Kinesiology

Kinesiology & Community Health
Department Head: Amelia Woods
Department Office: 112 Freer Hall, 906 South Goodwin, Urbana
Phone: 217-333-2461
www.kch.illinois.edu/

KIN 100  Development Activities  credit: 1 TO 2 hours.
Skills and knowledge essential for leisure-time activities which are classified as developmental activities. Prerequisites and descriptions for each developmental activity are provided in the Class Schedule. More than one activity (Sections A through Z) may be taken in the same term. Additional fees may apply. See Class Schedule. May be repeated to a maximum of 2 hours.

There will be a fee assessed for use of Campus Recreation equipment.

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<thead>
<tr>
<th>CRN</th>
<th>Type</th>
<th>Section</th>
<th>Time</th>
<th>Days</th>
<th>Location</th>
<th>Instructor</th>
</tr>
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<tbody>
<tr>
<td>33208</td>
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<td>A1</td>
<td>08:00 AM - 08:50 AM</td>
<td>MW</td>
<td>1048 - Campus Recreation Center East</td>
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<tr>
<td>33293</td>
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<tr>
<td>35098</td>
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<tr>
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<td>Amjod, R</td>
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</tbody>
</table>

Cond & Wt Control
Activities and understanding which contribute to the development and/or maintenance of physical fitness and a well-proportioned body. May be repeated once for credit if taken in successive terms; credit not to exceed a total of 2 undergraduate hours.

Credit Hours: 1 hours
Weight Training I
Skills and knowledge essential for use of weights for conditioning the body. May be repeated once for credit if taken in successive terms. For University Residence Hall students only through August 17th.
Skills and knowledge essential for use of weights for conditioning the body. May be repeated once for credit if taken in successive terms. For University Residence Hall students only through August 17th.

KIN 101  **Dance Activities**  credit: 1 hours.
Skills and knowledge essential for leisure-time activities which are classified as dance activities. May be repeated; more than one activity (Sections A through Z) may be taken in the same term. Prerequisite: See Class Schedule for prerequisites for each dance activity.

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<tr>
<th>CRN</th>
<th>Type</th>
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<th>Time</th>
<th>Days</th>
<th>Location</th>
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<tr>
<td>31819</td>
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Aerobics I
For University Residence Hall Students only until August 17th.

<table>
<thead>
<tr>
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</table>

Aerobics I
For University Residence Hall students only through August 17th.

KIN 102  **Individual and Dual Activities**  credit: 1 hours.
Skills and knowledge essential for leisure-time activities which are classified as individual and dual activities. Prerequisites for each individual or dual activity are provided in the Class Schedule. More than one activity (Sections A through Z) may be taken in the same term. Additional fees may apply. See Class Schedule.

<table>
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<tr>
<th>CRN</th>
<th>Type</th>
<th>Section</th>
<th>Time</th>
<th>Days</th>
<th>Location</th>
<th>Instructor</th>
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<tbody>
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<td>35039</td>
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<td>02:00 PM - 02:50 PM</td>
<td>MW</td>
<td>60 - Illini Union</td>
<td>Baumgartner, N</td>
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</table>

Bowling
KIN/Illini Union Facility Fee $65.00 Flat Fee.
Introductory skills and understanding essential for bowling. Meets full term.

<table>
<thead>
<tr>
<th>CRN</th>
<th>Type</th>
<th>Section</th>
<th>Time</th>
<th>Days</th>
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<th>Instructor</th>
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<td>60 - Illini Union</td>
<td>Chung, H</td>
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</table>

Bowling
KIN/Illini Union Facility Fee $65.00 Flat Fee.
Meets 22-Aug-16 - 14-Oct-16.
Introductory skills and understanding essential for bowling.

<table>
<thead>
<tr>
<th>CRN</th>
<th>Type</th>
<th>Section</th>
<th>Time</th>
<th>Days</th>
<th>Location</th>
<th>Instructor</th>
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</tr>
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</table>

Bowling
KIN/Illini Union Facility Fee $65.00 Flat Fee.
Meets 17-Oct-16 - 07-Dec-16.
Introductory skills and understanding essential for bowling.

KIN 103  **Indoor Court Activities**  credit: 1 hours.
Skills and knowledge essential for leisure-time activities which are classified as indoor court activities. Prerequisites for each indoor court activity are provided in the Class Schedule. More than one activity (Sections A through Z) may be taken in the same term.
Badminton
Introductory skills, knowledge, and conditioning essential for badminton. Students provide own racquet and birds.

67291 Laboratory D1 01:00 PM - 01:50 PM TR GYM3 - Activities & Recreation Center Chaparro, G

KIN 104  **Skating Activities**  credit: 1 hours.
Skills and knowledge essential for leisure-time activities which are classified as skating activities. Prerequisites for each skating activity are provided in the Class Schedule. Additional Ice Skating Rink Facility charges are required and provided in the Class Schedule. More than one activity (Sections A through Z) may be taken in the same term. Additional fees may apply. See Class Schedule.

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<th>CRN</th>
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<th>Instructor</th>
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Ice Skating
Kinesio/Camp Rec Facility Fee $50.00 Flat Fee.
Meets 22-Aug-16 - 14-Oct-16.
Introductory skills, knowledge, and conditioning essential for figure skating. Ice skates and helmets provided on request.

<table>
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<tr>
<th>CRN</th>
<th>Type</th>
<th>Section</th>
<th>Time</th>
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Ice Skating
Kinesio/Camp Rec Facility Fee $50.00 Flat Fee.
Meets 17-Oct-16 - 07-Dec-16.
Introductory skills, knowledge, and conditioning essential for figure skating. Ice skates and helmets provided on request.

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<th>CRN</th>
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</tbody>
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Ice Skating
Kinesio/Camp Rec Facility Fee $50.00 Flat Fee.
Meets 17-Oct-16 - 07-Dec-16.
Introductory skills, knowledge, and conditioning essential for figure skating. Ice skates and helmets provided on request.
Kinesio/Camp Rec Facility Fee $50.00 Flat Fee.
Meets 17-Oct-16 - 07-Dec-16.
Introductory skills, knowledge, and conditioning essential for figure skating. Ice skates and helmets provided on request.

