

KINESIOLOGY (KNES)

KNES 121 | SWIMMING | 2 quarter hours (Undergraduate)

This course is designed to provide the student with skill instruction and analysis of the most widely used swimming strokes and basic dives. Principles of hydrodynamics and basic water safety will also be emphasized. Various individual skill levels will be considered to provide a safe and inclusive experience. Additionally, this course introduces the student to the concepts and procedures for teaching basic swimming in a school setting. (2 credit hours)

KNES 122 | LIFESAVING | 2 quarter hours (Undergraduate)

Provides entry-level participants the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until EMS personnel take over. Prerequisites: PE 121 or the ability to swim 300 yards continuously; Tread water for 2 minutes using only the legs; Participants who successfully complete the Lifeguarding course receive an American Red Cross certificate for Lifeguarding.

PE 121 is a prerequisite for this class.

KNES 160 | AEROBIC CONDITIONING | 2 quarter hours (Undergraduate)

This course provides instruction and requires participation in the dynamics of exercises that train the cardiorespiratory system. These exercises include but are not limited to low-impact aerobics, high impact aerobics, step-aerobics, use of cardio equipment, spin, slide, and circuit training. (2 credit hours)

KNES 166 | BEGINNING WEIGHT TRAINING | 2 quarter hours (Undergraduate)

This course introduces students to strength training principles and activities: free weights, resistance machines, and functional exercises. Emphasis is placed on the development of strength and flexibility of the major muscle groups. Health-related fitness guidelines are presented to assist the student in developing overall fitness. (2 credit hours)

KNES 170 | ADVANCED AEROBIC CONDITIONING | 2 quarter hours (Undergraduate)

Advanced instruction in appropriate conditioning techniques and daily participation in monitored strenuous levels of aerobic exercise. (2 credit hours)

PE 060 or PE 160 is a prerequisite for this class.

KNES 171 | FITNESS AND CONDITIONING | 2 quarter hours (Undergraduate)

(2 credits) The main components of health-related fitness: cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition are integrated into the fitness sessions, topic presentations, and health/fitness assessments. Emphasis is placed on improving overall wellness through exercise and healthy lifestyle choices. (2 credit hours)

KNES 172 | YOGA | 2 quarter hours (Undergraduate)

This course will introduce the philosophy, techniques, and benefits of Hatha Yoga to the beginning students and allow the experienced students to expand upon their knowledge. Participants will develop skills to deepen conscious awareness and focus through asana practice (physical practice of yoga), body alignment, breathing techniques, and relaxation. The emphasis of the class will be on how to properly practice yoga, how to incorporate it into daily life, and how to safely teach asana. Course modules will include physical practice, handouts, support materials, and a quiz. Students will be required to attend and participate in class. The development of an independent home practice of yoga outside of DePaul will be necessary for success in the course. (2 credit hours)

KNES 174 | MINDFULNESS AND MEDITATION TO REDUCE STRESS | 2 quarter hours (Undergraduate)

Mindfulness and Meditation to Reduce Stress (MMRS) 30-hour class will introduce the students to dealing with stress and anxiety in their daily lives. By participating in the meditations and classroom activities, students will develop increased focus, find empowerment and stillness, and learn strategies for stress reduction. (2 credit hours)

KNES 176 | ADVANCED WEIGHT TRAINING | 2 quarter hours (Undergraduate)

Advanced instruction and participation in the use of free weights and various machines for body building and weight training. (2 credit hours)

PE 066 or PE 166 is a prerequisite for this class.

KNES 180 | RAPE AGGRESSION DEFENSE SYSTEMS | 2 quarter hours (Undergraduate)

This 30-hour self-defense course is open to all female students and teaches awareness, prevention, risk reduction and avoidance techniques. In addition, students will learn the importance of physical fitness and perform exercises designed to improve their speed, physical strength and flexibility to aid them in self-defense. At the end of the course, students will be given the opportunity to test their knowledge and skills in various attack scenarios, under the supervision of at least one certified R.A.D. Basic Physical Defense instructor, in a safe and supportive environment. (2 credit hours)

KNES 181 | FLAG FOOTBALL | 2 quarter hours (Undergraduate)

Fundamental skills, group drills, strategy, and styles of offensive and defensive team play will be covered. Physical education majors will focus on teaching, officiating and assessment. (2 credit hours)

KNES 182 | VOLLEYBALL | 2 quarter hours (Undergraduate)

Fundamental skills, drills, strategy, team play, rules interpretation, and officiating will be covered. Physical education majors will focus on teaching, officiating and assessment. (2 credit hours)

KNES 183 | SOCCER | 2 quarter hours (Undergraduate)

Development of basic skills and progressive teaching stages: fundamental stage, game-related stage, game-condition stage, and functional training to include experience in soccer and other lead-up activities.

