DEPARTMENT OF KINESIOLOGY & COMMUNITY HEALTH

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department website: http://www.kch.illinois.edu/
department faculty: Kinesiology & Community Health Faculty
(college catalog page: Applied Health Sciences (http://catalog.illinois.edu/schools/ahs/academic-units)
college website: http://www.ahs.illinois.edu/)

The Kinesiology (http://catalog.illinois.edu/undergraduate/ahs/
departments/ch-kines/kines) curriculum leads to a bachelor of science
degree that will prepare students for careers in human movement-
related fields and/or advanced professional or graduate study. The
undergraduate program provides the student with a broad general
education, a departmental core integral to the understanding of the
diverse aspects of human movement, and a correlate area of courses
specific to the student’s area of concentration within Kinesiology.

The Community Health (http://catalog.illinois.edu/undergraduate/ahs/
departments/ch-kines/ch) Program at the University of Illinois prepares
students in the ever changing world of health care and health behavior as
practitioners and offers three concentrations at the undergraduate level:
Health Education and Promotion, Health Planning and Administration,
and Rehabilitation Studies. All curricula are built on a foundation of
general education courses which emphasize communication skills and
critical thinking. The Professional Core courses are designed to help
students develop skills in planning, implementation, and evaluation in
the context of health services and programs. Students must complete
an internship during their senior year in a setting related to the degree
and their interests. Recent internship sites have included the American
Heart Association, the American Red Cross, hospitals, nursing homes,
fitness centers, work site health education programs, and substance
abuse prevention centers.

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Graduate Programs:

- degree: Kinesiology, MS (http://catalog.illinois.edu/graduate/
  ms_kines)
- degree: Doctor of Philosophy in Kinesiology (http://
catalog.illinois.edu/graduate/graduate-majors/kinesiology/
#doctoratestext)
- degree: Master of Science in Community Health (http://
catalog.illinois.edu/graduate/graduate-majors/community-
  health/ms-comm-health)
- degree: Master of Science in Rehabilitation (http://
catalog.illinois.edu/graduate/graduate-majors/community-
  health/ms-rehab)
- degree: Master of Public Health (http://catalog.illinois.edu/
  graduate/graduate-majors/community-health/master-pub-
  health)
- joint degree: Community Health, (http://catalog.illinois.edu/
  undergraduate/ahs/interdisciplinary-health-sciences/health-
  diverse) BS and Master’s of Public Health, MPH (http://
catalog.illinois.edu/graduate/graduate-majors/geography/mas-
  ms)
- joint degree: Kinesiology, (http://catalog.illinois.edu/
  undergraduate/ahs/interdisciplinary-health-sciences/health-
  diverse) BS and Master’s of Public Health, MPH (http://
catalog.illinois.edu/graduate/graduate-majors/geography/mas-
  ms)

Graduate Degree Programs

The Kinesiology Program in the Department of Kinesiology and
Community Health offers graduate programs leading to the Master

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of Science and the Doctor of Philosophy degrees. Major areas of specialization at both the master's and doctoral degree levels include:

- Biobehavioral Kinesiology (the study of biomechanics, exercise and sport psychology, kinesiotics, motor control and learning, and motor development)
- Cultural Pedagogical & Interpretive Studies (the study of the interaction between physical activity and the individual from a variety of cultural, sociological and pedagogical perspectives)
- Exercise Physiology (the study of exercise stress on body systems).

The Community Health Program in the Department of Kinesiology & Community Health offers programs of study leading to the Master of Science in Community Health, Master of Science in Rehabilitation, Master of Public Health (M.P.H.), and Doctor of Philosophy in Community Health degrees.

The Chronic Disease, Disability, and Society specialization prepares graduates for advanced research or as health specialists who are well versed in social determinants of health. Graduates from this specialization will have a strong foundation related to health disparities, chronic disease and disability. The specialization in Epidemiology prepares students for the analysis of disease occurrences and problems in populations and instruction in the various methodologies, statistical techniques and designs for obtaining such understanding. The Global Health specialization focuses on international health from an interdisciplinary perspective. Students in this concentration may take courses that provide a broad view of global health contexts from various departments across campus. Finally, the specialization in Health Policy and Administration prepares students for the examination of management principles related to health care institutions and in procedures and methods for the analysis of health policy development, implementation and evaluation.