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<th>Type</th>
<th>Section</th>
<th>Time</th>
<th>Days</th>
<th>Location</th>
<th>Instructor</th>
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<tbody>
<tr>
<td>33339</td>
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<td>01:00 PM - 01:50 PM</td>
<td>MWF</td>
<td>111 - Ice Arena</td>
<td>Clarke, C Fang, H</td>
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</table>

Ice Skating
Kinesio/Camp Rec Facility Fee $50.00 Flat Fee.
Meets 17-Oct-16 - 07-Dec-16.
Introductory skills, knowledge, and conditioning essential for figure skating. Ice skates and helmets provided on request.

KIN 107 Aquatic Sport Activities  credit: 1 hours.
Skills and knowledge essential for leisure-time activities which are classified as aquatic sport activities. Prerequisites for each aquatic sport activity are provided in the Class Schedule. More than one activity (Sections A through Z) may be taken in the same term. Additional fees may apply. See Class Schedule.
There will be a fee assessed for use of Campus Recreation equipment.

<table>
<thead>
<tr>
<th>CRN</th>
<th>Type</th>
<th>Section</th>
<th>Time</th>
<th>Days</th>
<th>Location</th>
<th>Instructor</th>
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<tbody>
<tr>
<td>66835</td>
<td>Laboratory</td>
<td>AAE</td>
<td>02:00 PM - 02:50 PM</td>
<td>TR</td>
<td>POOL - Campus Recreation Center East</td>
<td>Chaparro, G</td>
</tr>
</tbody>
</table>

This class is specifically adapted for students with physical disabilities only.

<table>
<thead>
<tr>
<th>CRN</th>
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<th>Section</th>
<th>Time</th>
<th>Days</th>
<th>Location</th>
<th>Instructor</th>
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<tbody>
<tr>
<td>31831</td>
<td>Laboratory</td>
<td>Z2A</td>
<td>12:30 PM - 01:50 PM</td>
<td>MW</td>
<td>INDR POOL - Activities &amp; Recreation Center</td>
<td>Chizewski, A</td>
</tr>
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Aqua Aerobics
Meets 22-Aug-16 - 14-Oct-16.

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<tr>
<th>CRN</th>
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<th>Days</th>
<th>Location</th>
<th>Instructor</th>
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<td>MW</td>
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<td>Chizewski, A</td>
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</table>

Aqua Aerobics
Meets 17-Oct-16 - 07-Dec-16.

KIN 109 Team Sport Activities  credit: 1 hours.
Skills and knowledge essential for leisure-time activities which are classified as team sport activities. Prerequisites for each team sport activity are provided in the Class Schedule. More than one activity (Sections A through Z) may be taken in the same term.

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<th>CRN</th>
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<th>Time</th>
<th>Days</th>
<th>Location</th>
<th>Instructor</th>
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<td>31838</td>
<td>Laboratory</td>
<td>A1</td>
<td>09:00 AM - 09:50 AM</td>
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<td>GYM2 - Activities &amp; Recreation Center</td>
<td>Peters, J</td>
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Volleyball
Introductory skills, knowledge, and conditioning essential for power volleyball.
KIN 110  **Intro to the Health Sciences**  credit: 3 hours.
Same as CHLH 110. See CHLH 110.

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<th>Time</th>
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<th>Location</th>
<th>Instructor</th>
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<tbody>
<tr>
<td>66747</td>
<td>Lecture-Discussion</td>
<td>A</td>
<td>11:00 AM - 12:20 PM</td>
<td>MW</td>
<td>108 - English Building</td>
<td>Rice, L</td>
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</table>

Credit Hours: 3 hours

KIN 111  **Prescribed Exercise**  credit: 1 hours.
Prescribed exercises adapted to individual needs, capacities, and interests; open to persons with paraplegia, permanently disabled, and individuals with significant temporary disabilities who will require long term rehabilitation. Students must be registered or eligible to register with DRES. May be repeated to a maximum of 4 hours. Prerequisite: Enrollment restricted to students with permanent disabilities or disabilities which are long-term in nature. Student should be registered or eligible to register with DRES.

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<th>Instructor</th>
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<tbody>
<tr>
<td>30485</td>
<td>Laboratory</td>
<td>A</td>
<td>ARRANGED -</td>
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<td>Elliott, J</td>
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Instructor Approval Required
Enrollment restricted to students with permanent disabilities or disabilities which are long term in nature. Student should be registered or eligible to register with DRES.

KIN 120  **Injuries in Sport**  credit: 2 hours.
Emphasizes injury mechanisms, means of injury prevention, and emergency care applied to various types of sport injuries; laboratory sessions emphasize preventive and therapeutic taping and emergency first aid. Additional fees may apply. See Class Schedule.

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<th>Section</th>
<th>Time</th>
<th>Days</th>
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<tr>
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<td>Scott, B</td>
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</table>

Credit Hours: 2 hours
ALS Class Materials $20.00 Flat Fee.

KIN 122  **Physical Activity and Health**  credit: 3 hours.
Provides the scientific evidence of physical activity in preventing disease and optimizing quality of life. Teaches behavioral change strategies to achieve an active lifestyle.

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<th>Type</th>
<th>Section</th>
<th>Time</th>
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</table>

Seats are reserved for Kinesiology, Community Health and iHealth students through the July 10.

<table>
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<tr>
<th>CRN</th>
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Seats are reserved for Kinesiology, Community Health and iHealth students through the July 10.

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<td>-</td>
<td>-</td>
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</table>

Meets 17-Oct-16 - 07-Dec-16. Registration for this course will close at 9 AM on the first day of instruction. No overrides will be given after that time.

**KIN 125  Orientation KIN & Comm Health  credit: 1 hours.**

Serves as an introduction to the Kinesiology and Community Health Department and provides an overview of the Kinesiology and Community Health curricula, areas of study, and opportunities available for a career in the field. Enrollment required for Kinesiology freshmen and transfer students. Credit is not given for both KIN 125 and CHLH 125.

