

## Department of Sport Science

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The mission of the **School of Kinesiology** is to prepare our students for careers within the Kinesiology and Sport industry. We seek to provide quality educational opportunities related to sport, exercise science, human performance, and allied health; offer transformative leadership experiences through service; and enhance the students' optimal wellness through a robust professional development program.

### **Degree Programs:**

#### **(BS) Bachelor of Science Degree in Kinesiology**

#### **(BAAS) Bachelor of Applied Arts and Sciences in Kinesiology**

#### **(BS) Bachelor of Science Degree in Sport Management**

Both the Bachelor of Science (BS) Degree in Kinesiology and the Bachelor of Applied Arts and Sciences (BAAS) in Kinesiology are designed to prepare successful professionals in teaching, coaching, athletic administration, athletic training, allied health, exercise science, and recreation.

The **Department of Sport Science** in the **School of Kinesiology** offers the following Undergraduate concentrations in the Bachelor of Science in Kinesiology:

**Coaching, Athletics Administration, and Recreation (CAAR)** prepares students for careers as coaches at the youth sport, high school, collegiate, and professional levels. In addition, students can prepare for careers in athletic administration and recreation.

**Exercise and Sport Studies (EXSS)** prepares students for the broad career opportunities related to a more general study of the field of Kinesiology. Students in this concentration will work closely with advisors to develop an individualized approach in order to tailor coursework to meet specific needs of the student relative to career goals.

**Physical Education Teacher Education (PETE)** prepares students to serve as certified teachers (EC-12) to teach and coach in the public schools of Texas.

Students seeking the BS in Kinesiology are required to participate in leadership and professional development activities (15 Professional Development points required).

The **Bachelor of Applied Arts and Sciences Degree (BAAS)** in Kinesiology is designed to create an expedited pathway to the Bachelor's Degree for students with significant prior learning experiences that do not appear on a traditional academic transcript. Students with documentable workforce education and technical training in related fields should disclose this information to their academic advisers or faculty mentors. The department head may also be contacted regarding questions about the BAAS.

The Bachelor of Science Degree in **Sport Management** is designed to prepare students for careers in the expanding sport marketplace. Students learn and apply concepts and considerations related to the management of sport-related enterprises of varying size and complexity across a spectrum of sub-markets. Students seeking the BS in Sport Management are required to participate in leadership and professional development activities (15 Professional Development points required).

There are several minors offered in the School of Kinesiology. The Department of Sport Science offers the **Minor in Coaching**. Please contact your advisor if you are interested in minoring within any of these programs.

## The Bachelor of Science Degree in Kinesiology

### The Bachelor of Science Degree in Kinesiology

#### Required Courses

General Education Requirements ( <a href="http://catalog.tarleton.edu/undergrad/academicaffairs/">http://catalog.tarleton.edu/undergrad/academicaffairs/</a> ) <sup>1</sup>		42
KINE 1200 Activity Course		2
KINE 1338	Concepts of Physical Fitness	3
KINE 1301	Foundations of Kinesiology	3
KINE 3310	Tests and Measurements	3
KINE 3390	Kinesiology	3
KINE 3330 [WI ( <a href="http://catalog.tarleton.edu/undergrad/academicaffairs/">http://catalog.tarleton.edu/undergrad/academicaffairs/</a> )]	Motor Behavior	3
KINE 3360 [WI ( <a href="http://catalog.tarleton.edu/undergrad/academicaffairs/">http://catalog.tarleton.edu/undergrad/academicaffairs/</a> )]	Sports Nutrition	3
KINE 3370	Physiology of Exercise	3
KINE 3380	Adapted Physical Activity	3
KINE 4305	Capstone in Kinesiology	3
BIO 2401 [shared]	Anatomy and Physiology I	
Total Hours		71

#### Additional Required Courses for Concentrations

##### Physical Education Teacher Education (PETE)

ENGL 1301 [shared] [WI (<http://catalog.tarleton.edu/undergrad/academicaffairs/>)]

Composition I

ENGL 1302 [shared] [WI (<http://catalog.tarleton.edu/undergrad/academicaffairs/>)]

Composition II

Sophomore ENGL Literature [shared]

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Select one of the following [shared]:		
COMM 1311	Introduction to Speech Communication	
COMM 1315	Public Speaking	
COMM 2302	Business and Professional Speaking	
KINE 2310	Fundamentals of Sport Pedagogy	3
KINE 2330	Individual and Dual Sport Skills	3
KINE 2340	Team Sport Skills	3
KINE 3355	Principles of Health and Physical Education In Elementary Schools	3
KINE 3365 [WI ( <a href="http://catalog.tarleton.edu/undergrad/academicaffairs/">http://catalog.tarleton.edu/undergrad/academicaffairs/</a> )]	Principles of Health and Physical Education In Secondary Schools	3
KINE 1306	First Aid and CPR	3
or KINE 2356	Prevention and Care of Athletic Injuries	
Electives		
EDUC 3320 [WI ( <a href="http://catalog.tarleton.edu/undergrad/academicaffairs/">http://catalog.tarleton.edu/undergrad/academicaffairs/</a> )]	Foundations of Teaching: Elementary (EC-6) Classrooms	3
or EDUC 3321	Foundations of Teaching: Middle and Secondary Classrooms	
EDSP 4361	Teaching Strategies for Adolescent Students with Learning Disabilities	3
EDUC 4331	Instructional Strategies for Middle and Secondary Classrooms	3
EDUC 4335	Issues of Professionalism	3
EDUC 4690	Clinical Teaching	6
Select one of the following:		
PSYC 2308	Child Psychology	
PSYC 3303	Educational Psychology	
READ 3351 [WI ( <a href="http://catalog.tarleton.edu/undergrad/academicaffairs/">http://catalog.tarleton.edu/undergrad/academicaffairs/</a> )]	Content Area Literacy	3
BIOL 2402 [shared]	Anatomy & Physiology II (recommended but other Lab Science may be counted for this course) <sup>2</sup>	
Total Hours		49

