

DEPARTMENT OF KINESIOLOGY AND SPORT SCIENCES

Department Objectives

- Enable students to pursue their future professional goals by developing the necessary technical and interpersonal skills.
- Educate about the importance of, and appreciation for, lifelong physical activity and healthy living.
- Provide communities with exceptional Kinesiology and Sport Sciences professionals with the personal and cultural competencies to serve as engaged citizens, and a passion for lifelong learning.
- Provide outreach through research and service to local, university, state, national and international constituents and professional fields.

Exercise Science and Exercise Science Comprehensive Bachelor of Science Degrees

Application and Acceptance Requirements

Students pursuing a degree in the Exercise Science field must submit an official application for acceptance into the program. Applications must be submitted at the time of registration for KSS 461 Physiology of Exercise. Students must successfully complete KSS 107, NUTR 108PE 108, KSS 150, LOPER 2 and LOPER 4 prior to applying to the program. Requirements for consideration of acceptance into the program include:

- a grade of C or better in KSS 310 Introduction to Human Physiology of Exercise or a grade of C or better in BIOL 226 Anatomy and Physiology,
- a cumulative GPA of 2.75 or better.

Applications may be submitted by November 12 or April 12 during the semester the student registers for PE 461. Please visit the KSS website (http://www.unk.edu/academics/hperls/es_requirements.php) for application requirements.

Faculty will decide on student acceptance by December 15 for spring semester, May 15 for summer and August 15 for fall semester. Students who are not accepted into the program will be required to withdraw from courses in the Exercise Science program and will be notified by e-mail. Students not accepted into the program may re-apply during a subsequent semester and request a personal interview with the core faculty.

Progression in the Exercise Science program is dependent upon earning a grade of C or better in the prerequisite class (e.g. a student earning a C- [or lower] in KSS 461 would not be able to progress in the sequence).

The five-year or 4+1 accelerated graduate degree pathway allows high level students to enter UNK as a freshman and obtain a Bachelor of Science degree in Exercise Science and apply for entry into the Exercise Science Master's program during their 6th semester. Once accepted into the program, students take 6 hours of graduate work during their senior year at UNK which will count for undergraduate and graduate hours. Upon completion of the undergraduate degree, students will then

complete their graduate program over the following traditional academic year.

Athletic Training Education Program Application and Acceptance Requirements

Students wishing to pursue the 3+2 pathway for the Master of Athletic Training Program will need to choose an undergraduate major and declare the Minor in the Athletic Training Foundations (<http://catalog.unk.edu/undergraduate/departments-programs/kinesiology-sport-sciences/athletic-training-foundations-minor/>). During third undergraduate year of coursework or when prerequisite coursework has been completed, students must submit an official application for acceptance into the Master of Athletic Training (<http://catalog.unk.edu/graduate/departments/kinesiology-sport-sciences/athletic-training-mat/>) (MAT) program. Requirements for consideration of an application and qualification for being granted an interview are provided in the Graduate Catalog and on the Athletic Training Education web page under the Academic Program Manual link.

Students enrolled in the Exercise Science BS program may pursue an accelerated program into the MAT program. Once accepted into the accelerated program, students take 6 hours of graduate work during their senior year at UNK which will count for undergraduate and graduate hours.

Physical Education Major

Four options are available in this major:

1. Physical Education PK-6 Teaching Subject Endorsement (<http://catalog.unk.edu/undergraduate/departments-programs/kinesiology-sport-sciences/physical-education-pk-6-teaching-subject-endorsement-bae/>) - Bachelor of Arts in Education Degree
2. Physical Education 7-12 Teaching Subject Endorsement (<http://catalog.unk.edu/undergraduate/departments-programs/kinesiology-sport-sciences/physical-education-7-12-teaching-subject-endorsement-bae/>) - Bachelor of Arts in Education Degree
3. Health Education 7-12 Teaching Subject Endorsement (<http://catalog.unk.edu/undergraduate/departments-programs/kinesiology-sport-sciences/health-education-7-12-teaching-subject-endorsement-bae/>) - Bachelor of Arts in Education Degree
4. Health and Physical Education PK-12 Teaching Field Endorsement (<http://catalog.unk.edu/undergraduate/departments-programs/kinesiology-sport-sciences/health-physical-education-pk-12-teaching-field-endorsement-bae/>) - Bachelor of Arts in Education Degree

Supplemental Endorsements are offered in Interscholastic Coaching (7-12) (<http://catalog.unk.edu/undergraduate/departments-programs/kinesiology-sport-sciences/supplemental-endorsement-interscholastic-coaching-7-12/>).

