: CONTRIBUTIONS OF GENETICS AND PRACTICE (3)  
Study of elite athletic performance within broad scientific and societal contexts; ethics of identifying, classifying, and training athletes; approaches to the problems inherent in evaluating decisions emerging from scientific study of sport. GenEd II.A.

KNES 324 TEACHING PHYSICAL EDUCATION IN ELEMENTARY SCHOOL (3)  
Responsibilities of the elementary school physical education teacher, including class organizational procedures, a variety of teaching methods, lesson and unit plan development, and content appropriate for the elementary school child. Includes observation and teaching experiences with elementary school children at various ages. Prerequisites for PHEC majors: KNES 290, KNES 283, KNES 284 and passing scores on Praxis I, SAT, ACT, or GRE. Prerequisites for Elementary Education majors: KNES 281 and KNES 282.

KNES 325 TEACHING PHYSICAL EDUCATION IN SECONDARY SCHOOL (3)  
Responsibilities of the secondary school physical education teacher, including class organizational procedures, variety of teaching methods, lesson and unit planning, and topics resulting from the observation/participation experience in a secondary school. Prerequisites: four of the following KNES courses: KNES 140, KNES 150, KNES 156, KNES 182, KNES 184, KNES 202, KNES 239 and KNES 324.

KNES 327 TEACHING CULTURAL DANCE FORMS AND CREATIVE MOVEMENT FOR PHYSICAL EDUCATION (3)  
Study and performances of basic skills required in various dance styles and creative movement using different teaching methodologies.

KNES 328 TESTS AND ASSESSMENTS FOR FITNESS AND ATHLETIC PERFORMANCE (3)  
Examination of tests and assessments for athletic performance with a focus on determining tests appropriate for specific populations. Prerequisites: BIOL 221; BIOL 221L; BIOL 222; BIOL 222L; KNES 299; KNES 313; KNES 318; declared EXSC major.

KNES 331 PRINCIPLES OF COACHING (3)  
Develops within each student an educationally sound philosophy of coaching. Emphasis on learning and understanding the principles and guidelines of good coaching and the application of human psychology as it relates to the coach and athlete in their unique relationship.

KNES 333 SPORT MANAGEMENT (3)  
Managing an organization providing sport/fitness activities products or services. Prerequisites: ACCT 201, ACCT 202, and KNES 280.

KNES 335 PRIN/TECHN WRAP/TAPE (1)  
Laboratory study and application of bandaging and taping for preventive and therapeutic purposes in athletic training.

KNES 337 ADVANCED TECHNIQUES AND ANALYSIS OF COACHING IN SELECTED TOPICS (3)  
Theoretical and practical application of principles and techniques of coaching offensive and defensive techniques; strategy, scouting, organizing practice, and utilizing staff.

KNES 341 CONCEPTS OF MOTOR LEARNING (3)  
Study of effects of sensation and perception, reaction time, knowledge of results, retention, transfer, physical and mental practice, and motivation on learning and performing motor skills. Prerequisite: PSYC 101.

KNES 345 SEMINAR AND FIELD EXPERIENCE IN SPORT MANAGEMENT (3)  
Professional practices necessary to be a successful sport manager, specifically focusing on professional development with an experiential component. Prerequisites: KNES 280; KNES 333 (may be taken concurrently).

KNES 349 THE MODERN OLYMPIC GAMES (3)  
A socio-historically based interpretation of the modern Olympic Games as athletic festival, social construction, cultural symbol, philosophic movement, and world stage phenomenon.
KNES 351 PHILOSOPHY: THE SPORT EXPERIENCE (3)
Philosophy of sport and the body, including the major philosophical
schools of thought and their implications on physical education. Requires
grade of C or better to fulfill Core or GenEd requirement. Prerequisite:
ENGL 102 or 190. Core: Advanced Writing Seminar or GenEd I.D.

KNES 353 SPORT & SOCIETY (3)
Explores relationships between sport and social institutions. Requires
grade of C or better to fulfill Core or GenEd requirement. Prerequisites:
ENGL 102 or ENGL 190 and junior/senior standing. Core: Advanced Writing Seminar or GenEd I.D.

