

KINESIOLOGY



Chairperson: Patricia Sherblom Ph.D.
Associate Professor of Kinesiology

Dr. Sherblom received her BA from United States International University, San Diego, CA (1977), her master's degree from the University of Massachusetts, Amherst (1982), and her Ph. D. degree from University of New Mexico, Albuquerque (1995).

The Kinesiology Department is housed within the College of Arts and Sciences.

Kinesiology is the study of human movement. The discipline of kinesiology incorporates numerous sub-disciplines which assist in developing our understanding of human movement at work and at play. These sub-disciplines include exercise physiology, biomechanics, sport and exercise psychology, sociology of sport, motor control, motor learning, and motor development. Students majoring in Kinesiology have an opportunity to study human movement from all of these perspectives and thereby develop an understanding of how human movement affects and is affected by variables related to each sub-discipline.

Kinesiology is not a profession, but a body of knowledge applicable to many professions ranging from teaching to therapy. A major in Kinesiology is appropriate for students interested in elementary and/or secondary physical education teaching and coaching, adult fitness and wellness, youth sports, physical therapy, sport psychology, athletic training, sports medicine, and graduate study in Kinesiology, medicine and allied health. Since coursework beyond the Bachelor of Science degree in Kinesiology is frequently required for each of these interest areas, students are advised to discuss with their advisors their professional aspirations early in their degree programs at The University of Texas of the Permian Basin.

Regardless of students' reasons for pursuing an undergraduate degree in Kinesiology, they are required to take a series of major core courses. In addition, all students are expected to demonstrate competence in a number of forms of movement (sport, dance, etc.). Interest in a particular sub-discipline or profession is reflected in the specialization area courses that students take. These specialization areas include (1) Pre-Professional Physical Education, (2) Exercise Science and Human Performance, (3) Exercise and Sport Studies and (4) Athletic Training. The culminating experience for all students is completion of an independent study and practicum experience. Through this experience, students have the opportunity to gain expertise and practical experience in a specific professional area.

Degree Requirements

The minimum total credits required for a B. S. in Kinesiology is 120

General Education

44 Credits

Students must complete the requirements listed in the General Education Requirements section on pages 63-64 of this catalog. In meeting the physical and life science requirement, Kinesiology majors, minors, and all students seeking teacher certification in physical education are required to take 8 semester credit hours in biology.

Computer Use

All Kinesiology majors must demonstrate a basic use of computing through the completion of KINE 3310 and KINE 4300.

Kinesiology Common Course Requirements

Kinesiology majors, minors, and all students seeking teacher certification in physical education must complete either Human Anatomy and Physiology (BIOL 3350/3151, BIOL 3352/3153 for 8 credits) or Anatomy and Physiology for Kinesiology (KINE 2385 for 3 credits) in addition to the biology courses used to meet the general education requirements. Anatomy and Physiology I and II (8 credits), which is often taught at the 2000-level course at the community colleges, will also satisfy this prerequisite requirement. Anatomy and Physiology are prerequisite to many courses in Kinesiology and should be taken early in the degree program. This course does not count towards the 40-hour Kinesiology major but does count in the 120 hour requirement.

Kinesiology majors must complete course requirements for one of four specialization areas: (1) pre-professional physical education, (2) exercise science and human performance, (3) sport and exercise studies or (4) athletic training. The choice of specialization area is an important one. It should be strongly influenced by student's career goals. It is important for the student to discuss each area with the academic advisor prior to completing a degree plan. Students are urged to consult with their faculty advisors for specific degree planning early in their academic careers and frequently throughout their tenure at The University of Texas of the Permian Basin.

A brief description of each specialization area and the required courses follows:

I. Pre-Professional Physical Education: Students wishing to teach physical education and/or coach sports are required to complete the following courses. Completion of these courses, along with the appropriate courses within the School of Education, will qualify the student to sit for the Texas Education Agency's all-level (P-12) TExES examination in physical education.

KINE 1109	Forms of Movement Courses (12 activities as specified in degree plan)
KINE 1301	Concepts in Fitness and Health
KINE 2306	First Aid
KINE 2385	Anatomy and Physiology for Kinesiology (<i>prerequisite course</i>)
KINE 3310	Motor Development
KINE 3330	Physical Activity for Disabling Conditions
KINE 3332	Instructional Styles for Diverse Learners
KINE 3340	Analysis of Human Movement
KINE 3350	Physiology of Exercise
KINE 3151	Lab: Exercise Physiology
KINE 4300	Measurement of Performance in Sport and Exercise Sciences
KINE 4310	Sports Skill Analysis
KINE 4330	Motor Learning and Control
KINE 4320	Psychology of Sport
or KINE 4350	Psychology of Exercise
*KINE 4391	Independent Study in Kinesiology
*KINE 4392	Practicum in Kinesiology
1 Elective	(a three-credit hour upper level Kinesiology course)

* Successful completion of student teaching and an upper level Kinesiology elective will replace the KINE 4392 Practicum course and KINE 4391 Independent Study, respectively. These two courses may then be waived by the major faculty advisor.

II. Exercise Science and Human Performance: Students desiring to enter the field of commercial and corporate fitness should select this area of specialization. This program meets the Guidelines for Fitness and Health Programs in Texas as specified by the Texas Higher Education Coordinating Board in 1991. Completion of the following courses is required for this specialization.