### Exercise and Allied Health Professions (EAHP)

KINE 1306	First Aid and CPR	3
KINE 2356	Prevention and Care of Athletic Injuries	3
Select four of the following:		
KINE 2319	Medical Terminology	
KINE 3304	Orthopedic Assessment	
KINE 3314	Therapeutic Exercise and Rehabilitation	
KINE 4330	Exercise Testing and Prescription	
KINE 4340	Exercise Electrocardiography	
KINE 4390	Biomechanics	
KINE 4398	Internship - Professional Development	3
KINE 4399	Internship - Field Experience	3
BIOL 2402 [shared]	Anatomy & Physiology II <sup>2</sup>	
PSYC 2301 [shared]	General Psychology	
Professional School Electives (9 hrs advanced)		
KINE 3320	Theory of Strength Training and Conditioning I	
KINE 3375	Legal Issues in Sport and Recreation	
KINE 4302	Psychological Aspects of Sports	
KINE 4350	Recreational and Sport Facility Management	
KINE 4360	Theory of Strength Training and Conditioning II	
ENGL 3309 [WI ( <a href="http://catalog.tarleton.edu/undergrad/academicaffairs/">http://catalog.tarleton.edu/undergrad/academicaffairs/</a> )]	Technical Writing and Document Design	
BIOL 1406	Biology for Science Majors	
BIOL 1407	Biology for Science Majors II	
BIOL 3407	Microbiology	
CHEM 1411	College Chemistry I	
CHEM 1412	College Chemistry II	
CHEM 4374	Biochemistry I	
HPTC 4349	Pharmacology for the Allied Health Professionals	
HPTC 4350	Pathophysiology for the Health Professionals	
MATH 1342	Elementary Statistical Methods	
MATH 2412	Precalculus Math	
MATH 3450	Principles of Bio-Statistics	
PHIL 3301	Ethics in the Professions	
PHYS 1401	College Physics I	
PHYS 1402	College Physics II	
PHYS 1410	Great Ideas of Physics	

PHYS 3350	Medical Physics I	
PSYC 2314	Life Span Growth & Development	
PSYC 2317	Statistical Methods in Psychology	
PSYC 3307	The Human Lifespan	
PSYC 2320	Abnormal Psychology	
SOCI 1301	Introductory Sociology	

Total Hours 49

### Athletic Training (ATRN)

KINE 1306	First Aid and CPR	3
KINE 2356	Prevention and Care of Athletic Injuries	3
KINE 3304	Orthopedic Assessment	3
KINE 3314	Therapeutic Exercise and Rehabilitation	3
KINE 4302	Psychological Aspects of Sports	3
KINE 4390	Biomechanics	3
Choose one of the following:		3
PHYS 1401	College Physics I	
PHYS 1410	Great Ideas of Physics	
PHYS 3350	Medical Physics I	
Choose one of the following:		3
PSYC 2317	Statistical Methods in Psychology	
MATH 1342	Elementary Statistical Methods	
Select one of the following:		3
KINE 3320	Theory of Strength Training and Conditioning I	
KINE 3333	Tactical Strength and Conditioning	
KINE 3375	Legal Issues in Sport and Recreation	
KINE 4330	Exercise Testing and Prescription	
KINE 4340	Exercise Electrocardiography	
BIOL 2402 [shared]	Anatomy & Physiology II <sup>2</sup>	
KINE 4399	Internship - Field Experience	3
CHEM 1411	College Chemistry I	4
ATRN 5191	Clinical I <sup>3</sup>	1
ATRN 5351	Athletic Training Techniques <sup>3</sup>	3
ATRN 5452	Therapeutic Interventions <sup>3</sup>	4
ATRN 5453	Orthopedic Assessment I <sup>3</sup>	4
Select One of the Following [shared]		3
MATH 1314	College Algebra	
MATH 2412	Precalculus Math	
MATH 2413	Calculus I	

Total Hours 49

### Fitness, Athletic, and Strength Training (FAST)

KINE 1200 Activity Course		4
KINE 1306	First Aid and CPR	3
KINE 2380	Essentials of Personal Training	3
KINE 2390	Fundamentals of Group Exercise Training	3
KINE 3320	Theory of Strength Training and Conditioning I	3
KINE 3385	Program Design for Special Populations	3
KINE 4330	Exercise Testing and Prescription	3
KINE 4360	Theory of Strength Training and Conditioning II	3
KINE 4390	Biomechanics	3
Select one of the following:		3
KINE 3333	Tactical Strength and Conditioning	
KINE 4302	Psychological Aspects of Sports	
KINE 4398	Internship - Professional Development	3
KINE 4399	Internship - Field Experience	3
Electives (6 hrs advanced)		12
BIOL 2402 [shared]	Anatomy & Physiology II <sup>2</sup>	

Total Hours 49

### Coaching, Athletic Administration, and Recreation (CAAR)

KINE 1200 Activity Course		2
KINE 2360	Principles of Athletic Coaching	3
KINE 3320	Theory of Strength Training and Conditioning I	3
KINE 3375	Legal Issues in Sport and Recreation	3
KINE 4350	Recreational and Sport Facility Management	3
KINE 1306	First Aid and CPR	3
or KINE 2356	Prevention and Care of Athletic Injuries	

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Select one of the following:		3
KINE 1308	Sports Officiating	
KINE 2330	Individual and Dual Sport Skills	
KINE 2340	Team Sport Skills	
Select two of the following:		6
KINE 3326	Outdoor Adventure	
KINE 3355	Principles of Health and Physical Education In Elementary Schools	
or KINE 3352	Principles of Health and Fitness for Children	
KINE 3365 [WI ( <a href="http://catalog.tarleton.edu/undergrad/academicaffairs/">http://catalog.tarleton.edu/undergrad/academicaffairs/</a> )]	Principles of Health and Physical Education In Secondary Schools	
KINE 4302	Psychological Aspects of Sports	
KINE 4398	Internship - Professional Development	3
KINE 4399	Internship - Field Experience	3
Electives (3 hrs advanced)		17
BIOL 2402 [shared]	Anatomy & Physiology II (recommended but other Lab Science may be counted for this course) <sup>2</sup>	
Total Hours		49

#### Exercise and Sport Studies (EXSS)

Advanced KINE elective		18
Advanced elective		6
Electives		25
Total Hours		49

<sup>1</sup> Please see Academic Information section.