<table>
<thead>
<tr>
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</table>


**KIN 130  Analysis of Basic Movement  credit: 2 hours.**

Introduction to human movement through development of skills and knowledge relative to structure and function of the human body in selected physical activities including: basic postural and locomotion patterns and fundamental throwing patterns; also studies developmental aspects of typical and atypical movement skills. Emphasizes performance and qualitative analysis of movement skills.

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<tr>
<th>CRN</th>
<th>Type</th>
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<th>Time</th>
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Reserved for Kinesiology majors through July 10. COURSE WILL INCLUDE ONLINE COMPONENT.

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<td>MC2</td>
<td>01:00 PM - 01:50 PM</td>
<td>T</td>
<td>100 - Huff Hall</td>
<td>Hua, A</td>
</tr>
</tbody>
</table>
KIN 140  Social Sci of Human Movement  credit: 3 hours.
Introduction to the social scientific aspects of human movement including sport; particular emphasis on concepts derived from the social sciences (including psychology) that are appropriate to human movement. Additional fees may apply. See Class Schedule. Some seats have been reserved for new Kinesiology Freshmen and transfer students. Students must register for one lab and one lecture section.
This course satisfies the General Education Criteria for a:
Social & Beh Sci - Soc Sci

<table>
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<tr>
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Social Sciences course.
AHS Class Materials $200.00 Flat Fee.

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Social Sciences course.
AHS Class Materials $200.00 Flat Fee.

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Social Sciences course.
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Social Sciences course.
AHS Class Materials $200.00 Flat Fee.

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Social Sciences course.
AHS Class Materials $200.00 Flat Fee.

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</table>

Social Sciences course.
Some seats have been reserved for Kinesiology majors through July 10.

KIN 142  Contemporary Issues in Sport  credit: 3 hours.
Examines current issues in sport relative to competition, economics, race, sex, youth, educational institutions, deviant behavior, religion, psychology, and the media.

<table>
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<tr>
<th>CRN</th>
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<tbody>
<tr>
<td>30503</td>
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<td>09:00 AM - 09:50 AM</td>
<td>MWF</td>
<td>1092 - Lincoln Hall</td>
<td>Haugen, M</td>
</tr>
</tbody>
</table>
KIN 150  **Bioscience of Human Movement**  credit: 3 hours.
Integrates anatomical and physiological aspects of human movement; emphasizes how the body moves, physiological responses to exercise stress, physical conditioning and physical fitness. Additional fees may apply. See Class Schedule.
Some seats have been reserved for new Kinesiology Freshmen and transfer students. Students must register for one lab-discussion and one lecture section.
This course satisfies the General Education Criteria for a:
Nat Sci & Tech - Life Sciences

<table>
<thead>
<tr>
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Life Sciences course.
Some seats have been reserved for Kinesiology majors through July 10.

<table>
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<tr>
<th>CRN</th>
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Life Sciences course.
AHS Class Materials $200.00 Flat Fee.

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Life Sciences course.
AHS Class Materials $200.00 Flat Fee.

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Life Sciences course.
AHS Class Materials $200.00 Flat Fee.

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<th>Type</th>
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<th>Days</th>
<th>Location</th>
<th>Instructor</th>
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Life Sciences course.
AHS Class Materials $200.00 Flat Fee.

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<tr>
<th>CRN</th>
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<tr>
<td>31976</td>
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</tbody>
</table>

Life Sciences course.
AHS Class Materials $200.00 Flat Fee.

KIN 160  **Introduction to Kinesiology**  credit: 3 hours.
Kinesiology is the interdisciplinary study of physical activity that includes a number of sub-disciplines. This course will examine these areas of study within Kinesiology from scientific, applied, and experiential perspectives. Students will study fundamental/introductory concepts associated with each area of Kinesiology, explore those concepts within research and applied contexts, and complete activities in which they experience various dimensions of those concepts.
KIN 199  Undergraduate Open Seminar  credit: 0 TO 5 hours.
Additional fees may apply. See Class Schedule. Approved for letter and S/U grading. May be repeated.

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<th>Instructor</th>
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<tbody>
<tr>
<td>65887</td>
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<td>TR</td>
<td>136 - Armory</td>
<td>Rice, I</td>
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</table>

Credit Hours: 2 hours
Meets 17-Oct-16 - 07-Dec-16.
Disability in Popular Culture. This course is designed to explore how mass media and popular culture shapes perceptions of persons living with disabilities. Media and Popular culture such as books, movies, television, magazines and newspapers often serve an important source of knowledge and insight about important human issues. Media has the power to perpetuate both accurate and distortions which reinforce imagery and ideas about people living with disabilities. This course will examine how perceptions created by the media are absorbed and accepted by the mainstream public and inform how individuals with disabilities are often viewed and treated.

KIN 230  Diversity in Recreation, Sport, and Tourism  credit: 3 hours.
Same as HDFS 263 and RST 230. See RST 230.
This course satisfies the General Education Criteria for a: Cultural Studies - US Minority

<table>
<thead>
<tr>
<th>CRN</th>
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</table>

US Minority Culture(s) course. Restricted to Kinesiology major(s).

KIN 247  Intro to Sport Psychology  credit: 3 hours.
Analysis of the competitive sport process, with study of how personality and situational variables affect motivation, anxiety, and aggression in sport. Attention is given to the psychological skills needed by coaches and athletes for successful and enjoyable sports participation.

<table>
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<tr>
<th>CRN</th>
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<th>Section</th>
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<th>Days</th>
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<td>134 - Temple Hoyne Buell Hall</td>
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</table>

Some seats have been reserved for Kinesiology majors through July 10.

59390  Online  ON  ARRANGED  -  Cohen, J

Meets 17-Oct-16 - 07-Dec-16.
Registration for this course will close at 9 AM on the first day of instruction. No overrides will be given after that time.
KIN 249  **Sport & Modern Society**  credit: 3 hours.
The sociological analysis of sport in modern societies with regard to social class, politics, community, education, and collective behavior. Same as SOC 249.