KINE 1109	Forms of Movement Courses (9 activities as specified in degree plan)
KINE 1301	Concepts in Fitness and Health
KINE 2306	First Aid
KINE 2370	Care and Prevention of Athletic Injuries
KINE 2385	Anatomy and Physiology for Kinesiology or BIOL 3350/3151 and 3352/3153 (<i>prerequisite courses</i>)
KINE 3310	Motor Development
KINE 3340	Analysis of Human Movement
KINE 3350	Physiology of Exercise
KINE 3151	Lab: Exercise Physiology
KINE 4300	Measurement of Performance in Sport and Exercise Sciences
KINE 4350	Psychology of Exercise
KINE 4360	Exercise for Special Populations
KINE 4362	Cardiorespiratory Physiology
KINE 4364	Exercise and Nutrition
KINE 4393	Practicum: Exercise Science I
KINE 4394	Practicum: Exercise Science II
Electives	(Twelve upper level credit hours in any department)

III. Sport and Exercise Studies: Students wishing to enter other professions related to the discipline of Kinesiology, such as sport psychology, sport management, and sport media, are required to successfully complete the following courses. Six additional credit hours in Kinesiology or related disciplines are required for this specialization area. Beyond the basic

Kinesiology degree requirements, students are encouraged to design, with the aid of a faculty advisor, a degree program that will satisfy their personal and professional objectives.

KINE 1109	Forms of Movement Courses (9 activities as specified in the degree plan)
KINE 1301	Concepts in Fitness and Health
KINE 2306	First Aid
KINE 2385	Anatomy and Physiology for Kinesiology (<i>prerequisite course</i>)
KINE 3340	Analysis of Human Movement
KINE 3350	Physiology of Exercise
KINE 3151	Lab: Exercise Physiology
KINE 4300	Measurement of Performance in Sport and Exercise Sciences
KINE 4391	Independent Study in Kinesiology
KINE 4392	Practicum in Kinesiology
KINE 3310	Motor Development
or KINE 4330	Motor Learning and Control
KINE 4320	Psychology of Sport
or KINE 4350	Psychology of Exercise
KINE xxxx	(Twelve upper level Kinesiology credit hours; 4 3-credit hour courses)
Electives	(Six upper level credit hours in any discipline; 2 3-credit hour courses)

IV. Athletic Training Specialization: Students desiring to pursue athletic training as a profession should begin this track early in their college career. Students will receive academic coursework combined with practical hands-on experience under the supervision of a nationally certified and state licensed athletic trainer. The program is designed to meet all of the licensing requirements set forth by the Texas Department of State Health Services and the TDSHS Advisory Board of Athletic Trainers.

KINE 1109	Forms of Movement Courses (9 activities as specified in the degree plan)
KINE 1301	Concepts in Health and Fitness
KINE 2306	First Aid
KINE 2370	Care and Prevention of Athletic Injuries
KINE 2385	Anatomy and Physiology for Kinesiology (<i>prerequisite course</i>)
KINE 3340	Analysis of Human Movement
KINE 3350	Physiology of Exercise
KINE 3151	Lab: Exercise Physiology
KINE 3370	Advanced Athletic Training
KINE 4300	Measurement of Performance in Sport and Exercise Sciences
KINE 4355	Counseling in Athletic Training
KINE 4364	Exercise and Nutrition
KINE 4370	Therapeutic Modalities
KINE 4391	Independent Study in Athletic Training
KINE 4395	Practicum in Athletic Training (6 x 0.5 credit sections)
KINE 4xxx	(Three upper level Kinesiology credit hours; 1 3-credit hour course)
2 Electives	(Six upper level credit hours in any discipline)

Demonstrated competence in 9-12 forms of movement is required of all Kinesiology majors. Credits earned in meeting this requirement do not count toward the 40 hours required for a degree in Kinesiology. However, they count toward the 120 hours required for graduation.

The forms of movement requirement may be fulfilled in a number of ways. Options include taking Forms of Movement courses (KINE 1109-1128), Lifetime Sports courses (KINE 1155-1159), participating in intercollegiate or professional athletics and possessing a current official's rating. In order to assure that students are competent in a wide variety of activities there are specific distribution requirements. The Forms of Movement Program Handbook is available from any Kinesiology faculty member. A record of each student's progress in the forms of movement program is kept in the program coordinator's office. Each student is encouraged to meet with the coordinator initially to design her/his own program and periodically to review progress toward completion of the requirement.

Kinesiology Minor

A Kinesiology Minor may be obtained by successfully completing 22 semester credit hours in Kinesiology of which 13 must be upper level. Students who wish to minor in Kinesiology must take the following courses:

- KINE 1301: Concepts in Health and Fitness (3 credits)
- KINE 2306: First Aid (3 credits)
- KINE 2385: Anatomy and Physiology for Kinesiology (3 credits)
- KINE 3340: Analysis of Human Movement (3 credits)
- KINE 3350: Exercise Physiology (3 credits)
- KINE 3151: Lab: Exercise Physiology (1 credit)
- KINE 4310: Sports Skill Analysis (3 credits)
- KINE 4320: Sport Psychology or
 - KINE 4323: Exercise Psychology or
 - KINE 4340: Sociology of Sport (3 credits)

Physical activity courses, including those labeled KINE 1109-1128 or KINE 1155-1159, are encouraged, but do not count toward the 22 credit hour requirement.

Coaching Minor

The Kinesiology faculty recognizes that some students are attracted to a Kinesiology Minor because they wish to coach athletes in a K-12 or a college and university setting. If a student desires to coach athletes as their primary professional goal, they are strongly encouraged to major in Kinesiology. For those students who plan to coach as an avocation, the Coaching Minor may be appropriate. This minor includes courses that have direct applicability to coaching.

A Coaching Minor may be obtained by successfully completing the following 22 semester credit hours in Kinesiology:

- KINE 2370: Care and Prevention of Athletic Injuries (3 credits)
- KINE 2385: Anatomy and Physiology for Kinesiology (3 credits)
- KINE 3340: Analysis of Human Movement (3 credits)
- KINE 3350: Exercise Physiology (3 credits)
- KINE 3151: Lab: Exercise Physiology (1 credit)
- KINE 3360: Coaching of Sports (3 credits)
- KINE 4310: Sports Skill Analysis (3 credits)
- KINE 4320: Sport Psychology (3 credits)

Physical activity courses, including those labeled KINE 1109-1128 or KINE 1155-1159, are encouraged, but do not count toward the 22 credit hour requirement.

