
KHP Kinesiology and Health Promotion

KINESIOLOGY

KHP 100-KHP 135 SERVICE COURSES. (1)

Instruction in a variety of motor skills activities. Courses are designed for students at a beginner level. Up to six hours credit may be earned in service courses; however, the same activity may not be repeated for credit.

KHP 136-KHP 144 ADVANCED SERVICE COURSES. (1)

Instruction in a variety of motor skills activities. The courses are designed for students who already possess intermediate skill in the activity. Instructors will assess skill at start of course. Up to six hours credit may be earned in service courses; however, the same activity may not be repeated for credit. Assignment of specific titles will occur internally in the department. Laboratory, three hours. Prereq: Completion of comparable service course or demonstrated competency.

†KHP 147 DANCE FOUNDATIONS I.

KHP 150 SOCCER. (1)

Designed to familiarize the professional physical education student with the skills, practices, techniques, and theory of soccer. Development of at least an intermediate skill level is expected of the students. The primary goal of the course is to equip the student with the skills necessary to effectively teach soccer. Laboratory, six hours per week for one-half semester or three laboratory hours per week per semester. Prereq: PHED and KINE majors only.

KHP 152 TECHNIQUES OF SWIMMING. (1)

Acquisition of intermediate and advanced swimming skills. Includes techniques of teaching beginning and intermediate swimming and diving. Other topics include mechanical analysis of strokes, skin diving, survival swimming, basic first aid, rescue and safety in the aquatic environment. Laboratory, three hours per week. Prereq: Intermediate skill test first day of class and PHED, KINE majors only.

KHP 153 VOLLEYBALL. (1)

Designed to familiarize the professional physical education student with the skills, practices, techniques, and theory of volleyball. Development of at least an intermediate skill level is expected of the students. The primary goal of the course is to equip the student with the skills necessary to effectively teach volleyball. Laboratory, six hours per week for one-half semester or three laboratory hours per week per semester. Prereq: PHED and KINE majors only.

†KHP 154 DANCE FOUNDATIONS II.

KHP 155 PRINCIPLES OF CONDITIONING. (1)

Designed to familiarize the professional physical education student with the theory, techniques, and practices of conditioning. Understanding of the basic principles, and an attainment of above average personal physical fitness status is expected of the students. The primary goal of the course is to equip students with knowledge and skill to design and carry out safe and meaningful physical conditioning programs. Laboratory, six hours per week for one-half semester or three laboratory hours per week per semester.

KHP 156 EDUCATIONAL GYMNASTICS. (1)

The primary goal of the course is to equip the student with the skills necessary to effectively teach gymnastics and tumbling skills in the schools. Students will learn safety procedures, skill sequencing, and progressions that are recommended for students in pre-school through middle school. Students will learn to analyze skills and prepare appropriate lesson plans. Laboratory, six hours per week for one-half semester or three laboratory hours per week per semester. Prereq: Demonstrated competence and PHED, KINE majors only.

KHP 157 TRACK AND FIELD. (1)

Designed to familiarize the professional physical education student with the skills, practices, techniques, and theory of track and field. Development of at least an intermediate skill level is expected of the students. The primary goal of the course is to equip the student with the skills necessary to effectively teach track and field. Laboratory, three hours per week.

KHP 159 TENNIS. (1)

Designed to familiarize the professional physical education student with the skills, practices, techniques, and theory of tennis. Development of at least an intermediate skill level is expected of the students. The primary goal of the course is to equip the student with the skills necessary to effectively teach tennis. Laboratory, six hours per week for one-half semester or three laboratory hours per week per semester. Prereq: PHED and KINE majors only.

