

# KINESIOLOGY (KHS)

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## **KHS 100 Walking and Running Basics 1 credit**

This course develops the fundamental skills, strategies, and experiences to enjoy the health benefits of walking and running.

## **KHS 102 Team Sports Activities 1 credit**

This course develops the fundamental skills, strategies, and experiences in team activities such as soccer, volleyball, and basketball.

## **KHS 103 Strength & Conditioning Activities 1 credit**

This course develops the fundamental skills, strategies, and experiences in fitness activities such as weight training and cardiovascular conditioning.

## **KHS 106 Basketball Basics 1 credit**

This course develops the fundamental skills, strategies, and experiences to enjoy the sport of basketball.

## **KHS 107 Golf 1 credit**

This course develops the fundamental skills, strategies, and experiences to enjoy the sport of golf.

## **KHS 108 Racquetball 1 credit**

This course develops the fundamental skills, strategies, and experiences to enjoy the sport of racquetball.

## **KHS 110 Health Science 3 credits**

This course will provide students with the opportunity to assess their current lifestyles while examining major public health issues of regional, national, and international concern. Students will critically analyze and reflect on the implications of engaging in health-conscious behaviors for the present and future. Students will be exposed to a broad range of consumer issues and information relating to various aspects of health science. This course addresses the University Outcomes of Physical Values and Information Literacy.

## **KHS 114 Pilates 1 credit**

This course provides students with a basic understanding of the Pilates method, and how to properly perform a wide variety of introductory mat exercises. These exercises will focus on applying the fundamental skills of Pilates, including breathing technique, focus, and body alignment. As students' progress through exercises they will gain awareness of the mind-body relationship, and the many benefits Pilates offers.

## **KHS 116 Fitness Experience 1 credit**

This course offers students the opportunity to experience fitness courses at a local fitness center.

## **KHS 117 Group Fitness Yoga 1 credit**

The physical activity course offers students an introduction to the overall fitness benefits of yoga exercises. Students will develop a positive attitude toward exercise and healthful living through participation in group fitness yoga exercises and class discussion. This course involves the fitness components of strength, flexibility, balance, and muscle endurance.

## **KHS 126 Cross Country-Intercollegiate Men 1 credit**

## **KHS 127 Cross Country-Intercollegiate Women 1 credit**

## **KHS 128 Football-Intercollegiate 1 credit**

## **KHS 129 Volleyball-Intercollegiate 1 credit**

## **KHS 130 Cheerleading 1 credit**

## **KHS 131 Dance Line 1 credit**

## **KHS 132 Soccer-Intercollegiate Women 1 credit**

## **KHS 133 Golf-Intercollegiate Women 1 credit**

## **KHS 134 Golf-Intercollegiate Men 1 credit**

## **KHS 135 Spirit Squad 1 credit**

## **KHS 136 Basketball-Intercollegiate Men 1 credit**

## **KHS 137 Basketball-Intercollegiate Women 1 credit**

## **KHS 138 Baseball-Intercollegiate 1 credit**

## **KHS 139 Softball-Intercollegiate 1 credit**

## **KHS 140 Indoor Track & Field-Intercollegiate Men 1 credit**

## **KHS 141 Indoor Track & Field-Intercollegiate Women 1 credit**

## **KHS 142 Outdoor Track & Field-Intercollegiate Men 1 credit**

## **KHS 143 Outdoor Track & Field-Intercollegiate Women 1 credit**

## **KHS 144 Lacrosse-Intercollegiate Women 1 credit**

## **KHS 145 Swimming & Diving 1 credit**

## **KHS 146 ESports 1 credit**

## **KHS 200 Community Safety & First Aid/CPR 1 credit**

This course is designed to give students the fundamental skills and procedures necessary to identify ways to prevent injury and/or illness, recognize when an emergency has occurred, follow emergency action steps, and provide basic care for injury and/or sudden illness until professional medical help arrives.

## **KHS 201 Pilates Certification 6 credits**

Intensive Mat-Plus (IMP) Certification Course: This course is intended to build on our students' general fitness and exercise science industry knowledge with classroom instruction and hands-on training specific to STOTT Pilates Mat work.