TEXES Requirements

Candidates for TExES test in All-Level Physical Education must have completed the courses listed below, or equivalent courses, and the appropriate education courses in the School of Education. School of Education courses must include EDUC 4332, EDUC 4333, EDUC 4334 and student teaching in elementary and secondary Physical Education.

Physical Education (All Level): KINE 1109 – 1128, 1157, 1158, 1159 (12 activities), KINE 1301, 2306, 2385, 3310, 3330, 3332, 3340, 3350/3151, 4300, 4310, 4330, 4320 or 4350; EDUC 4332, EDUC 4333, EDUC 4334 and other Education courses as required by that degree plan.

Course Listing

KINE 1109 Adventure Ed (1)

Learn to do and teach adventuresome risk-taking activities to develop skills in cooperative learning, decision-making, communication, and challenge-by-choice. Activities include orienteering, hiking, camping, and problem-solving. F

KINE 1110 Adv Swim Lifeguard (1)

Learn advanced swim skills and certify through the American Red Cross Water Safety Instructor and Lifeguard training courses. Prerequisite: Permission of instructor. S

KINE 1111 Adv Track & Field (1)

Learn to coach, organize and officiate track and field programs and adaptations using physiology, biomechanics and psychology. Prerequisite: KINE 1127 Track & Field Skills or permission of instructor. S '08

KINE1112 Aerobic Activities (1)

Gain conditioning and knowledge of various ways to perform aerobically. Lecture/discussion on safety, goal setting, recording workouts, flexibility, strength work, and care and prevention of injuries. F

KINE 1113 Archery (1)

Learn to shoot, score, teach, coach and organize archery competition for physical education and recreational pursuits using a Personalized System of Instruction. S '08

KINE 1114 Bsktball Officiate (1)

Apply basketball skills to the coaching, officiating, and organizing of the sport into tournament format. Applicable to both physical education and recreational contexts. Prerequisite: permission of instructor. S '09

KINE 1115 Beg/Adv Swimming (1)

Develop swimming stroke skills for personal use and learn basic swimming instructional techniques. Appropriate for swimmers from novice through advanced while using the Personalized System of instruction. F, Su

KINE 1116 Disc Sports (1)

Develop and apply Frisbee skills to sports such as Ultimate Frisbee and Frisbee Golf. Appropriate for physical education and recreational applications using the Personalized System of instruction. F, '08

KINE 1117 Elementary Dance (1)

Learn movement skills and concepts in dance and the purpose of dance in the elementary physical education curriculum. F

KINE 1118 Golf (1)

Learn basic golf strokes and game skills while using the Personalized System of instruction. Applicable to physical education curriculum and personal recreational use. F

KINE 1119 Gymnastics (1)

Learn tumbling, floor gymnastics, apparatus use, and spotting of all movements. Develop skills in movement performance and spotting of performers. S

KINE 1120 Hockey (1)

Develop fundamental skills and strategies to play and teach the sport. Learn rules and the Tactical model of team sport skill development using the Personalized System of instruction. S '08

KINE 1121 Lacrosse (1)

Develop skills and strategies to play and teach the sport. Learn rules and sport skill development using the Tactical Games and Personalized System of instruction models. S '09

KINE 1122 Racquet Sports 1 (1)

Learn skills and strategies using the Personalized System of Instruction to play and teach handball, paddleball and racquetball in physical education and recreationally. S

KINE 1123 Racquet Sports 2 (1)

Learn skills and strategies using the Personalized System of Instruction to play and teach badminton, pickleball, and tennis in physical education and recreationally. S

KINE 1124 Secondary Dance (1)

Learn movement skills and concepts in dance and the purpose of dance in the secondary physical education curriculum. F

KINE 1125 Soccer (1)

Develop fundamental skills and strategies to play and teach the sport. Learn rules and the Tactical model of team sport skill development. F

KINE 1126 Team Handball (1)

Develop fundamental skills and strategies to play and teach this Olympic sport. Learn rules and the Tactical model of team sport skill development. F '08

KINE 1127 Track & Field Skills (1)

Develop knowledge and competency in skills and techniques of Track and Field events. Apply to physical education curriculum. Prerequisite to Adv. T+F. S '08

KINE 1128 Volleyball (1)

Develop fundamental skills and strategies to play and teach the sport. Learn rules and the Tactical model of team sport skill development. F '09

KINE 1129 Bowling (1)

This course is designed to learn and teach the basic game of bowling. This is a personalized sports instruction series of courses that will enable you to become proficient in the skills, knowledge, etiquette, and teaching methods to play and deliver the developmentally appropriate levels to students in the Physical Education Curriculum.

KINE 1154 Yoga (1)

Activity course using Yoga as a means to obtain knowledge and skills through participation in a lifetime activity. F,S

KINE 1155 Adv Soccer (1)

Learn to coach, organize, and officiate soccer programs and training adaptations. Prerequisite: permission of instructor. S

KINE 1156 Aerobics (1)

Opportunity to obtain skill and knowledge through participation in this lifetime activity. F,S

KINE 1157 Handball (1)

Opportunity to obtain skill and knowledge through participation in this lifetime sport. F,S

KINE 1158 Tai Kwon Do (1)

Opportunity to obtain skill and knowledge through participation in this lifetime activity. F,S

KINE 1159 Weight Training (1)

Opportunity to obtain skill and knowledge through participation in this lifetime activity. F,S

KINE 1160 INT Baseball Men (1)

Limited to intercollegiate athletes, involves daily practice and athletic competition. Permission of the instructor required. S

KINE 1161 INT Basketball Men (.5)

Limited to intercollegiate athletes, involves daily practice and athletic competition. Permission of the instructor required. F,S

KINE 1162 INT Crs Cntry Men (1)

Limited to intercollegiate athletes, involves daily practice and athletic competition. Permission of the instructor required. F

KINE 1164 INT Soccer Men (1)

Limited to intercollegiate athletes, involves daily practice and athletic competition. Permission of the instructor required. F

KINE 1165 INT Swimming Men (.5)