KNES 354 HONORS SPORT AND SOCIETY (3)
Explores relationships between sport and social institutions. Requires
grade of C or better to fulfill Core or GenEd requirement. Prerequisites: Honors College admission; ENGL 102 or ENGL 190. Core: Advanced Writing Seminar or GenEd I.D.

KNES 355 PSYCHOLOGY OF SPORT (3)
Designed to study the psychological correlates of sport. The approach
will be one of understanding and application of the literature and research design of sport psychology publications. Prerequisite: PSYC 101.

KNES 356 HONORS PSYCHOLOGY OF SPORT (3)
Designed to study the psychological correlates of sport. The approach
will be one of understanding and application of the literature and research design of sport psychology publications. Prerequisite: PSYC 101. Honors College course.

KNES 357 SPORT IN FILM (3)
Meaning of sport in 20th century Western culture through film.

KNES 359 PSYCHOLOGY OF SPORT INJURY (3)
Application of psychological research and theory to sport injury and sport injury rehabilitation. Prerequisite: PSYC 101.

KNES 361 EXERCISE PSYCHOLOGY (3)
Contemporary research and theory, including exercise and fitness motives, psychological effects, theoretical models of exercise behavior, motivating behavior, cognitive and behavioral change strategies. Prerequisite: PSYC 101.

KNES 363 NUTRITION FOR EXERCISE AND SPORT (3)
Critical and practical aspects of nutrition related to exercise and sport. Prerequisites: BIOL 221/BIOL 221L (BIOL 213) & BIOL 222/BIOL 222L (BIOL 214).

KNES 364 CLINICAL EXERCISE ASSESSMENT AND PRESCRIPTION (3)
Theoretical study and practical application of pre-, during, and post-exercise assessment methodology involved with completing functional and clinical exercise tolerance tests. Evaluative interpretation of graded exercise tolerance test data will be addressed along with methods of using data to write safe and effective exercise prescriptions for healthy and higher risk populations. Prerequisites: KNES 265, KNES 297 and KNES 313, MATH 115. Lab/Class fee will be assessed.

KNES 365 EXERCISE TESTING AND PRESCRIPTION (3)
Theoretical concepts and application skills; includes assessment of components of fitness, exercise prescription for apparently healthy and special concerns populations. Prerequisites: KNES 265, KNES 297 and KNES 313.

KNES 367 QUANTITATIVE RESEARCH METHODS (3)
Introduction to the design, implementation and interpretation of quantitative research methods as they apply to Exercise Science. Prerequisites: MATH 109 or higher (except MATH 204); Exercise Science or Athletic Training Major.

KNES 369 CLINICAL COMPETENCIES AND FIELDWORK IN EXERCISE SCIENCE (4)
Examination of the clinical skills and competencies needed to perform a complete physical fitness assessment. Supervised opportunities to both observe and apply these skills and competencies will take place in a variety of professional settings. Corequisite: KNES 365. Prerequisites: KNES 297 and KNES 313.

KNES 371 FIELD EXPERIENCE IN EXERCISE SCIENCE (3)
Prepare students to carry out research or applied experiences in exercise science and build awareness of novel, controversial and/or pressing issues within the field. May be taken twice for a total of six units.

KNES 372 PRACTICAL AND INSTRUCTIONAL SKILLS IN EXERCISE LEADERSHIP (3)
Assessment, design, and instruction for individual and group fitness programs; professional responsibilities of the fitness instructor will also be addressed. Prerequisites: KNES 297 and KNES 217. Lab/Class fee will be assessed.

KNES 381 BASIC CLINICAL ATHLETIC TRAINING I (2)
Observe and perform professional skills under the supervision of a certified athletic trainer; focuses on psychomotor competencies and clinical proficiencies introduced in KNES 291. Prerequisites: KNES 316 (taken concurrently), Athletic Training major. Lab/Class fee will be assessed.

KNES 382 BASIC CLINICAL ATHLETIC TRAINING II (2)
Observation and performance of professional skills under the supervision of a certified athletic trainer; focuses on psychomotor competencies and clinical proficiencies from KNES 316. Corequisite: KNES 415. Prerequisites: KNES 316, Athletic Training Major.