The M.S. in Community Health has specializations in Chronic Disease, Disability, and Society; Epidemiology; Global Health; and Health Policy and Administration. The M.S.P.H. program is not currently accepting applications, and individuals interested in pursuing a Master's degree in public health are encouraged to apply to the M.P.H. degree program. The M.P.H. degree is a professionally focused degree designed to prepare students for a career in public health practice. The M.P.H. degree offers an area of concentration in health behavior and promotion. The Ph.D. program is designed to prepare graduates for positions of leadership in teaching, research, and service in universities, industries, and private and government agencies in the United States and in other countries.

Admission
Applications for all degrees except the Master of Public Health (MPH) are due on January 15 for fall admission. Applications for spring semester are due October 1. Applications for the Master of Public Health (MPH) degree are only accepted for Fall admission until April 1.

Admission to the M.S. degree program requires a baccalaureate degree from an accredited institution of higher education, a minimum grade point average of 3.0 (A = 4.0) for the last two years of undergraduate study and any graduate work completed, Graduate Record Examination (GRE) test scores, a statement of interest, and three letters of recommendation.

Admission to the Ph.D. degree program requires a minimum of a baccalaureate degree from an accredited institution of higher education with a minimum grade point average of 3.5 (A = 4.0) for the last two years of undergraduate study. Applicants who have a master's degree should have a grade point average of 3.5 for previous graduate-level work. All applicants are required to submit Graduate Record Examination (GRE) test scores, a statement of interest, and three letters of recommendation.

International students whose native language is not English, must also score a minimum of 580 on the paper-based TOEFL test, 237 on the computer-based test, or 92 on the internet-based test (iBT). Applicants whose native language is not English and who are seeking a teaching assistantship must provide evidence of spoken English language proficiency by meeting minimum score requirements specified by the University (see www.grad.illinois.edu/admissions/taengprof.htm). (http://www.grad.illinois.edu/admissions/taengprof.htm).

Graduate Teaching Experience
Although teaching is not a general Graduate College requirement, experience in teaching is considered an important part of the graduate experience in this program.

Faculty Research Interests
Kinesiology faculty conduct research and supervise graduate research in the following areas:

- Physical activity and aging
- Immune function
- Psychological, physical and cognitive function
- Fitness and health
- Psychophysiology
- Motor development
- Teacher education
- Teacher effectiveness
- Sport in society and culture
- Motor control

Community Health faculty research interests cover a wide range of subjects, including global health, health education, community health development, health behavior, health policy, health planning and management, rehabilitation and disability studies, chronic disease, epidemiology, biostatistical and epidemiologic research methodology, health economics, evaluation research, and aging studies.

Facilities and Resources
The department facilities include laboratories for research in biomechanics, bone and body composition, cardiovascular function, exercise immunology, exercise psychology, exercise neuroscience, neurocognitive kinesiology, motor control, gait and balance, kinesiotics, motor behavior, muscle physiology and pedagogical technology.

Financial Aid
A number of teaching assistantships are available in the department's instructional programs. A limited number of research assistantships are available to support the departmental research activities. Assistantships usually provide a stipend for services performed as well as a tuition and partial fee waiver.

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Community Health Courses

CHLH 100 Contemporary Health credit: 3 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/100)
Examines concepts of health and health promotion in contemporary society with emphasis on a healthy lifestyle for individuals and groups. Topics include self care, health insurance, exercise, nutrition and weight control, sexuality, contraception, tobacco, alcohol, cardiovascular health, infectious diseases, and cancer. This course satisfies the General Education Criteria for: Social Beh Sci - Soc Sci

CHLH 101 Introduction to Public Health credit: 3 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/101)
Introduction to the nation’s public health system; includes an overview of the basic concepts and core functions of public health practice, the scope of applications, and the variety of service organizations (both public and private) that shape public health. This course satisfies the General Education Criteria for: Social Beh Sci - Soc Sci

CHLH 110 Intro to the Health Sciences credit: 3 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/110)
This elective course provides students with a general overview of the day to day job requirements and responsibilities of variety of allied healthcare professionals and how they interact with other members of the healthcare team. Students will also learn about the wide variety of practice settings available along the continuum of care. Through the course, students will learn basic medical terminology, concepts and skills in preparation for internships and graduate school. Same as KIN 110.

CHLH 125 Orientation KIN & Comm Health credit: 1 Hour. (https://courses.illinois.edu/schedule/terms/CHLH/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 careers in the field. Enrollment required for Community Health freshmen and transfer students. Credit is not given for both CHLH 125 and KIN 125.