Limited to intercollegiate athletes, involves daily practice and athletic competition. Permission of the instructor required. F,S

KINE 1166 INT Track Men (1)

Limited to intercollegiate athletes, involves daily practice and athletic competition. Permission of the instructor required. S

KINE 1170 INT Basketball Wmn (.5)

Limited to intercollegiate athletes, involves daily practice and athletic competition. Permission of the instructor required. F,S

KINE 1171 INT Crs Cntry Wmn (1)

Limited to intercollegiate athletes, involves daily practice and athletic competition. Permission of the instructor required. F

KINE 1173 INT Soccer Women (1)

Limited to intercollegiate athletes, involves daily practice and athletic competition. Permission of the instructor required. F

KINE 1174 INT Softball Women (1)

Limited to intercollegiate athletes, involves daily practice and athletic competition. Permission of the instructor required. S

KINE 1175 INT Swimming Wmn (.5)

Limited to intercollegiate athletes, involves daily practice and athletic competition. Permission of the instructor required. F,S

KINE 1176 INT Track Women (1)

Limited to intercollegiate athletes, involves daily practice and athletic competition. Permission of the instructor required. S

KINE 1177 INT Volleyball Wmn (1)

Limited to intercollegiate athletes, involves daily practice and athletic competition. Permission of the instructor required. F

KINE 1180 INT Cheerleading (.5)

Limited to intercollegiate athletes, involves daily practice and athletic competition. Permission of the instructor required. F,S

KINE 1181 INT Dance Team (.5)

Limited to intercollegiate athletes, involves daily practice and athletic competition. Permission of the instructor required. F,S

KINE 1301 Concepts in Fitness and Health (3)

Offers an introduction to the basics of personal health, fitness, and major contemporary health issues. F, S, Su

KINE 1389 Selected Topics in Kinesiology (3)

Undergraduate courses which will be offered only once or will be offered infrequently or which are being developed before a regular listing in the catalog.

KINE 2306 First Aid (3)

Offers instruction in the knowledge and skills necessary, in an emergency situation, to help sustain life, reduce pain, and minimize the consequences of injury or sudden illness until professional medical help arrives. Opportunity for American Red Cross First Aid and CPR certifications. F, S

KINE 2370 Care and Prevention of Athletic Injuries (3)

Prevention and treatment of athletic injuries, including recognition, techniques of taping, therapeutic modalities, rehabilitation of injuries and athletic training room management. Prerequisite: KINE 2385. F

KINE 2385 Anatomy and Physiology for Kinesiology (3)

This course is designed to increase the student's knowledge of human anatomy and physiology through the survey of the macroscopic and microscopic anatomy and physiology of the neuromuscular, cardiovascular, and respiratory systems. This course will also include the basic study of the digestive and endocrine systems. Specific emphasis will be placed on developing the student's understanding of those human systems that most directly affect human movement in the context of work and exercise. Prerequisite: BIOL 1306/1106 and BIOL 1307/1107. F,S

KINE 2389 Multi-listing Course (3)

Undergraduate courses which will be offered only once or will be offered infrequently or which are being developed before a regular listing in the catalog.

KINE 3151 Lab: Exercise Physiology (1)

An introduction to many of the basic laboratory procedures and tests used in the field of exercise physiology. The class is designed to complement KINE 3350 Physiology of Exercise. Laboratory equipment is used to collect data and analyze results. Prerequisite: Anatomy and Physiology and concurrent enrollment in KINE 3350 or completion of 3 semester credit hours of undergraduate exercise physiology. FS

KINE 3310 Motor Development (3)

An examination of the factors affecting physical growth, those influencing the acquisition of fundamental motor skills, and the effects of aging upon physical performance. F, S, Su

KINE 3330 Physical Activity for the Disabled (3)

Introduction to various disabling conditions with particular emphasis on their impact upon an individual's ability to perform sports and other physical activities. The nature of appropriate physical activity programs for disabled individuals is explored. S

KINE 3332 Instructional Styles For Diverse Learners (3)

Introduction to various instructional styles with particular emphasis on their impact upon the effective instruction of learners with diverse needs and learning styles. Design of task progressions and units for development of higher order thinking skills is explored. S

KINE 3340 Analysis of Human Movement (3)

Integration of skeletal and neuromuscular anatomy and physiology with mechanical principles of human movement to structurally and prescriptively analyze movement patterns for performance improvement. Prerequisite: KINE 2385, or BIOL 3350/3150 (4 credits), or equivalent. S

KINE 3350 Physiology of Exercise (3)

Physiological functioning of the human body during physical stress to include muscle strength, cardiorespiratory endurance, environmental effects and conditioning programs. Laboratory equipment used to collect data as part of the lab, KINE 3151, that is taken concurrently. Prerequisite: KINE 2385 (3 credits), or BIOL 3350/3150 and BIOL 3352/3152 (8 credits), or equivalent. FS

KINE 3360 Coaching of Sports (3)

Students will gain the knowledge and competencies necessary to serve effectively in the coaching setting. Topics germane to a variety of sports and coaching settings are covered including sport management, liability, training (psychological and physical), practice planning and supervision, sport pedagogy, developmental factors (physiological, social and cognitive) applied to coaching and other topics. Skills and strategies associated with specific sports are not covered in detail. F

KINE 3370 Advanced Athletic Training (3)

This course is a continuation of KINE 2370 and is intended for students pursuing a career in Athletic Training. Advanced study in prevention, treatment and rehabilitation of injuries will be undertaken. Athletic Training Room management will also be covered. Prerequisite: KINE 2370 and 2385 or equivalent. S09

KINE 3389 Multi-listing Course (3)

Undergraduate courses which will be offered only once or will be offered infrequently or which are being developed before a regular listing in the catalog.

