

# KINESIOLOGY AND SPORT SCIENCE (KSS)

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## **KSS 1500 Physical Activity Core Concepts 1 s.h.**

Essential concepts that document the relationship between physical activity and maintaining optimal health. Personal and social implications of physical inactivity are also explored. Two KSS activity courses must be taken in addition to this course to satisfy the requirements for GER credit.

**Gen Ed:** Well Being, Social and Personal Awareness.

## **KSS 1502 Volleyball 1 s.h.**

Basic rules and fundamental skills of volleyball including serves, bump, overhead pass, and block.

## **KSS 1503 Flight: 1st Year Student-Athlete Experience 2 s.h.**

An introduction to the student-athlete development model through development research, NCAA programming, and practical application to prepare student-athletes for life after athletics as they develop the necessary skills to be engaged citizens and prepared professionals.

## **KSS 1504 Life After Sports 2 s.h.**

Life After Sports is a continuation of the student-athlete development model through development research, NCAA programming, and practical application to prepare student-athletes for life after athletics as they develop the necessary skills to be engaged citizens and prepared professionals.

## **KSS 1508 Group Cycling 1 s.h.**

Introduction to improving fitness levels through group cycling. The emphasis in this class will be on improving cardiovascular fitness through indoor stationary cycling bicycles. All fitness levels are welcomed and will acquire fitness benefits.

## **KSS 1509 Meditation 1 s.h.**

Overview of practical meditation theory, with diverse practices culled from the world's wisdom inheritance presented as guided meditation experiences. Historical perspective, along with relevant findings of current neuroscience research which support the efficacy of meditation are considered. The practices develop heightened awareness skills, whether practiced sitting, standing, walking, or supine.

## **KSS 1512 Bowling 1 s.h.**

Fundamentals of bowling the straight ball. Equipment selection, correction of errors, and scoring. For beginning bowlers. The bowling lanes are located off campus. Transportation to the lanes is not provided.

## **KSS 1514 Fencing 1 1 s.h.**

Fundamentals of foil fencing. Methods of attack and parry, and elementary bouting and judging.

## **KSS 1516 Boxing for Beginners 2 s.h.**

This course consists of learning how to properly workout like a boxer. Students will be trained to use the proper equipment, and how to stand, move, punch, and train like a boxer preparing to competitively box. Students will NOT be actually boxing another competitor.

## **KSS 1517L Horseback Riding 1 Lab 1 s.h.**

This course provides students with a fun way to enjoy recreational horseback riding while learning important riding skills. This course is off campus.

**Coreq.:** KSS 1517.

## **KSS 1519 Racquetball 1 s.h.**

Racquetball rules and techniques for singles and doubles play. Basic strategy and skill development.

## **KSS 1520 Golf 1 1 s.h.**

Fundamental skills of golf. Includes grip, stance, swing patterns, and putting as well as rules of course play.

## **KSS 1522 Tennis 1 1 s.h.**

Fundamental skills of tennis including forehand and backhand drives and service. Basic rules, strategy, and method.

## **KSS 1524 Physical Fitness and Exercise Program 1 s.h.**

Discussion and participation in activities designed to develop and improve the health-related aspects of physical fitness including weight and stress control.

## **KSS 1526 Marksmanship 1 s.h.**

The safety and practice of handling firearms. Target shooting in prone, kneeling and standing positions.

## **KSS 1530 Learn to Swim 1 s.h.**

Introduction to swimming and survival skills, floating, drown-proofing, basic swim strokes (side, elementary back, and front crawl), beginning diving, and simple aquatic games. This course is designed for the student who cannot swim; it is not open to swimmers.

## **KSS 1534 Fitness Swimming 1 s.h.**

Utilization of freestyle swimming stroke to improve/maintain fitness across the lifespan. Content includes stroke mechanics, turning technique, and swim training program design to meet individual fitness and health goals.

**Prereq.:** Ability to swim for 250 yards.

## **KSS 1547 Flexibility and Core Training 1 s.h.**

When performed properly, flexibility can reduce injuries, help recover from injuries, correct muscle imbalances, and recover from exercise. Stretching has also been shown to promote relaxation and stress reduction. This course will cover flexibility utilizing flexbands. In addition, core work and light resistance training will be explored.

## **KSS 1549 Varsity Competition 1 s.h.**

Credit may be obtained through competition in varsity athletic programs.

**Prereq.:** Consent of coach.

## **KSS 1550 Pilates 1 s.h.**

Instruction in principles of body alignment and posture and participation as it pertains to fundamental Pilates techniques.

