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.

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

Credit Hours: 1 hours
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.

<table>
<thead>
<tr>
<th>CRN</th>
<th>Type</th>
<th>Section</th>
<th>Time</th>
<th>Days</th>
<th>Location</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>33293</td>
<td>Laboratory</td>
<td>A2</td>
<td>08:00 AM - 08:50 AM</td>
<td>TR</td>
<td>1048 - Campus Recreation Center East</td>
<td>Chen, Z</td>
</tr>
</tbody>
</table>

Credit Hours: 1 hours
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.

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<thead>
<tr>
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<th>Time</th>
<th>Days</th>
<th>Location</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>33310</td>
<td>Laboratory</td>
<td>A3</td>
<td>01:00 PM - 01:50 PM</td>
<td>TR</td>
<td>1048 - Campus Recreation Center East</td>
<td>Chen, Z</td>
</tr>
</tbody>
</table>

Credit Hours: 1 hours
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.

<table>
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<tr>
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<th>Time</th>
<th>Days</th>
<th>Location</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>35098</td>
<td>Laboratory</td>
<td>C10</td>
<td>03:00 PM - 03:50 PM</td>
<td>MW</td>
<td>38B - FAR - Food Service Building</td>
<td>Kinder, C</td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>CRN</th>
<th>Type</th>
<th>Section</th>
<th>Time</th>
<th>Days</th>
<th>Location</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>35103</td>
<td>Laboratory</td>
<td>C11</td>
<td>06:00 PM - 06:50 PM</td>
<td>MW</td>
<td>38B - FAR - Food Service Building</td>
<td>Morales, D</td>
</tr>
</tbody>
</table>
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.

<table>
<thead>
<tr>
<th>CRN</th>
<th>Type</th>
<th>Section</th>
<th>Time</th>
<th>Days</th>
<th>Location</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>31819</td>
<td>Laboratory</td>
<td>Z1F</td>
<td>04:00 PM - 04:50 PM</td>
<td>TR</td>
<td>19 - FAR - Food Service Building</td>
<td>Chaparro, G</td>
</tr>
</tbody>
</table>

Aerobics I
For University Residence Hall Students only until August 17th.

<table>
<thead>
<tr>
<th>CRN</th>
<th>Type</th>
<th>Section</th>
<th>Time</th>
<th>Days</th>
<th>Location</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>31823</td>
<td>Laboratory</td>
<td>Z1U</td>
<td>04:00 PM - 04:50 PM</td>
<td>MW</td>
<td>19 - FAR - Food Service Building</td>
<td>Evans, N</td>
</tr>
</tbody>
</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>
<thead>
<tr>
<th>CRN</th>
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<th>Section</th>
<th>Time</th>
<th>Days</th>
<th>Location</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>35039</td>
<td>Laboratory</td>
<td>E1</td>
<td>02:00 PM - 02:50 PM</td>
<td>MW</td>
<td>60 - Illini Union</td>
<td>Adamson, B</td>
</tr>
</tbody>
</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>
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<th>Time</th>
<th>Days</th>
<th>Location</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>35056</td>
<td>Laboratory</td>
<td>E2</td>
<td>03:00 PM - 04:20 PM</td>
<td>MW</td>
<td>60 - Illini Union</td>
<td>Adamson, B</td>
</tr>
</tbody>
</table>

Bowling
KIN/Illini Union Facility Fee $65.00 Flat Fee.
Meets 28-Aug-17 - 20-Oct-17.
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>
</tr>
</thead>
<tbody>
<tr>
<td>35065</td>
<td>Laboratory</td>
<td>E3</td>
<td>03:00 PM - 04:20 PM</td>
<td>MW</td>
<td>60 - Illini Union</td>
<td>Adamson, B</td>
</tr>
</tbody>
</table>

Bowling
KIN/Illini Union Facility Fee $65.00 Flat Fee.
Meets 23-Oct-17 - 13-Dec-17.
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.

<table>
<thead>
<tr>
<th>CRN</th>
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<th>Time</th>
<th>Days</th>
<th>Location</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>30483</td>
<td>Laboratory</td>
<td>C1</td>
<td>02:00 PM - 02:50 PM</td>
<td>MW</td>
<td>GYM3 - Activities &amp; Recreation Center</td>
<td>Sun, Y</td>
</tr>
</tbody>
</table>

Badminton
Introductory skills, knowledge, and conditioning essential for badminton. Students provide own racquet and birds.