## **KHS 220 Research Methods 4 credits**

This course is designed to expose students to the principles and concepts necessary for understanding the basic elements of research in kinesiology and allied health. Students will learn about the research process, types of measurement and research, and proper writing style. Emphasis will also be placed on locating and evaluating credible evidence from various sources. Concepts from this course will assist students in applying research methods to topics within their own fields of interest.

## **KHS 225 Foundations of Exercise and Sports Science 4 credits**

In this course, students will start their mentoring journey, learn the basics of being a successful KHS student, explore professional qualities and skills for success in the field, understand the sub-disciplines of kinesiology, and create a personal development plan.

## **KHS 240 Introduction to Public Health 4 credits**

This course gives students an overview of the broad field of public health, which centers on health promotion and disease prevention. Throughout the course students will be actively engaged in discussions and activities that promote a greater understanding of public health as a system, as well as its interdisciplinary connections to other health care fields.

## **KHS 300 Applied Nutrition 4 credits**

The study of the interaction of humans with food. Nutritional concepts, current consumer issues in nutrition, nutritional needs through the life cycle, and international nutritional concerns and issues are studied.

**KHS 310 Drug Education 2 credits**

Pharmacological and etiological foundations, schedules, classifications, theoretical approaches to dependency, addiction and tolerance together with intervention and prevention strategies are studied. This course is designed to provide students with applicable knowledge and role playing experience in the area of drug use and abuse. Students will develop a broad based knowledge of the various types of drugs and how they are being used today medically and on the street. The students will also be asked to participate in discussions designed to raise their awareness of drug use/abuse and assist them in developing the skills and habits necessary to refrain from the negative impacts of use/abuse.

**KHS 311 Functional Anatomy 4 credits**

This course employs a regional approach to human anatomy and emphasizes the role of the musculoskeletal system in producing movement. Elements of the nervous, cardiovascular, and respiratory systems are also considered. Kinematic features of common athletic movements are explored.

**KHS 316 Psychology of Sport Injury and Rehabilitation 4 credits**

Psychological factors related to sport injury and rehabilitation are examined. Special attention is given to the antecedents to injury, the stress-injury relationship, emotional responses to injury and rehabilitation, and the role psychological skills such as mental imagery, relaxation, goal setting, positive self-talk, and social support has on injury risk and recovery. Ethical issues for professionals and psychological considerations for malingering individuals are also examined.

**KHS 320 Human Life Experience 3 credits**

This is a survey course designed to enable students to understand the biological, physiological, psychological, social, and cultural aspects of sexuality and human sexual behavior. Students will approach much of the material from a variety of different learning strategies including, research, games, small and large groups discussions, guest speakers, group activities, small assignments/worksheets, etc.

**KHS 375 Sociology of Sport and Exercise 4 credits**

This course is designed to provide the student with a working knowledge about a number of topics regarding the sociological aspects of sport and physical activity. This course engages the students on the impact of sport and exercise in our lives and to make them aware of the social processes which either influence the institution of sport or are influenced by the institution of sport. Concepts covered will include: sport and exercise within and among societies and nations, social organizations, economics, education, the family unit, governments, religions, social differentiation (e.g., status, ethnicity, gender, age, careers, ethical), and social problems (e.g., honesty and violence).

**KHS 390 Sport Management 4 credits**

Sport Management theories and practices will be examined using a multi-disciplinary approach. Topic areas to be examined include: organization and management, marketing and promotion, special event management, facility management and design, management forecasting, and career opportunities.

**KHS 391 Law & Sport 4 credits**

This course is an overview of legal aspects relevant to managers in the sport and recreation environment. Areas of study include tort law, contract law, constitutional law, legislation and administrative law related to the operation and administration of sport, recreation and athletic programs. Risk management strategies and sport management applications of legal issues are also addressed.