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- KHP 160 BADMINTON.** (1)
Designed to familiarize the professional physical education student with the skills, practices, techniques, and theory of badminton. Development of at least an intermediate skill level is expected of the students. The primary goal of the course is to equip the student with the skills necessary to effectively teach badminton. Laboratory, six hours per week for one-half semester or three laboratory hours per week per semester. Prereq: PHED and KINE majors only.
- KHP 161 GOLF.** (1)
Designed to familiarize the professional physical education student with the skills, strategies, rules and teaching techniques of golf. Development of at least an intermediate skill level is expected. The primary goal of the course is to equip the student with skills necessary to effectively teach golf. Laboratory: Six hours per week for one-half semester or three laboratory hours per week per semester. Prereq: PHED and KINE majors only.
- KHP 162 OUTDOOR EDUCATION THROUGH ACTIVITIES.** (1)
An overview of outdoor educational skills and wilderness related activities for use by physical education majors in the school and/or recreational setting. Laboratory, two hours per week. Prereq: PHED and KINE majors only.
- KHP 163 TEAM HANDBALL/NEW GAMES.** (1)
This course is designed to familiarize the physical education student with the skills, practices, techniques, and theory of team handball and new games. Development of at least an intermediate skill level in team handball and a knowledge base of at least 20 new games is expected of the students. The primary goal of this course is to equip students with the skills necessary to effectively teach handball and new games. Laboratory, six hours per week for one-half the semester or three hours per week per semester. Prereq: KINE/HEPR/KHPR majors only.
- KHP 181 MODERN DANCE I.** (2)
Techniques of creative dance including movement sequences leading to individual and group studies in initial compositional elements. Laboratory, four hours.
- KHP 182 MODERN DANCE II.** (2)
Advanced techniques for creative dance. Special emphasis on the development of movement themes as motivated by specific content. Laboratory, four hours. Prereq: KHP 181.
- KHP 200 THE HISTORY AND PHILOSOPHY OF PHYSICAL EDUCATION AND SPORT.** (3)
An introduction to the history and philosophy of physical education. An emphasis will be on: (1) the role of philosophy, educational philosophy, and the philosophy of physical education and (2) the major historical influences in the development of existing physical education programs in the United States.
- KHP 210 INTRODUCTION TO FITNESS: (Subtitle required).** (2)
Designed to familiarize the professional physical education student with the theory, techniques, and practices of physical fitness and conditioning. Understanding of the basic principles and an attainment of above average personal fitness status is expected of the students. The primary goal of the course is to equip students with knowledge and skill to design and carry out safe and meaningful physical conditioning programs. Prereq: PHED, KINE majors only.
- KHP 220 SEXUALITY EDUCATION.** (2)
This course is designed to prepare educators to offer sexuality education in the schools. Emphasis is placed on justification of sexuality education, relevant content, appropriate teaching techniques, and precautions to take when teaching sexuality education.
- KHP 222 DRUG EDUCATION.** (2)
This course is designed to prepare educators to offer drug education in the schools. Emphasis is placed on the prevalence of drug use by youth; physiological, psychological, and social effects of various drugs; effective and ineffective approaches to drug abuse prevention; appropriate teaching strategies; and evaluating drug curricula.

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KHP 240 NUTRITION AND PHYSICAL FITNESS. (3)

Course focuses on the interrelationship between nutrition and physical fitness. The intent is to provide the student with the information necessary to formulate an individualized plan for the achievement and maintenance of adequate nutrition and physical fitness. Weight control will be discussed in this content. Team taught by nutrition faculty and health, physical education and recreation faculty. Lecture, two hours; laboratory, two hours.

KHP 250 TEAM SPORTS: (Subtitle required). (2)

This course is designed to familiarize the professional physical education student with the skills, practices, techniques, rules, and strategies of the sports of: soccer, volleyball, and team handball. The primary goal of the course is to equip the student with the skills necessary to effectively teach these three sports in both the upper elementary and secondary schools. Development of at least an intermediate skill level is expected of the students. Laboratory: Six hours per week for one semester. Prereq: KINE or PHED major.

KHP 252 WATER SAFETY LEADERSHIP. (2)

Leadership training in the teaching of swimming, lifesaving, diving, synchronized swimming, competitive swimming, camp waterfront, beach and pool operation and exhibition. Laboratory, four hours. Prereq: Current lifesaving certificate or equivalent.