<sup>2</sup> Course may be counted toward general education requirement.

<sup>3</sup> Students in the BS/MSAT 5 YR concentration must apply for and be accepted into the MSAT program in order to complete this degree concentration. The application process will occur during year 3 of the BS program. Students in the BS/MSAT 5 YR concentration must maintain a 3.0 undergraduate cumulative GPA. Transfer students must complete a minimum of two full-time semesters and 24 hours at Tarleton State University. If students decide that they do not want to complete or are not accepted into the MSAT program, they can transition to the BS degree in Kinesiology.

### The Bachelor of Applied Arts and Science in Kinesiology

The BAAS in Kinesiology creates an additional pathway to the bachelor's degree for non-traditional students who have acquired substantial content knowledge and requisite skills as a result of their experiences in the workforce and related professional development activities.

### The Bachelor of Applied Arts and Sciences in Kinesiology

#### Required Courses

General Education Requirements ( <a href="http://catalog.tarleton.edu/undergrad/academicaffairs/">http://catalog.tarleton.edu/undergrad/academicaffairs/</a> )		42
<b>Prior Learning Credit</b>		<b>12-33</b>
KINE 3330 [WI ( <a href="http://catalog.tarleton.edu/undergrad/academicaffairs/">http://catalog.tarleton.edu/undergrad/academicaffairs/</a> )]	Motor Behavior	3
KINE 3360 [WI ( <a href="http://catalog.tarleton.edu/undergrad/academicaffairs/">http://catalog.tarleton.edu/undergrad/academicaffairs/</a> )]	Sports Nutrition	3
Advanced KINE elective		21
Advanced elective		9
Electives		9-30
Total Hours		120

### The Bachelor of Science in Sport Management

### The Bachelor of Science in Sport Management

#### Required Courses

General Education Requirements ( <a href="http://catalog.tarleton.edu/undergrad/academicaffairs/">http://catalog.tarleton.edu/undergrad/academicaffairs/</a> )		42
KINE 1301	Foundations of Kinesiology	3
KINE 1308	Sports Officiating	3
KINE 2360	Principles of Athletic Coaching	3
KINE 3325	Theory of Sport Management	3
KINE 3345 [WI ( <a href="http://catalog.tarleton.edu/undergrad/academicaffairs/">http://catalog.tarleton.edu/undergrad/academicaffairs/</a> )]	Sport Leadership	3
KINE 4302	Psychological Aspects of Sports	3
KINE 4350	Recreational and Sport Facility Management	3
KINE 4355	Sport Governance	3
KINE 4395 [WI ( <a href="http://catalog.tarleton.edu/undergrad/academicaffairs/">http://catalog.tarleton.edu/undergrad/academicaffairs/</a> )]	Sport Promotion and Public Relations	3
KINE 3375	Legal Issues in Sport and Recreation	3

Select 9 credits: 9

Choose any course offered by the College of Business (ACCT, ADMS, COBA, BCIS, BLAW, BUSI, ECON, FINC, MGMT, MKTG, REST)  
RECOMMENDED: BUSI 1301, MGMT 3300, MGMT 3302, MKTG 3312, MKTG 3315.

Advanced KINE Electives	21
General Electives (3 hours must be advanced)	18
Total Hours	120

## Minor in Coaching

The Department of Sport Science offers the Minor in Coaching.

### Minor in Coaching

#### Required Courses

KINE 1308	Sports Officiating	3
KINE 2315	History and Philosophy of Sport, Recreation, and Exercise	3
KINE 2360	Principles of Athletic Coaching	3
KINE 3375	Legal Issues in Sport and Recreation	3
KINE 4302	Psychological Aspects of Sports	3
KINE Elective		3
Total Hours		18

### Professor emeritus

- Dr. Joe Gillespie

### Professors

- Dr. Kayla Peak, Head- School of Kinesiology
- Dr. Chet Martin
- Dr. Wendell Sadler

### Associate professors

- Dr. Sharon Tiffany Bowers
- Dr. Tom Tallach, Department Head
- Dr. Jarrod Schenewark

### Assistant professors

- Dr. Kelsey McEntyre
- Dr. Colin Pennington

### Instructor

- Ms. Leticia Carr
- Dr. Julie Mata
- Ms. Misti Reisman
- Mr. Ronnie Zoch

### Courses

#### **KINE 1100. Transitioning to University Studies in Kinesiology. 1 Credit Hour (Lecture: 1 Hour, Lab: 1 Hour).**

Practical study designed to prepare the student for university life, aid in the development of skills for academic success, promote personal growth and responsibility, and encourage active involvement in the learning process from an individual college perspective.

#### **KINE 1210. Archery. 2 Credit Hours (Lecture: 1 Hour, Lab: 2 Hours).**

An introductory study of target archery. This course will include history, skills of shooting, equipment, and safety.

#### **KINE 1218. Golf. 2 Credit Hours (Lecture: 1 Hour, Lab: 2 Hours).**

This course is designed to provide instruction in the basic skills of golf; putting, chipping, pitching, and full swing. An additional fee is required for facility rental and equipment use. Students must provide their own transportation to Legends Golf Course & Driving Range.