Students must register for one discussion and one lecture section.

This course satisfies the General Education Criteria for a:
Social & Beh Sci - Soc Sci

<table>
<thead>
<tr>
<th>CRN</th>
<th>Type</th>
<th>Section</th>
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<td>209 - Huff Hall</td>
<td>Haugen, M</td>
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</tbody>
</table>

Social Sciences course.

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<th>CRN</th>
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<td>33389</td>
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<td>209 - Huff Hall</td>
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Social Sciences course.

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Social Sciences course.

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<td>ARRANGED -</td>
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<td>Littlefield, M</td>
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</table>

Social Sciences course.
Meets 17-Oct-16 - 07-Dec-16.
Registration for this course will close at 9 AM on the first day of instruction. No overrides will be given after that time.

KIN 257  **Coordination, Control & Skill**  credit: 3 hours.
Introduction to the concepts and principles of the coordination and control of movement and the development of skilled action. The course will focus on such topics as fundamental movement activities; movement control processes; acquisition, retention and transfer of skill; and the role of constraints to action. These topics have implications for understanding skilled performance, motor development and human performance in general. Additional fees may apply. See Class Schedule. Prerequisite: KIN 140 and KIN 150 or consent of instructor.

Students must register for one lab and one lecture section.

<table>
<thead>
<tr>
<th>CRN</th>
<th>Type</th>
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<th>Time</th>
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AHS Class Materials $200.00 Flat Fee.

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AHS Class Materials $200.00 Flat Fee.

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<th>Days</th>
<th>Location</th>
<th>Instructor</th>
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<td>224 - Freer Hall</td>
<td>Wood, T</td>
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</table>

AHS Class Materials $200.00 Flat Fee.
KIN 260  **Teaching Activities I**  credit: 3 hours.

An activity-based course focusing on skills, knowledge, and teaching progressions related to territorial and net sports for school age students. Students will develop knowledge of the basic skills and teaching progressions related to the activities covered in the class. Prerequisite: KIN 130.

<table>
<thead>
<tr>
<th>CRN</th>
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<td>TR</td>
<td>ARR - Freer Hall</td>
<td>Crull, G</td>
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</tbody>
</table>

Credit Hours: 3 hours

KIN 262  **Motor Develop, Growth & Form**  credit: 3 hours.

Examination of the concepts of motor development, physical growth, and body form throughout the lifespan. Major emphasis is on the period of birth through adolescence. Same as HDFS 262.

This course satisfies the General Education Criteria for a:
- Social & Beh Sci - Beh Sci

<table>
<thead>
<tr>
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<th>Days</th>
<th>Location</th>
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<tbody>
<tr>
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<tr>
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<tr>
<td>45817</td>
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<td>10:00 AM - 10:50 AM</td>
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<td>130 - Freer Hall</td>
<td>Defilippis, M Shelley, S</td>
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<td></td>
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</tbody>
</table>
KIN 268  **Children's Movement**  credit: 3 hours.
Introduction and overview of kinesiology principles and physical activity related to children. Laboratory portion of class focuses on the application of information to teaching physical activity to elementary school children. Prerequisite: For non-kinesiology majors.

Students must register for one lab and one lecture section.

<table>
<thead>
<tr>
<th>CRN</th>
<th>Type</th>
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<th>Location</th>
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<tr>
<td>31937</td>
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<td>03:00 PM - 04:50 PM</td>
<td>W</td>
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<tr>
<td>31938</td>
<td>Laboratory</td>
<td>AB2</td>
<td>03:00 PM - 04:50 PM</td>
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<td>GYM3 - Activities &amp; Recreation Center</td>
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<td>31940</td>
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<td>AB3</td>
<td>01:00 PM - 02:50 PM</td>
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<td>MAC GYM - Campus Recreation Center East</td>
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<td>1000 - Lincoln Hall</td>
<td>McLoughlin, G</td>
</tr>
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</table>

Seats have been reserved for the College of Education through July 10. After July 10 all remaining seats will be open to all interested students.

KIN 340  **Soc & Psych of Phys Activity**  credit: 3 hours.
Discusses how social and psychological processes and constraints affect human action in physical activity environments. Attention is given to socialization, personal dynamics, stratification, and ideological and economic constraints upon the manifestations of physical activity. Prerequisite: KIN 140 or PSYC 100 and completion of the Campus Composition I general education requirement.

Students must register for one lab-discussion and one lecture section.

This course satisfies the General Education Criteria for a:
Advanced Composition

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<tr>
<th>CRN</th>
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<th>Location</th>
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<tr>
<td>59595</td>
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<td>AL1</td>
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<td>Petruzzello, S</td>
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</table>

Advanced Composition course.
Seats are reserved for Kinesiology majors through July 10.
Laboratory-Discussion  AY1  08:00 AM - 09:50 AM  F  329 - Armory  Amjod, R

Advanced Composition course.

Laboratory-Discussion  AY2  10:00 AM - 11:50 AM  F  429 - Armory  Chizewski, A

Advanced Composition course.

Laboratory-Discussion  AY3  02:00 PM - 03:50 PM  R  224 - Freer Hall  Rougeau, K

Advanced Composition course.

Laboratory-Discussion  AY4  01:00 PM - 02:50 PM  F  146 - Armory  Chizewski, A

Advanced Composition course.

Laboratory-Discussion  AY5  04:00 PM - 05:50 PM  R  130 - Freer Hall  Rougeau, K

Advanced Composition course.

Lecture  SP1  01:00 PM - 02:20 PM  TR  245 - Altgeld Hall  Petruzzello, S

Camp Honors/Chanc Schol, and Advanced Composition course.
Soc & Psych of Phys Activity For Chancellor's Scholars; others may enroll with consent of instructor and Director of the Campus Honors Program.
Restricted to Chancellor's Scholar-CHPHonors students.

