KINESIOLOGY (KIN)

KIN Class Schedule (https://courses.illinois.edu/schedule/DEFAULT/DEFAULT/KIN)

Courses

KIN 100 1581 credit: TO Hours. (https://courses.illinois.edu/schedule/terms/KIN/100)
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.

KIN 101 1581 credit: Hours. (https://courses.illinois.edu/schedule/terms/KIN/101)
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.

KIN 102 1581 credit: Hours. (https://courses.illinois.edu/schedule/terms/KIN/102)
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.

KIN 103 1581 credit: Hours. (https://courses.illinois.edu/schedule/terms/KIN/103)
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.

KIN 104 1581 credit: Hours. (https://courses.illinois.edu/schedule/terms/KIN/104)
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.

KIN 106 1581 credit: Hours. (https://courses.illinois.edu/schedule/terms/KIN/106)
Skills and knowledge essential for leisure-time activities which are classified as swimming activities. Prerequisites for each swimming activity are provided in the Class Schedule. More than one activity (Sections A through Z) may be taken in the same term if these activities are offered on an 8-week basis.

KIN 107 1581 credit: Hours. (https://courses.illinois.edu/schedule/terms/KIN/107)
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.

KIN 109 1581 credit: Hours. (https://courses.illinois.edu/schedule/terms/KIN/109)
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.

KIN 110 1581 credit: Hours. (https://courses.illinois.edu/schedule/terms/KIN/110)
Skills and knowledge essential for leisure-time activities which are classified as gymnastic activities. Sections C and Z may be taken in the same term.

KIN 111 1581 credit: Hours. (https://courses.illinois.edu/schedule/terms/KIN/111)
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.

KIN 120 1581 credit: OR Hours. (https://courses.illinois.edu/schedule/terms/KIN/120)
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.

KIN 121 1581 credit: Hours. (https://courses.illinois.edu/schedule/terms/KIN/121)
Introduction to sports medicine for non-kinesiology majors; includes discussion of training, conditioning, preparation for sports, injury aspects of sports, and rehabilitation.

KIN 122 1581 credit: Hours. (https://courses.illinois.edu/schedule/terms/KIN/122)
Provides the scientific evidence of physical activity in preventing disease and optimizing quality of life. Teaches behavioral change strategies to achieve an active lifestyle.

KIN 125 1581 credit: Hours. (https://courses.illinois.edu/schedule/terms/KIN/125)
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 CHLLH 125.

KIN 130 1581 credit: Hours. (https://courses.illinois.edu/schedule/terms/KIN/130)
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.

KIN 131 1581 credit: Hours. (https://courses.illinois.edu/schedule/terms/KIN/131)
Development of and participation in a physical fitness program including physical fitness assessment.

Information listed in this catalog is current as of 01/2019
KIN 132 1581 credit: Hours. (https://courses.illinois.edu/schedule/terms/KIN/132)
Development of an understanding of basic swimming skills; emphasizes performance and qualitative analysis of personal aquatic skills, developmental aspects of aquatic skills, and analysis of atypical movement patterns in an aquatic environment. Prior to enrolling in this course, students must have the ability to execute a minimum of one of five basic strokes in deep water, perform a standing dive, and tread in deep water. Prerequisite: KIN 130 or concurrent enrollment or consent of instructor.

KIN 133 1581 credit: Hours. (https://courses.illinois.edu/schedule/terms/KIN/133)
Development of an understanding of basic dance steps, positions and sequences; emphasizes performance and qualitative analysis of personal dance skills, developmental aspects of dance and rhythm, and analysis of atypical movement patterns in a dance setting. Prerequisite: KIN 130 or current enrollment or consent of instructor.

KIN 134 1581 credit: Hours. (https://courses.illinois.edu/schedule/terms/KIN/134)
Development of an understanding of basic gymnastic movements and sequences; emphasizes performance and qualitative analysis of personal gymnastic skills, developmental aspects of gymnastic skills, and analysis of atypical movement patterns in a gymnastic setting. Prerequisite: KIN 130 or current enrollment or consent of instructor.

KIN 135 1581 credit: Hours. (https://courses.illinois.edu/schedule/terms/KIN/135)
Development of an understanding of basic field activity skills; emphasizes performance, as well as an appreciation of commonalities, in specific activities including soccer, speedball, speedaway, field hockey and flag football. Prerequisite: KIN 130 or concurrent enrollment or consent of instructor.

KIN 136 1581 credit: Hours. (https://courses.illinois.edu/schedule/terms/KIN/136)
Development of an understanding of basic racquet activity skills; emphasizes performance, as well as appreciation of commonalities in specific racquet activities such as tennis, badminton, squash or racquetball. Prerequisite: KIN 130 or concurrent enrollment or consent of instructor.