#### **KINE 1220. Fitness Walking. 2 Credit Hours (Lecture: 1 Hour, Lab: 2 Hours).**

This course is designed to reduce sedentary lifestyles and enhance overall health & fitness by increasing cardiovascular endurance, muscular strength & endurance, and improve body composition.

#### **KINE 1221. Cardio Fitness. 2 Credit Hours (Lecture: 1 Hour, Lab: 2 Hours).**

This course is designed to enhance overall health & fitness by increasing cardiovascular endurance, muscular strength & endurance, and improve body composition. Students are encouraged to refrain from a sedentary lifestyle. Activities include walking, indoor cycling, indoor rowing, and other aerobic activities.

#### **KINE 1222. Racquet Sports. 2 Credit Hours (Lecture: 1 Hour, Lab: 2 Hours).**

This course provides students with an opportunity to experience and learn a wide variety of racquet sports such as: racquetball, badminton, pickleball, speedminton, and others. The course is designed to teach the basic rules, regulations and skills of each racquet sport.

#### **KINE 1223. Swimming. 2 Credit Hours (Lecture: 1 Hour, Lab: 2 Hours).**

Basic and advanced swimming technique, water safety procedures, and the development of health-related fitness.

#### **KINE 1224. Scuba Diving. 2 Credit Hours (Lecture: 1 Hour, Lab: 2 Hours).**

This course teaches the PADI Open Water Diver scuba curriculum through a combination of classroom and water instruction. Students pay a fee directly to a PADI certified instructor for scuba equipment rental, air fills, text book, and ancillary materials. Students provide their own headgear and footwear. Basic swimming skills are required. Upon successful completion of this course, students have up to one year to achieve certification by independently completing their final lake dives through a certified PADI instructor.

#### **KINE 1225. Advanced Scuba Diving. 2 Credit Hours (Lecture: 1 Hour, Lab: 2 Hours).**

This course teaches the PADI Advanced Open Water Diver scuba curriculum through a combination of classroom and water instruction. Students pay a fee directly to a PADI certified instructor for scuba equipment rental, air fills, text book, and ancillary materials. Students provide their own headgear and footwear. Basic swimming skills are required. Prerequisite: PADI Open Water Diver certification or equivalent from an accredited scuba training organization.

**KINE 1226. Lifeguarding. 2 Credit Hours (Lecture: 1 Hour, Lab: 2 Hours).**

This course is designed to meet American Red Cross (ARC) requirements related to lifeguarding and basic water safety skills. Upon successful completion of the course, the student will be awarded the American Red Cross Lifeguard Training certificate and CPR/AED/First Aid certification for Lifeguards. An additional fee is required to cover ARC textbook, ARC ancillary materials, and ARC certification cards. Basic swim skills are required. Prerequisite: Must be 15+ years of age, able to swim 500 yards, able to retrieve an object from under 10 feet of water, and able to tread water for 2 minutes without the use of the hands.

**KINE 1230. Powerlifting. 2 Credit Hours (Lecture: 1 Hour, Lab: 2 Hours).**

This course is designed to provide a competitive weight lifting program for both novice and advanced lifters. Instruction will focus on exercise techniques, training principles, programming, and practical strength training application. The course will concentrate on improving the individual's 1-rep max in Squat, Deadlift and Bench Press by using different methods of resistance exercises. An optional fee is necessary for students who want to travel to competitive powerlifting events; the optional fee will be used to cover entry fees and travel to/from event.

**KINE 1231. Strength Bootcamp. 2 Credit Hours (Lecture: 1 Hour, Lab: 2 Hours).**

This course is designed to promote the overall health & wellness benefits of strength training by incorporating High Intensity Interval Training (HIIT) in a motivating bootcamp setting. Traditional calisthenics, body weight exercises, speed work, agility drills, power development, reaction time, and balance workout will be designed to address and improved: cardiovascular endurance, muscular strength and endurance, flexibility and body composition.

**KINE 1232. Weight Training. 2 Credit Hours (Lecture: 1 Hour, Lab: 2 Hours).**

This course is designed to teach the beginning weight training student the various types and benefits of strength training.

**KINE 1233. Aerobic Dance. 2 Credit Hours (Lecture: 1 Hour, Lab: 2 Hours).**

This course is design to explore dance as an aerobic exercise option as well as develop an appreciation for wellness by participating in various styles of dance.

**KINE 1235. Aquatic Fitness. 2 Credit Hours (Lecture: 1 Hour, Lab: 2 Hours).**

This course is designed for students to engage in basic water resistance exercises, shallow water plyometrics, stretching and strength exercises, and deep water muscular endurance exercises. This is an excellent opportunity to engage in a low-impact alternative to land-based fitness activities. No previous experience or aquatic expertise is required for this class.

**KINE 1236. Dance Techniques & Fundamentals. 2 Credit Hours (Lecture: 1 Hour, Lab: 2 Hours).**

This course is designed to provide a basic foundation of dance with an emphasis on the fundamentals of dance. The class will consist of beginner ballet, jazz, hip hop, and modern dance techniques. The artistry and physicality of dance will be emphasized.

**KINE 1237. Innovative Dance. 2 Credit Hours (Lecture: 1 Hour, Lab: 2 Hours).**

Intermediate level course that continues the exploration of ballet, jazz, hip hop, and modern dance techniques. Pom techniques will also be introduced. NOTE: Basic foundation of dance techniques & fundamentals or successful completion of KINE 1236 (Dance Techniques & Fundamentals) is encouraged. Prerequisite: This course is highly recommended for students interested in auditioning to become a member of the Texan Stars dance team or for current members of the Texan Stars dance team.

**KINE 1240. Dance Performance. 2 Credit Hours (Lecture: 1 Hour, Lab: 2 Hours).**

This course is designed for individuals who are members of the Texan Stars Dance team or Tarleton Cheer teams. It shall serve as a support group for school events/activities and promote school loyalty and spirit. NOTE: This course is intended for students currently participating on the Texan Stars or Texan Cheer teams at Tarleton State University. Prerequisite: Student must submit application, meet fitness and performance standards, and participate in a formal try-out. Please contact the Director of the Texan Stars or the Director of Texan Cheer for more information.