Students who complete one Teaching Subject Endorsement or one Teaching Field Endorsement may complete one or more Supplemental Endorsements.

Exercise Science Major

Two options are available in this major:

1. Exercise Science (<http://catalog.unk.edu/undergraduate/departments-programs/kinesiology-sport-sciences/exercise-science-bs/>) - Bachelor of Science Degree

2. Exercise Science Comprehensive (<http://catalog.unk.edu/undergraduate/departments-programs/kinesiology-sport-sciences/exercise-science-comprehensive-bs/>) - Bachelor of Science Degree

Sport and Recreation Management Major

Two options are available in this major:

1. Sport and Recreation Management Major (<http://catalog.unk.edu/undergraduate/departments-programs/kinesiology-sport-sciences/sports-management-bs/>) - Bachelor of Science Degree
2. Sport and Recreation Management Comprehensive (<http://catalog.unk.edu/undergraduate/departments-programs/kinesiology-sport-sciences/sport-management-comprehensive-bs/>) - Bachelor of Science Degree

A minor in Sports Management (<http://catalog.unk.edu/undergraduate/departments-programs/kinesiology-sport-sciences/sport-management-minor/>), or Coaching (<http://catalog.unk.edu/undergraduate/departments-programs/kinesiology-sport-sciences/coaching-minor/>) is available for students pursuing majors in other disciplines.

A minor in Recreation Management (<http://catalog.unk.edu/undergraduate/departments-programs/kinesiology-sport-sciences/recreation-park-management-minor/>) or Event Management (<http://catalog.unk.edu/undergraduate/departments-programs/kinesiology-sport-sciences/event-management-minor/>) is available for students pursuing majors in other disciplines.

Kinesiology and Sport Sciences

One option is available in this major:

1. Kinesiology Comprehensive (<http://catalog.unk.edu/undergraduate/departments-programs/kinesiology-sport-sciences/physical-education-comprehensive-bs/>) - Bachelor of Science Degree

A minor in Kinesiology (<http://catalog.unk.edu/undergraduate/departments-programs/kinesiology-sport-sciences/physical-education-minor/>) is available for students pursuing majors in other disciplines.

Athletic Training Foundations Minor

A minor in Athletic Training Foundations is available for students pursuing the 3+2 option for Masters of Athletic Training (<http://catalog.unk.edu/graduate/departments/kinesiology-sport-sciences/athletic-training-mat/>) degree. Please contact the Athletic Training faculty or graduate chair for more information.

Note – the Minor in Athletic Training Foundations will not qualify a graduate to challenge the Board of Certification (BOC) examination and should only be taken as part of the 3+2 plan to enter the MAT.

Nutrition Minor

A minor in Nutrition (<http://catalog.unk.edu/undergraduate/departments-programs/kinesiology-sport-sciences/nutrition-minor/>) is available for students pursuing any major or a pre-dietetics pathway.

Adolescent Health Minor

A new minor in Adolescent Health (<http://catalog.unk.edu/undergraduate/departments-programs/kinesiology-sport-sciences/adolescent-health-minor/>) is also available.

Kinesiology and Sport Sciences (KSS)

KSS 100 – Principles of Physical Education and Health 3 credit hours

This introductory course is geared towards students interested in pursuing a career in the teaching of Health, and/or Physical Education subject areas or within the extracurricular area of Coaching. The course includes a field experience in PK-12 school sites and explores teacher education through the lens of the Health and/or Physical Education teacher.