**KHS 392 Marketing and Fundraising 4 credits**

Sport marketing and fundraising presents an overview of the various techniques and strategies used in meeting the and needs of consumers in the sport industry as well as understanding how sport can be used to assist in the marketing of other companies and products. Areas to be addressed are the uniqueness of sport marketing, an overview of the segments of the sport industry, the importance of market research and segmentation in identifying the right sport consumer, the use of date-based marketing in researching the sport consumer the overview of the marketing mix as individual units and the relationship between those units, and the development and endorsement packages.

**KHS 393 Planning & Managing Sport Facilities 4 credits**

This course helps students understand how to plan, design, and maintain sport facilities. In addition, event management and programming will be examined within the context of stadium and arena management.

**KHS 394 Sport Business 4 credits**

This course will include a comprehensive analysis of issues related to sports business. Topics will include finance, accounting, and budgeting as it relates to the world of sports business.

**KHS 400 Health Psychology 4 credits**

Health Psychology is designed to help students learn those skills necessary in forging a bridge between the client-learner's thoughts, feelings and actions by integrating thought and behavior into one synergistic approach to the delivery of health education that can accommodate the whole person. Cognitive techniques, such as lecture discussion, readings, presentations, collection of data, and specific planning combined with the behavioral components of emotion and action will help in bringing about this synergistic process.

**KHS 420 Program Administration 2 credits**

Organization of health science education and physical education programs in schools, work sites, medical care settings, community, private and public settings is studied together with needs assessment and evaluation strategies. Emphases on management, assessment, planning of health promotion enhance such study. This course is designed to give students a broad based exposure to the many organizational and administrative duties that accompany Physical Education, Sport, and various Health Program Management. We will start by looking to understand the characteristics of an effective leader and the ability to tap into those characteristics with the people one works with.

**KHS 435 Sport and Exercise Psychology 4 credits**

Psychology of sport and exercise and its applications for performance enhancement are examined. Special attention is given to theory and techniques for developing and refining psychological skills to enhance performance and personal growth. Content examines personality traits, anxiety, aggression vs. assertion, motivation, and other individual and group variables. (Suggested prerequisite: PSY 101)

**KHS 436 Motor Development, Control & Motor Learning 4 credits**

This course examines the growth and development patterns of the child from infant, adolescence, adulthood, and through late adulthood. The purpose of the course is to enhance student insight into the fundamental role that the motor system plays in the human condition. There are four broad topic areas: 1) nature and mechanisms of the expression and control of motor behavior; 2) concepts, principles and measurement of motor learning; 3) factors that influence skill and proficiency in motor performance; and 4) practical approaches to studying and learning motor skills. Content will follow motor control through motor development across the life span with special emphasis on early childhood development and late adulthood.

**KHS 439 Physical Dimensions of Aging 3 credits**

This course is designed to provide students interested in the gerontology population the knowledge base of physical aging. Physical aging is central to most daily activities and permeates through all aspects of life. Throughout this class, students will study the biomechanical, physiological, and motor effects associated with aging. Students will understand that when society encourages older individuals to stop being active, professions should be encouraging activity, while understanding their physical abilities.

**KHS 450 Exercise Assessment 4 credits**

This course will focus on exercise testing and prescription with regard to stress testing and fitness evaluations. Indications and applications for clinical exercise testing and contraindications to exercise testing will be addressed, as well as special populations.

**KHS 455 Occupational and Environmental Health 4 credits**

Students will be introduced to physical, chemical, and biological hazards found in the environment and the health risks associated with workplace and community exposure to them. Risks to special populations and mechanisms of reducing or controlling these risks are discussed.

**KHS 460 Health Advocacy and Leadership 4 credits**

Through this course, students will explore advocacy for protection and promotion of the public's health at all levels of society. Students will learn the professional skills necessary to function successfully as patient advocates and policy advocates. In addition, student leadership styles will be investigated, including career exploration and preparation.

**KHS 472 Athletic Training, Injury Prevention, and Safety 4 credits**

The practical study of procedures for the care and prevention of injuries sustained during physical activity, including First Aid and Safety principles as dictated by the American Heart Association and the American Red Cross. Designed as a course for students pursuing careers in athletic training, teaching, coaching, physical therapy, or other related fields. Instruction will include lectures, informational presentations, and hands on experience.

