

American Kinesiology Association - Undergraduate Core in Kinesiology Sample Curriculum

AKA Member Institution	University of Wisconsin Oshkosh	Department Head/Chair	Dr. Leigh Ann Mrotek, Dr. Dan Schmidt, Co-Chairs
AKA Department Name	Department of Kinesiology	E-mail contact	mrotekl@uwosh.edu , schmidt@uwosh.edu
		Web address	

The American Kinesiology Association has identified the following four fundamental areas that should be included in the core of all undergraduate Kinesiology programs:

Kinesiology Core Element - Physical Activity in Health, Wellness, and Quality of Life:

DESCRIPTION OF CORE ELEMENT: There is a growing appreciation for the importance of regular physical activity as an integral component of a healthy lifestyle. Over the past twenty to thirty years a substantial body of evidence has accumulated regarding the benefits which accrue to people of all ages who participate in regular physical activity. These advances in our understanding of the relationship between physical activity participation and health have important implications for students of Kinesiology. Whether kinesiology graduates pursue employment opportunities immediately after completing their undergraduate education or after the completion of post-baccalaureate educational opportunities in kinesiology or other health-related fields, all graduates serve as academic or community experts on healthy and active lifestyles. Accordingly, it is essential that the undergraduate Kinesiology core include content that explores in detail the relationship between physical activity participation, health and well-being.

Required Courses including content related to Physical Activity in Health, Wellness, and Quality of Life:

1	Course title KIN 121 (1 cr.) Orientation to Kinesiology	<u>Course Description:</u> An introduction to Kinesiology which is an integrated program of study utilizing information from several core science areas. Topics will include: the range of employment opportunities in Kinesiology; roles and responsibilities of Kinesiologists in society; professional ethics.
2	KIN 171 (2 cr.) Prevention, Recognition, and Treatment of Athletic Injuries	<u>Course Description:</u> This course provides an introduction to injury prevention, recognition, and treatment strategies. Injury prevention principles, injury classification, and common injuries will be surveyed.
3	KIN 351 (3 cr.) Clinical Nutrition & Weight Management	<u>Course Description:</u> Introduction to the principles of optimal nutrition, supplementation, and weight management as it relates to active and athletic populations. There is additional focus on the needs resulting from special circumstances (i.e. eating disorders, pregnant athletes, etc.).

4	KIN 361 (3 cr.) Medical Aspects of Kinesiology	<u>Course Description:</u> The course will focus on medically related risks and benefits associated with the performance of exercise and physical activity. Chronic disease states, acute disease states, pharmacological issues, special populations, and musculoskeletal injuries will be discussed.
Elective Courses and Other Experiences		
1	NURSING 200 (3 cr.) Growth, Development and Health across the Life Span	<u>Course Description:</u> This course examines growth and development from the prenatal period through late adulthood. This will include discussion of physical growth and changes including fine and gross motor skill development. Also, included are concepts related to psychosocial development such as sensory, personality, language, gender identity and moral development. Factors such as nutrition, sleep, exercise. Environment and relationships which are integral to achieving healthy growth and development are included.
2	PE 105 (2 cr.) The Active Lifestyle	<u>Course Description:</u> A contemporary examination of the effects of lifestyle, wellness, and health promotion on the individual. Instruction in procedures for self-evaluation as well as an individualized exercise program for the development of health fitness. Participation in a planned program of aerobic activity is required.
3	PSYCH 101 (3 cr.) General Psychology	<u>Course Description:</u> Analysis of reasoning, deductive and inductive, designed to aid the development of critical thinking. Examples illustrating the use of logical and illogical reasoning drawn from selected exercises and current literature.
4	PSYCH 220 (3 cr.) Health Psychology	<u>Course Description:</u> A study of psychological and environmental factors in the cause, treatment, and prevention of disease; including history, research methodology, theory, and the role of health psychologists in influencing contemporary health care practices.
5	PSYCH 291 (3 cr.) Developmental Psychology	<u>Course Description:</u> A survey of the facts, principles, and theories of psychological development from conception through childhood, adolescence, maturity and old age; intelligence, emotional, social, perceptual, and linguistic behavior; emphasis upon developmental trends.
6	PSYCH 303 (3 cr.) Psychology of Abnormal Behavior	<u>Course Description:</u> A description and interpretation of behavior types considered deviant and/or maladaptive. Various methods of treatment including psychotherapy are considered.
7	SOC 151 (3 cr.) Modern Social Problems	<u>Course Description:</u> A study of major social problems confronting our society; personal and social disorganization, crime, juvenile delinquency, race and other selected problems.