<table>
<thead>
<tr>
<th>CRN</th>
<th>Type</th>
<th>Section</th>
<th>Time</th>
<th>Days</th>
<th>Location</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>67291</td>
<td>Laboratory</td>
<td>D1</td>
<td>01:00 PM - 01:50 PM</td>
<td>TR</td>
<td>GYM3 - Activities &amp; Recreation Center</td>
<td>Hua, A</td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>CRN</th>
<th>Type</th>
<th>Section</th>
<th>Time</th>
<th>Days</th>
<th>Location</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>33212</td>
<td>Laboratory</td>
<td>A1</td>
<td>09:00 AM - 09:50 AM</td>
<td>MWF</td>
<td>111 - Ice Arena</td>
<td>Clarke, C Park, D</td>
</tr>
</tbody>
</table>

Ice Skating
Kinesio/Camp Rec Facility Fee $50.00 Flat Fee.
Meets 28-Aug-17 - 20-Oct-17.
Introductory skills, knowledge, and conditioning essential for figure skating. Ice skates and helmets provided on request.

<table>
<thead>
<tr>
<th>CRN</th>
<th>Type</th>
<th>Section</th>
<th>Time</th>
<th>Days</th>
<th>Location</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>33340</td>
<td>Laboratory</td>
<td>A10</td>
<td>02:00 PM - 02:50 PM</td>
<td>MWF</td>
<td>111 - Ice Arena</td>
<td>Clarke, C Park, D</td>
</tr>
</tbody>
</table>

Ice Skating
Kinesio/Camp Rec Facility Fee $50.00 Flat Fee.
Meets 23-Oct-17 - 13-Dec-17.
Introductory skills, knowledge, and conditioning essential for figure skating. Ice skates and helmets provided on request.

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<th>Days</th>
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<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>33291</td>
<td>Laboratory</td>
<td>A11</td>
<td>09:30 AM - 10:50 AM</td>
<td>TR</td>
<td>111 - Ice Arena</td>
<td>Clarke, C Park, D</td>
</tr>
</tbody>
</table>

Ice Skating
Kinesio/Camp Rec Facility Fee $50.00 Flat Fee.
Meets 23-Oct-17 - 13-Dec-17.
Introductory skills, knowledge, and conditioning essential for figure skating. Ice skates and helmets provided on request.

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<th>Days</th>
<th>Location</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>51809</td>
<td>Laboratory</td>
<td>A12</td>
<td>01:00 PM - 02:20 PM</td>
<td>TR</td>
<td>111 - Ice Arena</td>
<td>Clarke, C Park, D</td>
</tr>
</tbody>
</table>

Ice Skating
Kinesio/Camp Rec Facility Fee $50.00 Flat Fee.
Meets 23-Oct-17 - 13-Dec-17.
**Ice Skating I.** Introductory skills, knowledge, and conditioning essential for figure skating. Ice skates and helmets provided on request.

<table>
<thead>
<tr>
<th>Course Code</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>58989</td>
<td>Laboratory</td>
<td>A13</td>
<td>02:30 PM - 03:50 PM</td>
<td>TR</td>
<td>111 - Ice Arena</td>
<td>Clarke, C Park, D</td>
</tr>
<tr>
<td>33299</td>
<td>Laboratory</td>
<td>A2</td>
<td>10:00 AM - 10:50 AM</td>
<td>MWF</td>
<td>111 - Ice Arena</td>
<td>Clarke, C Park, D</td>
</tr>
<tr>
<td>33312</td>
<td>Laboratory</td>
<td>A3</td>
<td>01:00 PM - 01:50 PM</td>
<td>MWF</td>
<td>111 - Ice Arena</td>
<td>Clarke, C Park, D</td>
</tr>
<tr>
<td>33314</td>
<td>Laboratory</td>
<td>A4</td>
<td>02:00 PM - 02:50 PM</td>
<td>MWF</td>
<td>111 - Ice Arena</td>
<td>Clarke, C Park, D</td>
</tr>
<tr>
<td>33315</td>
<td>Laboratory</td>
<td>A5</td>
<td>09:30 AM - 10:50 AM</td>
<td>TR</td>
<td>111 - Ice Arena</td>
<td>Clarke, C Park, D</td>
</tr>
<tr>
<td>33334</td>
<td>Laboratory</td>
<td>A6</td>
<td>01:00 PM - 02:20 PM</td>
<td>TR</td>
<td>111 - Ice Arena</td>
<td>Clarke, C Park, D</td>
</tr>
<tr>
<td>58990</td>
<td>Laboratory</td>
<td>A7</td>
<td>02:30 PM - 03:50 PM</td>
<td>TR</td>
<td>111 - Ice Arena</td>
<td>Clarke, C Park, D</td>
</tr>
</tbody>
</table>