**KHS 473 Biomechanics 4 credits**

This course examines the physics of human movement. Content areas include the structural mechanics of bone construction, muscle contraction, ligament, and tendon plasticity and elasticity. Sport implement mechanics and the mechanics of environmental conditions (e.g. friction, air, and water resistance) are also explored. Sport performance issues will also be analyzed for mechanical efficiency.

**KHS 474 Exercise Physiology 4 credits**

The physiological basis for human performance and the effects of physical activity on the body's functions are examined in theory and application. Representative experiences include lecture, discussion, group exercises, class teaching, and written projects.

**KHS 475 Applied Exercise Prescription 4 credits**

This course integrates important principles and theories in exercise physiology, kinesiology, nutrition, psychology, and measurement, and then applies them to physical fitness testing and individualized exercise program design for team and individual athletes. Students will learn how to select physical fitness tests, conduct physiological assessments, and design individualized exercise programs and prescriptions. (Prerequisite: KHS 474 Exercise Physiology)

**KHS 479 Coaching Pedagogy 2 credits**

This course offers some realistic guidelines and principles that should enable the coach to conduct his/her coaching program successfully. Course content explains the principles of coaching through discussion of the techniques that encompass the philosophical, psychological, and moral issues involved in the administration of athletic programs.

**KHS 482 Advanced Athletic Training 4 credits**

This course is geared for the athletic training student pursuing NATA certification or students further interest in knowledge of injury prevention and management. Advanced knowledge and techniques of athletic assessment, treatment/rehabilitation, administration of an athletic training programs and sports medicine experience outside of the classroom will be stressed. (Preferred prerequisite: KHS 472)

**KHS 488 Kinesiology Independent Study 1-4 credits****KHS 490 Senior Professional Seminar 1 credit**

This seminar course serves as the senior outcomes exam for all KHS majors. The course emphasizes professionalism, teamwork, and leadership, as it provides final preparation for student transition to job or graduate school. (Prerequisite: senior status)

**KHS 497 Seminar in Graduate Kinesiology and Health Sciences 3 credits**

This seminar is an advanced exploration of the disciplines within the kinesiology and health sciences department, and will further serve as preparation for 3+2 undergraduate students to begin their graduate program.

**KHS 498 Internship 1-12 credits**

This course provides students with practical experience in applying their knowledge and skills, and the opportunity to reflect on the relevance and application of their studies to professional practice.

**KHS 503 Coaching Theory and Practice 3 credits**

This course introduces students to theories, models, and practices of coaching as well as coaching principles and practice and how they contribute to effective coaching. Students will explore the context of coaching within the broader professions of team sports and one-on-one training.

**KHS 510 Human Resource Management 3 credits**

Discusses critical aspects of human resource management as it relates to sport organizations. An overview is given of major functions and concepts regarding the management and administration of human resources in the organization including: recruitment, development, motivation, compensation, benefits administration, employee relations, and human resource information systems.

**KHS 513 Strength and Conditioning 3 credits**

This course familiarizes students with the scientific principles of comparative movement analysis. The students are introduced to the underlying physiological and bio-mechanical principles behind foundational training principles and how they can influence training and program design.

**KHS 515 Management and Leadership 3 credits**

Different theories of leadership and management styles are introduced and what their impact is on organizational structure, productivity, and decision making. Students will examine their individual management and leadership styles as they relate to sport management administration. This course will analyze how leadership is not only different from management but also more effective in today's workplace.

**KHS 520 Sport Finance 3 credits**

The practical aspects of the strategic and operational roles of accounting and finance are explored, including applications of strategic planning, budgeting, financial performance, and fiscal and ethical responsibility in a sport management setting.

**KHS 523 Scouting and Recruiting 3 credits**

This course provides insight as to what it takes to identify, qualify, and recruit prospects for a sport team. Students will examine effective recruiting operations from identifying prospects to recruiting players while maintaining compliance with rules and regulations.

**KHS 525 Facility and Event Management in Sport 3 credits**

This course takes a multi-disciplinary approach to the theories and practices of facility design, construction, and operations. The course will examine a wide variety of both indoor and outdoor sports facilities including stadiums, gymnasiums, golf courses, fitness centers, and athletic fields. Students will also examine event management and programming within the context of stadium and arena management.