## **KSS 1552 Yoga 1 s.h.**

Instruction in principles of meditation, body alignment and posture, and participation as it pertains to fundamental yoga techniques.

## **KSS 1553 Yoga 2 1 s.h.**

Builds on the groundwork of fundamental postures, breathing, present moment awareness practices, and various methods for removal of mental and physical tensions introduced in KSS 1552. Practices are drawn from the inheritance of Yoga (Hatha and Raja), for further skill development for managing health and vitality of mind and body.

**Prereq.:** KSS 1552 or consent of instructor.

## **KSS 1554 Fitness Walking 1 s.h.**

Information on the benefits of walking for fitness. Health advantages, appropriate conditioning, pace, warm-up and cool-down. Practical experience in the skills needed to achieve success in developing and adhering to a walking program.

## **KSS 1555 Jogging 1 s.h.**

Holistic approach to the theory and practice of jogging with emphasis on the physiological benefits.

## **KSS 1557 Weight Training 1 s.h.**

Introduction to progressive resistive exercise for men and women. Topics include strength training, types of equipment, exercise techniques, circuit training, competitive weightlifting, body building, and injury prevention.

## **KSS 1559 Aerobic Conditioning Activities 1 s.h.**

Practical experience in activities that improve cardiovascular endurance. Such activities include, but are not limited to, aquatics, fitness walking and jogging.

**Prereq.:** Exercise science major.

## **KSS 1560 Resistance Training 2 s.h.**

Concepts and applications of progressive resistance exercise. Emphasis on advanced principles and techniques for developing muscular strength and endurance for fitness and athletic performance. Two hours lab.

**Prereq.:** major in exercise science or permission of instructor.

**KSS 1563 Rock Climbing 1 s.h.**

Instruction and participation in fundamental rock climbing techniques that include safely constructing anchor systems, employing belay methods, equipment selection, and beginning climbing skills.

**KSS 1565 Self Defense 1 s.h.**

The defensive techniques of Judo and Aikido designed to counter attacks with a knife, club, gun or bare fist. Balance, control, safety, falling.

**KSS 1568 Taekwondo/Karate 1 s.h.**

An introduction to the history, philosophy and techniques of taekwondo/karate. Fundamental techniques include: stances, kicks, punches, and forms.

**KSS 1588 Selected Activities in Kinesiology and Sport Science 1 s.h.**

Knowledge of and practice in a particular area of dance, fitness, or sport. Activity is announced each time the course is offered. May be repeated up to 4 s.h. with change in topic.

**KSS 1590 Foundations of Fitness 3 s.h.**

Students will learn the fundamentals of fitness as it relates to lifestyle choices and health. Discussion and participation in activities designed to develop and improve the health-related aspects of physical fitness including weight and stress control will be used to develop a personal fitness program through personal goals.

**KSS 1595 Introduction to Kinesiology and Sport Science 2 s.h.**

Introduction to physical education, exercise science and related professions. Includes exploration of the general concepts, goals, aims, objectives, professional organizations, scholarly literature, sub-disciplines within the field, and career employment opportunities.

**KSS 2605 Sports First Aid and Injury Prevention 3 s.h.**

Basic injury prevention, evaluation, and emergency care. Certification in ARC Standard First Aid and Adult CPR. Basic wrapping and strapping techniques used with common sports injuries. Two hours lecture, two hours lab.

**Prereq.:** Exercise science major, Wellness minor, or consent of instructor.

**KSS 2625 Pedagogical Aspects of Exercise Science 3 s.h.**

Effective instructional practices and development of organizational skills and characteristics required for teaching in exercise programs. Two hours lecture, two hours lab.

**KSS 2699 Sport in American Culture 3 s.h.**

Sport in American culture from the colonial period to the present as it relates to such areas as education, literature, film and drama, minorities, politics, professional sport, religion and urbanization.

**KSS 3700 Exercise Evaluation and Testing 4 s.h.**

Theory and practice of pre-exercise evaluation, exercise testing, and results interpretation for generally healthy populations, according to American College of Sports Medicine (ACSM) guidelines. Includes a minimum of 30 hours of field experience.

**Prereq.:** Major, KSS 3710 and KSS 3710L.

**KSS 3710 Physiology of Exercise 4 s.h.**

Acute responses and chronic adaptations of the body to physiological demands of physical activity. Topics related to the optimization of performance in sport and exercise include neuromuscular and cardiorespiratory function, energy production and utilization, and environmental influences.

