Courses

KIN 100  Development Activities  credit: 1 to 2 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  Dance Activities  credit: 1 Hour. (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  Individual and Dual Activities  credit: 1 Hour. (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  Indoor Court Activities  credit: 1 Hour. (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  Skating Activities  credit: 1 Hour. (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 107  Aquatic Sport Activities  credit: 1 Hour. (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 108  Stress Management  credit: 2 Hours. (https://courses.illinois.edu/schedule/terms/KIN/108/)
Stress, a feeling of physical, mental, or emotional tension, is common amongst college students. This course explores the concepts of stress from a holistic approach, emphasizing identification of sources of stress, understanding physical and emotional consequences, and developing techniques for dealing with stress. This course will help students begin to identify and recognize common stressors in their own personal environments, and formulate a personalized strategic plan to relieve and manage stress.

KIN 109  Team Sport Activities  credit: 1 Hour. (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  Intro to the Health Sciences  credit: 3 Hours. (https://courses.illinois.edu/schedule/terms/KIN/110/)
Same as CHLH 110. See CHLH 110.

KIN 111  Prescribed Exercise  credit: 1 Hour. (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  Injuries in Sport  credit: 2 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  Survey of Sports Medicine  credit: 3 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  Physical Activity and Health  credit: 3 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  Orientation KIN & Comm Health  credit: 1 Hour. (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 CHLH 125.
KIN 130  Analysis of Basic Movement  credit: 2 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 140  Social Sci of Human Movement  credit: 3 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:
Social Beh Sci - Soc Sci

KIN 142  Contemporary Issues in Sport  credit: 3 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  Bioscience of Human Movement  credit: 3 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:
Nat Sci Tech - Life Sciences

KIN 160  Introduction to Kinesiology  credit: 3 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 199  Undergraduate Open Seminar  credit: 0 to 5 Hours. (https://courses.illinois.edu/schedule/terms/KIN/199/)
Topics will vary each semester. Please see section topic. Approved for Letter and S/U grading. May be repeated.

KIN 201  Physical Activity Research Methods  credit: 3 Hours. (https://courses.illinois.edu/schedule/terms/KIN/201/)
This course provides an introduction of physical activity measurement and methods. The course will focus on (a) defining physical activity and associated terms and concepts; (b) providing detailed understanding of approaches and tools for measuring physical activity; and (c) facilitating understanding of scientific methods for physical activity research (e.g., experimental and non-experimental designs).
This course satisfies the General Education Criteria for:
Quantitative Reasoning II

KIN 230  Diversity in Recreation, Sport, and Tourism  credit: 3 Hours. (https://courses.illinois.edu/schedule/terms/KIN/230/)
Same as HDFS 263 and RST 230. See RST 230.
This course satisfies the General Education Criteria for:
Cultural Studies - US Minority

KIN 247  Intro to Sport Psychology  credit: 3 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  Sport & Modern Society  credit: 3 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.
This course satisfies the General Education Criteria for:
Social Beh Sci - Soc Sci

KIN 250  Introduction to Personal Training  credit: 3 Hours. (https://courses.illinois.edu/schedule/terms/KIN/250/)
Will provide a comprehensive overview in the area of health and fitness with a strong focus on personal training. Key topics include an introduction to functional anatomy and physiology, guidelines for instructing safe, effective, and purposeful exercise, essentials of the client-trainer relationship, conducting health and fitness assessments, and designing and implementing appropriate exercise programming. This course will help students prepare for national certification in personal training, if so desired.

KIN 259  Motor Development and Control  credit: 3 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. Additional fees may apply. See Class Schedule. Credit is not given for both KIN 259 and KIN 257.
This course satisfies the General Education Criteria for:
Social Beh Sci - Beh Sci

KIN 260  Teaching Activities I  credit: 3 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.
KIN 261  Teaching Activities II  credit: 2 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.

KIN 262  Motor Develop, Growth & Form  credit: 3 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:
Social Beh Sci - Beh Sci

KIN 268  Children’s Movement  credit: 3 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. Prerequisite: For non-kinesiology majors.

KIN 340  Social & Psychological Aspects of Physical Activity  credit: 3 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:
Advanced Composition

KIN 341  Health Behaviors and Obesity  credit: 3 Hours. (https://courses.illinois.edu/schedule/terms/KIN/341/)
Provides students with a basic understanding of obesity as a disease, as well as its interactive relationship with health behaviors such as diet
and physical activity. Students will learn how to identify health consequences of obesity, and describe methods used to assess obesity amongst
individuals and communities. Additionally, students will be taught to evaluate information and claims related to health behaviors and obesity, and
identify those that are scientifically credible.

KIN 342  Health Behaviors and Cognition  credit: 3 Hours. (https://courses.illinois.edu/schedule/terms/KIN/342/)
Examines the relationship between health behaviors (diet and physical activity) and cognitive health across the lifespan. The main focus of the course
is on human cognitive function, in particular a subset referred to as executive functions (e.g., inhibition, working memory, and cognitive flexibility),
and the interaction with different behavior/health-related factors. We will also cover broader topics areas, such as contemporary dietary and physical
activity patterns as well as cognitive development and aging, to provide relevant context to better understand how health behaviors may support
cognitive health.