KINE 4300 Measurement of Performance in Sport and Exercise Sciences (3)

A comprehensive overview of the statistical techniques, computer applications, and evaluation procedures utilized by kinesiology professions in applied and research settings. Prerequisite: have fulfilled general education mathematics requirement. S

KINE 4310 Sports Skill Analysis (3)

Students will apply the anatomical and mechanical principles of human movement in the assessment of sports skills. Prerequisite: Must have fulfilled General Education Mathematics requirement, completed KINE 2385 or BIOL 3350/3150 and KINE 3340. F

KINE 4320 Psychology of Sport (3)

Concepts in psychology as applied to an individual's involvement in sport and other forms of competitive physical activity. Emphasis on motivation, stress management, personality theory, performance enhancement, and group dynamics. F

KINE 4325 Women and Sport (3)

Explores problems, patterns and processes associated with the sport involvement of women in American culture. Topics include the history of women's participation, social stereotypes of sportswomen, institutional influences and performance capabilities. Prerequisite: Junior standing or permission of the instructor. S'08

KINE 4330 Motor Learning and Control (3)

Variables influencing the control and learning of movement skills. Emphasis on the neural, physical, and behavioral aspects of motor control and the acquisition of skilled movements as a result of practice. S

KINE 4340 Sociology of Sport and Physical Activity (3)

The role of sport in society is examined. Special attention is given to a critical examination of abuses in modern sport and to social influences which act to modify sport. S'09

KINE 4350 Psychology of Exercise (3)

Concepts in psychology applied to an individual's involvement in exercise. Emphasis on theoretical models and methods for assessing exercise adherence. Investigation of methods and strategies for behavior intervention and program development to promote adherence to exercise programs. S'08

KINE 4355 Counseling in Athletic Training (3)

Identification and analysis of the psychosocial factors related to the prevention of and recovery from athletic injuries and the development of counseling and referral skills needed when working with athletes and others in the sports medicine environment. S'08

KINE 4360 Exercise for Special Populations (3)

Examination of the unique physiological attributes one must consider when prescribing exercise for individuals with specific diseases and specialized health considerations, including rheumatoid arthritis, diabetes, chronic respiratory disorders, cardiovascular disease, hypertension, obesity, and pregnancy. Prerequisite: KINE 2385 (3 credits), or BIOL 3350/3151 and BIOL 3352/3153 (8 credits), or equivalent. S'08, F'09.

KINE 4362 Cardiorespiratory Physiology (3)

Addresses the physiology of graded exercise testing, interpretation of basic electrocardiograms, and prescription of exercise for healthy and diseased populations. Prerequisite: KINE 3350 (Physiology of Exercise) or equivalent. F'07, S'09.

KINE 4364 Exercise and Nutrition (3)

An in-depth examination of the nutritional effects that enhance exercise or sports performance. The class is designed to enhance the student's knowledge of the nutritional needs of athletes as well as possible ergogenic effects of certain dietary plans. The class will include topics on issues in nutritional myths in sports, effects of nutritional supplements, herbal supplements, and pharmacological components that are currently used as ergogenic aids to exercise performance. Prerequisite: KINE 2385 (3 credits), or BIOL 3350/3151 and BIOL 3352/3153 (8 credits), or equivalent. F'08.

KINE 4370 Therapeutic Modalities (3)

In-depth study and practice in the use of various therapeutic modalities and rehabilitation equipment, appropriate to the clinical setting in athletic training. Prerequisite: KINE 2370 or equivalent. S

KINE 4389 Selected Topics (3)

Undergraduate courses which will be offered only once or will be offered infrequently or which are being developed before a regular listing in the catalog. May be acceptable for graduate credit.

KINE 4391 Independent Study In Kinesiology (3)

Design of a research project in the area of kinesiology which includes professional involvement with individuals in an exercise and/or sport setting. A proposal of the research project is to be developed which includes a problem statement, a review of literature and a concise description of the methods used to collect and analyze data. The written proposal is submitted to the faculty of the Department of Kinesiology followed by a brief oral presentation. FS

KINE 4392 Practicum in Kinesiology (3)

Using the research project proposal developed in the independent study, conduct the study and collect and analyze data. The research methodology must include professional involvement over time with individuals in an exercise and/or sport setting. The results of the project will be submitted to the Kinesiology faculty in a brief oral presentation and as a tangible product. Acceptable end products of the practicum experience may include items such as, websites, workshops, coaching manuals, papers presented at professional meetings, refereed publications, or other tangible materials that will give an overview of the student's experience. FS

KINE 4393 Practicum: Exercise Science I (3)

This course is a 120 hour, on-campus, research practicum designed to develop students' research skills. Students work on a current research project under direct supervision of their major advisor. This typically takes place in the Kinesiology lab on campus. The culmination of this practicum experience will be the development of a tangible product such as a web site, workshop, treatment manual, paper presented at a professional meeting, or a refereed publication. This course is to be taken the semester before KINE 4394; taken the last semester of the student's program. FS

KINE 4394 Practicum: Exercise Science II (3)

This course is a 480-hour, off-campus, research practicum designed to allow students to apply their research skills to genuine problems or issues with supervision. Students are required to work on a current research project in a cooperating facility under the supervision of the facility manager and their major advisor. The results of the research will be presented in the form of a journal-ready manuscript. This practicum should be taken during the student's last semester before graduating. FS

KINE 4395 Practicum in Athletic Training (0.5)

Students will engage in supervised clinical activities associated with professional athletic training practice. Activities will take place on and off campus. Three hundred clinical hours are required for credit. Students interested in taking the licensing examination for athletic training in the state of Texas must complete 1800 hours of clinical work over a three-year period (6 semesters). FS

Degree plans are listed on the following pages according to the tracks of study within Kinesiology.

Track I is Pre-Professional Physical Education.

Track II is Exercise Science and Human Performance.

Track III is Sport and Exercise Studies.

Track IV is Athletic Training Specialization.

Speak to your advisor about your career plans and the track you should pursue.

