

## 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 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 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 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 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 205 KINESIOLOGY FOR HEALTH AND PHYSICAL EDUCATION. (3)**

This course is an examination of the structure and function of the major body systems, with emphasis on the muscular, skeletal, and cardiorespiratory systems role in human movement and physical activity.

#### **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 teach sexuality education in the schools or other sexuality education forums. Information in this class will also be useful for students who plan to be parents. Emphasis is placed on justification of sexuality education, relevant content, appropriate teaching techniques, and precautions to take when teaching sexuality education.

**KHP Kinesiology and Health Promotion**

**\*KHP 222 DRUG EDUCATION. (2)**

This course is designed to prepare educators to teach drug education in the schools or other drug education forums. Information in this class will also be useful for students who plan to be parents. 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 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 280 INTRODUCTION TO COACHING. (3)**

This course is an introduction to the field of coaching. Students will be exposed to fundamentals of instruction, training principles, coaching philosophies, and sports sciences as they relate to coaching. Contemporary issues associated with coaching, such as youth sports, will be addressed.

**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. This course is a Graduation Composition and Communication Requirement (GCCR) course in certain programs, and hence is not likely to be eligible for automatic transfer credit to UK.

**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.

## KHP Kinesiology and Health Promotion

### **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 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)**

This course is a hybrid course that does meet the first day of class. The syllabus provides information about access to student services and that is discussed during the face-to-face course orientation. 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. 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 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 for Exercise Science majors: ANA 209, PGY 206, Math ACT of 23 or above (or Math placement test), or MA 109, or MA 110. Prereq for KINE Cert majors: KHP 205, Math ACT of 23 or above (or Math placement test), or MA 109, or MA 110.

### **KHP 420G PHYSIOLOGY OF EXERCISE. (3)**

A study of the immediate and long-term effects of exercise on the human organism. The course will include topics such as the role of exercise in health related issues as well as physical training for fitness and sports performance. We will discuss current areas of research and controversies in exercise physiology. Prereq for KHP exercise science majors: ANA 209, PGY 206 or equivalent. Junior, senior or graduate standing. Prereq for KHP KINE-Cert teacher education majors and HEPR-Cert teacher education majors: KHP 205 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 Kinesiology and Health Promotion

---

**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 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 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 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.

### **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. Prereq: Admission to the program or consent from the instructor.

**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 Kinesiology and Health Promotion

### **KHP 682 CONTEMPORARY SPORT LEADERS. (1-3)**

Using a team approach, students will engage in a variety of experiential learning projects with sport management and innovation as contextual themes. Special emphasis will be placed on self-reflection within sport leadership as well as real-life application in case studies, semi-structured interviews, and participant observation. Prereq: Consent of instructor.

### **#KHP 684 DIVERSITY IN SPORT AND FITNESS ORGANIZATIONS. (3)**

This course offers an examination of the increasingly prominent diversity-related issues in sport organizations. With references to policy, theoretical frameworks, and a growing body of social science literature, students will explore such issues as, but are not limited to, race/ethnicity, gender, religion, sexual orientation, and disability and the various challenges that have emerged in sport organizations. These information exchanges will ultimately lead us to consider the role of key sport leaders and their strategies (or lack thereof) to promote and effectively maximize the benefits of a diverse workforce. Prereq: Admission to the program or consent of the 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: Admission to the program or consent of the instructor.

### **KHP 686 SPORT MANAGER'S LABORATORY. (3)**

A combination of lectures, laboratory experiences, and discussions which enable the student to demonstrate competence in application of various applied management skills learned in other KHP courses. Prereq: Admission to the program or consent of the 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 690 APPLIED FOUNDATIONS OF HIGH PERFORMANCE. (3)**

This course evaluates physiological responses to exercise stimuli including a detailed examination of neuromuscular, metabolic and morphological skeletal muscle adaptations. In addition, factors that affect force production, advanced periodization, concurrent training, and recovery strategies are examined. Prereq: Graduate course in Exercise Physiology or consent of instructor.

### **#KHP 691 ANALYTICS IN HIGH PERFORMANCE. (3)**

This course examines the use of athlete monitoring systems and other metrics to evaluate the stress-response relationship and performance outcomes. An emphasis is placed on data analysis and visualization. Prereq: An undergraduate or graduate statistics course or consent of instructor.

### **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 Kinesiology and Health Promotion

---

**KHP 769 RESIDENCE CREDIT FOR THE DOCTORAL DEGREE. (0-12)**

May be repeated indefinitely.

**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.

### **SPORT MANAGEMENT**

**\*KHP 473 MANAGEMENT OF SPORT. (3)**

This course is intended to provide students with an overview of the management practices utilized in the sport and fitness industry. Sport Management will include learning opportunities related to planning and organizing; staffing; directing; and networking associated with managing a sport or fitness program. Prereq: Upper division KHP majors or consent of instructor.

**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 577 PRACTICUM IN KINESIOLOGY AND HEALTH PROMOTION. (3 or 6)**

KHP 577 is a three- or six-hour course which focuses on gaining practical experience in the professions of Kinesiology, Health Education and Health Promotion. It provides an opportunity for Kinesiology, Health Promotion minors and majors to apply the theories, knowledge and experiences gained from their coursework to real life situations. Depending on their discipline, students may gain experience in a variety of settings, including but not limited to physical therapy, personal training/fitness facilities, cardiac rehab, health department, student health, non-profit organizations, worksite wellness. Prereq: KINE, HEPR, KHPR majors and minors only or permission by instructor.