KIN 140 1581 credit: OR Hours. (https://courses.illinois.edu/schedule/terms/KIN/140)
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.
This course satisfies the General Education Criteria for:
UIUC: Social Sciences

KIN 142 1581 credit: Hours. (https://courses.illinois.edu/schedule/terms/KIN/142)
Examines current issues in sport relative to competition, economics, race, sex, youth, educational institutions, deviant behavior, religion, psychology, and the media.

KIN 150 1581 credit: OR Hours. (https://courses.illinois.edu/schedule/terms/KIN/150)
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.
This course satisfies the General Education Criteria for:
UIUC: Life Sciences

KIN 160 1581 credit: Hours. (https://courses.illinois.edu/schedule/terms/KIN/160)
Kinesiology is the interdisciplinary study of physical activity that includes a number of sub-disciplines. This course will examine these areas of study within Kinesiology from scientific, applied, and experiential perspectives. Students will study fundamental/introductory concepts associated with each area of Kinesiology, explore those concepts within research and applied contexts, and complete activities in which they experience various dimensions of those concepts.

KIN 167 1581 credit: Hours. (https://courses.illinois.edu/schedule/terms/KIN/167)
Development of knowledge and practical experience concerned with the teaching and evaluating of aerobic exercise classes. This course will cover teaching, cuing, and performance of stretching, strengthening, and aerobic activities used in exercise classes. Awareness of injuries, criteria for certifications, format styles, equipment usage, and consumer products will be studied. Prior to enrolling in this course, students must have introductory skills and knowledge of aerobic exercise.

KIN 168 1581 credit: Hours. (https://courses.illinois.edu/schedule/terms/KIN/168)
Examines the development of aquatic risk management and advanced rescue techniques as well as a system of lifeguard selection and training. Intended primarily for skilled aquatic personnel with the common goal of creating and maintaining a safe aquatic environment. May lead to American Red Cross certification both Lifeguard Training and Lifeguard Instructor Training. Prior to enrolling in this course, students must have the ability to swim 500 yards continuously, swim 15 yards underwater, and recover a 10 lb. brick from a depth of 12 feet.

KIN 169 1581 credit: Hours. (https://courses.illinois.edu/schedule/terms/KIN/169)
Designed to prepare aquatic professionals to teach progressive levels of swimming. Students will also learn how to analyze human movement in the aquatic environment. May lead to American Red Cross Level VI swimming ability and Emergency Water Safety knowledge and ability.

KIN 181 1581 credit: OR Hours. (https://courses.illinois.edu/schedule/terms/KIN/181)
Directed observation and acquisition of athletic training skills for selection into the nationally accredited Commission on Accreditation of Allied Health Education Programs (CAAHEP) Athletic Training Education Program. Emphasis is on acquisition of athletic training skills and the UIUC's athletic training educational program policies and procedures. May be repeated to a maximum of 4 hours. Prerequisite: KIN 120 or concurrent enrollment, or consent of Kinesiology advisor.

KIN 182 1581 credit: OR Hours. (https://courses.illinois.edu/schedule/terms/KIN/182)
Supervised practicum in the athletic training setting. Emphasis will be placed on student progression in the athletic training competencies. Offered to those students admitted into the Commission on Accreditation of Allied Health Education Programs. Prerequisite: KIN 181 and admission to the Athletic Training program.

KIN 199 1581 credit: TO Hours. (https://courses.illinois.edu/schedule/terms/KIN/199)
Additional fees may apply. See Class Schedule. Approved for letter and S/U grading. May be repeated.
KIN 220 1581 credit: OR Hours. (https://courses.illinois.edu/schedule/terms/KIN/220)
Discussion of the role of the athletic trainer; legalities, facilities, advanced emergency procedures, injury prevention and organization and administration of athletic health care programs. Understanding the process of injury and healing as a basis for prevention and treatment of athletic injuries is emphasized including general medical terminology. Prerequisite: KIN 120 or consent of instructor.

KIN 221 1581 credit: OR Hours. (https://courses.illinois.edu/schedule/terms/KIN/221)
Emphasis on instrumentation and application of therapeutic modalities in the laboratory setting including therapeutic heat, therapeutic cold, electrotherapy, traction, massage, hydrotherapy, pain control and postural alignment. Prerequisite: Credit or concurrent enrollment in KIN 220, or consent of instructor.