KSS 107 – Introduction to Exercise Science 1 credit hour

This course is designed to introduce students to the field of Exercise Science as an area of academic study and as a professional career. Students majoring in Exercise Science should take this course in their first year.

KSS 109 – Activity Class 1 credit hour

Any full semester course or any combination of two eight-week courses below may be elected for one credit. Aerobic Dancing, Archery, Badminton, Ballroom Dancing, Basketball, Bowling, Cross Country Skiing, Diving, Golf, Gymnastics, Jogging, Orienteering, Personal Defense, Pickleball, Pocket Billiards, Racquetball, Skiing, Soccer, Softball, Swimming, Tennis, Track, Tumbling, Volleyball, Wrestling, Yoga for Exercise.

Total Credits Allowed: 18.00

KSS 110 – Basic Sports Activities 0.5-1 credit hours

Any full semester course or any combination of two eight-week courses below may be elected for one credit. Aerobic Dancing, Archery, Badminton, Ballroom Dancing, Basketball, Bowling, Cross Country Skiing, Diving, Golf, Gymnastics, Jogging, Orienteering, Personal Defense, Pickleball, Pocket Billiards, Racquetball, Skiing, Soccer, Softball, Swimming, Tennis, Track, Tumbling, Volleyball, Wrestling, Yoga for Exercise.

Total Credits Allowed: 18.00

KSS 111 – Intercollegiate Sports 1 credit hour

Participation as a member of one of UNK's varsity sports teams.

Total Credits Allowed: 18.00

KSS 121 – Foundations of Instructing Sport and Recreation Concepts 3 credit hours

The focus of this course is to learn the basic foundations of sport and leisure activities, and introduce practical techniques for teaching to Preschool to adults.

KSS 150 – Healthy Wealthy and Wise 3 credit hours

This course focuses on increasing student's understanding of the relevance of the social, economic, and environmental conditions that affect their decisions to take personal responsibility for their health. Throughout this course, students will be asked to reflect on their own health behavior, the factors that influence their behavior and development of strategies to articulate and modify behavior and improve their overall health and well-being.

KSS 200 – Physical Education and Health Methods I 3 credit hours

The course will introduce pre-service students to the characteristics of developing a quality health and/or physical education program, and teacher by learning about health and/or physical education school policies/environment, curriculum planning, methods of instruction for teaching, and student assessment for the elementary and secondary level.

Prerequisite: KSS 100 and KSS 121

Additional Course Fee Required

KSS 202 – Foundations of Advocacy and Leadership in Education 3 credit hours

This course will focus on the examination of leadership and advocacy issues in the education field. Students will learn how to advocate for themselves, their students, and their profession. Specifically, students will analyze educational concerns; identify the key stakeholders/decision-makers in school districts, the state of Nebraska, and US legislative processes; and participate in civic engagement of those key stakeholders through preparatory advocacy activities (e.g. letter to a legislator, school board presentation, etc.).

KSS 203 – Technology Literacy in Health and Physical Education 3 credit hours

This course is designed to provide Health and Physical Education pre-professional educators the knowledge and skill set necessary to effectively use educational technology to enhance curriculum development, learning, and assessment in face to face or distance education environments. Students are encouraged to take KSS 200 and KSS 206 prior to this course.

Prerequisite: KSS 100 and KSS 121

KSS 205 – Foundations of Health Education 3 credit hours

This course will study the purpose, scope and nature of health education through consideration of the philosophical and behavioral perspectives of the field. A search for and development of principles guiding the operation of health education in the schools, the community, and in public health agencies. The collaboration of school members, communities, and families will be considered during an evaluation of the Whole School, Whole Community, Whole Child approach as part of the plan for comprehensive school health education.

Prerequisite: Completion of or concurrent enrollment in KSS 200

KSS 210 – Scuba 2 credit hours

Background, principles and techniques of scuba diving. Certification may be awarded at the discretion of instructor. A special fee will be assessed for the course.

Additional Course Fee Required

KSS 226 – Elementary School Health Teaching 1 credit hour

Methods of teaching elementary school health.