Kinesiology Core Element - Scientific Foundations of Physical Activity:		DESCRIPTION OF CORE ELEMENT: A defining feature of the academic discipline of Kinesiology is its embrace and integration of the multi dimensional study and application of physical activity. Well-prepared Kinesiologists are expected to have a sound understanding of the scientific foundations of physical activity. For many departments this scientific foundation is provided by a series of courses that are taken by all majors regardless of their ultimate career goals. Examples of scientific foundation courses include exercise physiology, motor behavior, biomechanics, sport and society, and exercise psychology. The specific titles and content of scientific foundation courses offered will vary from institution to institution depending on local preferences and constraints.
Required Courses including content related to the Scientific Foundations of Physical Activity:		
1	Course Title KIN 170 (1 cr.) Medical Terminology	Course Description: This course will introduce the prospective athletic training student to terminology utilized in upper level coursework and healthcare settings. Prerequisite: Open to students with a major or minor in the Department of Kinesiology.
2	KIN 173 (2 cr.) Applied Anatomy & Kinesiology	Course Description: This course provides an in-depth study of musculoskeletal anatomy and function as it applies to human performance and injury. Prerequisite: A grade of "B" or better in Kinesiology 170.
3	BIO 211 (3 cr.) Human Anatomy	Course Description: A study of the fundamental structure and organization of the organs and systems of the human body. Prerequisite: "C" or better in Biology 105 or equivalent.
4	BIO 212 (4 cr.) Human Physiology	Course Description: Structure/function relationships of the healthy human body, on the molecular, cellular, tissue, and organ-system levels. Primarily for students in secondary education, nursing, and physical education programs.
5	KIN 280 (3 cr.) Biomechanics	Course Description: Structural and mechanical principles involved in human movement; contribution of these principles to the efficiency of human movement.
6	KIN 331 (2 cr.) Motor Learning	Course Description: This course guides the study of the principles of motor skill performance and learning and the application of these theories to physical activities, learners and various environments.
7	KIN 349 (3 cr.) Behavioral Aspects in Exercise	Course Description: This course introduces students to psychological, or behavioral, aspects of sport, exercise, and physical activity. The course will explore factors that affect performance and psychological development in sport, exercise, and physical activity. The course will address psychological factors in Kinesiology as well as psychological development and well-being.
8	KIN 350 (3 cr.) Exercise Physiology	Course Description: The study of the body's physiological responses and adaptations to acute and chronic bouts of exercise. Training techniques and enhanced physical performance will be emphasized for Athletic Training and Physical Education.

9	KIN 370 (3 cr.) Principles of Strength Training and Conditioning	<u>Course Description:</u> Principles and theory of strength training and conditioning for athletic and sedentary populations will be taught. The course will be based on the principles, concepts, and guidelines for strength and conditioning according to the National Strength and Conditioning Association (NSCA). This course will prepare the student to apply the proper strength training and conditioning exercises for the athletic and sedentary populations based on the goals, indications, contraindications, and physical evaluation of the individual.
Elective Courses and Other Experiences:		
1	BIO 306 (3 cr.) Neurobiology	<u>Course Description:</u> Study of the nervous system and its regulatory role in the body. Underlying physics and chemistry; molecular and cellular principles; development and plasticity; motor control; rhythms and emotions; evolution and diversity.
2	BIO 308 (5 cr.) Comparative Anatomy	<u>Course Description:</u> A comparative study of representative vertebrates.
3	BIO 316 (3 cr.) Developmental Biology	<u>Course Description:</u> Developmental Biology will first examine, at a morphological level, different strategies of embryonic development in diverse organisms, and then study molecular cues that cells use to migrate, differentiate and eventually form a normal organism.
4	BIO 319 (5 cr.) General Animal Physiology	<u>Course Description:</u> Structure/function relationships common to a variety of animal body plans on the molecular, cellular, tissue, and organ-system levels.
5	CHEM 303 (3 cr.) Biochemistry: Clinical Emphases	<u>Course Description:</u> This course is specifically designed to meet the needs of the Medical Technology students as well as Chemistry majors who choose to follow the Department's Biochemistry Emphasis. Topics include: Amino acids, proteins, nucleic acids, bioenergetics, carbohydrates, lipids, hormones, vitamins, electrolytes, and xenobiotics. Clinical correlations will be presented which emphasize: biochemistry, pathophysiology, and quantification of body fluid constituents.