KHP 260 INDIVIDUAL SPORTS: (Subtitle required). (2)

This course is designed to familiarize the professional physical education student with the skills, practices, techniques, rules, and strategies of the sports of: golf, tennis, and badminton. The primary goal of the course is to equip the student with the skills necessary to effectively teach these three sports in both the upper elementary, middle, and secondary schools. Development of at least an intermediate skill level is expected of the students. Laboratory: six hours per week for one semester. Prereq: KINE or HEPR major.

KHP 263 CURRICULUM DESIGN AND DEVELOPMENTAL SPORTS SKILLS IN THE ELEMENTARY SCHOOL. (3)

The study of sports skills development and their inclusion in the elementary programs of games of low organization, lead-up games, and refined sports skills. Lecture, two hours; laboratory, two hours per week. Prereq: KINE/HEPR/KHPR majors or permission of the instructor.

KHP 290 HISTORY AND PHILOSOPHY OF THE DANCE. (3)

The study of the evolution of dance through the cultural periods of history and the interrelation of the arts of social structure and dance forms.

KHP 293 CLASSICAL BALLET I. (2)

The basic techniques and theories of traditional classic dance. Designed for beginning dance students. Lecture, one hour; laboratory, two hours.

KHP 294 CLASSICAL BALLET II. (2)

Intermediate techniques and theories of classical dance. Lecture, one hour; laboratory, two hours. Prereq: KHP 293 or equivalent.

KHP 300 PSYCHOLOGY AND SOCIOLOGY OF PHYSICAL EDUCATION AND SPORT. (3)

A survey course in the social science foundation of sport. Study of the sociological and psychological concepts which are relevant in understanding of sport in this country and the world. After the successful completion of this course, the student should be able to define, discuss, and identify the basic social and psychological factors which are related to the pursuit of movement through sport.

KHP 319 SPORTS OFFICIATING. (1)

This course will provide students with introductory knowledge, interpretations skills, and mechanical techniques of officiating. Prereq: KHP major or permission of instructor.

KHP 340 ATHLETIC TRAINING. (2)

Consideration is given to the prevention, treatment and rehabilitation of injuries. Films and other visuals, visiting physicians and team trainers will be used to supplement instruction. The student will have an opportunity to gain practical experience. Lecture, one hour; laboratory, three hours.

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KHP 344 PHYSICAL EDUCATION IN THE SECONDARY SCHOOL. (3)

Required for teacher certification in physical education. Theory and practice in methods of teaching physical education activities and supervising programs in the secondary school. Lecture, two hours; laboratory, two hours per week. Prereq: Admission to KHP Teacher Education Program.

KHP 360 PHYSICAL EDUCATION IN THE ELEMENTARY SCHOOL. (3)

An introduction to the necessary skills needed for the planning and conduct of modern elementary physical education programs. Emphasis is placed on teaching basic movement skills, fundamental rhythmic and sports skills. Lecture, two hours; laboratory, two hours per week. Prereq: Admission to KHP Teacher Education Program.

KHP 361 FIELD EXPERIENCES. (1)

Field experiences with elementary school age children, P-12. Prereq: Admission to the KHP Teacher Education Program.

KHP 362 FIELD EXPERIENCES IN SECONDARY EDUCATION. (1)

Supervised experiences in school, agency, and recreation department programs of secondary education. Required of all majors in Secondary Teacher Education Programs in the Department of Health, Physical Education and Recreation. Includes field trip, inspection of programs and professional organizations. Prereq: Admission to the Teacher Education Program.

KHP 369 STUDENT TEACHING IN PHYSICAL EDUCATION. (3-12)

For students who expect to teach and who meet the requirements for a major in physical education. Experience in working with children in physical education activities comprises basic part of course. Safety education also included. To be offered only on a pass-fail basis. Prereq: Admission to the Teacher Education Program or permission of instructor.