KIN 222 1581 credit: OR Hours. (https://courses.illinois.edu/schedule/terms/KIN/222)
Functional anatomy and injury constraints as a basis for prescription of therapeutic exercises for musculoskeletal conditions; laboratory sessions stress clinical evaluation of muscle and joint function and familiarization with therapeutic exercises.

KIN 230 1714 credit: Hours. (https://courses.illinois.edu/schedule/terms/KIN/230)
Same as RST 230. See RST 230.

KIN 239 1581 credit: Hours. (https://courses.illinois.edu/schedule/terms/KIN/239)
Examination of philosophy, ethics, strategies, motivational techniques, performance analysis, program organization, contest administration, and equipment and facility management related to coaching.

KIN 240 1581 credit: OR Hours. (https://courses.illinois.edu/schedule/terms/KIN/240)
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.

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

KIN 247 1581 credit: Hours. (https://courses.illinois.edu/schedule/terms/KIN/247)
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.

KIN 249 1581 credit: OR Hours. (https://courses.illinois.edu/schedule/terms/KIN/249)
The sociological analysis of sport in modern societies with regard to social class, politics, community, education, and collective behavior. Same as SOC 249.
This course satisfies the General Education Criteria for: UIUC: Social Sciences

KIN 257 1581 credit: OR Hours. (https://courses.illinois.edu/schedule/terms/KIN/257)
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.

KIN 259 1581 credit: Hours. (https://courses.illinois.edu/schedule/terms/KIN/259)
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. Prerequisite: KIN 140 and KIN 150.

KIN 260 1581 credit: Hours. (https://courses.illinois.edu/schedule/terms/KIN/260)
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.

KIN 261 1581 credit: Hours. (https://courses.illinois.edu/schedule/terms/KIN/261)
An activity-based course focusing on skills, knowledge, and teaching progressions related to target sports, rhythms, dance and fitness activities, and adventure education activities 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.

KIN 262 1581 credit: OR Hours. (https://courses.illinois.edu/schedule/terms/KIN/262)
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: UIUC: Behavioral Sciences

KIN 268 1581 credit: OR Hours. (https://courses.illinois.edu/schedule/terms/KIN/268)
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. For non-kinesiology majors.

KIN 281 1581 credit: OR Hours. (https://courses.illinois.edu/schedule/terms/KIN/281)
Progression in athletic training clinical skills for the Athletic Training Education Program. Emphasis is on mastery of entry-level athletic training skills for first aid, injury management, and knowledge of initial screening and record keeping methods of the athletic training profession. Prerequisite: KIN 182 and consent of academic advisor.
KIN 282 1581 credit: OR Hours. (https://courses.illinois.edu/schedule/terms/KIN/282)
Progression in athletic training clinical skills for the Athletic Training Education Program. Emphasis is on mastery of entry-level athletic training skills for therapeutic exercise injury management, and knowledge of athletic injury triage for the athletic training profession. Prerequisite: KIN 281 and consent of academic advisor.

KIN 320 1581 credit: Hours. (https://courses.illinois.edu/schedule/terms/KIN/320)
Analyzes injury patterns and mechanisms for the various joints and body segments; emphasizes the nature of the injuries, clinical evaluation and therapeutic principles, the physiology of the healing process, and functional anatomy. Prerequisite: KIN 220 or consent of instructor.

KIN 325 1581 credit: Hours. (https://courses.illinois.edu/schedule/terms/KIN/325)
Provides knowledge of low back and lower extremity. Emphasis is on acquisition of athletic training policies and procedures including content areas of assessment, evaluation, general medical conditions and temporary disabilities of the low back and lower extremity. Prerequisite: KIN 320 or consent of instructor.

KIN 340 1581 credit: OR Hours. (https://courses.illinois.edu/schedule/terms/KIN/340)
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.

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

KIN 344 1581 credit: Hours. (https://courses.illinois.edu/schedule/terms/KIN/344)
Overview of the general field, research and literature comprising the anthropological study of human play. Emphasis is on the study of definitions and critiques of human play from various cultural perspectives. Provides extensive practice in writing within the genre of cultural anthropology. Same as ANTH 344. Prerequisite: One course in Socio-Cultural Anthropology or consent of instructor and a Composition I course.

KIN 345 1451 credit: Hours. (https://courses.illinois.edu/schedule/terms/KIN/345)
Same as HIST 390. See HIST 390.

KIN 346 1581 credit: Hours. (https://courses.illinois.edu/schedule/terms/KIN/346)
The 1966 classic film –The Endless Summer– and related films and literature are used as lenses for the historical-cultural study of human movement in the form of riding waves of water. Surf culture and films are global phenomena and by using such as unique cases, students gain mastery in cultural-interpretive theories, themes, and vocabulary, and in articulating perspectives on social roles, knowledge, and power. Same as RST 346 and MACS 346.