**DEGREE PLAN: BACHELOR OF SCIENCE IN KINESIOLOGY:
Pre-Professional P.E. Specialization**

NAME: _____

CERTIFICATION X Yes X All-Level

SID#: _____ Semester Admitted: _____

TASP STATUS: Passed Liable Exempt

Reading Writing Math

TRANSFER HOURS FROM OTHER INSTITUTIONS:

Lower division total _____

Upper division total _____

Total hours counted toward degree _____

GENERAL EDUCATION REQUIREMENTS (44 SCH):

English Composition, 6 credits (2 courses) 1301 & 1302

Literature, 3 credits (1 course) 2322, 2323, 2327, 2328

U.S. History, 6 credits (2 courses)
1301 & 1302 recommended

U.S. & State Government, 6 credits (2 courses) 2301 & 2302

BIOL 1306/1106 AND BIOL 1307/1107

Mathematics (college algebra or above) 3 credits (1 course)

Mathematics (math or stats recommended)
3 credits (1 course)

Communication: COMM 1315, 3 credits (1 course)

Visual/Performing Arts, 3 credits (1 course)

Social Science, 3 credits (1 course)

NOTES ON GRADUATING:

1. Read the UT Permian Basin catalog and be familiar with the University's requirements for the BS degree. It is the student's responsibility to read the catalog and be familiar with and fulfill all the requirements for the B.S. degree.
2. Complete at least **120** semester credit hours for the B.S. degree.
3. At least **54** credits must be at the junior or senior level. At least **30** of these hours must be completed at UT Permian Basin.
4. Obtain at least a "C" grade in all Kinesiology courses. Maintain at least a grade point average of 2.0 or "C" in all courses applicable toward the degree in Kinesiology.
5. Students majoring in Kinesiology are required to complete an academic minor, which usually consists of 18 SCH. Please consult the appropriate catalog for specific details about the distribution of hours in the minor you have chosen to complete. If you intend to substitute a second teaching field for your minor, consult the catalog AND make an appointment with your certification advisor to be certain that you have the correct number and choice of courses.

MINOR (or second teaching field) (18 sch): _____

1. XXXX _____

2. XXXX _____

3. XXXX upper level _____

4. XXXX upper level _____

5. XXXX upper level _____

6. XXXX upper level _____

7. _____

8. _____

* Students who successfully complete student teaching will need to take an upper level Kinesiology elective to replace KINE 4391 Independent Study. Successful completion of Student Teaching will replace the KINE 4392 Practicum course.

± Students who do **NOT** successfully complete student teaching **MUST** complete KINE 4391 Independent Study **AND** KINE 4392 Practicum.

** The KINE 1109 Forms of Movement credits **DO NOT** apply to the 37 sch required for the B.S. degree, but **DO** count toward 120.

KINESIOLOGY DEGREE REQUIREMENTS:

Prerequisites for KINE 2370; KINE 3340; KINE 3350; KINE 4310

KINE 2385 Anatomy & Physiology for Kinesiology (3 sch)

Kinesiology Required Core Courses: 16 sch (6 courses)

KINE 1301 Concepts in Fitness and Health

KINE 2306 First Aid

KINE 3340 Analysis of Human Movement (*Prereq KINE 2385*)

KINE 3350 Exercise Physiology (*Prereq KINE 2385*)

KINE 3151 Lab: Exercise Physiology (*taken with KINE 3350*)

KINE 4300 Measurement of Perf. in Sport & Exercise Sciences

I. Pre-professional Physical Education Specialization: 36 sch

KINE 1109 Forms of Movement Courses (12 activities)**

KINE 3310 Motor Development

KINE 3330 Physical Activity for the Disabled

KINE 3332 Instructional Styles for Diverse Learners

KINE 4310 Sports Skill Analysis (*Prereq KINE 2385, KINE 3340*)

KINE 4330 Motor Learning & Control

KINE 4320 Psych of Sport **OR** KINE 4350 Psych of Exercise

* KINE 4391 Elective – see * regarding this course _____

* KINE 4392 Practicum – see * note regarding student teaching

II. Electives 6 sch

Upper Level Elective

(Phase I Cert. course can count toward this)

Upper Level Elective

(Phase I Cert. course can count toward this)

III. Certification Requirements: All-Level Physical Education

Phase I

Teacher Education Core:

PSYC 3341 _____

EDUC 3352 _____

EDUC 3362 _____

EDUC 3370 _____

*Apply for program admission prior to registration for Phase II

Phase II

EDUC 4326 _____

*Take diagnostic tests for the TExES when finishing this phase.

Phase III

EDUC 4332 _____

EDUC 4333 _____

EDUC 4334 _____

*Take/pass All-Level P.E. TExES. Apply for student teaching

Phase IV

EDUC 4686 (Student Teaching) ± _____

EDUC 4099 (Seminar): _____

*Take/pass EC-12 PPR TExES if not previously taken/passed

Forms of Movement Requirements: 12 Activities Total

4 Individual Activities: 2 racquet sports, 1 target sport, 1 form sport

Weight Training or Track and Field: _____

3 Team Activities: _____

Aquatics: Water Activities for P.E.: _____

Dance: Elementary Dance Activities, Secondary Dance Activities: _____

Adventure Education: _____

**DEGREE PLAN: BACHELOR OF SCIENCE IN KINESIOLOGY:
Exercise Science PT w/Biology minor**

NAME: _____
 CERTIFICATION _____ Yes ___X___ No
 SID#: _____ Semester Admitted: _____
 TASP STATUS: ___ Passed ___ Liable ___ Exempt
 _____ Reading _____ Writing _____ Math

TRANSFER HOURS FROM OTHER INSTITUTIONS:
 Lower division total _____
 Upper division total _____
 Total hours counted toward degree _____

GENERAL EDUCATION REQUIREMENTS (44 SCH):
 ___ English Composition, 6 credits (2 courses) 1301 & 1302
 ___ Literature, 3 credits (1 course) 2322, 2323, 2327, 2328
 ___ U.S. History, 6 credits (2 courses) 1301 & 1302 recom.
 ___ U.S. & State Government, 6 credits (2 courses) 2301 & 2302
 ___ **BIOL 1306/1106 AND BIOL 1307/1107**
 ___ Mathematics (college algebra or above) 3 credits (1 course)
 ___ Mathematics (computing, logic, math, stats)
 3 credits (1 course)
 ___ Communication: COMM 1315, 3 credits (1 course)
 ___ Visual/Performing Arts, 3 credits (1 course)
 ___ Social Science, 3 credits (1 course)