KHP 382 PHYSICAL EDUCATION FOR ELEMENTARY SCHOOL TEACHERS. (2)

Provides physical education concepts and content to be taught to the elementary students. Includes instructional methods and management techniques appropriate for physical education programs at the elementary school level. Lecture, one hour; laboratory, two hours per week. Prereq: Admission to elementary or early childhood teacher education program or consent of instructor.

***KHP 390 DANCE ACTIVITIES FOR SCHOOLS. (2)**

Designed to familiarize physical education preservice students with the skills, practices, techniques, theory of creative movement expression, and structured dance appropriate for K-12 physical education. State and national standards will be the foundation for the lesson plans developed in this course.

KHP 391 JAZZ DANCE I. (2)

Theory and practice of jazz dance from early 20th century to present. Lecture, one hour; laboratory, two hours.

KHP 392 JAZZ DANCE II. (2)

Intermediate jazz dance emphasizing contemporary techniques and styles. Lecture, one hour; laboratory, two hours. Prereq: KHP 391 or equivalent.

KHP 393 RHYTHMICAL FORMS, IMPROVISATION, AND ANALYSIS. (3)

An analysis of rhythmical forms of movement incorporating the principal elements of dance improvisation. The craft of improvisation using the principles of dance as an art form will be explored.

KHP 395 INDEPENDENT STUDY IN KINESIOLOGY AND HEALTH PROMOTION. (3)

May be repeated to a maximum of 12 credits. Prereq: Major and 3.0 standing in area or consent of instructor.

KHP 396 DANCE PEDAGOGY FOR MIDDLE AND HIGH SCHOOL. (3)

This is a comprehensive study of teaching methods and materials for teachers of middle and high school students. Prereq: KHP 390 and/or KHP 393.

KHP 415 BIOMECHANICS OF HUMAN MOVEMENT. (4)

The application of mechanical principles in the study of the internal and external forces acting on the human body and the effects produced by those forces. Prereq: ANA 209, PGY 206, MA 109 or above, or equivalents or consent of instructor.

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KHP 420G PHYSIOLOGY OF EXERCISE. (3)

An in-depth study of the immediate and long-term effects of exercise on the human organism. Lecture, two hours; laboratory, two hours. Prereq: ANA 209, PGY 206 or equivalent. Junior, senior or graduate standing.

KHP 430 METHODS OF TEACHING HEALTH EDUCATION. (3)

A variety of contemporary teaching methods appropriate for use in grades K-12 will be presented. Students will be exposed to these methods through textbook and outside readings and through observation of the instructor, public school teachers, and peer teachers. Methods will be critically examined for effectiveness in the cognitive, affective, and behavioral areas. Prereq: KHP 220, 230, or equivalent, or consent of instructor via permit; and admission to Teacher Education Program or consent of instructor via permit.

KHP 445 INTRODUCTION TO TESTS AND MEASUREMENTS. (3)

An analysis of written and motor performance tests in health, safety, physical education, and recreation. Laboratory experiences in the administration, scoring, and interpretation of motor performance tests are provided. Lecture, two hours; laboratory, two hours.

KHP 485 SPORT IN AMERICA. (3)

An overview of the history and development of sport in the United States from colonial times to the present with emphasis on the scope and diversity of modern day sport and its impact on society.

KHP 546 PHYSICAL EDUCATION WORKSHOP. (1-3)

A concentrated study in a specific sport or activity or field of emphasis in physical education. May be repeated to a maximum of six credits.

KHP 547 PSYCHOLOGY OF SPORT AND PHYSICAL ACTIVITY. (3)

An analysis of research findings in the psychology of teaching and coaching with emphasis placed on those factors which influence the acquisition of motor skills as well as on the psychological benefits of exercise and sport. Prereq: Undergraduate psychology course and basic statistics or consent of instructor.

KHP 560 MOTOR DEVELOPMENT IN INFANTS AND YOUNG CHILDREN. (3)

An analysis of the processes of learning to move and moving to learn in infants and young children. Emerging interrelationships among the motor, social, emotional, and cognitive forms of behavior are explored. Laboratory experiences are provided in early childhood education programs. Prereq: PSY 100.