KIN 352 1581 credit: OR Hours. (https://courses.illinois.edu/schedule/terms/KIN/352)
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 1581 credit: OR Hours. (https://courses.illinois.edu/schedule/terms/KIN/355)
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.

KIN 360 1581 credit: OR Hours. (https://courses.illinois.edu/schedule/terms/KIN/360)
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.

KIN 361 1581 credit: Hours. (https://courses.illinois.edu/schedule/terms/KIN/361)
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 362 1581 credit: Hours. (https://courses.illinois.edu/schedule/terms/KIN/362)
Provides students with theoretical knowledge and professional practice in secondary physical education curriculum and instruction. This research-based course emphasizes effective teaching, development of content, and analysis of curricular models in grades 7-12. Prerequisite: Junior standing or above and enrollment in the Teacher Certification program or consent of instructor.

KIN 363 1581 credit: Hours. (https://courses.illinois.edu/schedule/terms/KIN/363)
Analyzes the teaching-learning process, emphasizing the identification of instructional strategies specific to the development of skilled performance in movement activities. Prerequisite: Junior standing or above and enrollment in the Teacher Certification program.

KIN 364 1581 credit: Hours. (https://courses.illinois.edu/schedule/terms/KIN/364)
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 1581 credit: Hours. (https://courses.illinois.edu/schedule/terms/KIN/365)
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 1581 credit: Hours. (https://courses.illinois.edu/schedule/terms/KIN/369)
Examination of philosophy, ethics, strategies, motivational techniques, performance analysis, program organization, contest administration, and equipment and facility management related to coaching.

KIN 375 1679 credit: Hours. (https://courses.illinois.edu/schedule/terms/KIN/375)
Same as AHS 375 and SHS 375. See SHS 375.

KIN 381 1581 credit: OR Hours. (https://courses.illinois.edu/schedule/terms/KIN/381)
Progression in athletic training clinical skills for the Athletic Training Education Program. Emphasis is on mastery of entry-level athletic training skills for therapeutic modalities and knowledge of athletic injuries for the athletic training profession to real problems in the context of patient, subject and athlete outcome objectives. Prerequisite: KIN 282 and consent of academic advisor.

KIN 382 1581 credit: OR Hours. (https://courses.illinois.edu/schedule/terms/KIN/382)
Advanced organization and administration principles in clinical athletic training and sports medicine. Emphasizes the objectives, principles, and problems in the management of a comprehensive sports medicine program. Prerequisite: KIN 282 and concurrent enrollment in KIN 381.

KIN 384 1581 credit: OR Hours. (https://courses.illinois.edu/schedule/terms/KIN/384)
Capstone clinical proficiency for the Athletic Training Education Program. Emphasis is on independent clinical proficiency of athletic training skills. Students may choose any 384 section for their capstone clinical experience: High School, Rehabilitation, SportWell and Athletic Training Room sections. May be repeated to a maximum of 8 hours. Prerequisite: Concurrent enrollment or credit in KIN 381, or consent of academic advisor.

KIN 385 1581 credit: Hours. (https://courses.illinois.edu/schedule/terms/KIN/385)
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.

KIN 386 1581 credit: Hours. (https://courses.illinois.edu/schedule/terms/KIN/386)
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 intensive “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.

KIN 387 1581 credit: OR Hours. (https://courses.illinois.edu/schedule/terms/KIN/387)
Supervised practical experience in leadership roles in non-school 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.

KIN 390 1581 credit: Hours. (https://courses.illinois.edu/schedule/terms/KIN/390)
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.

KIN 391 1581 credit: OR Hours. (https://courses.illinois.edu/schedule/terms/KIN/391)
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.

KIN 393 1581 credit: Hours. (https://courses.illinois.edu/schedule/terms/KIN/393)
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.

KIN 401 1581 credit: OR Hours. (https://courses.illinois.edu/schedule/terms/KIN/401)
Examines the concepts of observation, measurement, and evaluation of human motor performance and functioning in physical activity contexts. 3 undergraduate hours. 4 graduate hours. Prerequisite: KIN 140 and KIN 150, or graduate standing, or consent of instructor.
This course satisfies the General Education Criteria for: UIUC: Quant Reasoning II

KIN 407 1581 credit: OR Hours. (https://courses.illinois.edu/schedule/terms/KIN/407)
Same as ANTH 404, CHLH 407, and REHB 407. See CHLH 407.