CHLH 199 Undergraduate Open Seminar credit: 1 to 5 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/199)
Approved for letter and S/U grading. May be repeated up to a maximum of 10 hours.

CHLH 200 Mental Health credit: 2 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/200)
Introduction to the science of mental health and illness including personality development, the genesis and manifestations of mental illness, and the maintenance of mental health; taught with an emphasis on the preventive and medical aspects of mental health.

CHLH 201 Public Health Research Methods credit: 3 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/201)
This course is designed to provide students with an introduction to the basic principles and concepts underlying research methods on public health. Topics include conceptualization, measurement, research design, sampling, evaluation, data sources and ethics. The students will be exposed to a wide range of quantitative, and mixed methods.

CHLH 206 Human Sexuality credit: 2 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/206)
Emphasizes the behavioral aspects of human sexuality. Topics include: birth control; prenatal care, pregnancy and childbirth; sex roles; premarital sex; lifestyles; marriage and divorce.

CHLH 243 Drug Use and Abuse credit: 2 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/243)
Introduction to the biological, psychological, pharmacological, and legal aspects of drug use and abuse; surveys community and university resources concerned with drug use and abuse; emphasizes personal and social actions for responsible drug use.

CHLH 244 Health Statistics credit: 3 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/244)
Introduction to biostatistics. Students learn concepts necessary to understand statistical inference as applied to health issues. This course satisfies the General Education Criteria for: Quantitative Reasoning I

CHLH 250 Health Care Systems credit: 3 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/250)
Overview of the major issues confronting health care systems from a macro perspective. Identification and analysis of the functions, major participants and trends in health care systems in the United States and abroad. Attention on current and emerging issues having implications for health care systems in industrialized nations.

CHLH 260 Introduction to Medical Ethics credit: 3 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/260)
Course stresses normative bioethics: decisions about what is ethical behavior in a variety of real and practical issues. Analysis of medical ethical cases at the individual, community and wider national and international levels will be addressed. Approved for both letter and S/U grading. This course satisfies the General Education Criteria for: Humanities - Hist Phil

CHLH 274 Introduction to Epidemiology credit: 3 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/274)
Basic concepts and methods of epidemiology; patterns of disease occurrence; applications of epidemiology to health education, health services administration and planning, health policy, and environmental health. This course satisfies the General Education Criteria for: Quantitative Reasoning I

CHLH 304 Foundations of Health Behavior credit: 4 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/304)
Examination of the application of the social and behavioral sciences to health and health behavior. Psychological, social psychological, and sociological approaches to health behavior are analyzed. Topics covered include development of health attitudes and behaviors, perceptions of health and illness, methods of changing health behavior and patient-provider interaction. Prerequisite: CHLH 100, or consent of instructor; completion of the campus Composition I requirement. This course satisfies the General Education Criteria for: Social Beh Sci - Beh Sci Advanced Composition
CHLH 314 Introduction to Aging  credit: 3 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/314)
A multidisciplinary introduction to the study of aging; the social, psychological and physiological context of changing roles in later life; public and private policies that affect older people and their families. Same as HDFS 314, RST 314, PSYC 314, and REHB 314.

CHLH 330 Disability in American Society  credit: 3 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/330)
Same as CHLH 330. See REHB 330. This course satisfies the General Education Criteria for: Social Beh Sci - Soc Sci

CHLH 336 Tomorrow's Environment  credit: 3 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/336)
Same as CPSC 336 and ENVS 336. See CPSC 336.

CHLH 340 Health Promotion Practicum  credit: 3 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/340)
Preparation and presentation of lifestyle workshops to campus community groups. Practica selected from one or more of the following topics: chemical education, sexuality, stress management or campus acquaintance rape education (CARE). Same as SOCW 350. Approved for both letter and S/U grading. May be repeated to a maximum of 6 hours. Prerequisite: Junior standing or consent of instructor.

CHLH 365 Civic Engagement in Wellness  credit: 3 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/365)
Same as AHS 365, KIN 365, RST 365, and SHS 370. See KIN 365.

CHLH 380 Orientation to Internship  credit: 1 Hour. (https://courses.illinois.edu/schedule/terms/CHLH/380)
Provides students with information concerning placement in internship. Topics include internship requirements; student responsibilities; preparation of resumes and cover letters; selecting an organization or site; interviewing; issues of professional development. Prerequisite: Junior standing.