- NOTES ON GRADUATING:**
1. Read the UT Permian Basin catalog and be familiar with the University's requirements for the BS degree. It is the student's responsibility to read the catalog and be familiar with and fulfill all the requirements for the B.S. degree.
 2. Complete at least **120** semester credit hours for the B.S. degree.
 3. At least **54** credits must be at the junior or senior level. At least **30** of these hours must be completed at UT Permian Basin.
 4. Obtain at least a "C" grade in all Kinesiology courses. Maintain at least a grade point average of 2.0 or "C" in all courses applicable toward the degree in Kinesiology.
 5. Students majoring in Kinesiology are required to complete an academic minor, which usually consists of 18 SCH. Please consult the appropriate catalog for specific details about the distribution of hours in the minor you have chosen to complete. If you intend to substitute a second teaching field for your minor, consult the catalog AND make an appointment with your certification advisor to be certain that you have the correct number and choice of courses.

MINOR (or second teaching field): Biology (15 new sch)
 Biology I _____
 Biology II _____
 Anatomy w/lab _____
 Physiology w/lab _____
 Genetics w/lab _____
 Evolution _____

The KINE 1109 Forms of Movement credits **DO NOT apply to the 37sch required for the B.S. degree, but **DO** count toward 120

KINESIOLOGY DEGREE REQUIREMENTS:
Prerequisites for KINE 2370; KINE 3340; KINE 3350; KINE 4310
 ___ BIOL 3350/3151 Human Anatomy & Lab (4 credits) AND
 ___ BIOL 3352/3153 Human Physiology & Lab (4 credits)

I. Kinesiology Required Core Courses: (16 sch)
 ___ KINE 1301 Concepts in Fitness and Health
 ___ KINE 2306 First Aid
 ___ KINE 3340 Analysis of Human Movement
 (Prereq BIOL 3350/3151, 3352/3153)
 ___ KINE 3350 Exercise Physiology
 (Prereq BIOL 3350/3151, 3352/3153)
 ___ KINE 3151 Lab: Exercise Physiology (taken with KINE 3350)
 ___ KINE 4300 Measurement of Perf. in Sport & Exercise Sciences

II. Exercise Science and Human Performance (33 sch)
 ___ KINE 1109 Forms of Movement Courses (9 activities)**
 ___ KINE 2370 Care & Prevention of Athletic Injuries
 (Prerequisite BIOL 3350/3151, 3352/3153)
 ___ KINE 3310 Motor Development
 ___ KINE 4350 Psychology of Exercise
 ___ KINE 4360 Exercise for Special Populations
 ___ KINE 4362 Cardiorespiratory Physiology
 ___ KINE 4364 Exercise and Nutrition
 ___ KINE 4393 Practicum: Exercise Science I
 ___ KINE 4394 Practicum: Exercise Science II

III. Electives (12 sch)
 ___ Upper Level Elective _____
 ___ Upper Level Elective _____
 ___ Upper Level Elective _____
 ___ Upper Level Elective _____

Requirements for Exercise Science and Human Performance, Sport and Exercise Studies, and Athletic Training Areas of Specialization

3 individual sports: _____

 3 team sports: _____

 1 Weight Training _____
 1 Aerobic Dance/Step Aerobics _____
 1 Aquatics _____

**DEGREE PLAN: BACHELOR OF SCIENCE IN KINESIOLOGY:
Sport and Exercise Studies**

NAME: _____
 SID#: _____ Semester Admitted: _____
 TASP STATUS: ___ Passed ___ Liable ___ Exempt
 ___ Reading ___ Writing ___ Math
 CERTIFICATION ___ Yes ___x___ No
 ___ EC-4 ___ 4-8 ___ 8-12 ___ All-Level

MINOR (or second teaching field): (18 sch)
 XXXX _____
 33XX _____
 33XX _____
 33XX _____
 43XX _____
 43XX _____

** The KINE 1109 Forms of Movement credits do not apply to the 37sch required for the B.S. degree, but DO count toward 120.

TRANSFER HOURS FROM OTHER INSTITUTIONS:

Lower division total _____
 Upper division total _____
 Total hours counted toward degree _____

GENERAL EDUCATION REQUIREMENTS (44 SCH):

___ English Composition, 6 credits (2 courses) 1301 & 1302
 ___ Literature, 3 credits (1 course) 2322, 2323, 2327, 2328
 ___ U.S. History, 6 credits (2 courses)
 1301 & 1302 recommended
 ___ U.S. & State Government, 6 credits (2 courses) 2301 & 2302
 ___ **BIOL 1306/1106 AND BIOL 1307/1107**
 ___ Mathematics (college algebra or above) 3 credits (1 course)
 ___ Mathematics (math or stats recommended)
 3 credits (1 course)
 ___ Communication: COMM 1315, 3 credits (1 course)
 ___ Visual /Performing Arts, 3 credits (1 course)
 ___ Social Science, 3 credits (1 course)

NOTES ON GRADUATING:

1. Read the UT Permian Basin catalog and be familiar with the University's requirements for the BS degree. It is the student's responsibility to read the catalog and be familiar with and fulfill all the requirements for the B.S. degree.
2. Complete at least **120** semester credit hours for the B.S. degree.
3. At least **54** credits must be at the junior or senior level. At least **30** of these hours must be completed at UT Permian Basin.
4. Obtain at least a "C" grade in all Kinesiology courses. Maintain at least a grade point average of 2.0 or "C" in all courses applicable toward the degree in Kinesiology.
5. Students majoring in Kinesiology are required to complete an academic minor, which usually consists of 18 SCH. Please consult the appropriate catalog for specific details about the distribution of hours in the minor you have chosen to complete. If you intend to substitute a second teaching field for your minor, consult the catalog AND make an appointment with your certification advisor to be certain that you have the correct number and choice of courses.