KIN 422 1581 credit: Hours. (https://courses.illinois.edu/schedule/terms/KIN/422)
Examination of the neurobiological basis of physical activity including the neural mechanisms underlying its application to therapeutic exercise Prerequisite: MCB 103 and MCB 334, or graduate standing or consent of instructor.

KIN 429 1581 credit: OR Hours. (https://courses.illinois.edu/schedule/terms/KIN/429)
Advanced study of the structural basis of human movement, with special emphasis on the functional anatomy which underlies clinical Kinesiology. 3 undergraduate hours. 4 graduate hours. Prerequisite: MCB 334 or graduate standing or consent of instructor.

KIN 441 1581 credit: OR Hours. (https://courses.illinois.edu/schedule/terms/KIN/441)
Examines game phenomena as cultural action systems with special emphasis on the biosocial behavior expressed in varying societies; topics include game components, cultural contexts, ecological strategies, enculturation, acculturation, symbolism, change process, and maladaptive behavior. 3 undergraduate hours. 4 graduate hours. Prerequisite: Junior, Senior or graduate standing or consent of instructor.
KIN 442 1581 credit: OR Hours. (https://courses.illinois.edu/schedule/terms/KIN/442)
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.

KIN 443 1581 credit: OR Hours. (https://courses.illinois.edu/schedule/terms/KIN/443)
Designed to give the student an understanding of the interaction between psychological processes and physiological parameters in exercise and sport. Examines psychophysiological exercise and sport research with particular attention to relevant models and theories. Same as PSYC 443. 3 undergraduate hours. 4 graduate hours. Prerequisite: Junior or senior standing, KIN 340, or graduate standing, or consent of instructor.

KIN 444 1581 credit: OR Hours. (https://courses.illinois.edu/schedule/terms/KIN/444)
Focuses on the scientific evidence regarding physical and psychological health benefits of exercise, physical activity, and physical fitness from the perspective of epidemiology and addresses the biological mechanisms for healthy adaptations. Reviews the empirical and theoretical determinants of participation in physical activity and exercise. 3 undergraduate hours. 4 graduate hours.

KIN 446 1581 credit: OR Hours. (https://courses.illinois.edu/schedule/terms/KIN/446)
Examination of the gendered nature of physical activity in such contexts as physical education, sport, play, games, and leisure. Analyzes theoretical and methodological assumptions pertaining to gender and physical activity/sport contexts with particular attention on concepts of masculinity, femininity, role conflict, socialization influences and media representations of gender. The feminist critique of socio-cultural sport studies is also considered. Same as GWS 446. 3 undergraduate hours. 4 graduate hours. Prerequisite: KIN 240, or graduate standing, or consent of instructor.

KIN 447 1581 credit: OR Hours. (https://courses.illinois.edu/schedule/terms/KIN/447)
Outlines the social psychological parameters which influence behavior and performance in sport; emphasizes the impact of social influences upon the individual within the sport context, including such factors as achievement motivation, competition, anxiety, aggression, and personality. Same as PSYC 447. 3 undergraduate hours. 4 graduate hours. Prerequisite: KIN 140, KIN 247, or PSYC 201, or graduate standing, or consent of instructor.

KIN 448 1581 credit: OR Hours. (https://courses.illinois.edu/schedule/terms/KIN/448)
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.

KIN 449 1581 credit: OR Hours. (https://courses.illinois.edu/schedule/terms/KIN/449)
Sociological analysis of sport as a sociocultural system which progresses from the micro to the macro level; focuses on theoretical and conceptual issues in sociology of sport. Same as SOC 479. 3 undergraduate hours. 4 graduate hours. Prerequisite: KIN 249, or SOC 249, or graduate standing, or consent of instructor.

KIN 450 1581 credit: OR Hours. (https://courses.illinois.edu/schedule/terms/KIN/450)
Introduces the metabolic and biochemical adaptation of the body in response to acute and chronic physical activity. Primary focus is given to the subcellular and enzymatic regulation and integration during exercise. Substrate metabolism, bioenergetics, hormonal action and nutritional influences as related to exercise are emphasized. 3 undergraduate hours. 4 graduate hours. Prerequisite: KIN 352 or MCB 450; or consent of instructor.

KIN 451 1581 credit: OR Hours. (https://courses.illinois.edu/schedule/terms/KIN/451)
Offers basic information on skeletal muscle anatomy, physiology and function which will provide a basis for understanding changes in muscle structure and function during periods of increased or decreased use. Knowledge gained in this course can be used in areas such as design of training programs, physical therapy, or injury prevention. 3 undergraduate hours. 4 graduate hours. Prerequisite: The student is expected to have taken at least one or more of the following: MCB 103, MCB 240, KIN 352 or prior consent of the instructor.