KNES 385 INTERMEDIATE CLINICAL ATHLETIC TRAINING I (2)
Observation and performance of professional skills under the supervision of a certified athletic trainer; focuses on Competencies and Proficiencies from KNES 415. Corequisite: KNES 427. Prerequisites: KNES 415, Athletic Training Major.

KNES 386 INTERMEDIATE CLINICAL ATHLETIC TRAINING II (2)
Observation and performance of professional skills under the supervision of a certified athletic trainer; focuses on skills related to therapeutic modalities. Corequisite: KNES 428. Prerequisites: KNES 427 and Athletic Training Major.

KNES 388 ADVANCED CLINICAL ATHLETIC TRAINING I (2)
Application in a laboratory and clinical setting of the knowledge and skills introduced in KNES 427. Prerequisite: KNES 427, Athletic Training major.

KNES 389 ADVANCED CLINICAL ATHLETIC TRAINING II (2)
Observation and performance of professional skills under the supervision of a BOC Certified Athletic Trainer; focuses on competencies and proficiencies covered in KNES 432 and KNES 417. Prerequisite: Senior status Athletic Training major. Lab/Class fee will be assessed.

KNES 390 SPORT AND GLOBALIZATION (3)
Addresses the historical and cultural global impact of sport using the lens of sociology, globalization, and critical cultural studies. We will examine sport in a variety of different nations and global settings as well as discuss the most pressing issues regarding global sport. Not open to students who have successfully completed KNES 285. Prerequisite: KNES 280.

KNES 393 A WORLD HISTORY OF SPORT TO 1900 (3)
Explores sport and physical education in context of social, economic, and political influences. Focuses upon Greece, Rome, Western Europe to ca. 1900.
KNES 395 INTERNSHIP IN SPORT MANAGEMENT (3)
Provides fundamental theoretical and practical knowledge in management principles and techniques, managerial responsibilities, and issues confronting professionals in the sports industry. May be repeated for a maximum of 6 units. Not open to students who have successfully completed KNES 445. Graded S/U. Prerequisite: KNES 333, junior/senior standing, special permission.

KNES 396 INDEPENDENT STUDY (1-6)
Directed study on specific topics in Kinesiology and related fields. Prerequisite: Consent of instructor and department chair.

KNES 397 INTERNSHIP IN CAMPING OR OUTDOOR EDUCATION (3)
Allows academic and practical experience for students in the camp program or outdoor education area of their choice. Students will participate as a volunteer, aide, or staff member. Seminars will be held to discuss experiences. Students should expect to pay for their transportation, meals, and lodging during the practicum experience. The course will be offered primarily during the minimester and summer sessions. May be repeated for a maximum of 6 units.

KNES 398 INTERNSHIP IN EXERCISE SCIENCE (3-6)
Opportunity to integrate knowledge and skills learned during course work and through on-campus experiences in actual practice situations. The exercise science internship must be at an approved site in settings such as a hospital-based wellness or cardiac rehabilitation program or a corporate fitness center. A three unit internship requires completion of a minimum of 120 hours; a six unit internship requires completion of a minimum of 240 hours. S/U Grading. Prerequisites: KNES 365; cumulative GPA 2.5 or higher; academic major EXSC.

KNES 399 DIFFERENTIATED INTERNSHIP IN PHYSICAL EDUCATION (1-6)
An experience in internship in addition to the regular student teaching experience. May be repeated for a maximum of 6 units.

KNES 403 ORGANIZATION AND ADMINISTRATION OF INTRAMURALS (3)
Permits students to acquire the skills of administration in the development and organization of intramural programs in schools and colleges.

KNES 405 BEHAVIOR MANAGEMENT TECHNIQUES IN THE CLASSROOM (3)
Causes of misbehavior in pre-schools, elementary and secondary schools. Crisis prevention. Preventive, supportive and directive strategies and their practical application. Class rules, reinforcers, assessment and legal issues. Not available for credit if student successfully completed SPED 429. Prerequisite: PSYC 201 or equivalent.

KNES 406 EXERCISE PRESCRIPTIONS AND PROGRAMMING FOR SPECIAL POPULATIONS (3)
The impact of chronic disease, co-morbidity, age, and pregnancy on exercise prescription methodology and exercise program development. Prerequisites: KNES 313.