Prerequisite: KSS 150

KSS 230 – Sports Officiating 1-2 credit hours

Sections in football, volleyball, basketball, wrestling, and track and field officiating will be offered.

Total Credits Allowed: 16.00

KSS 241 – Foundations of Fitness and Rhythm in Physical Education 3 credit hours

This course focuses on teaching practical techniques of teaching to integrate fundamental movements, simple and complex rhythmic patterns, and fitness choreography into a PK-12 Physical Education program. Inclusive strategies, individual, group choreography, and creative movement patterns connecting cultural histories will also be explored. Students are encouraged to complete PE 200 prior to this course.

Prerequisite: KSS 100 and KSS 121

KSS 247 – Nutrition, Health and Safety for Young Children 1 credit hour

This course is designed to provide students with a comprehensive understanding of the nutrition, health, and safety needs of young children from birth to eight years of age. This course will prepare students to address the well-being of diverse young children and their families in a variety of early childhood settings, including family childcare, childcare centers, preschools, and early elementary school settings.

KSS 256 – Our Unhealthy World: Who's to Blame? 3 credit hours

This course is designed to emphasize critical thinking about the fads, trends, policies and products that are affecting the health of the human race. Nutrition, physical activity, lifestyle, and health information sources in America and the World will be discussed as they relate to health outcomes. Individual, social, organizational, community, physical environmental, economic, and political factors that influence individuals, behaviors affecting their health will be examined. One of the overarching health goals for the nation is to eliminate health disparities, achieve health equity, and attain health literacy to improve health and well-being of all people. This course aims to increase students' awareness of how and why there are wide disparities in the health status of different social groups. The value of diversity to human health, global health, and their relationship also will be explored.

KSS 262 – CPR/AED for the Professional Rescuer 1 credit hour

American Red Cross CPR and emergency techniques are taught.

Additional Course Fee Required

KSS 264 – Foundation of Athletic Training 2-4 credit hours

American Red Cross designed course providing methods of providing emergency first aid care and injury prevention techniques. Geared mainly to sports and fitness populations.

Total Credits Allowed: 4.00

Additional Course Fee Required

KSS 265 – Emergency Medical Response 2 credit hours

This course is designed to offer students information and skills that will prepare them for providing basic first aid and life support to individuals suffering from illness or injury. Successful completion of each aspect of the course will qualify each student to be certified by the American Red Cross in Automated External Defibrillator, Professional Rescuer CPR for the Child, Infant and Adult.

Additional Course Fee Required

KSS 280 – Foundations of Sport and Recreation Management 3 credit hours

This course is designed to give students an understanding and background in the various facets of the sport and recreation industry. Students will learn the relevance of sociological, cultural, historical, political, psychological, and legal concepts to the management of sport and recreation. The goal of this course is to provide you with fundamental knowledge about sport, recreation, parks, and leisure as well as empower you with tools that can help you use your time in the most beneficial way.

KSS 301 – School Connectedness & Emotional Health 2 credit hours

School connectedness is an important protective factor. Young people who feel connected to their school/school personnel are less likely to engage in risky behaviors and have better academic achievement. Teachers, administrators, other school staff, and parents can help create an environment of school connectedness. This course will address factors to increase school connectedness and also provide an introduction to the emotional health aspects of school-aged children (5-17). *Students will be certified in Youth and/or Adult Mental Health First Aid.

Additional Course Fee Required

KSS 302 – Volunteer Practicum Exercise Science 1-4 credit hours

Students will be assigned to a community, hospital, agency fitness, athletic, recreation, or tourism site. Credit/no credit.

Total Credits Allowed: 4.00

Prerequisite: Grade of "C" or above in KSS 305 and KSS 310 and KSS 414 or co-enrollment in KSS 414

KSS 303 – Volunteer Practicum in Sports Management 1-4 credit hours

This course is designed to be an early field experience for the student with a major or a minor in Sports Management. Students will be assigned to the UNK Athletic Department or Viaero Event Center.