Ice Skating
Kinesio/Camp Rec Facility Fee $50.00 Flat Fee.
Meets 23-Oct-17 - 13-Dec-17.
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 28-Aug-17 - 20-Oct-17.
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 28-Aug-17 - 20-Oct-17.
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Meets 28-Aug-17 - 20-Oct-17.
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Kinesio/Camp Rec Facility Fee $50.00 Flat Fee.
Meets 28-Aug-17 - 20-Oct-17.
Introductory skills, knowledge, and conditioning essential for figure skating. Ice skates and helmets provided on request.
Ice Skating
Kinesio/Camp Rec Facility Fee $50.00 Flat Fee.
Meets 23-Oct-17 - 13-Dec-17.
Introductory skills, knowledge, and conditioning essential for figure skating. Ice skates and helmets provided on request.

Ice Skating
Kinesio/Camp Rec Facility Fee $50.00 Flat Fee.
Meets 23-Oct-17 - 13-Dec-17.
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>
</tr>
</thead>
<tbody>
<tr>
<td>66835</td>
<td>Laboratory</td>
<td>AAE</td>
<td>ARRANGED -</td>
<td>-</td>
<td>-</td>
<td>Chaparro, G</td>
</tr>
</tbody>
</table>

This class is specifically adapted for students with physical disabilities only. Instructor Approval Required & course will be ARRANGED through the instructor.

Aqua Aerobics
Meets 28-Aug-17 - 20-Oct-17.

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

<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>
</tr>
</thead>
<tbody>
<tr>
<td>31835</td>
<td>Laboratory</td>
<td>Z2B</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>
</tbody>
</table>

Aqua Aerobics
Meets 23-Oct-17 - 13-Dec-17.

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.

<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>
</tr>
</thead>
<tbody>
<tr>
<td>31838</td>
<td>Laboratory</td>
<td>A1</td>
<td>09:00 AM - 09:50 AM</td>
<td>TR</td>
<td>GYM2 - Activities &amp; Recreation Center</td>
<td>Box, A</td>
</tr>
</tbody>
</table>
**Volleyball**  
Introductory skills, knowledge, and conditioning essential for power volleyball.

<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>
</tr>
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<tbody>
<tr>
<td>31841</td>
<td>Laboratory</td>
<td>C1</td>
<td>10:00 AM - 10:50 AM</td>
<td>TR</td>
<td>1003 - Campus Recreation Center East</td>
<td>Kinder, C</td>
</tr>
</tbody>
</table>

**Basketball**  
Introductory skills, knowledge, and conditioning essential for basketball.

<table>
<thead>
<tr>
<th>CRN</th>
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<th>Time</th>
<th>Days</th>
<th>Location</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>31844</td>
<td>Laboratory</td>
<td>C2</td>
<td>11:00 AM - 11:50 AM</td>
<td>TR</td>
<td>1003 - Campus Recreation Center East</td>
<td>Morales, D</td>
</tr>
</tbody>
</table>

**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.

<table>
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<th>Location</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>30485</td>
<td>Laboratory</td>
<td>A</td>
<td>ARRANGED</td>
<td>-</td>
<td>-</td>
<td>Elliott, J</td>
</tr>
</tbody>
</table>

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>Location</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>31863</td>
<td>Lecture</td>
<td>AL1</td>
<td>08:00 AM - 08:50 AM</td>
<td>TR</td>
<td>108 - Bevier Hall</td>
<td>Scott, B</td>
</tr>
</tbody>
</table>

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.

<table>
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<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>30488</td>
<td>Lecture</td>
<td>A</td>
<td>11:00 AM - 11:50 AM</td>
<td>MWF</td>
<td>150 - Animal Sciences Laboratory</td>
<td>Kaplan, J</td>
</tr>
</tbody>
</table>

Seats are reserved for Kinesiology, Community Health and iHealth students through the July 10.
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>
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</tr>
</thead>
<tbody>
<tr>
<td>30490</td>
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<td>2001 - Huff Hall</td>
<td>Meinert, C O'Neill, A</td>
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</table>

Meets 28-Aug-17 - 20-Oct-17.
Restricted for Kinesiology and Community Health majors.