KNES 407 ADVANCED PRINCIPLES OF STRENGTH AND CONDITIONING: PROGRAM DESIGN (3)
Examines designing scientifically based strength training and conditioning programs for specific sports and athletes. Prerequisites: KNES 299; KNES318; KNES 328; EXSC major.

KNES 408 INTRAMURAL PROGRAM MANAGEMENT (3)
Permits students to acquire the skills of administration in the development and organization of intramural programs in schools and colleges.

KNES 409 STRESS MANAGEMENT, TENSION CONTROL AND HUMAN PERFORMANCE (3)
Presents information about the manifestation of stress and systematic programs for tension control. The correlates surrounding progressive muscle relaxation and biofeedback are explored in detail, as well as the neurological responses which produce tension responses. Lectures are combined with laboratory experiences in an effort to understand and practice relaxation techniques.

KNES 412 THEORY AND ANALYSIS OF GYMNASTICS MOVEMENT (3)
Theoretical and practical application of mechanical analysis of movement concepts as related to proper execution of skills in gymnastics. The techniques and methods used in this course are designed to provide the teacher a logical system for presenting gymnastic skills to facilitate learning for the student; to demonstrate that gymnastic skills are logically founded on basic physics or terrestrial mechanics; to present aiding and spotting techniques.

KNES 415 UPPER EXTREMITY AND SPINE EVALUATION (4)
Designed to provide the athletic training student with a foundation to effectively assess musculoskeletal injuries to the upper extremity and spine; fundamentals of determining injury severity, proper management and the ability to make an appropriate referral to other medical professionals. Prerequisite: KNES 316, KNES 381, Athletic Training Major.

KNES 417 ORGANIZATION AND ADMINISTRATION OF ATHLETIC TRAINING (3)
Analysis and application of organizational skills and administrative structure of the athletic training profession, including record keeping, budgeting, and a history of athletic training. Requires grade of C or better to fulfill Core or GenEd requirement. Prerequisites: ENGL 102 or ENGL 190; KNES 386 and KNES 427; senior status in athletic training major.

KNES 418 SPORT FACILITY MANAGEMENT AND OPERATIONS (3)
Indoor and outdoor facilities; budget, design, maintenance, operations, planning, renovations, scheduling and staffing.

KNES 419 SWIMMING AND POOL MANAGEMENT (3)
Teaching methods for all levels of swimming and diving. Modern methods of training the competitive swimmer with emphasis on technique and conditioning of the individual. The organization and administration of swimming pools and clubs with regard to staff, recreation, and pool filtration. This is a certifiable course for pool management, approved by the Department of Health, Baltimore County.

KNES 420 ADVANCED EXERCISE PHYSIOLOGY (3)
Application of principles of physiology to study the effect of aging, obesity, and exercise on the skeletal muscle, cardiovascular systems, and metabolic systems, and the effect of training and environment on performance. Prerequisite: KNES 313. Lab/Class fee will be assessed.

KNES 421 PHYSICAL EDUCATION PROGRAM IN ELEMENTARY SCHOOLS (3)
Current trends and issues in curriculum development, methods and materials and research concerned with elementary school physical education programs.

KNES 423 ADAPTED PHYSICAL EDUCATION (3)
Recognition of pupils with physical deviations and use of special or modified physical education activities. Prerequisite: KNES 311, KNES 324, or KNES 325.
KNES 425 ADAPTED PHYSICAL EDUCATION FOR SPECIAL EDUCATION MAJORS (3)
Preparation, implementation and evaluation of developmentally appropriate activities and lessons for students with disabilities, preschool through 21 years. Special Education majors only.

KNES 426 MOTOR DEVELOPMENT: INFANTS TO ADULTS (3)
Research of literature in motor development and performance of the individual from infancy through adulthood. Impact of motor development on cognitive, affective and psychomotor development. Prerequisites: BIOL 221/BIOL 221L (BIOL 213) & BIOL 222/BIOL 222L (BIOL 214).