**KINE 1241. Global Sports I - Rugby, Soccer, Sand Volleyball. 2 Credit Hours (Lecture: 1 Hour, Lab: 2 Hours).**

This course is designed provide a diverse offering of games and sports that are played on an international level. The games and sports taught within this course will include, but are not limited to: Rugby, Soccer, and Sand Volleyball.

**KINE 1242. Global Sports II - Lacrosse, Cricket, Team Handball. 2 Credit Hours (Lecture: 1 Hour, Lab: 2 Hours).**

This course is designed provide a diverse offering of games and sports that are played on an international level. The games and sports taught within this course will include, but are not limited to: Lacrosse, Cricket, Team Handball.

**KINE 1243. Disc Golf. 2 Credit Hours (Lecture: 1 Hour, Lab: 2 Hours).**

This course introduces the fundamentals of disc golf. Emphasis is placed on basic throwing techniques, putting, distance driving, scoring, and single and doubles play. Tournament and match play formats will also be introduced. NOTE: Basic equipment will be provided; however, students will be required to purchase specialty discs and carrying bag. Students must provide their own transportation to the Stephenville City Park.

**KINE 1244. Rock Climbing. 2 Credit Hours (Lecture: 1 Hour, Lab: 2 Hours).**

This course introduces students to top-rope rock climbing and bouldering techniques in both an indoor and outdoor environment. Topics include equipment, knots, belaying, rappelling, anchor systems, and a range of climbing techniques. Risk assessment and safety techniques are thoroughly addressed throughout the course. NOTE: An additional fee is required for facility rental and equipment use. A day trip (1 day) to Mineral Wells State Park will be required; students must provide their own transportation to the park and pay their entry fee.

**KINE 1245. 5K / 10K Training. 2 Credit Hours (Lecture: 1 Hour, Lab: 2 Hours).**

The course is designed for students who are interested in inspirational exercise, goal setting, and personal improvement through social & competitive walking and/or running. The course will begin with low intensity, short distance training before progressing into a more aggressive training scheme. The course will cover proper walking & running mechanics, types of training (5K, 10K, Trail Runs), weather conditions, and the benefits of cardiovascular training. NOTE: Students will be required to register and complete two events (5K, 10K, Color Run, Mud Run, Spartan Run, etc.). The entry fee for each event and transportation to/from the events will be the responsibility of the student.

**KINE 1246. Hunting and Fishing. 2 Credit Hours (Lecture: 2 Hours, Lab: 2 Hours).**

This course is designed for outdoor enthusiasts. Students will learn fundamental firearm safety, fishing rules and regulations, hunting rules and regulations, environmental recognition (aquatic life, wild-game species and gender identification), license and permit procedures, general outdoors law, seasonal guidelines and conservation methods. The 'Texas Parks and Wildlife Outdoor Annual Hunting and Fishing Regulations' will serve as the foundation for this course. FISHING: Basic fishing gear will be provided; however, students may bring their own fishing gear. Three day trips to area lakes will be required; students must provide their own transportation to the lakes. Students must purchase a Texas fishing license. HUNTING: An additional fee is required to cover ammunition and targets. Students must provide their own transportation to the shooting range. Two day trips to area game ranches will be required; students must provide their own transportation to the ranches. Students must purchase and pass a Hunter Safety course.

**KINE 1247. Trap and Skeet Shooting. 2 Credit Hours (Lecture: 1 Hour, Lab: 2 Hours).**

This course is designed to introduce students to trap and skeet shooting as well as discuss proper firearm and ammunition selection. Firearm safety and range etiquette will be strongly emphasized. An additional fee is required to cover ammunition and targets. Students must provide their own firearm plus ear and eye protection. Students must provide their own transportation to the shooting range.

**KINE 1248. Yoga I. 2 Credit Hours (Lecture: 1 Hour, Lab: 2 Hours).**

This course explores the asanas (poses) and vinyasa (flow) of yoga intended to target physical postures, breathing, relaxation, and mental concentration.

**KINE 1249. Yoga II. 2 Credit Hours (Lecture: 1 Hour, Lab: 2 Hours).**

Intermediate level course that continues the exploration of mind and body through asana (poses). This course introduces more detailed aspects of the discipline of yoga. Topics include breathing and physical postures, relaxation, and mental concentration. The goal is to improve yoga practice and to develop an overall deeper understanding of yoga methodology through advanced postures, breathing techniques and relaxation practices. NOTE: Previous yoga experience or successful completion of Yoga I (KINE 1248) is encouraged. Prerequisite: Previous yoga experience or successful completion of Yoga I (KINE 1248) is encouraged.

**KINE 1250. Varsity Athletics. 2 Credit Hours (Lecture: 1 Hour, Lab: 2 Hours).**

This course is designed to introduce the student to competitive intercollegiate athletics. The student will be prepared both mentally and physically to participate and to take part in intercollegiate athletic competitions. NOTE: This course is intended for student-athletes currently participating on a NCAA athletic team at Tarleton State University.

**KINE 1301. Foundations of Kinesiology. 3 Credit Hours (Lecture: 3 Hours, Lab: 0 Hours).**

An introductory course in the field of Kinesiology. Included will be the history of physical education and sport, career opportunities in Kinesiology, and objectives and principles of Kinesiology.

**KINE 1306. First Aid and CPR. 3 Credit Hours (Lecture: 2 Hours, Lab: 2 Hours).**

An examination and application of first aid, CPR, and emergency procedures given to victims of accident and illness.