KIN 345  Sport and Society  credit: 3 hours.
Same as HIST 390. See HIST 390.

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<thead>
<tr>
<th>CRN</th>
<th>Type</th>
<th>Section</th>
<th>Time</th>
<th>Days</th>
<th>Location</th>
<th>Instructor</th>
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<tr>
<td>59525</td>
<td>Lecture-Discussion</td>
<td>A</td>
<td>12:30 PM - 01:50 PM</td>
<td>TR</td>
<td>315 - Gregory Hall</td>
<td>Burgos, A</td>
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</table>

Integration & American Sports
Topic: Integration and American Sports. Description: The racial integration of Major League Baseball has often been hailed by social commenters as a watershed event in the march toward Civil Rights. Scholars, however, have debated the impact that integration has had on the whole of U.S. society and, more specifically, on Black communities. Specifically, some have weighed the adverse impact integration had on the race institutions that had been formed in Black communities during the Jim Crow era of segregation. A few have considered how integration could have unfolded differently than how it was implemented in Major League Baseball, and that this should be considered in any historical evaluation of baseball's racial integration. This course's focus on integration and American sports will prompt us to consider integration as a process and as an idea by engaging works that examine race in major professional sports during the twentieth century. We will complicate the familiar black-white narrative and explore how other racialized minorities, specifically Latinos and American Indians, complicate or reaffirm the more popularly-known narratives race and sport. Course readings materials will engage different interpretations about the actors and their motivations in either supporting or opposing integration. In so doing, we will explore what are the possibilities and limitations of using sport as the medium to analyze questions such as integration, desegregation, and racial equality. Finally, this class will be taught in a discussion-based format, with a heavy emphasis on active participation. Assignments will include journal writing, in-class assignments, response papers, and a final paper assignment.
KIN 352  Bioenergetics of Movement  credit: 3 hours.
Study of the nature of energy transfer during physical activity; mechanisms of metabolic control, force production, cardiorespiratory support and adaptation relative to physical activity. Additional fees may apply. See Class Schedule. Prerequisite: MCB 103.

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<thead>
<tr>
<th>CRN</th>
<th>Type</th>
<th>Section</th>
<th>Time</th>
<th>Days</th>
<th>Location</th>
<th>Instructor</th>
</tr>
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<tr>
<td>32026</td>
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</table>

Restricted to Kinesiology Majors until July 10.

<table>
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<tr>
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<tbody>
<tr>
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AHS Class Materials $200.00 Flat Fee.

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<th>CRN</th>
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AHS Class Materials $200.00 Flat Fee.

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<th>Location</th>
<th>Instructor</th>
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<tbody>
<tr>
<td>32025</td>
<td>Laboratory-Discussion</td>
<td>AY3</td>
<td>02:00 PM - 03:50 PM</td>
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<td>121A - Freer Hall</td>
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AHS Class Materials $200.00 Flat Fee.

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<th>CRN</th>
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AHS Class Materials $200.00 Flat Fee.

KIN 355  Biomechanics of Human Movement  credit: 3 hours.
Studies the biological and mechanical principles of human motor performance; analyzes selected movement skills in depth. Additional fees may apply. See Class Schedule. Prerequisite: MCB 334, MATH 012 or above, or consent of instructor.
Students must register for one lab-discussion and one lecture section.

<table>
<thead>
<tr>
<th>CRN</th>
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Restricted to Kinesiology Majors until July 10.

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AHS Class Materials $200.00 Flat Fee.

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<td>224 - Freer Hall</td>
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AHS Class Materials $200.00 Flat Fee.
KIN 360  **Adapted Physical Education**  credit: 3 hours.
Organization, administration, and conduct of physical education programs for the most prevalent types of medical conditions found in school settings; emphasis on analyzing motoric needs and prescribing programs of motor activity for special populations, including individuals with mental retardation and learning disabilities. Prerequisite: Junior standing or above and enrollment in the Teacher Certification program or consent of instructor.

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<thead>
<tr>
<th>CRN</th>
<th>Type</th>
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Restricted to Kinesiology major(s).

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</table>

Restricted to Kinesiology major(s).

KIN 361  **Curriculum in Grades K-6**  credit: 3 hours.
Examines the theoretical and philosophic curricular principles necessary to the development of a sound, professionally grounded, and research-based curriculum for children in grades K-6. Requires planning a variety of developmentally appropriate learning activities that are taught to children during micro-teaching experiences in the field. Prerequisite: Junior standing or above and enrollment in the Teacher Certification program or consent of the instructor.

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<tr>
<th>CRN</th>
<th>Type</th>
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</table>

Restricted to Kinesiology major(s).

KIN 364  **Exper in the Common School**  credit: 3 hours.
Supervised practice in observing, assisting, and teaching children in elementary, junior high school, and senior high school. Emphasis is on understanding motor behavior, teacher-learner behavior, and interrelatedness with other aspects of the learning environment. May be repeated to a maximum of 6 hours. Prerequisite: Junior standing or above and enrollment in the Teacher Certification program or consent of the instructor.

Students are expected to complete 60 hours of lab experience during the term. Most sessions will meet at Holy Cross School. Students must arrange for and allow travel time to and from Holy Cross School, Champaign. Labs do not meet until after the first lecture.

<table>
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<th>CRN</th>
<th>Type</th>
<th>Section</th>
<th>Time</th>
<th>Days</th>
<th>Location</th>
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<tr>
<td>31962</td>
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<td>121A - Freer Hall</td>
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</table>

Credit Hours: 3 hours
Restricted to Teacher Education K-12 concentration(s).
Additional hours will be arranged for this course.

KIN 365  **Civic Engagement in Wellness**  credit: 3 hours.
Provides scholarly knowledge and practical experience related to environmental, intellectual, physical, psychological, spiritual, and social wellness. Students acquire leadership and real-world skills while working in teams to develop and implement projects that facilitate health and well-being in the population of adults living in the community. Projects emphasize integrative learning and are showcased in both written and oral formats. Same as AHS 365, CHLH 365, RST 365, and SHS 370.