**KHS 530 Research Methods 3 credits**

This course examines the various research methodologies used in organizational settings. It provides an overview of quantitative and qualitative research methodologies including research design, data collection and analysis, interviewing, case studies, and action science. The philosophy, ethics, and politics of management research are introduced.

**KHS 533 Sport Media and Technology 3 credits**

This course will examine the relationships between the sport industry, media, and technology. The course will explore various mediums such as radio, television, online forums, blogs, and social media, in terms of their history, function, impact, and ethical implications in the sport industry. Students will also examine the importance of technology in sport and how to integrate this knowledge into sport business.

**KHS 535 Sport Marketing 3 credits**

This course will examine the application of marketing principles in the sport industry. Elements of corporate partnerships related to sport marketing will also be explored along with business strategies of sponsorships, branding, promotions, and event marketing.

**KHS 540 Legal Aspects of Sport 3 credits**

Legal Aspects of Sports is an overview of legal aspects that will be relevant to sport managers in areas of recreation, athletics, facilities, and business. The course will examine risk management strategies along with law related to operation and administration of sport-related programs. Students will explore case studies relating to the legal aspects of sports.

**KHS 545 Ethics and Sociology in Sport Management 3 credits**

This course explores the ethical and sociological issues in sport and recreation settings. Students will critically analyze problems and issues from an ethical and sociological perspective. Students will further examine contemporary case studies to think reflectively about the topics presented in the course in relation to present life experiences and future plans.

**KHS 550 Sport Sales and Fundraising 3 credits**

Sales is an essential revenue producing function for any commercial organization. Sport and recreations have a unique marketing relationship of product and inventory with the consumer and marketplace. The course is designed for the student to learn the theoretical concepts and the application of skills and practices associated with the sports sales process. Through readings and lectures, the course will examine the rationale regarding the benefits and disadvantages of various sales and promotional methodologies. This course will then concentrate on promotional and sales strategies, campaigns, and techniques.

**KHS 553 Data Analytics for Sport 3 credits**

This course explores the theory, development, and application of analytics in sports. Students will learn about analyzing and interpreting sport data through exploratory data analysis and presentation graphics, showing real world implications for athletes, coaches, team managers, and the sports industry. The class will discuss the application of analytics in sports for purposes of in-game strategy, player performance, team management, sports operations, among many other topics.

**KHS 565 Capstone 3 credits**

The capstone course provides the sport professional with the opportunity to synthesize the learning which has taken place throughout the program. It further focuses upon the practical application of knowledge within the industry. The capstone will serve as an assessment of student learning within the Master of Arts in Sport Management and Master of Science in Coaching and Athletic Administration.

**KHS 570 Ethics and Sociology in Sport and Exercise Science 3 credits**

This course explores the ethical and sociological issues in sport and exercise settings. Students will critically analyze problems and issues from an ethical and sociological perspective. Students will further examine contemporary case studies to think reflectively about the topics presented in the course in relation to present life experiences and future plans.

**KHS 575 Statistics in Kinesiology 3 credits**

Students will examine the concepts, methods, and usage of statistical data within the context of kinesiology research.

**KHS 580 Mechanisms of Skilled Neuromuscular Behavior 3 credits**

This course examines the integration of thought processes with the human body to produce skilled motor performance. Theoretical perspectives and mechanisms of motor behavior are examined and applied to significant systems involving gross motor learning and control in sport and exercise.

**KHS 585 Biomechanics in Exercise Science 3 credits**

This course examines qualitative and quantitative elements and physics of human movement. Content areas include the structural mechanics of bone physiology, muscle mechanics, and connective tissue principles. Sport techniques and environmental conditions (e.g., friction, air, and water resistance) are also explored. Biomechanical implications of sport and fitness skill performance will be analyzed for mechanical efficiency and effectiveness.

**KHS 590 Psychology of Sport and Exercise 3 credits**

Psychology of sport and its applications for performance enhancement are examined. Special attention is given to theory and techniques for developing and refining psychological skills to enhance performance in the exercise science industry. Psychological aspects of exercise-related injury will also be explored within this course.