Kinesiology Core Element - Cultural, Historical and Philosophical Dimensions of Physical Activity:		DESCRIPTION OF CORE ELEMENT: A solid grounding in cultural, historical and philosophical aspects of kinesiology is an essential component of a Kinesiology education. Sociocultural and historical factors influence attitudes about and practices of physical activity. This is true for both the individual and the communities in which they live. In addition, an understanding of philosophical and historical issues will help prepare future professionals for the numerous ethical questions they will face upon graduation. Coursework in the humanities assists the student to understand and appreciate diversity, to develop cultural competencies, and to make ethical decisions based on sound principles. In many Kinesiology departments, undergraduate coursework examines topics related to physical culture, cultural kinesiology, sociology of sport and physical activity, history of sport and physical activity, and sport marketing and media. Specific courses will vary from institution to institution depending on local preferences and constraints.
Required Courses including content related to the Cultural, Historical and Philosophical Dimensions of Physical Activity:		
1	Course Title KIN 121 (1 cr.) Orientation to Kinesiology	Course Description: An introduction to Kinesiology which is an integrated program of study utilizing information from several core science areas. Topics will include: the range of employment opportunities in Kinesiology; roles and responsibilities of Kinesiologists in society; professional ethics.
2	KIN 122 (1 cr) Kinesiology Admissions Seminar	Course Description: This course consists of activities for students to learn more about the professions related to Kinesiology and to prepare for admission into programs in the Department of Kinesiology.
3	KIN 349 (3 cr.) Behavioral Aspects in Exercise	Course Description: This course introduces students to psychological, or behavioral, aspects of sport, exercise, and physical activity. The course will explore factors that affect performance and psychological development in sport, exercise, and physical activity. The course will address psychological factors in Kinesiology as well as psychological development and well-being.
4	KIN 368 (2 cr.) Research Techniques in Kinesiology	Course Description: The course prepares students to learn to design, critique, and prepare a research proposal utilizing AMA (American Medical Association) or APA (American Psychological Association) guidelines and present the proposal to peers and faculty. Basic statistical concepts will be reviewed and incorporated into the student's proposal.
Elective Courses and Other Experiences:		
1	ANTHRO 232 (3 cr.) Cultural Anthropology	An examination of ethical issues in various aspects of the life sciences and public health care such as medicine, eugenics, birth control, behavior control, experiment and consent, health care delivery, death and dying, etc.

2	ANTHRO 364 (3 cr.) Cross-Cultural Approaches to Mental Illness	<u>Course Description:</u> An investigation of the relationship between culture and mental health, the comparative method for the study of mental health, and survey some of the culture specific syndromes and non-Western native therapies.
3	COMM 267 (3 cr.) Effective Listening	<u>Course Description:</u> Analysis of the act of listening: process, types, barriers to, and the improvement of listening skills. Frequent skill building exercises and the testing of listening for comprehension and retention.
4	HISTORY 340 (3 cr.) The Scientific Revolution, 1500-1800	<u>Course Description:</u> Surveys the development of European early modern science and technology in context and in relation to their broad cultural effects.
5	PHIL 105 (3 cr.) Ethics	<u>Course Description:</u> Analysis of the principal theories of ethics and their practical application to problems concerning the individual and society. Proposed methods of justifying moral principles will be examined.
6	PHIL 311 (3 cr.) Bioethics	<u>Course Description:</u> An examination of ethical issues in various aspects of the life sciences and public health care such as medicine, eugenics, birth control, behavior control, experiment and consent, health care delivery, death and dying, etc.
7	PSYCH 101 (3 cr.) General Psychology	<u>Course Description:</u> A beginning course in psychology designed to provide an understanding of contemporary approaches to human behavior and to lay the foundation for additional work in psychology. Students must complete a course research requirement.
8	PSYCH 271 (3 cr.) Cross-Cultural Psychology	<u>Course Description:</u> Study of contemporary psychological theories and research concerning similarities and differences across cultures. Emphasis on cultural, ethnic and racial groups within the United States. Topics include ethnocentrism, stereotypes, prejudice, psychological processes across cultures, and cross-cultural interactions.
9	PSYCH 338 (3 cr.) Adult Development and Aging	<u>Course Description:</u> A study of the developmental tasks of early, middle, and late adulthood. Work, marriage, parenthood, retirement, death, and other issues will be examined with regard to cognitive, emotional, motivational, and psycho-social functioning through the adult years.
10	SOC 335 (3 cr.) Social Gerontology	<u>Course Description:</u> An analysis of the phenomena of growing old. Primarily for upper division students who have interests in working in some area of social gerontology.
11	WOM STDS 380 (2-3 cr.) Women's Health: Issues and Nursing Practice	<u>Course Description:</u> An overview of the health care of women from a nursing perspective. The status of women as health care professionals, as well as clients in the health care system, is explored. Aspects of health promotion and female health related problems are studied with the incorporation of psycho-socio-political aspects. Content related to childbearing will not be addressed.