KIN 345  Sport and Society  credit: 3 Hours. (https://courses.illinois.edu/schedule/terms/KIN/345/)
Same as HIST 390. See HIST 390.

KIN 346  Case Study: Endless Summer  credit: 3 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  Bioenergetics of Movement  credit: 3 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.

KIN 355  Biomechanics of Human Movement  credit: 3 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.

KIN 360  Adapted Physical Education  credit: 3 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  Curriculum in Grades K-6  credit: 3 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  Curriculum in Grades 7-12  credit: 3 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  Instructional Strategies in PE  credit: 3 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  Exper in the Common School  credit: 3 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  Civic Engagement in Wellness  credit: 3 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  Coaching Strategies  credit: 3 Hours. (https://courses.illinois.edu/schedule/terms/KIN/369/)
Examines the fundamental theories and principles of program design for athletic populations. Methods and techniques of the elements that comprise program design will be analyzed. 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 375  Comm Partners & Health  credit: 3 Hours. (https://courses.illinois.edu/schedule/terms/KIN/375/)
Same as AHS 375 and SHS 375. See SHS 375.

KIN 385  Exper in Kinesiology Research  credit: 3 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  Exercise Instruction & Elderly  credit: 3 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 extensive "on the job" training through the Lifetime Fitness Program, an older adult service program of the Department of Kinesiology. Additionally, students will gain training in current program management practices. May be repeated to a maximum of 6 hours. Prerequisite: KIN 352 or consent of instructor is required. A current CPR is required at the beginning of the term and certification must remain current.

KIN 387  Exper in the Agency Setting  credit: 3 Hours. (https://courses.illinois.edu/schedule/terms/KIN/387/)
Supervised practical experience in leadership roles in nonschool agency settings; emphasis on observing, planning, and conducting physical activity programs for children and/or adults in preschool, recreation, or other social agencies. May be repeated for a maximum of 6 hours.

KIN 390  Honors Thesis  credit: 3 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  Special Project-Problems  credit: 2 or 3 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 401  Measure & Eval in Kinesiology  credit: 3 or 4 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: Quantitative Reasoning II

KIN 407  Disability, Culture & Society  credit: 3 or 4 Hours. (https://courses.illinois.edu/schedule/terms/KIN/407/)
Same as ANTH 404, CHLH 407, and REHB 407. See CHLH 407.

KIN 420  Physiological Basis of Strength & Conditioning  credit: 3 or 4 Hours. (https://courses.illinois.edu/schedule/terms/KIN/420/)
The physiological and training principles behind high performance consist of a complex blend of factors. This course provides an overview of the theories and principles of program design for athletic populations. Methods and techniques of the elements that comprise program design will be emphasized through applied laboratory experiences. This course will help prepare students for certification as a Strength and Conditioning Specialist, if so desired. 3 undergraduate hours. 4 graduate hours. Prerequisite: Graduate section restricted to graduate students.
Information listed in this catalog is current as of 07/2022
KIN 470  Exercise Endocrinology  credit: 3 or 4 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: KIN 352.

KIN 473  Skill Acquisition Strategies  credit: 3 or 4 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: 3 or 4 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 485  Clin Exper in Sports Medicine  credit: 2 to 8 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  Special Topics  credit: 1 to 4 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  Kinesiology Research Methods  credit: 4 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 530  Childhood Obesity I  credit: 3 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  Childhood Obesity II  credit: 4 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  Health Behavior: Theory  credit: 4 Hours. (https://courses.illinois.edu/schedule/terms/KIN/540/)
Same as CHLH 540. See CHLH 540.

KIN 542  Mind-Body Exercise Approaches to Health  credit: 4 Hours. (https://courses.illinois.edu/schedule/terms/KIN/542/)
Explores the theory and application of a variety of integrative mind-body health practices (e.g., meditation traditions, mindfulness, yoga, tai-chi, etc.). Students will learn about the epidemiology and popularity of these practices and the scientifically documented physical and psychosocial health benefits. 4 graduate hours. No professional credit.

KIN 543  Physical Activity & Cognition  credit: 4 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 551  Sci Basis of Phys Performance  credit: 4 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  Adv Skeletal Muscle Physiology  credit: 4 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  Circulorespiratory Physiology  credit: 4 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 557  Stress Immunology  credit: 4 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  Research on Teacher Education  credit: 4 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  Qualitative Research Methods  credit: 4 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  Teaching in the Professoriate  credit: 4 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 590  Independent Study  credit: 2 or 4 Hours. (https://courses.illinois.edu/schedule/terms/KIN/590/)
Independent research on special projects. May be repeated.

KIN 591  Seminar  credit: 1 Hour. (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  Special Topics  credit: 1 to 4 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  Thesis Research  credit: 0 to 16 Hours. (https://courses.illinois.edu/schedule/terms/KIN/599/)
Preparation of theses in kinesiology. Approved for S/U grading only. May be repeated.