CHLH 390 Honors  credit: 2 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/390)
Same as KIN 390 and RST 390. See KIN 390.

CHLH 393 Special Projects  credit: 2 or 3 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/393)
Special projects in research and independent investigation in any phase of health, kinesiology, recreation, and related areas selected by the students. May be repeated to a maximum of 12 hours.

CHLH 402 Cancer Epidemiology  credit: 3 or 4 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/402)
Class on cancer epidemiology will address the investigation of the descriptive and analytic epidemiology of cancer. It will include information on the development of malignancy and characteristics of tumor cells. The investigation of the relationship between various risk and protective factors and the development of different types of cancer will be discussed in an epidemiologic context. The role of primary prevention and secondary prevention (screening) will also be covered. 3 undergraduate hours. 4 graduate hours. Prerequisite: Previous or concurrent class in epidemiology or consent of instructor. Junior standing or above.

CHLH 404 Gerontology  credit: 3 or 4 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/404)
Interdisciplinary approach to the study of aging and the aged from physiological, psychological, and social perspectives. Same as HDFS 404. 3 or 4 undergraduate hours. 3 or 4 graduate hours.

CHLH 405 Aging with Disability  credit: 3 or 4 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/405)
Due to improvements in medical management, persons with disabilities are living longer lives. They, however, face new problems and impairments. This course will explore the psychological and physical changes persons with disabilities face as they age. In addition, the course examines the impact that aging with disability has on the US healthcare system, legislation and healthcare professionals. 3 undergraduate hours. 4 graduate hours.

CHLH 407 Disability, Culture & Society  credit: 3 or 4 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/407)
Examines the cultural and social contexts of disability, their consequences for the experience and management of disability, and implications for cultural competence in disability-related research and practice. Same as ANTH 404, KIN 407, and REHB 407. 3 or 4 undergraduate hours. 3 or 4 graduate hours.

CHLH 409 Women's Health  credit: 3 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/409)
Examines the culture of women in relationship to their health. Study is devoted to selected health care issues, developmental and physiological changes in the life cycle, health problems that affect women, and the maintenance of health. Same as GWS 409. 3 graduate hours. 3 or 4 graduate hours. Prerequisite: CHLH 100 or equivalent; or consent of instructor.

CHLH 410 Public Health Practice  credit: 4 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/410)
Theory and practice of public health promotion as they relate to educational approaches in solving community health problems. 4 undergraduate hours. 4 graduate hours. Prerequisite: CHLH 210 or consent of instructor.

CHLH 415 International Health  credit: 3 or 4 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/415)
Explores the various factors that impact the health of populations around the world. Political, cultural, social, environmental and other domains will be examined in relation to how they affect the health of residents of various countries. 3 or 4 undergraduate hours. 3 or 4 graduate hours.

CHLH 421 Health Data Analysis  credit: 3 or 4 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/421)
Introduces health data analysis, sources and uses of health data, collection techniques and classification procedures, commonly used health indices, techniques of rate adjustment, graphic presentation of data as they relate to the planning, conducting, and evaluating of community health programs. 3 or 4 undergraduate hours. 3 or 4 graduate hours. Prerequisite: Quantitative Reasoning I course or equivalent. This course satisfies the General Education Criteria for: Quantitative Reasoning II

CHLH 429 Research Techniques  credit: 4 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/429)
Study of the ethics of research, research literature, research designs, and health measurement techniques utilized in the public health sciences. Emphasizes developing skills in analyzing research and assessment of health behaviors, and problem identification and research design for individual student research projects. 4 undergraduate hours. 4 graduate hours. Prerequisite: CHLH 590, or SOC 485, or EPSY 480; or equivalent.

CHLH 439 Health Applications of GIS  credit: 3 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/439)
Same as GEOG 439 and PATH 439. See PATH 439.

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CHLH 444 LGBT Indiv, Fam & Community  credit: 3 or 4 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/444)
Same as HDFS 444. See HDFS 444.

CHLH 448 Exercise & Health Psychology  credit: 3 or 4 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/448)
Same as KIN 448. See KIN 448.

CHLH 455 Health Services Financing  credit: 3 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/455)
Examines major topics and emerging trends in health financing, including sources of revenue, public and private financing organizations, reimbursement and sources of revenue to health providers, and capital financing in the health care industry. 3 undergraduate hours. 3 graduate hours. Prerequisite: Junior standing.