KIN 452 1581 credit: TO Hours. (https://courses.illinois.edu/schedule/terms/KIN/452)
Physical fitness appraisal and guidance in clinical and applied settings with emphasis on medical clearance, risk factor assessment, physical fitness assessment and exercise prescription. 3 undergraduate hours. 4 graduate hours. Prerequisite: KIN 352, or graduate standing, or consent of instructor.

KIN 453 1581 credit: OR Hours. (https://courses.illinois.edu/schedule/terms/KIN/453)
Examines the theoretical and technical aspects of measuring human body composition; introduces relevant techniques and instrumentation currently in use; reviews research methodology and findings pertaining to the effects of exercise conditioning and nutritional modification on body composition. 3 undergraduate hours. 4 graduate hours. Prerequisite: KIN 352 or graduate standing or consent of instructor.

KIN 454 1581 credit: OR Hours. (https://courses.illinois.edu/schedule/terms/KIN/454)
Study of the growth and physical development of children through adolescence with emphasis on those systems and body composition changes related to motor performance and exercise stress. Same as HDFS 454. 3 undergraduate hours. 4 graduate hours. Prerequisite: MCB 103 and MCB 334 or graduate standing or consent of instructor.

KIN 455 1581 credit: OR Hours. (https://courses.illinois.edu/schedule/terms/KIN/455)
Quantitative mechanical analysis of human motion using film-based, video-based, and optical-electronic motion measurement systems. Basic mechanical concepts are presented using a vector algebra approach. The focus is on two-dimensional motion analysis with an introduction to three-dimensional techniques. 3 undergraduate hours. 4 graduate hours. Prerequisite: KIN 355 or graduate standing or consent of instructor.

KIN 456 1581 credit: OR Hours. (https://courses.illinois.edu/schedule/terms/KIN/456)
Focuses upon the biological components of volitional and reflexive movement in humans; theory and technology of electromyography are utilized to describe and quantify the neuromuscular input to the mechanical output. 3 undergraduate hours. 4 graduate hours. Prerequisite: MCB 103, MCB 334, or graduate standing or consent of instructor.
Clinical disorders associated with endocrine dysfunction will also be physiological consequences of endocrine adaptation to exercise. and exercise training to regulate chemical messengers, and 3) the that secrete chemical messengers, 2) the ability of acute exercise course will provide a basic review of 1) the major glands and tissues of the endocrine system and its response to physical exercise. Therefore, this

KIN 457 1581 credit: TO Hours. (https://courses.illinois.edu/schedule/terms/KIN/457)
Discussion and analysis of scientific principles related to the learning and control of motor skills; review of related literature and research in motor learning and control. The focus of the course is on mechanisms for the control of movement and recent theories of how movements are acquired and performed. 3 undergraduate hours. 4 graduate hours. Prerequisite: KIN 257 or graduate standing or consent of instructor.

KIN 458 1299 credit: TO Hours. (https://courses.illinois.edu/schedule/terms/KIN/458)
Same as PSYC 451 and NEUR 451. See PSYC 451.

KIN 459 1581 credit: OR Hours. (https://courses.illinois.edu/schedule/terms/KIN/459)
Examines aging and age-related changes in the cells, tissues, organs, and systems of the human body; emphasizes the role of physical activity and other lifestyle choices in modifying the aging process and in influencing the onset and progression of the chronic diseases which accompany aging. Same as HDFS 459. 3 undergraduate hours. 4 graduate hours. Prerequisite: Junior, Senior, or graduate standing or consent of instructor.

KIN 460 1581 credit: OR Hours. (https://courses.illinois.edu/schedule/terms/KIN/460)
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, Senior, or graduate standing.

KIN 462 1581 credit: OR Hours. (https://courses.illinois.edu/schedule/terms/KIN/462)
Critically examines theories, trends, problems, and implications of research on teacher education in Kinesiology. Students will complete a series of written assignments that are grounded in theory, illustrate critical thinking skills, and demonstrate knowledge of the literature. 3 undergraduate hours. 4 graduate hours. Prerequisite: Junior, senior, or graduate standing.

KIN 465 1581 credit: OR Hours. (https://courses.illinois.edu/schedule/terms/KIN/465)
Introduces students to qualitative methodology in the educational and health-related professions settings. Students will learn to interpret qualitative research, understand its theoretical underpinnings, acquire interviewing and observation skills, design and evaluate a community-based group research project, learn to collaborate with others, and critically assess the contributions to the project of self and peers. 3 undergraduate hours. 4 graduate hours.