Total Credits Allowed: 4.00

KSS 304 – Volunteer Practicum in Athletic Training Foundations 1-2 credit hours

This course is designed to offer the student enrolled in the Minor in AT Foundations the opportunity to gain basic and introductory skills for basic sports injury care. Additionally, students will be provided opportunities to gain observation experiences required for entrance into the MAT program.

Total Credits Allowed: 2.00

Additional Course Fee Required

KSS 305 – Fitness Leadership 2-3 credit hours

This course will prepare students to become leaders in the fitness industry while obtaining skills necessary to become certified as a personal trainer or group exercise instructor.

Prerequisite: KSS 150

KSS 310 – Introduction to Human Physiology of Exercise 3 credit hours

Provides a foundation of scientific basis for understanding the body's anatomical structures and physiologic responses to acute exercise, as well as its adaptations to chronic exercise. Prior coursework in chemistry is recommended, but fundamentals in these areas will be reviewed when necessary. Lecture and lab format.

Additional Course Fee Required

KSS 311 – Applied Anatomy and Kinesiology 4 credit hours

This course is designed to provide a hands-on learning experience to understand how anatomy, physiology, and kinesiology directly relate to teaching physical education and coaching athletics. Understanding basic anatomy and applied kinesiology is essential to understanding motor performance.

KSS 320 – Sports Coaching Philosophy and Leadership 3 credit hours

This course is designed to assist the prospective coach with developing a working philosophy that can be implemented for any future team or organization. Within the developed philosophy will be a focus on leadership and those events that require coaches to lead a program.

KSS 325 – Motor Learning and Development 3 credit hours

Course will address changes in motor behavior over life span with emphasis on childhood through adolescence. Learning of motor skills addressed with particular emphasis on factors of instruction that can be manipulated to ensure acquisition of motor skills.

KSS 328 – Water Safety Instructor 3 credit hours

Preparation in management and maintenance of swimming pools and methods of swim instruction. Red Cross Water Safety Instructor Certificate may be awarded at the discretion of instructor.

Additional Course Fee Required

KSS 329 – Introduction to Health Promotion 3 credit hours

This course is designed to provide students exposure to the process of planning, implementing, and evaluating health promotion strategies that enable individuals, groups, and communities to increase control over, and to improve, their health.

KSS 330 – Volleyball Theory 2 credit hours

Individual and team play for prospective coaches.

KSS 331 – Football Theory 3 credit hours

Offenses and defenses for a high school team. Administration of a complete season of practices and games.

KSS 333 – Basketball Theory 3 credit hours

Individual and team play for prospective coaches.

KSS 334 – Track Theory 3 credit hours

Techniques, form and training schedules for track and field events, including administration of track meets.

KSS 337 – Baseball/Softball Theory 3 credit hours

Skills, strategies, and problems of coaching a high school team.

KSS 340 – Non-Rhythmic Physical Education 1 credit hour

Techniques of teaching: Fundamental movement skills, sport skills, low organized games, physical fitness, rope jumping, creative movement.

KSS 360 – Introduction to Anatomical Biomechanics 4 credit hours

Structure and function of the human skeleton, muscles and joints, analysis of human movement as applied to sports and physical education.

Prerequisite: KSS 310 or BIOL 215 or BIOL 225 or permission of instructor

Additional Course Fee Required

KSS 361 – Integrating Movement and Dance 1 credit hour

This course is about the integration of movement and dance across the pre-school through grade six curriculum.

KSS 369 – Remedial and Adaptive Physical Education 2-3 credit hours

Study of physical, mental and emotional impairments which limit human performance. Treatment of injuries and disabilities through remedial exercises.

Total Credits Allowed: 3.00

KSS 372 – Special Topics in Exercise Nutrition 3 credit hours

The format of this course will vary depending on the topic and instructor, yet all courses will focus on the role of nutrition in health, wellness, or sports performance. (This course is repeatable for credit when a different topic is covered)

Total Credits Allowed: 6.00

Prerequisite: NUTR 108

KSS 401 – Psychology of Sport 3 credit hours

Study of psychological principles and theories of athletics.