KHP 579 ADAPTED PHYSICAL EDUCATION. (3)

A study of programs of adapted and developmental physical education for individuals with disabilities. Experiences will include the appraisal of psychomotor functioning, design of instructional intervention, and program implementation and evaluation. Lecture, two hours; laboratory, two hours. Prereq: KHP 515 or consent of instructor.

KHP 592 CHOREOGRAPHY. (2)

Creation and production of dances in ballet, modern, and theater dance forms. Lecture, one hour; laboratory, two hours. Prereq: Beginning ballet, modern and theater dance.

GRADUATE COURSES

KHP 601 TEACHING EFFECTIVENESS AND LEADERSHIP IN KINESIOLOGY AND HEALTH EDUCATION. (3)

This course will examine the current research relevant to teacher effectiveness. The development and implementation of practical methods for improving teacher effectiveness in Kinesiology constitute the primary emphasis of the course. The Kentucky Teacher Standards will be emphasized and used to guide this course.

KHP 644 RESEARCH TECHNIQUES APPLIED TO KINESIOLOGY AND HEALTH PROMOTION. (3)

A critique of research procedures for purposes of developing more efficient research designs applicable to problems in kinesiology and health promotion. Should be preceded or accompanied by basic statistics and introduction to measurement.

KHP 676 CURRENT ISSUES AND PROBLEMS IN SPORT MANAGEMENT. (3)

An in-depth analysis of pertinent issues and problems affecting the management of sport and fitness programs.

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- KHP 680 SPORT AND FITNESS MARKETING. (3)**
An introduction to the broad area of sport and fitness marketing to include a focus on marketing management as it applies to sport, the general nature of the sport and fitness consumer, pricing strategies and promotions, licensing, and the role of research in sport marketing.
- KHP 681 FINANCIAL ASPECTS OF SPORT. (3)**
Course focuses on principles, practices and theories associated with financial planning and management of enterprises engaged in the provision of sport related services and/or products. Topics include budget planning and preparation, preparing and analyzing financial statements, revenue sources, money management, preparation of business plans and feasibility studies. Prereq: ACC 201 and 202 and HPER, KHPR majors or consent of instructor.
- KHP 685 SUPERVISION OF SPORT AND FITNESS PERSONNEL. (3)**
A study of the three major functions of the supervisor: planning, directing and controlling and their application to the area of organized sport. Prereq: KHP 580 or consent of instructor.
- KHP 686 SPORT MANAGER'S LABORATORY. (3)**
A combination of lectures and laboratory experiences which enable the student to demonstrate competence in the application of various applied management skills learned in KHP 685. Skills such as delegation, performance appraisal, coaching and counseling employees will be covered. Students will be videotaped as a method of providing feedback. Prereq: KHP 685 or consent of instructor.
- KHP 687 PRACTICUM IN SPORT MANAGEMENT. (3-9)**
Extensive work experiences under the immediate supervision of qualified managers and sport management faculty coordinator. May be repeated to a maximum of nine credits. Prereq: HPER, KHPR majors (Sport Management) or consent of advisor.
- KHP 695 INDEPENDENT STUDY IN KINESIOLOGY AND HEALTH PROMOTION. (1-3)**
A specific topic in physical education related to the student's interests and program needs is selected for intensive study. Work to be supervised by a graduate faculty member proficient in the area under investigation. May be repeated to a maximum of six credits. Prereq: Consent of instructor.
- KHP 748 MASTER'S THESIS RESEARCH. (0)**
Half-time to full-time work on thesis. May be repeated to a maximum of six semesters. Prereq: All course work toward the degree must be completed.
- KHP 749 DISSERTATION RESEARCH. (0)**
Half-time to full-time work on dissertation. May be repeated to a maximum of six semesters. Prereq: Registration for two full-time semesters of 769 residence credit following the successful completion of the qualifying exams.
- KHP 767 DISSERTATION RESIDENCY CREDIT. (2)**
Residency credit for dissertation research after the qualifying examination. Students may register for this course in the semester of the qualifying examination. A minimum of two semesters are required as well as continuous enrollment (Fall and Spring) until the dissertation is completed and defended.
- KHP 768 RESIDENCE CREDIT FOR THE MASTER'S DEGREE. (1-6)**
May be repeated to a maximum of 12 hours.
- KHP 769 RESIDENCE CREDIT FOR THE DOCTORAL DEGREE. (0-12)**
May be repeated indefinitely.
- KHP 781 PRO SEMINAR IN KHP (Subtitle required). (1-3)**
Advanced study of topics of current importance in health education, physical education and recreation. May be repeated under a different subtitle to a maximum of nine credits. Prereq: Consent of instructor.
- KHP 782 INDEPENDENT RESEARCH IN KINESIOLOGY AND HEALTH PROMOTION. (3)**
Systematic investigation of a problem selected from the areas of kinesiology and health promotion. May be repeated to a maximum of nine credits.