**KINE 1308. Sports Officiating. 3 Credit Hours (Lecture: 3 Hours, Lab: 3 Hours).**

A course designed to teach the rules and mechanics of sports officiating in football, basketball, volleyball, and baseball/softball. Students will be required to assist in a variety of officiating activities outside the formal classroom.

**KINE 1338. Concepts of Physical Fitness. 3 Credit Hours (Lecture: 3 Hours, Lab: 3 Hours).**

The study of the principles and techniques needed to promote human health and hygiene. Topics will include but not be limited to: fitness assessment and skills, personal awareness and management techniques, self-motivation, proper nutrition, responsibility, and health choices as related to wellness. Health-related physical fitness labs for testing skills and strategies will be conducted. Lab fee: \$2.

**KINE 2310. Fundamentals of Sport Pedagogy. 3 Credit Hours (Lecture: 3 Hours, Lab: 3 Hours).**

Overview of the physical education profession, including: philosophy, professional standards, program outcomes, appropriate practices, and factors impacting the learning environment. Field-based experience applying course content is a course requirement.

**KINE 2315. History and Philosophy of Sport, Recreation, and Exercise. 3 Credit Hours (Lecture: 3 Hours, Lab: 0 Hours).**

This course will examine the history and philosophy of physical activity, most notably in relation to the United States. Included areas of study are the exercise sciences, as well as physical education, recreation, and organized sport.

**KINE 2319. Medical Terminology. 3 Credit Hours (Lecture: 3 Hours, Lab: 0 Hours).**

Medical Terminology introduces the language of science and healthcare. Students acquire knowledge and vocabulary by learning prefixes, suffixes, stem and root words, and compound medical terms for appropriate and accurate communication. Other areas include anatomy, physiology, pathology, equipment, diagnosis, and treatment.

**KINE 2320. Anatomical Kinesiology. 3 Credit Hours (Lecture: 3 Hours, Lab: 0 Hours).**

Investigation and analysis of human motion in relationship to structure and function according to general mechanical laws and other factors. Prerequisite: BIOL 2401.

**KINE 2330. Individual and Dual Sport Skills. 3 Credit Hours (Lecture: 2 Hours, Lab: 2 Hours).**

This course is designed to provide quality instruction in individual and dual sports skills and activities. It consists of basic knowledge of rules and strategies, planning and implementing quality instruction, and skills testing in selected lifetime sports. Prerequisite: KINE 1301.

**KINE 2340. Team Sport Skills. 3 Credit Hours (Lecture: 2 Hours, Lab: 2 Hours).**

This course is designed to provide quality instruction in team sport skills and activities. It consists of basic knowledge of rules and strategies, planning and implementing quality instruction, and skills testing in selected team sports. Prerequisite: KINE 1301.

**KINE 2356. Prevention and Care of Athletic Injuries. 3 Credit Hours (Lecture: 2 Hours, Lab: 2 Hours).**

The study and application of skills in the prevention and care of injuries affecting the athlete and physically active. Prerequisite: BIOL 2401 Lab fee: \$2.

**KINE 2360. Principles of Athletic Coaching. 3 Credit Hours (Lecture: 2 Hours, Lab: 2 Hours).**

The course is designed to present foundational knowledge essential for coaching any level athlete in any sport. Emphasis is on a comprehensive approach to the foundations and theories of coaching including development of a coaching philosophy, determining coaching objectives, coaching for character, coaching diverse athletes, motivational techniques, as well as, principles of teaching, physical training, and management.

**KINE 2380. Essentials of Personal Training. 3 Credit Hours (Lecture: 2 Hours, Lab: 2 Hours).**

This course is designed to prepare and qualify students to work as personal trainers. The course bridges the gap between exercise science-related course work and the practical application skills in preparation for a national certification exam in personal training. Topics include guidelines for instructing safe, effective, and purposeful exercise, essentials of the client-trainer relationship, conducting health and fitness assessments, and designing and implementing appropriate exercise programming. An additional fee is required to cover the costs of the national certification exam, textbooks, and ancillary material. BIOL 2401 recommended.

**KINE 2390. Fundamentals of Group Exercise Training. 3 Credit Hours (Lecture: 3 Hours, Lab: 2 Hours).**

This course is designed to give students the knowledge and understanding necessary to prepare for the ACE Group Fitness Instructor Certification Exam and become effective group fitness instructors. An additional fee is required to cover the costs of the certification exam, textbooks, and ancillary material.

**KINE 3304. Orthopedic Assessment. 3 Credit Hours (Lecture: 2 Hours, Lab: 2 Hours).**

The study and application of principles and techniques for assessment of injuries including signs and symptoms, classification of injuries, and emergency and clinical assessment. Prerequisite: KINE 2356 and BIOL 2401 Lab fee: \$2.

**KINE 3310. Tests and Measurements. 3 Credit Hours (Lecture: 2 Hours, Lab: 2 Hours).**

Use and function of tests in Exercise and Sport Studies. Test construction and interpretation will be studied. Statistical techniques will be reviewed. Prerequisites: 12 hours of Kinesiology course work and junior classification. Lab fee: \$2.

**KINE 3314. Therapeutic Exercise and Rehabilitation. 3 Credit Hours (Lecture: 2 Hours, Lab: 2 Hours).**

The study and application of therapeutic exercise tools and techniques in the rehabilitation of injuries including restoration of flexibility and range of motion, muscular strength, endurance and power, cardiorespiratory endurance, and neuromuscular control and balance. Prerequisites: KINE 2356 and BIOL 2401.

**KINE 3320. Theory of Strength Training and Conditioning I. 3 Credit Hours (Lecture: 3 Hours, Lab: 0 Hours).**

The study and survey of contemporary strength training and conditioning. Successful completion of the course allows the student to sit for the appropriate examinations relative to being certified as a Strength and Conditioning Specialist. Conditioning Specialist. Prerequisite: BIOL 2401 Lab fee: \$2.