KIN 470 1581 credit: OR Hours. (https://courses.illinois.edu/schedule/terms/KIN/470)
The objective of this course is to gain a better understanding of the endocrine system and its response to physical exercise. Therefore, this course will provide a basic review of 1) the major glands and tissues that secrete chemical messengers, 2) the ability of acute exercise and exercise training to regulate chemical messengers, and 3) the physiological consequences of endocrine adaptation to exercise. Clinical disorders associated with endocrine dysfunction will also be discussed when relevant. 3 undergraduate hours. 3 or 4 graduate hours. Prerequisite: MCB 103, MCB 240, KIN 352.

KIN 473 1581 credit: OR Hours. (https://courses.illinois.edu/schedule/terms/KIN/473)
Examines theory and practice related to structuring practice conditions to maximize the acquisition and performance of motor skills. The nature of skill, activities, and strategies for enhancing skill are discussed with particular emphasis placed on strategies that instructors, teachers, and/or coaches can use to enhance skill acquisition and performance. 3 undergraduate hours. 4 graduate hours. Prerequisite: KIN 257 or graduate standing or consent of instructor.

KIN 474 Tech-Driven Health Intervention credit: OR Hours. (https://courses.illinois.edu/schedule/terms/KIN/474)
Course will review and critique the state of the science of technology-driven health behavior interventions. A broad scope of technologies and health behaviors will be covered and students will acquire an understanding of current uses of technology for facilitating health behavior change and maintenance. Students will examine the efficacy and potential for large-scale adoption and dissemination; and develop skills necessary to apply technology-based solutions to address public health problems. 3 undergraduate hours. 4 graduate hours.

KIN 481 1581 credit: OR Hours. (https://courses.illinois.edu/schedule/terms/KIN/481)
Focuses on the identification and management of common medical conditions and illnesses associated with the physically active population. Content will address common assessment and evaluation procedures and the development of an appropriate management plan for the return to activity and/or continuation of current physical activity status. Emphasis will be given to the role of the Athletic Trainer. 3 undergraduate hours. 4 graduate hours. Prerequisite: KIN 325 or consent of instructor.

KIN 482 1581 credit: Hours. (https://courses.illinois.edu/schedule/terms/KIN/482)
Knowledge of pharmacology in athletic training including the applications, indications, contraindications, precautions, and interactions of medications as well as governing regulations with emphasis on acquisition of athletic training values and athletic training policies and procedures. Students complete 30 hours of observation with a consulting physician. Prerequisite: KIN 320, or consent of instructor.

KIN 483 1581 credit: Hours. (https://courses.illinois.edu/schedule/terms/KIN/483)
Fundamentals of medical supervision with the emphasis on acquisition of athletic training skills to recognize, treat, and refer, when appropriate, the general medical conditions and disabilities of athletes. This includes 30 hours of clinical practice with a consulting physician, including selected medical criterion for return to sport participation. 2 undergraduate hours. 2 graduate hours. May be repeated to a maximum of 4 hours. Prerequisite: KIN 320 or consent of instructor.

KIN 484 1581 credit: Hours. (https://courses.illinois.edu/schedule/terms/KIN/484)
Current topics course including lectures, discussions, invited speakers, faculty presentation, and student presentation in the study and analysis of research topics in Sports Medicine and Athletic Training. The topics will be based on the National Athletic Trainers’ Association’s Educational Competencies and the U.S. Joint Review Committee on Athletic Training. May be repeated to a maximum of 4 hours. Prerequisite: KIN 320 or consent of instructor.

Information listed in this catalog is current as of 01/2019
KIN 485 1581 credit: TO Hours. (https://courses.illinois.edu/schedule/terms/KIN/485)
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.

KIN 494 1581 credit: TO Hours. (https://courses.illinois.edu/schedule/terms/KIN/494)
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.

KIN 501 1581 credit: Hours. (https://courses.illinois.edu/schedule/terms/KIN/501)
Review and appraisal of common research procedures; application of statistical procedures, library methods, evaluation procedures, and experimental methods.

KIN 520 1581 credit: Hours. (https://courses.illinois.edu/schedule/terms/KIN/520)
Addresses current issues in the medical aspects of sports; examples of these issues are epidemiology of injuries and treatment forms, use of sports equipment, questionable sports practices, and preventive techniques.

KIN 522 1581 credit: Hours. (https://courses.illinois.edu/schedule/terms/KIN/522)
Analyzes pathomechanics underlying injury and orthopedic problems; also analyzes rehabilitation methods for orthopedic and neurological dysfunctions.

KIN 530 1971 credit: Hours. (https://courses.illinois.edu/schedule/terms/KIN/530)
Same as CHLH 530, FSHN 530, HDFS 551, NUTR 530, SOCW 570. See NUTR 530.