CHLH 456 Organization of Health Care  credit: 2 to 4 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/456)
Examines types and performance of health care organizations (e.g., doctors' offices, clinics, hospitals, and nursing homes), networks of health services, evaluation of health care, and social policy issues relating to organizations in the U. S. health care system. 2 to 4 undergraduate hours. 2 to 4 graduate hours.

CHLH 457 Health Planning  credit: 3 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/457)
Survey of the history and objectives of health planning as related to medical care delivery in the United States; methods of health, institutional and community planning; planning and marketing concepts and methods; analysis of consumer behavior, public policies, and private competitive forces. Same as SOCW 457. 3 undergraduate hours. 3 graduate hours. Prerequisite: CHLH 250 and junior standing.

CHLH 458 Health Administration  credit: 3 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/458)
Examines management principles relative to health care institutions emphasizing goal setting, decision making, system analysis, organizational structure, conflict resolution, and leadership theories. 3 undergraduate hours. 3 graduate hours. Prerequisite: Senior or graduate standing, or consent of instructor.

CHLH 461 Environ Toxicology & Health  credit: 3 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/461)
Same as ENV 431 and IB 485. See IB 485.

CHLH 465 Social Marketing Health & Behav  credit: 3 or 4 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/465)
Same as CMN 465. See CMN 465.

CHLH 469 Environmental Health  credit: 3 or 4 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/469)
Appreciation of the concepts and mechanisms used to prevent or control environmental conditions that may lead to infectious or other environmentally induced diseases. Presents topics from a public health perspective that include air pollution, water supply management, waste management, radiation protection, food hygiene, occupational health and disaster management. Same as ENV 469. 3 or 4 undergraduate hours. 3 or 4 graduate hours. Prerequisite: CHLH 274 or equivalent.

CHLH 470 Technology, Health, and Aging  credit: 3 or 4 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/470)
An undergrad/grad interdisciplinary course that is focused on technology, health-care, and aging. It is a combination lecture/lab course wherein students learn design and evaluation tools, are part of a project development team, participate in transgenerational learning activities with older adults, and focus on technology design to support healthy aging. 3 undergraduate hours. 4 graduate hours. Prerequisite: Restricted to students with Junior or Senior class standing and Graduate students.

CHLH 473 Immigration, Health & Society  credit: 3 or 4 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/473)
Same as LLS 473, SOC 473, and SOCW 473. See LLS 473.

CHLH 474 Principles of Epidemiology  credit: 4 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/474)
Investigation of descriptive epidemiologic techniques (comparisons of disease rates in different populations) and analytic study designs (case-control and cohort studies and randomized trials). Applications to and examples from infectious and chronic diseases are presented. Group exercises involving the investigation of epidemiologic problems and application of analytic epidemiologic techniques are performed. Same as ENVS 474 and PATH 474. 4 undergraduate hours. 4 graduate hours. Prerequisite: One statistics course.

CHLH 485 Community Health Internship  credit: 8 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/485)
Supervised field experience in official, voluntary and professional health agencies; designed to provide students with work experience in actual field situations. Students work in University approved health agencies for a minimum of 320 undergraduate hours. 8 undergraduate hours. 8 graduate hours. Approved for S/U grading. Prerequisite: Senior standing in Community Health.

CHLH 494 Special Topics  credit: 1 to 4 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/494)
Lecture course in topics of current interest; specific subject matter announced in the Class Schedule. 1 to 4 undergraduate hours. 1 to 4 graduate hours. May be repeated.

CHLH 501 Issues in Health Education  credit: 4 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/501)
Analyzes current developments, trends, and controversies in health education with emphasis on developing student competencies for intervention planning, implementation and analyses; and examines issues affecting the health educator in various work settings, including patient care, public health, school health, and higher.

CHLH 510 Public Health Dev  credit: 4 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/510)
Advanced study of the principles, practice and current issues of public health at the local, state, national and international levels, including the relationships between public health departments, voluntary health agencies, and other community organizations.

CHLH 517 Principle/Method Epidemiology  credit: 4 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/517)
Same as PATH 517. See PATH 517.
CHLH 527 Statistics in Epidemiology credit: 4 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/527)
Description and application of quantitative issues and statistical techniques prominent in the analysis of classification data arising from epidemiologic cohort or case-control aetiologic studies; studies of preventive public health; and therapeutic clinical interventions. Practice using available computing software for implementation is stressed. Same as ENVS 527 and PATH 525. Prerequisite: CHLH 474 and minimum of two statistics courses covering multiple regression and correlation.