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SPORT MANAGEMENT

#KHP 550 PRINCIPLES OF RESISTANCE TRAINING. (3)

This course will provide students with the knowledge to design strength and conditioning programs for athletes. In addition, students will learn how to teach strength training, flexibility, and plyometric exercises. This class prepares students for the National Strength and Conditioning Association's certifications. Prereq: KHP 120, ANA 209, PGY 206.

KHP 570 PLANNING AND MANAGEMENT OF FACILITIES FOR SPORT. (3)

An introduction to the planning and management of sports facilities. The course will focus on elements of planning, design and management while examining functions related to maintenance, security, operations budgeting and evaluation. The course will be presented primarily in lecture format utilizing guest speakers but will also include facility visitations as integral parts of the course. Prereq: Upper division KHP major or consent of instructor.

KHP 573 MANAGEMENT OF SPORT. (3)

An introduction to the five functions of management: planning, organizing, staffing, directing and controlling, and their application to organized sport settings. Prereq: Upper division PHED, KINE majors or HPER, KHPR majors or consent of instructor.

KHP 577 PRACTICUM IN KINESIOLOGY AND HEALTH PROMOTION. (3-6)

Extensive practical work experiences with qualified practitioners and KHP faculty. Prereq: KINE, HEPR, KHPR majors only.

KHP 580 INTRODUCTION TO TEAM DEVELOPMENT. (3)

An introduction to the concept of teams to include an overview of group theory, dynamics and properties as they apply to the team development in sport and non-sport settings. Students may be required to participate in a low ropes/challenge course as part of course requirements. Prereq: Upper division PHED, KINE majors or HPER, KHPR majors or consent of instructor.

KHP 585 FOUNDATIONS OF SPORT MANAGEMENT. (3)

An overview of the broad field of sport management with an emphasis on (1) the historical, political, sociological and economic parameters that influence sport; and (2) the issues related to sport and business in society and their application to sport organizations. Prereq: Sport Management graduate student or permission of instructor.

HEALTH PROMOTION

KHP 190 FIRST AID AND EMERGENCY CARE. (2)

A study of first aid subject matter and orientation in the various first aid teaching methods. Lectures and demonstrations on first aid measures with skill training. American Red Cross Certificate made available. Lecture, one hour; laboratory, two hours.

KHP 220 SEXUALITY EDUCATION. (2)

This course is designed to prepare educators to offer sexuality education in the schools. Emphasis is placed on justification of sexuality education, relevant content, appropriate teaching techniques, and precautions to take when teaching sexuality education.

KHP 222 DRUG EDUCATION. (2)

This course is designed to prepare educators to offer drug education in the schools. Emphasis is placed on the prevalence of drug use by youth; physiological, psychological, and social effects of various drugs; effective and ineffective approaches to drug abuse prevention; appropriate teaching strategies; and evaluating drug curricula.

KHP 230 HUMAN HEALTH AND WELLNESS. (3)

The study of health promotion, wellness, and disease prevention concepts as applied to individual, familial, and community health.

