

# KINESIOLOGY AND SPORT STUDIES (KINE)

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## **KINE 1015 Foundations of Olympic Weightlifting and Powerlifting (4 Credits)**

Powerlifting and weightlifting (Olympic lifts and their derivations) are two widely popular strength- and power-based sports and these movements offer numerous physiological, psychological, and social benefits. The primary movements, including the deadlift, bench press, squat, clean and jerk, and snatch are also nearly universally applied to sports performance training. From recreational to world champion athletes, understanding the rules, equipment, and training practices of powerlifting and weightlifting is essential to developing mastery as a lifter and instructor. Students in this course will learn by doing and acquiring foundational content knowledge in these lifts and the organization of the sports. Students will also learn about powerlifting and weightlifting national governing bodies and how the sport is administered.

## **KINE 2000 Foundations of Kinesiology and Sport Studies (4 Credits)**

This course explores the historical development of kinesiology, sport, and physical cultural studies from ancient societies to the present. By exploring the historical, political, social, cultural, economic, and religious underpinnings of kinesiology, students will understand how they, the field, and various stakeholders have been shaped to their present form. Students will use this understanding to identify and make critical judgments about the common issues, problems, and limitations in kinesiology today. This course will also examine varying national governing bodies, career opportunities, graduate and professional school options in the field, and prepare students to navigate advanced courses and topics.

## **KINE 2010 Motor Learning for Skill Acquisition (4 Credits)**

This course will provide students with an understanding of how individuals (e.g., athletes, performers, recreationalists) learn, perform, and retain motor skills. The course will explore how individual psychology, dynamic environments, and varying group and cultural practices affect skill acquisition. Students will develop foundational skills to develop and implement instructional strategies (e.g., practice plans, activities, feedback, affordances) to facilitate skill learning and performance enhancement, skill modifications for injury prevention, and rehabilitation of injury. This course will cover a variety of theoretical and scientific concepts pertaining to skill acquisition and learning across a variety of settings.

## **KINE 2020 Sociology of Kinesiology and Sport Performance (4 Credits)**

An applied approach to the sociology of kinesiology and sport performance integrates theory and practice, also called praxis, to help students become critical thinkers and problem solvers. Students will be exposed to traditional sociological frameworks such as functionalism, interpretivism, and critical theory; themes such as gender, race, class, and ableism; and topics such as identity, deviance, coaching, performance, health, exercise, and sport. The applied focus will prepare students to see sociologically in everyday kinesiology and sport contexts in order to enhance performance and other outcomes, inclusive of ethical considerations.

## **KINE 2030 Administration of Sport, Fitness, and Wellness (4 Credits)**

Organization and administration of sport, fitness, and wellness prepares students to manage and lead in diverse contexts. Course topics introduce students to relevant theoretical and practical aspects of administration, such as managerial functions, human resource management, marketing, budgeting, risk management, and finance. The breadth of the course will set a foundation for students to expand and specialize their skills, while pursuing specific career opportunities.

## **KINE 2701 Special Topics in Kinesiology and Sport Studies (4 Credits)**

Kinesiology and sport studies topics of special interest to faculty and students as needed to complement and expand existing curriculum and test innovative subject matter or teaching and learning practices. May be taken more than once. Prerequisite may vary based on specific special topic.

## **KINE 3991 Independent Study (1-10 Credits)**

Independent research/study.