**KINE 3325. Theory of Sport Management. 3 Credit Hours (Lecture: 3 Hours, Lab: 3 Hours).**

A study of the theories, concepts, and research associated with sport management including career preparation skills and professional opportunities available in the industry.

**KINE 3326. Outdoor Adventure. 3 Credit Hours (Lecture: 2 Hours, Lab: 2 Hours).**

Outdoor resources and adventure activities are utilized as opportunities for experiential learning. Activities can include the Tarleton Challenge Course, hiking, backpacking, camping, mountaineering, rock climbing, biking, canoeing, kayaking, orienteering, safety and first aid. Lab fee: \$2.

**KINE 3330. Motor Behavior. 3 Credit Hours (Lecture: 2 Hours, Lab: 2 Hours). [WI (<http://catalog.tarleton.edu/academicaffairs/>)]**

A study of the behavioral characteristics for skill acquisition due to motor, physical, and neuromuscular development. Prerequisite: approval of the department head. Lab fee: \$2.

**KINE 3333. Tactical Strength and Conditioning. 3 Credit Hours (Lecture: 2 Hours, Lab: 2 Hours).**

Built on scientific principles and evidence-based research, the NSCA Tactical Strength and Conditioning (TSAC) Training Course is a foundational strength and conditioning program designed to provide tactical facilitators with the tools to decrease injury risk and increase longevity and effectiveness of tactical professionals. The TSAC Practitioners Course provides the principles of program design, basics of coaching exercise technique and mechanics, and how to lead a physical readiness program. An additional fee is required to cover the costs of the certification exam, textbooks, and ancillary material. Prerequisite: NA.

**KINE 3345. Sport Leadership. 3 Credit Hours (Lecture: 3 Hours, Lab: 3 Hours). [WI (<http://catalog.tarleton.edu/academicaffairs/>)]**

This course is designed to give students a foundational understanding of key leadership principles and theories. Students will study concepts such as servant leadership, transformational leadership, and ethics in leadership, among many other important topics.

**KINE 3350. Corrective Exercise Training. 3 Credit Hours (Lecture: 3 Hours, Lab: 2 Hours).**

This course will present an evidence-based approach to corrective exercise, the components of a comprehensive solution, and the practical know-how to develop and implement integrated strategies to improve common movement impairments. Students completing this course will be prepared to take NASM's Corrective Exercise Specialist credentialing examination. An additional fee is required to cover the costs of the certification exam, textbooks, and ancillary material. Prerequisite: KINE 2380.

**KINE 3352. Principles of Health and Fitness for Children. 3 Credit Hours (Lecture: 3 Hours, Lab: 0 Hours).**

A survey of the essential knowledge and skills of health and physical education as they relate to children ages 6-14. Included will be skills related to personal health and safety, physical fitness, motor development, games and sports, gymnastics, and rhythmic activities.

**KINE 3355. Principles of Health and Physical Education In Elementary Schools. 3 Credit Hours (Lecture: 2 Hours, Lab: 2 Hours).**

The knowledge, skills, and dispositions for teaching developmentally appropriate health and physical education in elementary schools.

**KINE 3360. Sports Nutrition. 3 Credit Hours (Lecture: 2 Hours, Lab: 2 Hours). [WI (<http://catalog.tarleton.edu/academicaffairs/>)]**

This course covers the essentials of human nutrition that improve and sustain optimal performance for sport and exercise. The effects of eating disorders (in both male and female athletes), weight management, sport supplements, and application of nutritional concepts related to the physically active individual seeking improved athletic performance will be addressed. An additional fee is required to cover the costs of the certification exam, textbooks, and ancillary material.

**KINE 3365. Principles of Health and Physical Education In Secondary Schools. 3 Credit Hours (Lecture: 2 Hours, Lab: 2 Hours). [WI (<http://catalog.tarleton.edu/academicaffairs/>)]**

The knowledge, skills, and dispositions for teaching developmentally appropriate health and physical education in secondary schools.

**KINE 3370. Physiology of Exercise. 3 Credit Hours (Lecture: 2 Hours, Lab: 2 Hours).**

Effects of physical exercise on body processes. Prerequisite: BIOL 2401 Lab fee: \$2.

**KINE 3375. Legal Issues in Sport and Recreation. 3 Credit Hours (Lecture: 3 Hours, Lab: 0 Hours).**

The course is designed to examine the legal issues involved in the supervision, management, and business operations of sport and recreation organizations. Students are provided with an introduction to various areas of law including: tort law, contract law, agency law, employment law, constitutional law, and product liability.

**KINE 3380. Adapted Physical Activity. 3 Credit Hours (Lecture: 2 Hours, Lab: 2 Hours).**

An introduction to adapted physical activity, including physical education, recreation, leisure, and sport for individuals with disabilities of all ages. Practical application with individuals with special needs is a course requirement.

**KINE 3385. Program Design for Special Populations. 3 Credit Hours (Lecture: 3 Hours, Lab: 0 Hours).**

An in depth study of the positive effects of exercise on the performance and quality of life of specific disease populations. The course teaches the student to design and modify exercise programs to fit the individual's needs. This course is taught using the ISSA Exercise Therapy curriculum. An additional fee is required to cover the costs of the certification exam, textbooks, and ancillary material.

**KINE 3390. Kinesiology. 3 Credit Hours (Lecture: 3 Hours, Lab: 0 Hours).**

Investigation and analysis of human motion in relationship to structure and function according to general mechanical laws and other factors. Prerequisite: BIOL 2401.

**KINE 4085. Seminar. 1-3 Credit Hours (Lecture: 1-3 Hours, Lab: 0 Hours).**

This course will focus on current topics and issues of interest in exercise and sport studies. It may be repeated for credit as topics change. Prerequisites: Junior-level standing or approval of department head.

**KINE 4086. Problems. 1-6 Credit Hours (Lecture: 0 Hours, Lab: 1-6 Hours).**

Directed study of selected problems in Kinesiology. May be repeated for credit with approval of department head. Restricted to Kinesiology majors and minors.