KNES 185 | SOFTBALL | 2 quarter hours (Undergraduate)

Fundamental skills, group skills, and styles of offensive and defensive team strategy will be covered. Physical education majors will focus on teaching, officiating, and assessment. (2 credit hours)

**KNES 186 | TRACK AND FIELD | 2 quarter hours
(Undergraduate)**

Track and field skills, rules, warm-up drills, and management of track and field meets will be covered. Physical education majors will focus on teaching, officiating and assessment. (2 credit hours)

**KNES 187 | BASKETBALL | 2 quarter hours
(Undergraduate)**

This class introduces and reviews the fundamentals of basketball. It covers basic skills and knowledge of game play, court positions, rules, and drills carried out in practice situations. Physical education majors will focus on teaching, officiating and assessment. (2 credit hours)

**KNES 206 | PERSONAL AND COMMUNITY HEALTH | 4 quarter hours
(Undergraduate)**

This course is designed to assist students in gaining insight into their health/wellness attitudes, behaviors, and choices. Health/wellness experiences and topics examine the total wellness concept, as a self-designed, dynamic style of living which focuses on optimal functioning and quality of life. Emphasis is placed on the physical, emotional, intellectual, social, occupational and spiritual dimensions of health/wellness.

**KNES 211 | BALLET-MODERN DANCE | 2 quarter hours
(Undergraduate)**

This course is designed to introduce the student to basic ballet steps, techniques, and dances for any level of training with work at the barre', center floor, and across the floor combinations. It will benefit performance students with grace and presentation and athletes with strength and flexibility.

**KNES 213 | FOLK & SOCIAL DANCE | 2 quarter hours
(Undergraduate)**

Fundamentals, techniques, terms and teaching principles of line dance, square dance, ballroom, and swing dance will be covered. Students are introduced to basic style and basic choreography. (2 credit hours)

**KNES 233 | WATER SAFETY INSTRUCTOR | 2 quarter hours
(Undergraduate)**

This course is an aquatic program, specific to swim instructing, regulated, and certified primarily through the American Red Cross. Water Safety Instructor certification focuses on preparing candidates to teach the Red Cross Swim programs, it teaches candidates to introduce and develop fitness activities, skills and water safety and swimming skills in several Red Cross programs.

PE 121 and PE 122 are prerequisites for this class.

**KNES 273 | HEALTH AND NUTRITION | 4 quarter hours
(Undergraduate)**

This course will provide students with an introductory background in nutrition throughout the life span. The study of foods and their effects upon health, development and performance of the individual will be emphasized. Software analysis of dietary intakes will facilitate an individual reflective approach to an application of the content.

**KNES 276 | TENNIS | 2 quarter hours
(Undergraduate)**

Instruction and practice on basic patterns of movement of tennis skills. Knowledge of rules, etiquette, playing instructions and teaching methods for application of skills stressed. (2 credit hours)

**KNES 277 | GOLF | 2 quarter hours
(Undergraduate)**

Basic patterns of movement for a controlled golf swing with woods and irons; chipping, pitching and putting skills. Golf course rules and playing instructions. Teaching methods for application of skills stressed. (2 credit hours)

**KNES 278 | GOLF: FULL-SWING CLINIC | 2 quarter hours
(Undergraduate)**

This course will provide the student with advanced knowledge and practice of the full swing motion in golf. As a hybrid, it will allow the student to meet the professor and design the individual learning steps that will best meet the needs of each student. Course modules will include videotapes, handouts, support materials, and a quiz. Students will work through the modules independently to complete the course. Independent practice of the full swing outside of DePaul will be necessary for success in the course. Students must attend 4 1.5-hour classes per quarter. The first day and last day of class, as well as two additional 1.5-hour sessions arranged with the professor. (2 credit hours)

**KNES 302 | FIRST AID: RESPONDING TO EMERGENCIES | 2 quarter hours
(Undergraduate)**

This course is designed to provide instruction, demonstration, and practice in application of basic emergency first aid skills. Students will learn to recognize the signs and symptoms of specific life threatening injuries and how to properly care for these injuries as citizen responders. Students will also have the opportunity to achieve Heartsaver CPR, AED, and First Aid Certification by the American Heart Association (2 credit hours)

**KNES 303 | ATHLETIC INJURIES | 4 quarter hours
(Undergraduate)**

Principles and techniques of prevention, recognition, treatment, care including adhesive strapping and wrapping and rehabilitation of common athletic injuries. Attention given to role of coach-trainer for emergency field procedures.