**KHP 580 GROUP DYNAMICS IN SPORT AND PHYSICAL ACTIVITY. (3)**

This course provides a comprehensive analysis of sport and physical activity from both a social psychological and group dynamics perspective. Sport and physical activity are highly social environments that can have wide and far reaching influence upon those who participate in them. Thus, students enrolled in this course will gain an advanced understanding of the major theories of group development, management, and maintenance, as well as the factors that determine how behavior and performance are affected by interactions with others in the context of sport and physical activity. Finally, students will learn and practically apply techniques related to team building, cohesion, and group work. 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)**

This course is a study of the human body with first aid subject matter, demonstrations, and skill training in the event of sudden illness or injury. The course is delivered in a hybrid manner with the lecture material being taught on-line and first aid skills being taught once a week in face-to-face laboratory sessions. American Red Cross Certifications for CPR, AED, and Responding to Emergencies First Aid are awarded to those who meet the criteria.

---

## KHP Kinesiology and Health Promotion

---

**KHP 220 SEXUALITY EDUCATION. (2)**

This course is designed to prepare educators to teach 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 270 INTRODUCTION TO HEALTH EDUCATION AND HEALTH PROMOTION. (3)**

This course is designed to provide students with an overview of the emerging professions of health education and health promotion. This course will focus on the history of health, future trends in health, increasing students' knowledge and skill development in health, and improving the students' ability to make application in the areas of health education and health promotion.

**\*KHP 310 APPLIED HEALTH EDUCATION PRACTICE. (3)**

This course is designed to enhance the skills of students who will be health education teachers. The emphasis will be on increasing awareness of how schools operate and identifying the characteristics of effective teaching, including a variety of discipline methods. Students will be able to spend several hours in practice teaching in schools.

**KHP 325 COMMUNITY ORGANIZING IN HEALTH PROMOTION. (3)**

This course is designed to provide students with an overview of community organizing and capacity building. There will be a focus on contextual frameworks and approaches used in community organization/building. Students will explore ways to conceptualize, promote and accomplish learning in various health promotion settings through community organizing and building across diverse groups and cultures, by advocating to influence public policy, and addressing ethical challenges that shape community organizing and capacity building. Prereq: KHP 270 - Introduction to Health Education and Health Promotion.

**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.

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

This course is for students who are planning to teach Health Education. Students who enroll in this course have been admitted to the Teacher Education Program in Health Education and meet the requirements for student teaching. Students are trained in appropriate goals, objectives, instructional strategies and assessment for providing health education to students P-12. 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)**

The focus of KHP 380 is directed toward analyzing critical health issues confronting youth in Grades PK-5. As such, students in KHP 380 will determine resources to assist in the development and implementation of evidence-based instructional methods that meet the unique health needs of children in elementary school. Students in KHP 380 will also critically examine school policy directed toward health promotion in the elementary school. Prereq: Admission to elementary or early childhood teacher education program or consent of instructor.

**\*KHP 430 METHODS OF TEACHING HEALTH EDUCATION. (3)**

This course is designed to acquaint the students with a variety of methods for teaching health that are appropriate for use in grades P-12. Students will be exposed to these methods through the textbook, observation of the instructor, school teachers, and peer teachers. This course is part of the clinical program in which students spend about one-third of the course practicing teaching in schools. Prereq: KHP 220, 222, and 230 or equivalent or consent of the instructor; and admission to the Teacher Education Program in Health Education.

---

**KHP Kinesiology and Health Promotion**


---

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

This course is designed as a variable credit course in which the topic can vary from semester-to-semester. A variety of topics will be offered in the areas of health promotion and health education. May be repeated up to a maximum of six credits. Prereq: Upper division standing or permission of instructor.

**KHP 520 PROGRAM EVALUATION. (3)**

This course is an application-focused course that provides an overview of program evaluation. This course will cover the types of evaluation, the theory associated with evaluation, and the tools most commonly applied to the evaluation process. Students will develop an appreciation for the flexibility needed in order to perform evaluation tasks in practical situations related to their area of expertise. (Same as EDP 520/EPE 520.)

**\*KHP 590 ADVANCED HEALTH CONCEPTS. (3)**

An advanced, in-depth health education class examining current and major health issues. Specific topics will include the following and others as time permits: major non-communicable diseases, communicable diseases, intentional and unintentional injury, and stress. Prereq: KHP 230, upper division standing or permission of instructor.

**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 673 HEALTH PROMOTION AND BEHAVIOR CHANGE. (3)**

This course focuses on health promotion and behavior change strategies: individual, interpersonal, organizational, community, and public policy will be considered as potential factors that can inhibit or promote behavior change.

**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 673 or instructor's permission.

**KHP 678 SEXUAL HEALTH PROMOTION SEMINAR. (3)**

This course is an intensive seminar on contemporary sexual health issues. Research, theoretical, and substantive issues relevant to studying sexual health will be covered. Students will critically evaluate sexual health education programs in school and community settings, sexuality research, develop depth and breadth of understanding key issues in sexual health promotion, and learn the various forms of inquiry used in the study of human sexuality.

**KHP 683 LEADERSHIP, THEORY, AND PRACTICE IN SPORT AND FITNESS ORGANIZATIONS. (3)**

This course is designed to provide students with an overview of the leadership/management concepts, skills, and practices utilized in an ever-changing sport and fitness industry. Prereq: Admission to the department or consent from the instructor.



---

## KHP Kinesiology and Health Promotion

---

### **KHP 688 EVENT MANAGEMENT IN SPORT. (3)**

The purpose of the course is to provide the student with an understanding of event management issues and problems related to the supervision, management, and business operations of various events. Prereq: Admission to the program or consent from 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.

### **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 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 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. (Same as AT 720.)

**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.