KNES 427 THERAPEUTIC EXERCISE FOR MUSCULOSKELETAL INJURIES (4)
Analysis and application of comprehensive therapeutic exercise techniques and the development of rehabilitation programs for physically active individuals. Average of 2.5 laboratory hours per week. Prerequisites: KNES 385, KNES 428, Athletic Training major.

KNES 428 THERAPEUTIC MODALITIES FOR MUSCULOSKELETAL INJURIES (4)
Analysis and application of modalities in the treatment and rehabilitation of musculoskeletal injuries. Prerequisites: Athletic Training major, KNES 415, KNES 382.

KNES 430 MOVEMENT EDUCATION IN ELEMENTARY SCHOOL (3)
Application of problem solving and individualized methods of teaching of movement for the elementary school child. Development of programs and materials for teaching creative dance, games, and sports. Survey of current literature.

KNES 431 SEMINAR IN ATHLETIC TRAINING (3)
Analysis and application of athletic training knowledge, skills, attributes, and decision making proficiency; assessment of clinical applications of knowledge and skills pertaining to the athletic training education domains. Prerequisites: Athletic Training major, KNES 388, KNES 417, KNES 432.

KNES 432 GENERAL MEDICAL ASPECTS (4)
Study of pharmacotherapeutic agents and general medical conditions, disabilities, abnormalities, and diseases of physically active individuals; prevention, recognition, physical examination, management, and referral of common general medical conditions. Prerequisites: KNES 427 and KNES 386; Athletic Training major.

KNES 433 APPLIED SPORT AND EXERCISE PSYCHOLOGY (3)
Applications of sport and exercise psychology theory to sport and exercise settings. Prerequisite: KNES 355 or KNES 361.

KNES 435 PROGRAMS IN OUTDOOR EDUCATION (3)
Examines the varied programs in outdoor education offered within the state, nation, and selected foreign countries. Traditional and innovative programs will be reviewed. Concepts revealed will be contrasted with meeting educational objectives. Several field trips are required. Open to Education majors.

KNES 437 SPORT AND THE MEDIA (3)
Symbiotic relationship between sport and electronic/print media.

KNES 439 SPORT CULTURE AND COUNTERCULTURE (3)
Culture ideologies and practices of sport and physical activity; counterculture critiques and alternative constructions of the body and physical culture. Prerequisite: Junior/senior standing.

KNES 441 THE AMERICAN WOMEN IN SPORT (3)
Historical, physiological, psychological, sociological, and philosophical perspectives and societal attitudes toward women who participate in sport.

KNES 445 SPORT MANAGEMENT INTERNSHIP (6-12)
Internship in Sport Management. May be repeated, or enrolled concurrently, for a maximum of 12 units. Not open to students who have successfully completed KNES 395. Prerequisites: KNES 333; KNES 345; junior/senior standing; cumulative GPA of 2.0 or higher; academic major of SPMT.

KNES 449 LEADERSHIP FOR SPORT PROFESSIONALS (3)
Development of effective, personal leadership skills for coaches, athletic directors, managers, and others in the sport industry. Prerequisite: PSYC 101 or SOCI 101.

KNES 450 BALTIMORE: POST-INDUSTRIAL SPORTING METROPOLIS (3)
A theoretically- and empirically-intensive survey of professional and community-based sport in metropolitan Baltimore with a specific focus on the economic and cultural impact of sport in the era of declining industrial manufacturing and emerging information technology within the city.

KNES 452 SPORT MARKETING (3)
Fundamental marketing theories and principles applied to selling of sports; focusing on the concepts and practices forming the knowledge base for effective marketing strategies in sports. Prerequisite: MKTG 341.

KNES 453 SPORT ADMINISTRATION (3)
Designed to aid persons responsible for organizing and administering intramural and interschool athletic programs. Topics such as organizational patterns, objectives of the programs, controls, game management, records, conduct of tournaments, officials, awards, and means of promoting the programs will be considered. Study will be made of competitive as well as informal recreation programs on all educational levels, with special emphasis on the secondary schools.

KNES 454 SPORT SALES AND SPONSORSHIP (3)
Selling and negotiating within the sport-business climate. Development, implementation, and evaluation of a sport sponsorship deal. Prerequisite: KNES 333 or KNES 452.