CHLH 530 Childhood Obesity I credit: 3 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/530)
Same as FSHN 530, HDFS 551, KIN 530, NUTR 530, SOCW 570. See NUTR 530.

CHLH 531 Childhood Obesity II credit: 4 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/531)
Same as FSHN 531, HDFS 552, KIN 531, NUTR 531, SOCW 571. See NUTR 531.

CHLH 540 Health Behavior Theory credit: 4 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/540)
Analysis of social science theories and perspectives that comprise the foundation of health education theory and practice. Includes development of a conceptual frame of reference for understanding, predicting, and facilitating change in health behaviors. Same as KIN 540. Prerequisite: Graduate standing.

CHLH 541 Health Disparities Over the Life Course credit: 4 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/541)
This course provides students with an understanding of how institutional, sociocultural, and individual factors contribute to racial/ethnic, socioeconomic, and sex health disparities over the life-course. A lifespan developmental approach is adopted to examine issues of health disparities in greater depth. 4 graduate hours. No professional credit. Prerequisite: Restricted to graduate students.

CHLH 545 Grant Writing for Health Professionals credit: 4 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/545)
This is a course for students who are interested in learning about the grant writing process. Primary topic areas will include the components of a grant application, grant announcements (FOA/RFA), specific aims and objectives writing, proposal narrative (significance, innovation and approach), budget justifications and grant review process. Various grant mechanisms of major funding agencies will be reviewed, including both federal (NIH, Fulbright, NSF, CDC, and NIDILRR) and private (Robert Wood Johnson Foundation, National Multiple Sclerosis Association, and Paralyzed Veterans of America Foundation). Students will complete two grant writing assignments (one NIH grant and one non-NIH grant) to gain hands-on experience with preparing successful grants. 4 graduate hours. No professional credit. Prerequisite: Restricted to Graduate Students.

CHLH 550 Health Policy: United States credit: 4 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/550)
Comprehensive analysis of the policy process in health care in the United States; systematic and critical review of health policy development, implementation, and evaluation; impact of government at all levels and the role of providers, industry, labor, and consumer in health policy. Prerequisite: Admission to graduate program in community health or the MBA Administration Program; CHLH 429; or consent of instructor.

CHLH 565 Teaching in the Professoriate credit: 4 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/565)
Same as KIN 565, RST 560, and SHS 565. See KIN 565.
CHLH 576 Analytical Epidemiology  credit: 4 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/576)
The aim of this advanced epidemiology course is to provide students in-depth coverage of the design of epidemiologic research studies and the analysis of epidemiologic data. This course will expand analytical, writing, and oral communication skills using in-class group exercises, take-home computer exercises, and a course project. 4 graduate hours. Prerequisite: CHLH 572 and CHLH 573 or equivalent. Restricted to graduate Public Health majors at Urbana-Champaign.

CHLH 577 Health Program Evaluation  credit: 4 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/577)
Use of research methods and theory for evaluation of initiatives and programs in public health and medical care. Emphasis on acquiring skills in evaluation and conducting evaluations whose results have impact on public health practice. Covers different theories and perspectives on health evaluation. Review of published evaluations used to illustrate research methods and practical issues in program evaluation. Prerequisite: MPH student or consent of instructor.

CHLH 578 Applied Epidemiology  credit: 4 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/578)
Advanced epidemiologic analysis of disease problems. Covers research designs including cohort, case-control, and intervention trials; methods of analysis including multivariate adjustment for confounding and description of effect modification; and application of statistical computer software with emphasis on chronic diseases. Same as PATH 520. Prerequisite: CHLH 474, PATH 517, or equivalent and advanced course work in statistics through multivariate analysis.

CHLH 579 Cultural Competence in Public Health  credit: 4 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/579)
Cultural competence education increases public health professionals’ cultural awareness, knowledge of self and others, communication skills, attitudes, and behaviors. This course will examine theoretical models in public health and explore community-based programs as they relate to cultural competence and health promotion. 4 graduate hours. No professional credit. Prerequisite: Restricted to MPH Graduate Students.

CHLH 580 Landscapes and Human Health  credit: 3 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/580)
Same as GEOG 561 and LA 570. See LA 570.