<table>
<thead>
<tr>
<th>CRN</th>
<th>Type</th>
<th>Section</th>
<th>Time</th>
<th>Days</th>
<th>Location</th>
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<td>1002 - Huff Hall</td>
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Credit Hours: 3 hours

KIN 369  Coaching Strategies  credit: 3 hours.
Examination of philosophy, ethics, strategies, motivational techniques, performance analysis, program organization, contest administration, and equipment and facility management related to coaching.
Some seats have been reserved for Kinesiology majors.

<table>
<thead>
<tr>
<th>CRN</th>
<th>Type</th>
<th>Section</th>
<th>Time</th>
<th>Days</th>
<th>Location</th>
<th>Instructor</th>
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<tbody>
<tr>
<td>61098</td>
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<td>06:00 PM - 08:50 PM</td>
<td>W</td>
<td>112 - Huff Hall</td>
<td>Crull, G</td>
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</table>

KIN 375  Comm Partners & Health  credit: 3 hours.
Same as AHS 375 and SHS 375. See SHS 375.

<table>
<thead>
<tr>
<th>CRN</th>
<th>Type</th>
<th>Section</th>
<th>Time</th>
<th>Days</th>
<th>Location</th>
<th>Instructor</th>
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</thead>
<tbody>
<tr>
<td>61716</td>
<td>Discussion/Recitation</td>
<td>A</td>
<td>05:00 PM - 05:50 PM</td>
<td>M</td>
<td>110 - Speech &amp; Hearing Science Bldg</td>
<td>Cetin, P Sherrill, M</td>
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<tr>
<td>61718</td>
<td>Discussion/Recitation</td>
<td>B</td>
<td>12:30 PM - 01:20 PM</td>
<td>T</td>
<td>111 - Speech &amp; Hearing Science Bldg</td>
<td>Cetin, P McFarlane-Blake, Z</td>
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<tr>
<td>61720</td>
<td>Discussion/Recitation</td>
<td>C</td>
<td>12:30 PM - 01:20 PM</td>
<td>R</td>
<td>111 - Speech &amp; Hearing Science Bldg</td>
<td>Cetin, P McFarlane-Blake, Z</td>
</tr>
</tbody>
</table>

KIN 385  Exper in Kinesiology Research  credit: 3 hours.
Supervised laboratory experiences in kinesiology research; individual work under the supervision of members of the faculty in their respective fields. The student assists with data collection, processing, and analysis for research in progress. May be repeated to a maximum of 12 hours. Prerequisite: Consent of instructor.

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<tr>
<th>CRN</th>
<th>Type</th>
<th>Section</th>
<th>Time</th>
<th>Days</th>
<th>Location</th>
<th>Instructor</th>
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<tbody>
<tr>
<td>10475</td>
<td>Independent Study</td>
<td></td>
<td>ARRANGED</td>
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<td>Instructor Approval Required</td>
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</tbody>
</table>
KIN 386  Exercise Instruction & Elderly  credit: 3 hours.
This course is designed to offer practical experience opportunities to undergraduate Kinesiology students aspiring to work in applied exercise fields with a diverse aged population. It will entail extensive "on the job" training through the Lifetime Fitness Program, an older adult service program of the Department of Kinesiology. Additionally, students will gain training in current program management practices. May be repeated to a maximum of 6 hours. Prerequisite: KIN 352 or consent of instructor is required. A current CPR is required at the beginning of the term and certification must remain current.

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<thead>
<tr>
<th>CRN</th>
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<th>Days</th>
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<td>-</td>
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</table>

Instructor Approval Required

KIN 387  Exper in the Agency Setting  credit: 3 hours.
Supervised practical experience in leadership roles in nonschool agency settings; emphasis on observing, planning, and conducting physical activity programs for children and/or adults in preschool, recreation, or other social agencies. May be repeated for a maximum of 6 hours.
Students must register for one lab and one lecture section.

<table>
<thead>
<tr>
<th>CRN</th>
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<th>Section</th>
<th>Time</th>
<th>Days</th>
<th>Location</th>
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<tr>
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</table>

Students are expected to complete 60 hours of lab experience during the semester. Labs do not meet until after the first lecture. Preference is given to Kinesiology majors with a junior or senior standing.

<table>
<thead>
<tr>
<th>CRN</th>
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<th>Section</th>
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<th>Days</th>
<th>Location</th>
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<td>12:00 PM - 12:50 PM</td>
<td>W</td>
<td>224 - Freer Hall</td>
<td>Carlson, K</td>
</tr>
</tbody>
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<th>Type</th>
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<th>Time</th>
<th>Days</th>
<th>Location</th>
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<tbody>
<tr>
<td>39912</td>
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<td>-</td>
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</tbody>
</table>

Advisor Approval Required
Students are expected to complete 90 hours of lab experience during the semester. Labs do not meet until after the first lecture. Preference is given to Kinesiology majors with a junior or senior standing.

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<th>CRN</th>
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<th>Days</th>
<th>Location</th>
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<tbody>
<tr>
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<td>ARRANGED -</td>
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<td>-</td>
<td>Carlson, K</td>
</tr>
</tbody>
</table>

Advisor Approval Required

KIN 390  Honors  credit: 2 hours.
Course is restricted to James Scholars pursuing the Civic Commitment and Leadership Tracks. Designed to support completion of the James Scholar honors project. Same as CHLH 390 and RST 390. May be repeated to a maximum of 6 hours. Prerequisite: James Scholar standing.

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>51920</td>
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<td>A</td>
<td>ARRANGED -</td>
<td>-</td>
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</tbody>
</table>

Restricted to James Scholars Program students.
KIN 391  **Special Project-Problems**  credit: 2 OR 3 hours.
Special projects in research and independent investigation in any phase of health, kinesiology, physical education, and related areas selected by the students. May be repeated to a maximum of 6 hours. Prerequisite: Junior or senior standing; grade-point average of 2.5; consent of instructor.