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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<th>CRN</th>
<th>Type</th>
<th>Section</th>
<th>Time</th>
<th>Days</th>
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<td>Carlson, K</td>
</tr>
</tbody>
</table>

Reserved for Kinesiology majors through July 10. COURSE WILL INCLUDE ONLINE COMPONENT.

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

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<tr>
<td>31877</td>
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<td>215 - David Kinley Hall</td>
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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.

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Meets 23-Oct-17 - 13-Dec-17.
Registration will close at 9 AM on the first day of instruction. No overrides will be provided after that time. It takes 24 hours after registering for a course to show up on Compass.

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Departmental Approval Required
Meets 28-Aug-17 - 20-Oct-17.
1st Eight Weeks: Even though you see Departmental Approval Required, registration will close at 9 AM on the first day of instruction and no overrides will be provided after this that time. It takes 24 hours after registering for a course to show up on Compass.

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

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<th>CRN</th>
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Nat Sci & Tech - Life Sciences course.
Some seats have been reserved for Kinesiology majors through July 10.

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Nat Sci & Tech - Life Sciences course.
AHS Class Materials $200.00 Flat Fee.

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Nat Sci & Tech - Life Sciences course.
AHS Class Materials $200.00 Flat Fee.

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Nat Sci & Tech - Life Sciences course.
AHS Class Materials $200.00 Flat Fee.

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Nat Sci & Tech - Life Sciences course.
AHS Class Materials $200.00 Flat Fee.

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</table>

Nat Sci & Tech - 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.

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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.
Credit Hours: 2 hours
Meets 23-Oct-17 - 13-Dec-17.
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.

Credit Hours: 3 hours
Introduction to Rehabilitation Sciences: (3 Credits) This course provides an overview of the field of rehabilitation sciences and rehabilitation professions, including physical therapy (PT), occupational therapy (OT), prosthetics and orthotics (P&O), and assistive technology (AT). This course has been designed for students who are interested in pursuing a rehabilitation career to explore various rehabilitation professions. A review of disability and rehabilitation processes will be covered. Students will be required to actively participate in discussions about how rehabilitation interventions (PT, OT, P&O, and AT) can help improve functional performance and quality of life in people with disabilities.

KIN 201 Physical Activity Research Methods credit: 3 hours.
This course provides an introduction of physical activity measurement and methods. The course will focus on (a) defining physical activity and associated terms and concepts; (b) providing detailed understanding of approaches and tools for measuring physical activity; and (c) facilitating understanding of scientific methods for physical activity research (e.g., experimental and non-experimental designs).
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

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<tr>
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Cultural Studies - US Minority 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.

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<th>CRN</th>
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Some seats have been reserved for Kinesiology majors through July 10.

<table>
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<th>CRN</th>
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Meets 23-Oct-17 - 13-Dec-17.
Registration will close at 9 AM on the first day of instruction. No overrides will be provided after that time. It takes 24 hours after registering for a course to show up on Compass.

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

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<tr>
<th>CRN</th>
<th>Type</th>
<th>Section</th>
<th>Time</th>
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<th>Location</th>
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<td>107 - Animal Sciences Laboratory</td>
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Some seats have been reserved for Kinesiology majors through July 10.

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Meets 23-Oct-17 - 13-Dec-17.
Registration will close at 9 AM on the first day of instruction. No overrides will be provided after that time. This course is cross-listed with KIN 249. If you receive a closed code, please check both CRNs to see if the course is full at 750 seats. It takes 24 hours after registering for a course to show up on Compass.

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.

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<tr>
<th>CRN</th>
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Seats have been reserved for Kinesiology majors through July 10.

KIN 259  **Motor Development and Control**  credit: 3 hours.
This course provides students with an overview of motor development across the life span as well as an introduction to the discipline of motor behavior/control. Specifically, it focuses on the concepts and principles of coordination, the control of movement, and development of skilled action throughout the life span. The course focuses on such topics as the development of fundamental movement activities; movement control processes; acquisition, retention and transfer skill; and the role of constraints to action. Same as HDFS 259. Additional fees may apply. See Class Schedule. Credit is not given for both KIN 259 and KIN 257.

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

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</table>
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.

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</table>

Some seats held for Kinesiology majors until July 10.

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

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<td>320 - Mumford Hall</td>
<td>Shelley, S</td>
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</table>

Social & Beh Sci - Beh Sci course.