KSS 402 – Sociology of Sport 3 credit hours

Background in sport history/philosophy, sport sociology, sport in society, minorities and women in sport, as sport has evolved in American society.

KSS 403 – Sport Finance 3 credit hours

In-depth examination of finance basics, financial management, and application of financial management in sport. This course will examine the financial and economic impact of college athletics, professional sport, international sport, and community sport.

KSS 405 – Athletic Injury Assessment I: Lower Extremities 3 credit hours

A comprehensive study of the commonly accepted techniques used to clinically evaluate athletic injuries/conditions of the trunk and lower extremity, for the purpose of determining the type and severity so that appropriate injury management and referral may occur. Typical symptoms and common clinical signs associated with athletic injuries/conditions will be investigated as well as common contributing etiological factors.

Corequisite: KSS 310 or KSS 360 or BIOL 226.

KSS 406 – Athletic Injury Assessment II: Upper Extremities 3 credit hours

A comprehensive study of the commonly accepted techniques used to clinically evaluate athletic injuries/conditions of the head, spine and upper extremity, for the purpose of determining the type and severity so that appropriate injury management and referral may occur. Typical symptoms and common clinical signs associated with athletic injuries/conditions will be investigated as well as common contributing etiological factors.

Prerequisite: KSS 405

KSS 407 – Compliance and Governance in Sport 3 credit hours

With the growing recognition and the critical roles of sport governing bodies, there is a significant need for properly trained sport administrators who wish to occupy leadership positions within the broad organizational setting of sport. This Compliance and Governance in Sport course is designed to provide current or future sport administrators with theoretical and practical knowledge in governance principle and organizational theory, structure, policy, function, and issue involving a wide spectrum of sport organizations today. The evolution of power and political activity engulfing sport organizations is also examined as well as concepts on leadership and management related to the sport administrative contexts. Furthermore, current policy areas facing different types of governing bodies are exposed to broaden the student's perspective on organizational leaders in the profession.

KSS 412 – Social Media Management in Sport 3 credit hours

Social Media Management provides a thoroughly integrated overview of how sport teams, leagues, media, coaches and players disseminate information and manage their brand. Students will learn how sport organizations and individuals plan, implement, leverage, and evaluate their social media endeavors. Best practices will be shared and utilized as students will learn how to create and share multimedia information about sports to a variety of audiences. Social, ethical, and legal implications associated with digital and social media usage will be a point of emphasis for the students.

KSS 414 – Implementation of a Strength Program 2 credit hours

This course is designed to provide knowledge on instructional techniques and skill development in progressive resistance strength training implementation. Necessary anatomical, physiological and biomechanical principles are reviewed and applied to evaluate and implement effective strength programs. Equipment considerations, maintenance, and safety are covered for use with free weights, resistance machines, and plyometric training methods. Students develop the skills to assess technique, evaluate needs, and administer muscular strength and endurance programs.

Prerequisite: KSS 310 or KSS 311

KSS 419 – Pathology of Sport Injury 1 credit hour

Provide and develop fundamental knowledge related to clinical pathology in sports. Primary emphasis will be placed upon the orthopedic aspects of injury and/or pathology related to each tissue structure such as bone, ligament, tendon, muscle, and nerve. Various properties of tissue structures and tissue response will also be analyzed.

Prerequisite: KSS 310 or BIOL 225 and BIOL 226

KSS 421 – Administration of High School Athletics 2 credit hours

Administrative practices with which the high school coach needs to be familiar. Includes regulations of Nebraska School Activities Association.

KSS 422 – Essentials of Strength and Conditioning 2 credit hours

This course is designed to provide a comprehensive overview of strength and conditioning. Emphasis is placed on the exercise sciences (including anatomy, exercise physiology, and biomechanics) and nutrition, exercise technique, program design, organization and administration, and testing and evaluation. The class will be divided into two sections for lab to provide students with a greater opportunity for one-on-one instruction and critique. Additionally, this course is designed to prepare students for the nationally accredited Certified Strength and Conditioning Specialist (CSCS) certification exam.