Kinesiology Core Element - The Practice of Physical Activity:		DESCRIPTION OF CORE ELEMENT: The AKA believes that regular participation in physical activity is an essential component of a healthy and successful lifestyle and that the undergraduate curriculum should provide numerous opportunities for students to be physically active. For example, opportunities may come from a physical activity skills program that allows for participation in sport and recreation through a diverse menu of courses taken for academic credit. Alternatively, students may be encouraged to be physically active through internship and practicum experiences. In other instances physical activity participation may occur at venues outside the Kinesiology department, such as in campus recreation facilities. While the AKA strongly supports students being physically active, it does not prescribe a specific process for departments to follow regarding how the practice of physical activity is incorporated into the curriculum, but staunchly supports curricular or extra-curricular physical activity experiences for individual and group participation.
Required Courses including content related to the Practice of Physical Activity		
1	Course Title KIN 201 (1 cr.) Strength Training Techniques	Course Description: An introductory weight training course designed to present material related to the training and conditioning of athletes as well as general population. This is achieved through in-class demonstration and application of proper weight training techniques consisting of supplemental, complex, core strength and Olympic lifting exercises.
2	KIN 352 (3 cr.) Fitness Assessment Techniques	Course Description: A study of testing and evaluation procedures that are commonly used in preparing a health/fitness profile for adult participants in an exercise program. Concepts and techniques in utilizing modern fitness testing instruments and equipment will be taught. Students will also learn to prescribe exercise for sedentary and active populations.
3	KIN 407 (3 cr.) Clinical Experience in Exercise and Fitness	Course Description: The course is designed to provide practical, hands-on experience in activities that promote the development of skills and techniques relating to fitness assessment, program management and supervision, and exercise leadership. On-campus experiences will be the primary assigned activity. (Off-campus/community placements may be arranged if deemed necessary.)
4	KIN 443 (3 cr.) Exercise Modification & Progression	Course Description: This course is designed to give the student knowledge and experience in exercise modification for many different types of individuals/settings (those with physical limitations, injured clients, advanced athletes, settings with minimal equipment, etc.). Alternative methods of strength and conditioning will be demonstrated. This course will also reinforce and expand on strength and conditioning principles, ideas, and concepts developed in previous courses.
5	KIN 447 (3 cr.) Administration and Facilities Management in Kinesiology	Course Description: This course is designed to give the student knowledge in several aspects of managing a strength and conditioning facility. Facility design, day-to-day management, and administration of the strength and conditioning facility will be discussed. Topics such as facility planning and design, scheduling, maintenance, legal responsibilities, and budgeting

		will be introduced.
Elective Courses and Other Experiences:		
1	KIN 401 (1 cr.) Performance Assessment in Kinesiology	<u>Course Description:</u> This course will prepare students to assess physical/athletic performance parameters critical to success in athletic/activity settings. The focus will be on administering a reliable and valid testing battery, assessing and interpreting performance data, and developing a plan based on the test data.
2	KIN 461 (3 cr.) Clinical Experience in Strength and Conditioning	<u>Course Description:</u> This course is designed to provide students with clinical experience in the strength training and conditioning environment. Students will be asked to apply classroom knowledge, skills, and abilities through this clinical experience. Clinical assignments will be coordinated through the Strength and Conditioning program director.