<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>
</tr>
</thead>
<tbody>
<tr>
<td>35139</td>
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Social & Beh Sci - Beh Sci course.

<table>
<thead>
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<td>35119</td>
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</table>

Social & Beh Sci - Beh Sci course.
Some seats have been reserved for Kinesiology, Special Education and iHealth majors through July 10.

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.

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<tr>
<th>CRN</th>
<th>Type</th>
<th>Section</th>
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<th>Days</th>
<th>Location</th>
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<tbody>
<tr>
<td>31937</td>
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</tr>
<tr>
<td>31938</td>
<td>Laboratory</td>
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<td>03:00 PM - 04:50 PM</td>
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<tr>
<td>31945</td>
<td>Lecture</td>
<td>AL1</td>
<td>03:00 PM - 04:50 PM</td>
<td>T</td>
<td>1002 - Lincoln Hall</td>
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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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<td>AY1</td>
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<td>59597</td>
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<td>AY2</td>
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<tr>
<td>59598</td>
<td>Laboratory-Discussion</td>
<td>AY3</td>
<td>02:00 PM - 03:50 PM</td>
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<td>224 - Freer Hall</td>
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<tr>
<td>59599</td>
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<td>F</td>
<td>136 - Armory</td>
<td>Box, A</td>
</tr>
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</table>
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.

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.
### 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.

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<tr>
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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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AHS Class Materials $200.00 Flat Fee.

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AHS Class Materials $200.00 Flat Fee.

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<td>130 - Freer Hall</td>
<td>Chaparro, G</td>
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</table>

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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<th>CRN</th>
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</tbody>
</table>
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.

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.

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.

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>
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<th>Section</th>
<th>Time</th>
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KIN 375  **Comm Partners & Health**  credit: 3 hours.
Same as AHS 375 and SHS 375. See SHS 375.

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<tr>
<th>CRN</th>
<th>Type</th>
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<th>Days</th>
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<td>61718</td>
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<td>12:30 PM - 01:20 PM</td>
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<td>Discussion/Recitation</td>
<td>C</td>
<td>12:30 PM - 01:20 PM</td>
<td>R</td>
<td>430 - Armory</td>
<td>Gower, R Olson, J</td>
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</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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<td>10475</td>
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<td>ARRANGED -</td>
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Instructor Approval Required

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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<td>48059</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>
<th>Type</th>
<th>Section</th>
<th>Time</th>
<th>Days</th>
<th>Location</th>
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<td>39910</td>
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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.

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<td>224 - Freer Hall</td>
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</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.

<table>
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<tbody>
<tr>
<td>39912</td>
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<td>BB1</td>
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<td></td>
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</tbody>
</table>

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>
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<tr>
<th>CRN</th>
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<td>51920</td>
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</table>

Credit Hours: 2 hours

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.

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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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Instructor Approval Required

**KIN 401 Measure & Eval in Kinesiology** credit: 3 OR 4 hours.
Examine 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

<table>
<thead>
<tr>
<th>CRN</th>
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<th>Time</th>
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<td>G1</td>
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Credit Hours: 4 hours
Quantitative Reasoning II course.
Restricted to Graduate - Urbana-Champaign.

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<td>Zhu, W</td>
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</table>

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

**KIN 442 Body, Culture & Society** credit: 3 OR 4 hours.
Analysis of the significant social aspects of the human body including anthropological, historical, psychological and sociological perspectives. Places emphasis on cross-culture and cross-national studies of bodily behavior with particular stress on exercise, health and sport practices. Same as GWS 442. 3 undergraduate hours. 4 graduate hours. Prerequisite: KIN 249 or SOC 249, or graduate standing; or consent of instructor.

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

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<th>CRN</th>
<th>Type</th>
<th>Section</th>
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<td>Littlefield, M</td>
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Credit Hours: 3 hours
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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Credit Hours: 4 hours
Restricted to Graduate - Urbana-Champaign.

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<th>Time</th>
<th>Days</th>
<th>Location</th>
<th>Instructor</th>
</tr>
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<tbody>
<tr>
<td>45407</td>
<td>Lecture</td>
<td>UG1</td>
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<td>TR</td>
<td>1002 - Lincoln Hall</td>
<td>Gothe, N</td>
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</tbody>
</table>

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

**KIN 453  Nutrition for Performance**  credit: 3 OR 4 hours.

Nutrition for performance is the fusion of two disciplines, nutrition and exercise physiology, which provides the knowledge-base to support and optimize training, performance, and recovery. This course will provide information regarding the use of nutrition to increase performance in athletes training for strength or endurance. Same as FSHN 453. 3 undergraduate hours. 4 graduate hours.