Prerequisite: KSS 414 or KSS 461

KSS 425 – Legal Aspects of Sport and Recreation 3 credit hours

Comprehensive examination of legal issues which influence formulation and modification of policies controlling operations of athletics/physical education programs at collegiate level recreation programs, and professional sports programs.

KSS 428 – Secondary Physical Education Methods 3 credit hours

This course is designed to prepare physical education professionals in the teaching and organization of developmentally appropriate physical education lessons, and explores methods for reaching the secondary physical education student.

Prerequisite: KSS 200

KSS 429 – Marketing in Sport, Recreation and Events 3 credit hours

With the growing competitive and rapidly changing sport business marketplace, sport organization managers need for properly trained sport marketing professionals to attract and retain consumers, thereby better securing their revenue streams as well as shareholder value. This Marketing in Sport, Recreation and Events course is designed to provide future sport marketing professionals with theoretical and practical knowledge in marketing principles, management, and issues facing the sport industry managers and organizations today. This course will primarily focus on the application of several key marketing strategies and tactics utilized in the contemporary organizations to promote both sport as medium and sport as product. Overall, this course is intended to prepare students who can assume responsible marketing positions with skills of application and demonstration for the complex nature of today's sport business marketplace.

KSS 430 – Organization and Administration in Recreation, Sport and Events 3 credit hours

This course is designed to emphasize the desirable skills needed for an administrator in the areas of sport, athletic training, recreation, and event management. Topics to be covered will include management, leadership, organizational development, administration principles, policies and procedures, communication and legal aspects.

KSS 441 – Elementary Physical Education Methods 3 credit hours

Teaching and organization activities and methods for elementary grades. Includes consideration of the exceptional child and early childhood education.

Prerequisite: KSS 200

KSS 450 – Assessment and Evaluation in Health and Physical Education 3 credit hours

This course focuses on developing the skills and knowledge necessary to effectively create, administer, and report various forms of authentic assessment and conduct evaluations allowing educators to assess standards-based practices in a PK-12 Physical Education and/or Health settings. Candidates will gain the knowledge of elementary statistical procedures, acquire the dispositions, knowledge, and performance competencies related to appropriate measurement and evaluation of school aged children.

Prerequisite: Admitted to the Teacher Education program and TE 306 or TE 318 or TE 319.

KSS 452 – Exercise Prescription for Special Populations 3 credit hours

Advanced course in clinical exercise testing and prescription relative to disease of the cardiovascular, pulmonary, metabolic, musculoskeletal, neuromuscular, and immunologic systems. The course is designed to provide students a basic understanding of the pathophysiology and exercise response in these populations while following the American College of Sports Medicine guidelines. The course will also focus on understanding diagnostic techniques and treatments practiced in each subcategory. Special attention will be given to applicable exercise assessment techniques used in exercise settings.

Prerequisite: Grade of C or better in KSS 467 or instructor permission.

KSS 455 – Promoting Healthy Youth Behaviors 3 credit hours

This course focuses on health issues of children/adolescents. Examination of health behaviors, how to prevent risky behaviors, and how to promote positive health behaviors will occur through the school teaching lens. Students will learn how to incorporate appropriate classroom strategies for the following health topics: Alcohol and Other Drugs, Healthy Eating, Mental/Emotional Health, Personal Health, Physical Activity, Safety, Sexual Health, Tobacco, and Violence.

Prerequisite: NUTR 108 and KSS 150

KSS 459 – Special Topics Gross Anatomy 3 credit hours

Designed for in-depth understanding of anatomy as it relates to movement or work. Student will utilize and assist in dissection of human cadavers.

Total Credits Allowed: 6.00

Prerequisite: KSS 360 or BIOL 225 and BIOL 226

Additional Course Fee Required

KSS 460 – Gross Anatomy of Movement 3 credit hours

Designed for in-depth understanding of anatomy as it relates to movement or work. Student will utilize and assist in dissection of human cadavers.