<table>
<thead>
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<th>Location</th>
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<tr>
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</tbody>
</table>

Instructor Approval Required

KIN 393  **Honors Thesis**  credit: 3 hours.
Planning, researching and writing of an honors thesis, under supervision of a faculty member, on a problem of appropriate scope and character. Paper will be presented at a suitable meeting and/or seminar. May be repeated to a maximum of 6 hours. Prerequisite: Senior standing when enrolling; minimum grade point average (total, University and Kinesiology prefix courses) of 3.25; a minimum of one full year (2 semesters) remaining at the University of Illinois, Urbana-Champaign campus; and submission of a written proposal.

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<tr>
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</tbody>
</table>

Instructor Approval Required

KIN 401  **Measure & Eval in Kinesiology**  credit: 3 OR 4 hours.
Examines the concepts of observation, measurement, and evaluation of human motor performance and functioning in physical activity contexts. 3 undergraduate hours. 4 graduate hours. Prerequisite: KIN 140 and KIN 150, or graduate standing, or consent of instructor.

This course satisfies the General Education Criteria for a:
Quantitative Reasoning II

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<tr>
<th>CRN</th>
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<th>Section</th>
<th>Time</th>
<th>Days</th>
<th>Location</th>
<th>Instructor</th>
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<tbody>
<tr>
<td>40669</td>
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Credit Hours: 4 hours
Quant Reasoning II course.
Restricted to Kinesiology major(s). Restricted to Graduate - Urbana-Champaign.

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<th>Instructor</th>
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<tr>
<td>30521</td>
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<td>Zhu, W</td>
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</table>

Credit Hours: 3 hours
Quant Reasoning II course.
Restricted to Undergrad - Urbana-Champaign.

KIN 448  **Exercise & Health Psychology**  credit: 3 OR 4 hours.
Examines the psychological determinants and consequences of exercise and physical activity as a health promoting behavioral process. Same as CHLH 448. 3 undergraduate hours. 4 graduate hours. Prerequisite: Junior standing or above, or graduate standing, or consent of instructor.

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<tr>
<th>CRN</th>
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<th>Time</th>
<th>Days</th>
<th>Location</th>
<th>Instructor</th>
</tr>
</thead>
</table>
KIN 451  **Skeletal Muscle Physiology**  credit: 3 OR 4 hours.
Offers basic information on skeletal muscle anatomy, physiology and function which will provide a basis for understanding changes in muscle structure and function during periods of increased or decreased use. Knowledge gained in this course can be used in areas such as design of training programs, physical therapy, or injury prevention. 3 undergraduate hours. 4 graduate hours. Prerequisite: The student is expected to have taken at least one or more of the following: MCB 103, MCB 240, KIN 352 or prior consent of the instructor.

<table>
<thead>
<tr>
<th>CRN</th>
<th>Type</th>
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Credit Hours: 4 hours
Restricted to Graduate - Urbana-Champaign.

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<td>Boppart, M</td>
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</table>

Credit Hours: 3 hours
Restricted to Undergrad - Urbana-Champaign.

KIN 460  **Technology & Pedagogical KINES**  credit: 3 OR 4 hours.
Promotes mastery of technology skills and complex computer applications through the analysis of research and critical issues related to technology in Kinesiology. The completion of technology modules, requiring problem solving and the collection and analysis of assessment data, will culminate in an interactive, multimedia project. 3 undergraduate hours. 4 graduate hours. Prerequisite: Junior standing.

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Credit Hours: 4 hours
Restricted to Graduate - Urbana-Champaign.

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<th>CRN</th>
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</table>

Credit Hours: 3 hours
Restricted to Undergrad - Urbana-Champaign.

KIN 485  **Clin Exper in Sports Medicine**  credit: 2 TO 8 hours.
Clinical experiences in medical supervision of sports programs, in the areas of therapeutic exercises, fitness programming, and cardiac rehabilitation. 2 to 8 undergraduate hours. 2 to 8 graduate hours. May be repeated to a maximum of 8 hours. Prerequisite: Consent of instructor.

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Departmental Approval Required
Instructor Approval Required.

KIN 494  **Special Topics** credit: 1 TO 4 hours.
Lecture course on topics of current interest; specific topics announced in the Class Schedule. 1 to 4 undergraduate hours. 1 to 4 graduate hours. May be repeated.

<table>
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<th>CRN</th>
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Credit Hours: 1 hours
Tech & Pedagogical Kinesiology
Topic: Technology and Pedagogical Kinesiology.

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<th>Days</th>
<th>Location</th>
<th>Instructor</th>
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<td>Lecture</td>
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<td>10:00 AM - 11:20 AM</td>
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<td>205 - Gregory Hall</td>
<td>Trinh, L</td>
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</table>

Credit Hours: 4 hours
Exercise Oncology
Restricted to Graduate - Urbana-Champaign.
This course is designed to provide an overview of the role of physical activity in cancer control. Specifically, the role of physical activity in prevention, coping with treatments, recovery after treatments, and survivorship will be examined. The course includes an examination of both the outcomes and determinants of physical activity, behavior change interventions, and the role of sedentary behaviour for cancer control. A multidisciplinary perspective will be taken drawing from kinesiology, oncology, epidemiology, psychology, rehabilitation medicine, and health promotion. Course emphasis will be placed on student participation, discussion, presentations, and a final research paper.

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<td>65094</td>
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<td>MW</td>
<td>205 - Gregory Hall</td>
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</table>

Credit Hours: 3 hours
Exercise Oncology
Restricted to Undergrad - Urbana-Champaign.
This course is designed to provide an overview of the role of physical activity in cancer control. Specifically, the role of physical activity in prevention, coping with treatments, recovery after treatments, and survivorship will be examined. The course includes an examination of both the outcomes and determinants of physical activity, behavior change interventions, and the role of sedentary behaviour for cancer control. A multidisciplinary perspective will be taken drawing from kinesiology, oncology, epidemiology, psychology, rehabilitation medicine, and health promotion. Course emphasis will be placed on student participation, discussion, presentations, and a final research paper.