KHP 330 PLANNING AND IMPLEMENTING SCHOOL HEALTH EDUCATION PROGRAMS. (3)

A study of the foundations of school health education and the various factors that are involved in the processes of conceptualizing, planning, drafting, and implementing effective health education programs. Prereq: KHP 220 and KHP 230 or equivalents or permission of instructor.

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KHP 371 STUDENT TEACHING IN HEALTH EDUCATION. (3-12)

For students who expect to teach and who meet the requirements for a teaching certificate in Health Education. Includes objectives, courses of study, methods, materials, and testing in Health Education. The course includes observation, practice, safety education, audio-visual aids and planning conferences with supervising teacher. Six-24 lab hours per week. May be taken on a pass/fail basis only. Prereq: Admission to the Teacher Education Program in Health.

KHP 380 HEALTH EDUCATION IN THE ELEMENTARY SCHOOL. (2)

Presents health concepts to be taught in the elementary school. A brief discussion of the school health program and a review of instructional methods appropriate to health education in the elementary school are presented. Prereq: Admission to elementary or early childhood teacher education program or consent of instructor.

KHP 430 METHODS OF TEACHING HEALTH EDUCATION. (3)

A variety of contemporary teaching methods appropriate for use in grades K-12 will be presented. Students will be exposed to these methods through textbook and outside readings and through observation of the instructor, public school teachers, and peer teachers. Methods will be critically examined for effectiveness in the cognitive, affective, and behavioral areas. Prereq: KHP 220, 230, or equivalent or consent of instructor via permit; and admission to Teacher Education Program or consent of instructor via permit.

KHP 509 WORKSHOP IN HEALTH AND SAFETY. (1-3)

Designed as a variable topic course including aspects of school health or safety education with emphasis upon the needs of teachers. May be repeated to a maximum of six credits.

KHP 602 PROMOTING PHYSICAL ACTIVITY FOR YOUTH. (3)

The purpose of this course is to provide educators and other professionals with the knowledge and skills necessary to promote physical activity for youth. Current research and philosophies will be presented in a manner that provides a sound philosophical and factual basis for promoting physical activity for youth primarily through schools. Topics such as motivation, health benefits of regular physical activity, physical activity guidelines, and assessment of physical activity will be covered. Students will also be exposed to strategies for increasing physical activity both during the school day and outside of school.

KHP 609 SEMINAR IN HEALTH AND SAFETY EDUCATION. (3)

Overview of the problems confronting persons in these fields and selected research findings applicable to these areas. Emphasis is given to gaining a better understanding of research data and to a greater utilization of research findings in both school and community health and safety endeavors. May be repeated to a maximum of nine credits. Prereq: Consent of instructor.

KHP 674 FOUNDATIONS OF HEALTH PROMOTION. (3)

This course is designed to provide students with the foundations of health promotion and education including history, philosophy, and ethics in the field. Prereq: Health-related background and/or course work. Consent of the instructor.

KHP 675 HEALTH ASSESSMENTS. (3)

This course presents concepts and skills related to assessing health status at the individual and community level in a wellness environment. Emphasis is placed on, but not limited to, physical and psychological components of health. Prereq: Completion of/or in concurrent enrollment in KHP 674 or equivalent. Consent of the instructor.

KHP 677 PLANNING HEALTH PROMOTION PROGRAMS. (3)

This course addresses principles of planning, designing, implementing, and evaluating health promotion and education programs. Prereq: KHP 674 or equivalent/Consent of the instructor.

EXERCISE SCIENCE

KHP 350 STRENGTH AND CONDITIONING FOR SPORTS. (3)

The course addresses the fundamental principles of Exercise Science specifically as they relate to the conditioning of athletes. The course will also review concepts essential for successful completion of the National Strength and Conditioning Association's CSCS exam. Prereq: ANA 209, PGY 206, KHP 120.