**KHS 595 Clinical Exercise Assessment 3 credits**

Students will learn how to select physical fitness tests, and conduct physiological assessments on members of diverse populations. Students will further study the procedures involved in screening individuals from diverse populations with varying levels of functional work capacity.

**KHS 600 Exercise Physiology 3 credits**

The physiological responses to exercise performance and the effects of physical activity on the body's functions are examined in theory and application.

**KHS 605 Nutrition and Metabolism 3 credits**

This course focuses on the integration of nutrition with molecular and cellular biochemistry of metabolism. Major topics discussed in this course include the metabolic effects of diet composition, the interactions of macronutrients, and dietary modifications and their associated impact upon performance.

**KHS 610 Research Methods 3 credits**

This course examines the various research methodologies used in exercise science. It provides an overview of quantitative and qualitative research methodologies including research design, data collection and analysis, interviewing, case studies, and action science. The philosophy, ethics, and politics of research are introduced.

**KHS 615 Exercise Prescription 3 credits**

This course focuses upon the design of individualized exercise programs and prescriptions in health and disease. Knowledge of skills necessary for safe and effective application of these prescriptions for members of diverse populations as well as the prevention and maintenance of chronic disease will be emphasized.

**KHS 620 Master's Capstone 3 credits**

The capstone course provides the exercise science professional with the opportunity to synthesize the learning, which has taken place throughout the program. It further focuses upon the practical application of knowledge within the exercise science industry. The capstone will serve as an assessment of student learning within the Master of Science in Exercise Science program.

**KHS 7000 Current Issues and Trends in Kinesiology 3 credits**

This course prepares students to analyze current problems, issues, and trends impacting kinesiology professions. The emphasis is on selecting and discussing emerging and controversial topics from research and everyday experiences that lead to action. Leadership principles are examined as students develop and identify leadership strategies, tools and applications to successfully implement a personal mission and vision statement.

**KHS 7010 Medical Aspects of Exercise and Disease Prevention 3 credits**

This course utilizes an epidemiological approach to examine the relationship between physical activity and health and/or disease outcomes. Emphasis is on the role of exercise in preventative medicine. Topics include the impact of exercise on various diseases, and the effect of various medical conditions on the ability to participate in vigorous exercise and competitive sports.

**KHS 7020 Exercise and Health Behavior Change 3 credits**

Advanced analysis of theoretical health behavior models and their application to physical activity behavior. Includes practical techniques, tools and interventions (e.g., counseling skills, motivational interviewing) to enhance exercise adherence and motivation across the lifespan.

**KHS 7030 Professional Ethics and Program Management in Kinesiology 3 credits**

This course examines ethical and socio-cultural issues that kinesiology students will face during their training and professional practice emphasizing conceptual frameworks needed to articulate concerns and engage in meaningful dialogue with others. Topics include the application of ethical program management, financial management, legal issues, and evaluation and planning.

**KHS 7100 Cardiovascular Responses to Exercise 3 credits**

This course examines the effects of acute and chronic exercise on the cardiovascular system, with an emphasis on understanding the regulatory mechanism that controls the cardiovascular system at rest and in response to aerobic and resistance exercises.

**KHS 7110 Neuromuscular Aspects of Exercise Physiology 3 credits**

This course provides an in-depth analysis of the structural basis for muscular contraction, regulation of energy metabolism during exercise, and adaptations of the neuromuscular system in response to aerobic and resistance exercise.

**KHS 7120 Advanced Exercise & Sports Nutrition 3 credits**

This course examines the role of nutrient selection, metabolism, and timing play in supporting and improving health and human performance. Topics include nutrient bioenergetics, optimizing nutrient timing, micronutrients and macronutrients, ergogenic aids, thermoregulation, fluid balance, and weight management.

**KHS 7130 Advanced Exercise and Sport Psychology 3 credits**

This course is designed to prepare students to apply practical and theoretical psychological principles to individuals participating in exercise and sport. Emphasis is placed on theory and research on motivation, personality, cognition, self-efficacy, leadership effectiveness, attributions, attitudes, and group dynamics.