**KINE 4302. Psychological Aspects of Sports. 3 Credit Hours (Lecture: 3 Hours, Lab: 0 Hours).**

This course gives students a basic overview of sports psychology, covering aspects such as confidence, focus, mental training, visualization, peak performance, and the mind-body connection. It also examines the differences between group and individual sports and the mindsets of the prototypical athletes who engage in them. Prerequisite: Junior or higher classification.

**KINE 4305. Capstone in Kinesiology. 3 Credit Hours (Lecture: 2 Hours, Lab: 2 Hours).**

Applied learning experience for Kinesiology majors. Students will complete capstone experiences within the department including professional development points, health related fitness components, interview and etiquette skills, resume and portfolio. Prerequisites: Senior classification (90 hours, counting in progress hours) REQUIRED.

**KINE 4330. Exercise Testing and Prescription. 3 Credit Hours (Lecture: 2 Hours, Lab: 2 Hours).**

Physiology of exercise in the treatment of the degenerative effects of sedentary lifestyles associated with chronic disease and/or disabilities. Prerequisite: KINE 3370 or KINE 4320. Lab fee: \$2.

**KINE 4335. Applications in Clinical Exercise Physiology. 3 Credit Hours (Lecture: 2 Hours, Lab: 2 Hours).**

Advanced course in clinical exercise testing and prescription in individuals with chronic diseases of cardiovascular, pulmonary, metabolic, musculoskeletal, neuromuscular, and immunologic origin. Students will be actively engaged in testing and prescribing exercise for actual clients in a laboratory setting. Prerequisites: previous or current enrollment in KINE 4330 Lab fee: \$2.

**KINE 4340. Exercise Electrocardiography. 3 Credit Hours (Lecture: 2 Hours, Lab: 2 Hours).**

A study of the rate, rhythm, and axis of the heart obtained during graded exercise testing. Prerequisite: BIOL 2401 and KINE 3370 Lab fee \$2.

**KINE 4350. Recreational and Sport Facility Management. 3 Credit Hours (Lecture: 3 Hours, Lab: 0 Hours).**

This course introduces students to the concepts, theories and practices related to the administration and management of athletic, physical activity, and recreational facilities. The course is designed to familiarize students with the basic concepts of facility planning, construction, facility operations, event planning, security, and finance. Areas under examination include facilities for scholastic, intercollegiate, amateur, professional, international and recreational sport.

**KINE 4355. Sport Governance. 3 Credit Hours (Lecture: 3 Hours, Lab: 3 Hours).**

Focused on the fundamental aspects of policy, legal and ethical issues, and administrative decision-making within any sport-related organization. Students are exposed to key industry concepts such as strategic management, ethics and event planning activities, in addition to governance and policy related topics such as scholastic, intercollegiate and amateur sport.



**KINE 4360. Theory of Strength Training and Conditioning II. 3 Credit Hours (Lecture: 2 Hours, Lab: 2 Hours).**

An in depth study of the effects of strength and conditioning on performance. This course is designed to be a follow up course to KINE 3320 and will help students further the knowledge and skills expected of a Certified Strength and Conditioning Specialist as defined by the NSCA. An additional fee is required to cover the costs of the certification exam, textbooks, and ancillary material. Prerequisite: KINE 3320 Lab fee: \$2.

**KINE 4370. Organization and Administration of Sport and Recreation. 3 Credit Hours (Lecture: 3 Hours, Lab: 0 Hours).**

A course designed to study the principles, practices, and procedures in the organization and administration of sport and recreation.

**KINE 4384. Clinical Internship in Kinesiology. 3 Credit Hours (Lecture: 1 Hour, Lab: 10 Hours).**

Supervised internship with selected agencies and organizations.

**KINE 4390. Biomechanics. 3 Credit Hours (Lecture: 2 Hours, Lab: 2 Hours).**

This course is designed to study the mechanics of human movement. The course design provides insight into the basic laws governing the forces of stability and motion. Interpretation and understanding of biomechanical principles will be addressed to enable coaches, athletic trainers, fitness, and clinical professionals to optimize human performance and rehabilitation. Prerequisite: BIOL 2401, and either KINE 3390 or KINE 2320.

**KINE 4395. Sport Promotion and Public Relations. 3 Credit Hours (Lecture: 3 Hours, Lab: 3 Hours). [WI (<http://catalog.tarleton.edu/academicaffairs/>)]**

This course serves as the capstone course for the sport management program. This is a senior-level course focusing on evaluation of promotion and public relations within essential to sport management. Application of sport management theory and sport leadership will serve as the foundation of the capstone course. A case study approach is utilized to develop understanding of the practical challenges of creating viable promotional and public relation strategies within the sport industry.

**KINE 4398. Internship - Professional Development. 3 Credit Hours (Lecture: 1 Hour, Lab: 10 Hours).**

Supervised professional development activities focusing on the synthesis of the hard and soft skills acquired across the curriculum. There will be reflective writings that demonstrate growth relative to professional experiences, problem solving, and other discipline specific exercises to ensure professional readiness.

**KINE 4399. Internship - Field Experience. 3 Credit Hours (Lecture: 1 Hour, Lab: 10 Hours).**

Supervised field experience performed with selected agencies and organizations including but not limited to: rec sports, athletics, schools, parks and rec, YMCA/YWCA, Boys/Girls Clubs, Boy/Girl Scouts, rehabilitation centers, cardiac rehab, etc.

**KINE 4682. Internship in Kinesiology. 6 Credit Hours (Lecture: 1 Hour, Lab: 20 Hours).**

Supervised internship with selected agencies and organizations including: rec sports, athletics, schools, parks and rec, YMCA/YWCA, Boys/Girls Clubs, Boy/Girl Scouts, rehabilitation centers, cardiac rehab, etc.