**Prereq.:** Exercise Science major.

**KSS 3710L Physiology of Exercise Laboratory 1 s.h.**

Experiments and basic laboratory procedures in the field of exercise physiology. Concurrent with: KSS 3710.

**KSS 3720 Kinesiology and Applied Anatomy 4 s.h.**

Muscular structure and function in relation to physical movement; analysis of fundamental movements.

**Prereq.:** KSS 1595.

**KSS 3725 Mindfulness 2 s.h.**

Mindfulness is a state of active, open attention on the present and the practice of being aware moment-to-moment. Students will learn techniques of mindfulness. Topics include breath awareness, sitting meditation, body scanning, walking meditation, eating meditation, yoga, loving kindness and yoga nidra.

**Prereq.:** PSYC 1560 or KSS 1590.

**KSS 3730 Exercise Prescription 4 s.h.**

Theory and practice of exercise prescription based on metabolic calculations for apparently healthy populations, older adults, children/adolescents, pregnant women, and those with obesity, dyslipidemia, and hypertension. Includes approximately 18 hours of field experience. Content based on American College of Sports Medicine objectives.

**Prereq.:** KSS 3700.

**KSS 3750 Principles of Coaching 2 s.h.**

The scientific, psychological, and management aspects of coaching. Includes ethics and management responsibilities, personnel management, community relations, conditioning, and other related topics.

**Prereq.:** Junior standing.

**KSS 3760 Strength Training and Conditioning 3 s.h.**

Scientific principles, concepts, and adaptations to resistance exercise. Practical application of lifting and spotting technique, testing procedures, program design, and organization and administration of the strength and conditioning facility. Two hours lecture, two hours lab.

**Prereq.:** KSS 1560 and KSS 3710.

**KSS 3765 Athletic Training 1 2 s.h.**

Practical and theoretical aspects of the prevention of athletic injuries. Includes supplies, wrapping and strapping, protective equipment. Emphasizes prevention, evaluation, and emergency care. One hour lecture, two hours lab.

**Prereq.:** KSS 1595 and KSS 2605.

**KSS 4805 Administration of Exercise Programs 3 s.h.**

Provides an overview of legal, management, and marketing skills necessary to implement exercise related wellness programs. Requires development of business plan including facility design and equipment selection.

**Prereq.:** KSS 3700.

**KSS 4810 Clinical Exercise Testing and Prescription 4 s.h.**

Theory and practice of clinical exercise testing, including electrocardiography, and prescription, for those with cardiovascular disease, pulmonary disease, diabetes, kidney disease, diabetes, and cancer. Includes approximately 36 hours of field experience. Content based on American College of Sports Medicine objectives.

**Prereq.:** KSS 3730.

**KSS 4865 Athletic Training 2 2 s.h.**

Advanced techniques of athletic training with emphasis on evaluation, treatment and rehabilitation of athletic injuries. Topics include application of therapeutic modalities, reconditioning programs, and the role of the athletic trainer in sports medicine. One hour lecture, two hours lab.

**Prereq.:** KSS 3765.

**KSS 4870 Exercise and Aging for Health Professions 3 s.h.**

For majors in Gerontology/Health Professions who work with older adults in exercise/physical activity programs. Emphasis on physical aspects/limitations of aging, exercise testing, prescription, and programs for the elderly. Not applicable to the major in Exercise Science.

**Prereq.:** Senior standing or permission of instructor.

**KSS 4875 Exercise Counseling and Behavioral Strategies 4 s.h.**

Exercise Counseling and Behavioral Strategies Evidence-based theories and domains geared toward fostering change, growth, and self-actualization in exercise. The scientific foundations of basic exercise counseling and behavioral strategies that enable effective wellness coaching are explored.

**Prereq.:** Junior standing.

**KSS 4880 Internship 8 s.h.**

A culminating experience in an approved fitness or sports-related setting under the direct supervision of a qualified individual and coordinated by a supervising faculty member. Requires 400 hours to obtain 8 s.h. May be taken concurrently with KSS 4875.

**Prereq.:** Completion of Exercise Science core requirements through KSS 4810.

**KSS 4888 Selected Topics in Kinesiology and Sport Science 1-3 s.h.**

In-depth study of special subject matter within the field of physical education. Topic announced each time course is offered. May be repeated for a maximum of 6 s.h. with change in topic.

**Prereq.:** 72 s.h. or consent of instructor.

**KSS 4890 Undergraduate Research 1-3 s.h.**

Research participation under the direction and guidance of a full-time faculty member. Provides the advanced student with research experience in HPES. May be repeated to a maximum of six s.h. Junior standing or permission of instructor.