<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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<tbody>
<tr>
<td>68338</td>
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<td>132 - Bevier Hall</td>
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Credit Hours: 4 hours
Restricted to Graduate - Urbana-Champaign.

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<th>Time</th>
<th>Days</th>
<th>Location</th>
<th>Instructor</th>
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<tr>
<td>68339</td>
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<td>U1</td>
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<td>TR</td>
<td>132 - Bevier Hall</td>
<td>Burd, N</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.

<table>
<thead>
<tr>
<th>CRN</th>
<th>Type</th>
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<th>Time</th>
<th>Days</th>
<th>Location</th>
<th>Instructor</th>
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<tbody>
<tr>
<td>40678</td>
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<td>G1</td>
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Credit Hours: 4 hours
Restricted to Graduate - Urbana-Champaign.

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<tr>
<th>CRN</th>
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<th>Location</th>
<th>Instructor</th>
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<tbody>
<tr>
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<td>Killian, C</td>
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</table>

Credit Hours: 3 hours
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.

<table>
<thead>
<tr>
<th>CRN</th>
<th>Type</th>
<th>Section</th>
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</tbody>
</table>

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>
<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>69526</td>
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Credit Hours: 4 hours
Restricted to Graduate - Urbana-Champaign.
Will meet in Nugent Rm. 1102A. Emotional Intelligence and Strengths Role in College Transition & Disability Management - Learning how to improve your emotional intelligence (EI) as well as hone your Top 5 Talents into strengths via CliftonStrengths for Students (CSS) will provide the most important strategies towards your career and personal success. Throughout this course, you will examine studies that support this claim. Along with understanding the research support for EI and dimensions of EI, you will be expected to examine and improve your emotional intelligence by participating in a variety of self-assessment activities and exercises, as well as explore the relationship of leading a strengths-based lifestyle (CSS) in conjunction with increasing your EI.

<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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<tbody>
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Credit Hours: 3 hours
Restricted to Undergrad - Urbana-Champaign.
Will meet in Nugent Rm. 1102A. Emotional Intelligence and Strengths Role in College Transition & Disability Management - Learning how to improve your emotional intelligence (EI) as well as hone your Top 5 Talents into strengths via CliftonStrengths for Students (CSS) will provide the most important strategies towards your career and personal success. Throughout this course, you will examine studies that support this claim. Along with understanding the research support for EI and dimensions of EI, you will be expected to examine and improve your emotional intelligence by participating in a variety of self-assessment activities and exercises, as well as explore the relationship of leading a strengths-based lifestyle (CSS) in conjunction with increasing your EI.

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<tr>
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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,
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.

Seminar in Neuromechanics: This course focuses on interaction of the nervous and musculoskeletal systems during human and animal movement with a focus on basic biological and engineering principles. Topics will include neuromechanical control of movement, neurorehabilitation, biorobotics, and computer simulations of neuromechanical systems. Each week, the instructor will present background material on topics in a lecture/open discussion format, and facilitate a hands-on laboratory using and building computer simulations of neuromechanical systems.

Credit Hours: 4 hours
Restricted to Undergrad - 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.

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

<table>
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<tr>
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<th>Section</th>
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<td>60766</td>
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<td>Lara-Cinisomo, S</td>
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Restricted to Public Health or Public Health (MPH) major(s). Restricted to Graduate - Urbana-Champaign. Restricted to MPH students only.

KIN 543  **Physical Activity & Cognition**  credit: 4 hours.
Examines the relationship between physical activity and fitness on brain and cognition across the lifespan. The psychobiology of physical activity effects on cognition is emphasized. Other areas of study include aging, development, and psychosocial factors. Methodological issues as well as human and animal models of research will be studied.

<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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Restricted to Graduate - Urbana-Champaign. Location - 314 Freer Hall

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>
<thead>
<tr>
<th>CRN</th>
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<tr>
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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.

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<th>Days</th>
<th>Location</th>
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</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>
<th>Location</th>
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<tr>
<td>54955</td>
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<td>112 - Huff Hall</td>
<td>Woods, A</td>
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Credit Hours: 1 hours  
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>
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Instructor Approval Required