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<td>Khan, N</td>
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</table>

Credit Hours: 4 hours
Restricted to Graduate - Urbana-Champaign.
Food, Health and Wellness Introduction to nutrition science and its role in individual and public health. Topics will include nutrient characteristics, food sources, food history, and contemporary diet patterns. Integration of evidence-based information about food...
and nutrition into discussions of national and international policies and programs designed to improve the dietary intake and health status of individuals and populations.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Type</th>
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</table>

Credit Hours: 3 hours  
Restricted to Undergrad - Urbana-Champaign.
Food, Health & Wellness Introduction to nutrition science and its role in individual and public health. Topics will include nutrient characteristics, food sources, food history, and contemporary diet patterns. Integration of evidence-based information about food and nutrition into discussions of national and international policies and programs designed to improve the dietary intake and health status of individuals and populations.

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<td>130 - Freer Hall</td>
<td>Sydnor, S</td>
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Credit Hours: 4 hours  
Restricted to Graduate - Urbana-Champaign.
Mountaineering: Metaphors & Modernity - Uses cultural-historical perspectives to study "modernity" in relation to physical activity and health. Specific focus on learning historical-critical analysis of concepts such as "civilization", "contest", "sovereignty", "authenticity", and "nature". Course format: lecture discussion; weekly screenings of mountaineering film clips; and the reading and critique (about 30-35 pages a week) of The Summits of Modern Man: Mountaineering After the Enlightenment by Peter Hansen (2013). Course requirements include active participation in discussion; and short writings, informal class presentations, and film analysis that will build upon each week's class work and reading.

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<tr>
<th>Course Code</th>
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</table>

Credit Hours: 3 hours  
Restricted to Undergrad - Urbana-Champaign.
Mountaineering: Metaphors & Modernity - Uses cultural-historical perspectives to study "modernity" in relation to physical activity and health. Specific focus on learning historical-critical analysis of concepts such as "civilization", "contest", "sovereignty", "authenticity", and "nature". Course format: lecture discussion; weekly screenings of mountaineering film clips; and the reading and critique (about 30-35 pages a week) of The Summits of Modern Man: Mountaineering After the Enlightenment by Peter Hansen (2013). Course requirements include active participation in discussion; and short writings, informal class presentations, and film analysis that will build upon each week's class work and reading.

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<td>136 - Armory</td>
<td>Jan, Y</td>
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Credit Hours: 4 hours  
Restricted to Graduate - Urbana-Champaign.
Rehabilitation Biomechanics
This course has been designed for students who are interested in pursuing a career in either physical therapy, occupational therapy, rehabilitation engineering or kinesiology. Primary topic areas will include muscle biomechanics, soft tissue biomechanics, orthopedic biomechanics, prosthetics and orthotics, electromyography, biosignal processing techniques, instrumentation for biomechanical research, kinematics, kinetics, and mechanical work and energy. Students will complete a group research project to gain hands-on experience on conducting biomechanical research and learn basic computational skills and problem solving abilities.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Type</th>
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<th>Instructor</th>
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<td>136 - Armory</td>
<td>Jan, Y</td>
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</table>

Credit Hours: 3 hours  
Restricted to Undergrad - Urbana-Champaign.
Rehabilitation Biomechanics
This course has been designed for students who are interested in pursuing a career in either physical therapy, occupational therapy, rehabilitation engineering or kinesiology. Primary topic areas will include muscle biomechanics, soft tissue biomechanics, orthopedic biomechanics, prosthetics and orthotics, electromyography, biosignal processing techniques, instrumentation for biomechanical
research, kinematics, kinetics, and mechanical work and energy. Students will complete a group research project to gain hands-on experience on conducting biomechanical research and learn basic computational skills and problem solving abilities.

KIN 540  **Health Behavior: Theory**  credit: 4 hours.
Same as CHLH 540. See CHLH 540.

<table>
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<th>Instructor</th>
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<tr>
<td>60766</td>
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<td>3005 - Huff Hall</td>
<td>Lara-Cinisomo, S</td>
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Credit Hours: 4 hours
Restricted to Public Health or Public Health (MPH) major(s). Restricted to Graduate - Urbana-Champaign.
Restricted to MPH students only.

KIN 565  **Teaching in the Professoriate**  credit: 4 hours.
Provides scholarly knowledge and practical experience necessary for effectively assuming the roles of teaching, mentoring, and presenting in the professoriate. Students will team teach an undergraduate course with an assigned faculty mentor, give a scholarly research presentation, and attend a series of theoretically grounded lectures focusing on instructional design, learner characteristics, and successfully conveying information to others. Same as CHLH 565, RST 560, and SHS 565. Prerequisite: Must be a PhD student in the College of Applied Health Sciences.

<table>
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<tr>
<th>CRN</th>
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<th>Days</th>
<th>Location</th>
<th>Instructor</th>
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<td>Carlson, K</td>
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Credit Hours: 4 hours
Restricted to Graduate - Urbana-Champaign.

KIN 590  **Independent Study**  credit: 2 OR 4 hours.
Independent research on special projects. May be repeated.

<table>
<thead>
<tr>
<th>CRN</th>
<th>Type</th>
<th>Section</th>
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<th>Days</th>
<th>Location</th>
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<td>ARRANGED -</td>
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</tr>
</tbody>
</table>

Instructor Approval Required

KIN 591  **Seminar**  credit: 1 hours.
Lectures, discussions, and critiques on kinesiology and community health related subjects by faculty members and visiting professional leaders; presentation and criticism of student research. Approved for S/U grading only. May be repeated in subsequent terms as topics vary.

<table>
<thead>
<tr>
<th>CRN</th>
<th>Type</th>
<th>Section</th>
<th>Time</th>
<th>Days</th>
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Restricted to Graduate - Urbana-Champaign.
KIN 599  **Thesis Research**  credit: 0 TO 16 hours.
Preparation of theses in kinesiology. Approved for S/U grading only. May be repeated.

<table>
<thead>
<tr>
<th>CRN</th>
<th>Type</th>
<th>Section</th>
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Instructor Approval Required