KINESIOLOGY DEGREE REQUIREMENTS; (3 sch)

Prerequisites for KINE 2370; KINE 3340; KINE 3350; KINE 4310
 ___ KINE 2385 Anatomy & Physiology for Kinesiology

Kinesiology Required Core Courses: 16 sch (6 courses)

___ KINE 1301 Concepts in Fitness and Health
 ___ KINE 2306 First Aid
 ___ KINE 3340 Analysis of Human Movement
(Prereq KINE 2385)
 ___ KINE 3350 Exercise Physiology *(Prereq KINE 2385)*
 ___ KINE 3151 Lab: Exercise Physiology *(taken with KINE 3350)*
 ___ KINE 4300 Measurement of Perf. in Sport & Exercise Sciences

Sport and Exercise Studies (33 sch)

___ KINE 1109 Forms of Movement Courses (9 activities)**
 ___ KINE 3310 Motor Develop *OR*
 KINE 4330 Motor Lrng & Contr
 ___ KINE 4320 Psych of Sport *OR* KINE 4350 Psych of Exercise
 ___ KINE (Upper Level) _____
 ___ KINE (Upper Level) _____
 ___ KINE (Upper Level) _____
 ___ KINE (Upper Level) _____
 ___ KINE 4391 Independent Study in Kinesiology _____
 ___ KINE 4392 Practicum in Kinesiology _____

Elective: (6 sch)

___ Upper Level Elective _____
 ___ Upper Level Elective _____

Requirements for Exercise Science and Human Performance, Sport and Exercise Studies, and Athletic Training Areas of Specialization

3 individual sports: _____

 3 team sports: _____

 1 Weight Training _____
 1 Aerobic Dance/Step Aerobics _____
 1 Aquatics _____

**DEGREE PLAN: BACHELOR OF SCIENCE IN KINESIOLOGY:
Athletic Training Specialization**

NAME: _____
 SID#: _____ Semester Admitted: _____
 TASP STATUS: ___ Passed ___ Liable ___ Exempt
 ___ Reading ___ Writing ___ Math
 CERTIFICATION ___ Yes ___ No
 ___ EC-4 ___ 4-8 ___ 8-12 ___ All-Level

TRANSFER HOURS FROM OTHER INSTITUTIONS:
 Lower division total _____
 Upper division total _____
 Total hours counted toward degree _____

GENERAL EDUCATION REQUIREMENTS (44 SCH):
 ___ English Composition, 6 credits (2 courses) 1301 & 1302
 ___ Literature, 3 credits (1 course) 2322, 2323, 2327, 2328
 ___ U.S. History, 6 credits (2 courses)
 1301 & 1302 recommended
 ___ U.S. & State Government, 6 credits (2 courses) 2301 & 2302
 ___ **BIOL 1306/1106 AND BIOL 1307/1107**
 ___ Mathematics (college algebra or above) 3 credits (1 course)
 ___ Mathematics (math or stats recommended)
 3 credits (1 course)
 ___ Communication: COMM 1315, 3 credits (1 course)
 ___ Visual /Performing Arts, 3 credits (1 course)
 ___ Social Science, 3 credits (1 course)

- NOTES ON GRADUATING:**
1. Read the UT Permian Basin catalog and be familiar with the University's requirements for the BS degree. It is the student's responsibility to read the catalog and be familiar with and fulfill all the requirements for the B.S. degree.
 2. Complete at least **120** semester credit hours for the B.S. degree.
 3. At least **54** credits must be at the junior or senior level. At least **30** of these hours must be completed at UT Permian Basin.
 4. Obtain at least a "C" grade in all Kinesiology courses. Maintain at least a grade point average of 2.0 or "C" in all courses applicable toward the degree in Kinesiology.
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MINOR (or second teaching field): (18 sch)
 XXXX _____
 33XX _____
 33XX _____
 33XX _____
 43XX _____
 43XX _____

** The KINE 1109 Forms of Movement credits do not apply to the 37sch required for the B.S. degree, but DO count toward 120.

KINESIOLOGY DEGREE REQUIREMENTS; (3 sch)
Prerequisites for KINE 2370; KINE 3340; KINE 3350; KINE 4310
 ___ KINE 2385 Anatomy & Physiology for Kinesiology (3 sch) **or**

Kinesiology Required Core Courses: 16 sch (6 courses)
 ___ KINE 1301 Concepts in Fitness and Health
 ___ KINE 2306 First Aid
 ___ KINE 3340 Analysis of Human Movement (*Prereq KINE 2385*)
 ___ KINE 3350 Exercise Physiology (*Prereq KINE 2385*)
 ___ KINE 3151 Lab: Exercise Physiology (*taken with KINE 3350*)
 ___ KINE 4300 Measurement of Perf. in Sport & Exercise Sciences

Athletic Training Specialization (33 sch)
 ___ KINE 1109 Forms of Movement Courses (9 activities)**
 ___ KINE 2370 Care & Prev of Ath Injuries (*Prerequisite KINE 2385*)
 ___ KINE 3370 Advanced Athletic Training
 ___ KINE 4355 Counseling in Athletic Training
 ___ KINE 4364 Exercise and Nutrition
 ___ KINE 4370 Therapeutic Modalities
 ___ KINE 43XX Elective: _____
 ___ KINE 4391 Independent Study / Athletic Training
 ___ KINE 4395 Practicum / Athletic Training
 (6x0.5 credit sections)

Elective: (6 sch)
 ___ Upper Level Open Elective _____
 ___ Upper Level Open Elective _____

Requirements for Exercise Science and Human Performance, Sport and Exercise Studies, and Athletic Training Areas of Specialization
 3 individual sports: _____

 3 team sports: _____

 1 Weight Training _____
 1 Aerobic Dance/Step Aerobics _____
 1 Aquatics _____