Prerequisite: KSS 360 or BIOL 225 and BIOL 226

Additional Course Fee Required

KSS 461 – Physiology of Exercise 4 credit hours

Physiological processes of body as pertain to physical activity. How trained and untrained individuals differ, and importance of training.

Department Consent Required

Prerequisite: Grade of "C" or above in KSS 310 or BIOL 215 or BIOL 226 or by permission

Additional Course Fee Required

KSS 464 – School Health Methods 3 credit hours

This course provides the background information and skills teachers need to implement a comprehensive school health curriculum at the elementary and/or the secondary school level. The course includes information on the six categories of risk behavior, identified by the Centers for Disease Control and Prevention. The course examines educational reform focusing on improving the health of today's youth.

Prerequisite: KSS 150

KSS 467 – Fitness Testing 4 credit hours

Techniques and theory of testing for personal fitness. Measures include vital capacity, body density, stress testing, aerobic and anaerobic fitness.

Prerequisite: Grade of C or above in KSS 461

KSS 468 – Public Health Aspects of Physical Activity 3 credit hours

Trends and situations in sport, fitness and wellness settings with practical applications from exercise physiology.

Department Consent Required

Prerequisite: A grade of "C" or above in KSS 329 and KSS 461 or permission of the instructor

KSS 469 – Sports Nutrition 3 credit hours

Metabolism and metabolic regulation, the influence of dietary practices on human performance.

Prerequisite: Grade of C or above in KSS 461 and KSS 108 or permission of instructor

Additional Course Fee Required

KSS 471 – Field Experience in Health & Physical Education 3 credit hours

This course is a supervised field-based experience to induct students into teaching Health and Physical Education and develop an awareness of the many roles of a professional educator. The course will emphasize, preparation for student teaching, teacher certification, and preparation for employment.

Prerequisite: Admitted to the Teacher Education program and KSS 464 or KSS 428 or KSS 441

KSS 475 – Research Methods in Exercise Science 3 credit hours

This course is designed to introduce advanced undergraduate students to the processes of research in the field of Exercise Science including the processes of finding, reading and understanding Exercise Science research; data collection; data analysis; and data interpretation.

Prerequisite: STAT 241 and a grade of "C" or above in KSS 467

KSS 496 – Professional Readiness in Exercise Science 1 credit hour

This course will focus on the evaluation of community programming while determining the student's preparedness to enter the field.

Prerequisite: Senior standing

KSS 498 – Special Topics 1-3 credit hours

Topics are studied which are not assigned or covered in other courses in the department. The format of this course will vary depending on the topic, instructor, and the needs of the student.

Total Credits Allowed: 6.00

Nutrition (NUTR)

NUTR 108 – Introduction to Nutrition 3 credit hours

Scientific basis of nutrition, nutrients and their functions, sources of deficiency diseases requirements and basic interrelationships of nutrients. Nutrition throughout the life cycle.

Additional Course Fee Required

NUTR 305 – Volunteer Practicum Nutrition 2 credit hours

Students will be assigned to participate in activities related to nutrition at community, hospital, university or specific sites. Credit/no credit.

Total Credits Allowed: 4.00

Prerequisite: NUTR 108

NUTR 345 – Nutrition Through the Lifecycle 3 credit hours

The study and influence of normal physiological stress on nutritional requirements throughout the life cycle: pregnancy, lactation, growth and aging.

Prerequisite: NUTR 108

NUTR 355 – Food Preparation for Optimal Health 3 credit hours

This course will cover a variety of aspects associated with food preparation: the basic elements in food science and preparation, nutrition and food service. It covers the latest information on food, its science and its application in health and wellness. It provides students with a broad foundation in any of these food-related fields.

Prerequisite: NUTR 108

Additional Course Fee Required

NUTR 385 – Advanced Nutrition 3 credit hours

The study of nutrition, nutritional principles and the application of those principles across the lifespan and in various disease processes, as well as the understanding of theories and the application of necessary skills for making changes in dietary and lifestyle behaviors.

Prerequisite: NUTR 108 and NUTR 345 or NUTR 355 or permission of the instructor

Additional Course Fee Required