KNES 455 PHYSICAL ACTIVITY PROGRAMMING FOR THE OLDER ADULT (3)
Application of physiological, psychological, sociological, and motor learning principles to the development of physical activity programs for older adults.

KNES 456 LEGAL AND ETHICAL ISSUES IN SPORT (3)
Critical strategic analysis of legal and ethical issues in the sports industry. Prerequisite: KNES 333.

KNES 457 PHYSIOLOGY OF AGING (3)
Interaction of physical, psychological, social, and environmental systems in the aging process from the late-middle to old age.

KNES 458 APPLIED SPORT MARKETING (3)
Provides students interested in the field of sport marketing with a practical experience working with a sporting organization so as to assist in their professional preparation. Prerequisite: grade of C or higher in KNES 452.

KNES 460 CULTURAL ECONOMY OF SPORT (3)
A theoretically-intensive investigation of the cultural significance and economic formations of contemporary sport in the context of a 21st-century global marketplace. Prerequisites: KNES 333 or permission from the Kinesiology Department.

KNES 465 STRATEGIC SPORT COMMUNICATION (3)
Designed to develop practical skills and competencies in sport communication. Prerequisite: declared sport management major with junior/senior standing or instructor permission.
KNES 469 ADVANCED WRITING FOR RESEARCH IN EXERCISE SCIENCE (3)
Prepares students to read and interpret research in exercise science. Topics include scientific process, research questions and theories, literature review, research methods and measurement, data analysis, and reporting. Requires grade of C or better to fulfill Core or GenEd requirement. Prerequisites: ENGL 102 or ENGL 190, (KNES 309 or MATH 231 or MATH 330 or MATH 237), and senior status in exercise science major. Core: Advanced Writing Seminar or GenEd I.D.

KNES 470 SELECTED TOPICS IN PHEC (3)
Workshop designed for study of special topics of current interest in physical education and athletics. Content varies and will focus on substantive material or operational problems. May be repeated for a maximum of 6 units provided a different topic is covered.

KNES 471 SELECTED TOPICS IN PHYSICAL EDUCATION (1-3)
Workshop designed for study of special topics of current interest in physical education and athletics. Content varies and will focus on substantive material or operational problems. May be repeated for a maximum of 6 units provided a different topic is covered.

KNES 472 SELECTED TOPICS IN PHYSICAL EDUCATION (1-3)
Workshop designed for study of special topics of current interest in physical education and athletics. Content varies and will focus on substantive material or operational problems. May be repeated for a maximum of 6 units provided a different topic is covered.

KNES 473 SELECTED TOPICS IN PHYSICAL EDUCATION (1-3)
Workshop designed for study of special topics of current interest in physical education and athletics. Content varies and will focus on substantive material or operational problems. May be repeated for a maximum of 6 units provided a different topic is covered.

KNES 474 SELECTED TOPICS IN PHYSICAL EDUCATION (1-3)
Workshop designed for study of special topics of current interest in physical education and athletics. Content varies and will focus on substantive material or operational problems. May be repeated for a maximum of 6 units provided a different topic is covered.

KNES 475 SELECTED TOPICS IN PHYSICAL EDUCATION (1-3)
Workshop designed for study of special topics of current interest in physical education and athletics. Content varies and will focus on substantive material or operational problems. May be repeated for a maximum of 6 units provided a different topic is covered.

KNES 476 SELECTED TOPICS IN PHYSICAL EDUCATION (1-3)
Workshop designed for study of special topics of current interest in physical education and athletics. Content varies and will focus on substantive material or operational problems. May be repeated for a maximum of 6 units provided a different topic is covered.

KNES 477 SELECTED TOPICS IN PHYSICAL EDUCATION (1-3)
Workshop designed for study of special topics of current interest in physical education and athletics. Content varies and will focus on substantive material or operational problems. May be repeated for a maximum of 6 units provided a different topic is covered.

KNES 478 SELECTED TOPICS IN PHYSICAL EDUCATION (1-3)
Workshop designed for study of special topics of current interest in physical education and athletics. Content varies and will focus on substantive material or operational problems. May be repeated for a maximum of 6 units provided a different topic is covered.