CHLH 581 Professionalism in Public Health  credit: 1 Hour. (https://courses.illinois.edu/schedule/terms/CHLH/581)
The overall goal of this course is to introduce MPH students to concepts of professionalism and public service. These concepts will be utilized to directly prepare for the MPH Applied Practice Experience and the MPH Integrative Learning Experience. Both the Applied Practice Experience and Integrative Learning Experience are supervised and evaluated field experiences in public health practice settings of your choice. This seminar prepares students to formulate and identify meaningful practice experiences. Students will take this course twice during the first academic year of enrollment in the MPH program. 1 graduate hour. No professional credit. May be repeated in separate semesters for a maximum of 2 hours. Required of all MPH students during the first year of their program. Prerequisite: Restricted to MPH students.

CHLH 585 Community Health Internship  credit: 4 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/585)
Observation, study, and practical work in student’s area of specialization under supervision in professional field situations; student works for a minimum of 12 weeks in a University-approved agency or site. Prerequisite: CHLH 429, CHLH 474 and CHLH 510; or graduate standing in community health; or consent of the department.

CHLH 587 MPH Applied Practice Experience  credit: 1 to 4 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/587)
Provides MPH students with planned, supervised and evaluated field experience in a public health practice setting where students will synthesize knowledge and skills acquired through the course of MPH study. Approved for letter and S/U grading. May be repeated up to 4 hours in separate terms. Prerequisite: Completion of all Core MPH Courses.

CHLH 589 MPH Integrative Learning Experience  credit: 2 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/589)
Provides MPH students an opportunity to synthesize, integrate, and apply knowledge and skills acquired in MPH coursework, through work on a project relevant to public health practice. Generally offered for MPH students in their last semester of study in the MPH program. Prerequisite: MPH student.

CHLH 591 Seminar  credit: 1 Hour. (https://courses.illinois.edu/schedule/terms/CHLH/591)
Lecture, 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.

CHLH 593 Special Projects  credit: 2 to 4 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/593)
Independent research on special projects. May be repeated to a maximum of 8 hours. Prerequisite: EPSY 480, KIN 501, and CHLH 540 or equivalent.

CHLH 594 Special Topics  credit: 1 to 4 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/594)
Lecture course in topics of current interest; specific subject matter announced in the Class Schedule. May be repeated.

CHLH 599 Thesis Research  credit: 0 to 16 Hours. (https://courses.illinois.edu/schedule/terms/CHLH/599)
Presentation and criticism of student research. Approved for S/U grading. May be repeated up to 4 hours only.

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

Kinesiology 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 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)
Additional fees may apply. See Class Schedule. 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).
KIN 230  Diversity in Recreation, Sport, and Tourism  credit: 3 Hours. ([https://courses.illinois.edu/schedule/terms/KIN/230](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](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](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 - US Minority

KIN 257  Coordination, Control & Skill  credit: 3 Hours. ([https://courses.illinois.edu/schedule/terms/KIN/257](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  Motor Development and Control  credit: 3 Hours. ([https://courses.illinois.edu/schedule/terms/KIN/259](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](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  Teaching Activities II  credit: 2 Hours. ([https://courses.illinois.edu/schedule/terms/KIN/261](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  Motor Develop, Growth & Form  credit: 3 Hours. ([https://courses.illinois.edu/schedule/terms/KIN/262](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 260  Teaching Activities I  credit: 3 Hours. ([https://courses.illinois.edu/schedule/terms/KIN/260](https://courses.illinois.edu/schedule/terms/KIN/260))

Students will develop knowledge of the basic skills and teaching progressions related to target sports, rhythms, dance and fitness activities, and adventure education activities for school age students.

KIN 262  Motor Develop, Growth & Form  credit: 3 Hours. ([https://courses.illinois.edu/schedule/terms/KIN/262](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](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 230  Diversity in Recreation, Sport, and Tourism  credit: 3 Hours. ([https://courses.illinois.edu/schedule/terms/KIN/230](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](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](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 - US Minority

KIN 257  Coordination, Control & Skill  credit: 3 Hours. ([https://courses.illinois.edu/schedule/terms/KIN/257](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  Motor Development and Control  credit: 3 Hours. ([https://courses.illinois.edu/schedule/terms/KIN/259](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](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  Teaching Activities II  credit: 2 Hours. ([https://courses.illinois.edu/schedule/terms/KIN/261](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 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)
Examination of philosophy, ethics, strategies, motivational techniques, performance analysis, program organization, contest administration, and equipment and facility management related to coaching.