**KHS 7200 Advanced Biomechanics in Exercise Science 3 credits**

This course examines qualitative and quantitative elements and physics of human movement. Content areas include the structural mechanics of bone physiology, muscle mechanics, and connective tissue principles. Sport techniques and environmental conditions (e.g., friction, air, and water resistance) are also explored. Biomechanical implications of sport and fitness skill performance will be analyzed for mechanical efficiency and effectiveness.

**KHS 7210 Advanced Exercise Physiology 3 credits**

The physiological responses to exercise performance and the effects of physical activity on the body's functions are examined in theory and application.

**KHS 7220 Advanced Mechanisms of Skilled Neuromuscular Behavior 3 credits**

This course examines the integration of thought processes with the human body to produce skilled motor performance. Theoretical perspectives and mechanisms of motor behavior are examined and applied to significant systems involving gross motor learning and control in sport and exercise.

**KHS 7230 Advanced Exercise Prescription 3 credits**

This course focuses upon the design of individualized exercise programs and prescriptions in health and disease. Knowledge of skills necessary for safe and effective application of these prescriptions for members of diverse populations as well as the prevention and maintenance of chronic disease are emphasized.

**KHS 7240 Advanced Strength & Conditioning 3 credits**

Students examine the essential physiological and biomechanical basis of resistance training principles and how they can influence training and program design. Topics include exercise techniques (resistance training, flexibility exercises, plyometrics, speed and agility), training adaptations, program design, structure and function of body systems, and techniques for evaluating various aspects of fitness.

**KHS 7800 Action Research in Kinesiology 3 credits**

This course provides an overview of action research methods in order to solve a kinesiology problem. Students examine unique and emerging proactive and responsive action research that generates knowledge and results in practical outcomes for participants.

**KHS 7810 Applied Measurement and Evaluation Techniques in Kinesiology 3 credits**

This course examines advanced testing procedures for collecting and analyzing data while applying results to real-life situations in kinesiology. Topics including testing techniques for knowledge, skill, fitness, and attitudes. The emphasis is on evidence-based decision making that can be applied to professions in kinesiology.

**KHS 7820 Research Methods in Kinesiology 3 credits**

This course explores important practical considerations for applying quantitative and qualitative kinesiology research. Emphasis is placed on real-world examples of how research is effectively accessed, interpreted, and used in professional kinesiology settings.

**KHS 7830 Advanced Research Seminar in Kinesiology 3 credits**

This course builds on the previous course, but with an intentional focus on the dissertation topic of interest for each student. In-depth research strategies, data reliability and credibility, and the IRB process are discussed and completed during this course. Students schedule the dissertation proposal during this course.

**KHS 7900 Seminar in Kinesiology 1 1 credit**

This course provides students the opportunity to make progress on their dissertation in collaboration with a faculty mentor. Special focus is placed on selecting the dissertation topic, identifying a dissertation advisor, and drafting an Introduction.

**KHS 7901 Seminar in Kinesiology 2 1 credit**

This course provides students the opportunity to make progress on their dissertation in collaboration with a faculty mentor. Special focus is placed on forming the dissertation committee and drafting the Literature Review.

**KHS 7902 Seminar in Kinesiology 3 1 credit**

This course provides students the opportunity to make progress on their dissertation in collaboration with a faculty mentor. Special focus is placed on drafting the Methodology.

**KHS 7903 Seminar in Kinesiology 4 1 credit**

This course provides students the opportunity to make progress on their dissertation in collaboration with a faculty mentor, placing special focus on drafting a dissertation prospectus.

**KHS 7950 Dissertation 3 credits**

The dissertation is an independent, scholarly work of research completed by the doctoral candidate, under the guidance of a dissertation committee. A dissertation demonstrates a candidate's ability to undertake scholarship in his or her field through intellectual endeavor and the application of research skills. The completion of a dissertation requires a scholarly mindset involving ongoing evaluation, analysis, and synthesis of previous, relevant research as well as one's own work. A dissertation involves exploring an important problem that warrants investigation due to its centrality to issues of practice and application.