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KHP 450 INTRODUCTION TO EXERCISE TESTING AND PRESCRIPTION. (3)

The course addresses fundamental principles of Exercise Science specifically as they relate to the testing and exercise prescription of apparently healthy individuals and individuals with controlled disease. The class will review concepts essential for successful completion of the American College of Sports Medicine Certified Personal Trainer and Health Fitness Instructor exams. Prereq: ANA 209, PGY 206.

KHP 600 EXERCISE STRESS TESTING AND PRESCRIPTION. (3)

Knowledge required for the administration of an exercise stress test with implications for writing an exercise prescription. Content covers healthy individuals as well as those with various health problems such as heart disease, hypertension, mental illness and diabetes. Course implements the Guidelines of the American College of Sportsmedicine in preparing a specialist in exercise stress testing. Lecture, two hours; laboratory, two hours per week. Prereq: PGY 206, KHP 420G, consent of instructor.

KHP 610 MOTOR CONTROL I: MUSCLES, STRENGTH AND MOVEMENT. (3)

This course will teach the relationship between muscle forces and movement control, understanding of neuromuscular and musculoskeletal interactions. Prereq: Anatomy, Physiology

KHP 615 BIOMECHANICS OF FUNDAMENTAL MOVEMENTS. (3)

A research oriented, qualitative and quantitative investigation into the fundamental human movement patterns of ambulation, jumping, throwing, and striking. Lecture, two hours; laboratory, two hours. Prereq: An introductory course in physics, KHP 515, and consent of instructor.

KHP 616 SPORTS BIOMECHANICS. (3)

Application of fundamental concepts in biomechanics to analysis of sports skills. Class will examine how motions are created and controlled to enable specific sport performances. Mechanics related to injury will also be investigated. Prereq: Undergraduate course in biomechanics or consent of instructor.

KHP 617 GAIT ANALYSIS. (3)

This course is a graduate level experience into the analysis of human gait. Walking, running, and pathological gait will be studied. Prereq: KHP 615 or similar course.

KHP 618 WORK HARDENING AND ERGONOMICS. (3)

A study of the basic areas of ergonomics including: anthropometric principles, repetitive motion disorders, low back pain, design of manual handling tasks, and job evaluation tools. The class will also discuss important government documents such as the NOISH Lifting equation and the Americans with Disabilities Act. Prereq: Consent of instructor.

KHP 620 ADVANCED EXERCISE PHYSIOLOGY. (3)

Aimed at development of an in-depth understanding of the acute and chronic adaptations of the human body to the stress of exercise. Lecture, two hours; laboratory, two hours. Prereq: KHP 420G or consent of instructor.

KHP 640 LAB METHODS IN EXERCISE SCIENCE. (3)

Introduces students to measurement techniques used in exercise science. Emphasis is placed on calibration of instruments and on concepts of accuracy, validity and reliability. Prereq: Consent of instructor.

KHP 650 MOTOR CONTROL II: REFLEXES, COGNITION AND MOVEMENT. (3)

This second course in the motor control sequence introduces recent theories on how cord and brain function to aid in movement control. Prereq: Anatomy & Physiology, Motor Control I, or consent of instructor.

KHP 715 THREE-DIMENSIONAL BIOMECHANICAL ANALYSIS OF HUMAN MOVEMENT. (3)

This course will provide an in-depth study of the basic methods of three-dimensional biomechanical analysis of human movement based on the inverse dynamics approach. Prereq: KHP 615 or consent of instructor.

KHP 720 SPORTS MEDICINE. (3)

A study of the basic areas covered in sports medicine with readings and discussions of current international trends in the research and practice in this field. Prereq: Twelve semester hours; credit in the field of biological sciences; consent of instructor.

KHP 785 GRADUATE SEMINAR IN EXERCISE SCIENCE.

(0-1)

Faculty, students and invited speakers will present and discuss current research in Exercise Science. Students enrolled for credit will be required to present a seminar on their own research. Students presenting a seminar will be provided feedback by faculty and seminar participants. May be repeated to a maximum of 2 times for credit, unlimited times for zero credit. Prereq: Graduate standing in Ph.D. in Exercise Science program or consent of instructor.