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  credit: 2 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 393 Honors Thesis  credit: 3 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 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 442 Body, Culture & Society credit: 3 or 4 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 Psychophysiology in Ex & Sport credit: 3 or 4 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 Physical Activity and Chronic Diseases credit: 3 or 4 Hours. (https://courses.illinois.edu/schedule/terms/KIN/444)
Focuses on the scientific evidence regarding the health benefits of exercise, physical activity, and physical fitness in the prevention and management of chronic diseases. 3 undergraduate hours. 4 graduate hours.

KIN 447 Psych of Sport Performance credit: 3 or 4 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 Exercise & Health Psychology credit: 3 or 4 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 Rehabilitation Biomechanics credit: 3 or 4 Hours. (https://courses.illinois.edu/schedule/terms/KIN/449)
This course is for students who are interested in occupational therapy, physical therapy, and prosthetics and orthotics. General principles for application in injury prevention and rehabilitation will be taught. Students will learn how to use biomechanical models to estimate joint compression forces and muscle forces, and use this information to design training and rehabilitation programs for people with musculoskeletal and neuromuscular injury. 3 undergraduate hours. 4 graduate hours.

KIN 450 Biochemistry of Exercise credit: 3 or 4 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 Skeletal Muscle Physiology credit: 3 or 4 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 us. 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: KIN 352 or prior consent of the instructor.

KIN 452 Clin & Applied Ex Physiology credit: 3 or 4 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 Nutrition for Performance credit: 3 or 4 Hours. (https://courses.illinois.edu/schedule/terms/KIN/453)
Nutrition for performance is the fusion of two disciplines, nutrition and exercise physiology, which provides the knowledge-base to support and optimize training, performance, and recovery. This course will provide information regarding the use of nutrition to increase performance in athletes training for strength or endurance. Same as FSHN 453. 3 undergraduate hours. 4 graduate hours.

KIN 457 Motor Learning & Control credit: 3 or 4 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 Neurobio of Aging credit: 0 to 4 Hours. (https://courses.illinois.edu/schedule/terms/KIN/458)
Same as PSYC 451 and NEUR 451. See PSYC 451.

KIN 459 Physical Activity & Aging credit: 3 or 4 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 Technology & Pedagogical KINES credit: 3 or 4 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 standing.
KIN 470  Exercise Endocrinology  credit: 3 or 4 Hours. ([courses.illinois.edu/schedule/terms/KIN/470](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. 4 graduate hours. Prerequisite: KIN 352.

KIN 473  Skill Acquisition Strategies  credit: 3 or 4 Hours. ([courses.illinois.edu/schedule/terms/KIN/473](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. ([courses.illinois.edu/schedule/terms/KIN/474](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. ([courses.illinois.edu/schedule/terms/KIN/485](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. ([courses.illinois.edu/schedule/terms/KIN/494](https://courses.illinois.edu/schedule/terms/KIN/494))
Lecture course on topics of current interest; specific topics announced when relevant. 1 to 4 undergraduate hours. 1 to 4 graduate hours. May be repeated.

KIN 501  Kinesiology Research Methods  credit: 4 Hours. ([courses.illinois.edu/schedule/terms/KIN/501](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. ([courses.illinois.edu/schedule/terms/KIN/530](https://courses.illinois.edu/schedule/terms/KIN/530))
Same as CHLH 530, FSNH 530, HDFS 551, NUTR 530, SOCW 570. See NUTR 530.

KIN 531  Childhood Obesity II  credit: 4 Hours. ([courses.illinois.edu/schedule/terms/KIN/531](https://courses.illinois.edu/schedule/terms/KIN/531))
Same as CHLH 531, FSNH 531, HDFS 552, NUTR 531, SOCW 571. See NUTR 531.

KIN 540  Health Behavior: Theory  credit: 4 Hours. ([courses.illinois.edu/schedule/terms/KIN/540](https://courses.illinois.edu/schedule/terms/KIN/540))
Same as CHLH 540. See CHLH 540.

KIN 543  Physical Activity & Cognition  credit: 4 Hours. ([courses.illinois.edu/schedule/terms/KIN/543](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. ([courses.illinois.edu/schedule/terms/KIN/551](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. ([courses.illinois.edu/schedule/terms/KIN/552](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. ([courses.illinois.edu/schedule/terms/KIN/553](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. ([courses.illinois.edu/schedule/terms/KIN/557](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. ([courses.illinois.edu/schedule/terms/KIN/560](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. ([courses.illinois.edu/schedule/terms/KIN/564](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.