KIN 531 1971 credit: Hours. (https://courses.illinois.edu/schedule/terms/KIN/531)
Same as CHLH 531, FSHN 531, HDFS 552, NUTR 531, SOCW 571. See NUTR 531.

KIN 540 1581 credit: Hours. (https://courses.illinois.edu/schedule/terms/KIN/540)
Same as CHLH 540. See CHLH 540.

KIN 543 1581 credit: Hours. (https://courses.illinois.edu/schedule/terms/KIN/543)
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.

KIN 547 1581 credit: Hours. (https://courses.illinois.edu/schedule/terms/KIN/547)
Analysis of psychological factors and principles with special reference to motor performance, learning motors skills, perception, and emotion in sports situations; review of literature; and independent projects. Prerequisite: KIN 447 or consent of instructor.

KIN 551 1581 credit: Hours. (https://courses.illinois.edu/schedule/terms/KIN/551)
Contemporary trends in the study of human performance and exercise stress; analysis of the research literature, experimental strategies, and research instrumentation. Lecture-discussion and laboratory.

KIN 552 1581 credit: Hours. (https://courses.illinois.edu/schedule/terms/KIN/552)
Course provides an in-depth understanding of skeletal muscle anatomy, cell biology, and physiology. Classroom discussions of primary literature and other activities will focus on muscle structure and function. Information will also be provided on the molecular and cellular basis for adaptations that occur with increased use, such as endurance or strength training, or periods of disuse, such as injury and disease.

KIN 553 1581 credit: Hours. (https://courses.illinois.edu/schedule/terms/KIN/553)
Aerobic performance responses to short-term, intermittent, and prolonged physical activity; special consideration given to endurance training methods and assessment techniques, ergogenic aids, and problems associated with growth, environmental influences, and competitive sport. Prerequisite: KIN 551 or consent of instructor.

KIN 555 1581 credit: Hours. (https://courses.illinois.edu/schedule/terms/KIN/555)
Mechanical and neuromuscular approach to human movement; analysis and experimental research. Prerequisite: KIN 455 or consent of instructor.

KIN 557 1581 credit: Hours. (https://courses.illinois.edu/schedule/terms/KIN/557)
This course will examine the role of stress in modulating immune function and the pathobiological mechanisms resulting in disease. An emphasis will be placed upon the reciprocal communication pathways that exist between the central nervous, endocrine and immune systems. Prerequisite: Consent of the instructor. It will be assumed that students will have introductory knowledge in biochemistry, endocrinology, and immunology.

KIN 560 1581 credit: Hours. (https://courses.illinois.edu/schedule/terms/KIN/560)
Critically examines advanced theories, trends, problems, and implications of research on teacher education in Kinesiology. Students will complete a series of written assignments that are grounded in theory, illustrate critical thinking skills, and demonstrate extensive knowledge of the literature. Prerequisite: Graduate standing.

KIN 564 1581 credit: Hours. (https://courses.illinois.edu/schedule/terms/KIN/564)
Introduces students to qualitative methodology in the educational and health-related professions settings. Students will learn to interpret qualitative research, understand its theoretical underpinnings, acquire interviewing and observation skills, design and evaluate a community-based group research project, learn to collaborate with others, and critically assess the contributions to the project of self and peers.

KIN 565 1581 credit: Hours. (https://courses.illinois.edu/schedule/terms/KIN/565)
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.
KIN 569  1581  credit: Hours.  (https://courses.illinois.edu/schedule/terms/KIN/569)
Analysis of completed research relating to theory and practice of administration in physical education and sport; the development of policy statements and procedures manuals for the various educational levels; and experience in the use of the case plan of instruction as a teaching technique for the development of competence and knowledge relating to human relations and administration in this specialized field.

KIN 575  1714  credit: Hours.  (https://courses.illinois.edu/schedule/terms/KIN/575)
Same as ANTH 575 and RST 575. See RST 575.

KIN 590  1581  credit: OR Hours.  (https://courses.illinois.edu/schedule/terms/KIN/590)
Independent research on special projects. May be repeated.

KIN 591  1581  credit: Hours.  (https://courses.illinois.edu/schedule/terms/KIN/591)
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.

KIN 594  1581  credit: TO Hours.  (https://courses.illinois.edu/schedule/terms/KIN/594)
Lecture course in topics of current interest; specific subject matter announced in the Schedule. May be repeated.

KIN 599  1581  credit: TO Hours.  (https://courses.illinois.edu/schedule/terms/KIN/599)
Preparation of theses in kinesiology. Approved for S/U grading only. May be repeated.