**KNES 304 | THE SCHOOL HEALTH PROGRAM | 4 quarter hours
(Undergraduate)**

This course is designed to cover the scope of health services that could be provided through a comprehensive school health program. The school environment, community involvement, and legal/ethical considerations will be emphasized.

**KNES 311 | MOTOR DEVELOPMENT THROUGHOUT THE LIFE SPAN | 4 quarter hours
(Undergraduate)**

Through lecture, film analysis, direct observation and instruction of children, and class discussion, students will gain a greater understanding of the maturational and environmental factors that affect human growth and motor development. Since this development is a process that continues throughout our life span, prenatal through adult characteristics will be examined.

KNES 317 | PHYSICAL EDUCATION AND CLASSROOM MANAGEMENT IN THE ELEMENTARY SCHOOL | 4 quarter hours
(Undergraduate)

The course is designed to promote an understanding of the contribution that physical education makes to the elementary school curriculum and the development of the whole child. Lesson planning, instructional delivery, assessment of learning and classroom management will be focused as students engage in 15-20 hours of supervised field experience teaching whole classes of children in local schools. This course is for Physical Education majors only; however, EE majors will be considered if the course is needed for student teaching in the subsequent quarter. **A Physical Education major in Advanced Standing is a prerequisite for this class.**

KNES 325 | LANGUAGE AND LITERACY IN THE PHYSICAL EDUCATION SETTING | 4 quarter hours
(Undergraduate)

This survey course explores the roles of language and literacy in the physical education setting and the teacher's responsibility for fostering them in all students. Through guided examination of prevailing theories of language acquisition and development that currently influence classroom practices across the K-12 continuum as well as across disciplinary and content areas, this course enables future teachers of physical education to grow in their understanding of the varied literacy-learning contexts that students bring to their physical education experiences. Issues that emerge in planning and conducting literacy instruction in programs with diverse student demographics are discussed and deliberated through University classroom sessions as well as required field experiences (10 hours, minimum; Level I). Course participants enjoy multiple opportunities to apply and analyze theories; to observe, critique, and practice planning as well as instructional strategies; to make informed curricular and instructional decisions; and to use assessment in conjunction with knowledge of child development to inform their planning. This course is designed to assist future teachers in producing students who are strategic readers, skilled speakers and writers, effective communicators, active listeners, independent and critical thinkers/learners, and problem solvers. Such teachers will exhibit awareness of their own metacognitive processes, respect for diversity, necessary social skills, and an ability to develop, set, and strive for professional goals. Candidates enrolled in this course will be encouraged to become education advocates, positive role models for their students, effective colleagues and collaborators, and lifelong learners.

KNES 341 | HISTORICAL AND PHILOSOPHICAL FOUNDATIONS OF PHYSICAL EDUCATION | 4 quarter hours
(Undergraduate)

This course will review the history of sport, fitness, and physical education; the impact that events have had on their development; and how physical education, fitness and the use of sport is influenced by society. Emphasis will be placed on philosophical perspectives and ethical values of this profession, both for the educator and the exercise science professional. Content is devoted to the study and understanding of sport and physical activity within numerous cultures throughout history to support diversity and help students consider the multiple perspectives expressed through the incorporation of sport and physical activity.

KNES 346 | ORGANIZATION/ADMINISTRATION OF PHYSICAL EDUCATION, SPORTS & FITNESS PROGRAMS | 4 quarter hours
(Undergraduate)

Organization and Administration of Physical Education, Sports, and Fitness Programs. Emphasis is placed on understanding the management process: functions, application to various settings, program development, budget, facilities, marketing/promotion, and risk management.

Advanced Teacher Candidate Standing or status as an Exercise Science student is a prerequisite for this class.

KNES 351 | KINESIOLOGY | 4 quarter hours
(Undergraduate)

Biomechanical analysis of the human body and how the human body moves. Scientific principals and their application to human movement are included. Application is made to fundamental and specialized motor skills. Development and maintenance of the human structure through intelligent selection of activities and efficient use. Lecture is supplemented with in class laboratory activities.

BIO 201 and BIO 202, Advanced Teacher Candidate Standing or students in BS-EXR-SCI plan, are prerequisites for this class.

KNES 352 | PHYSIOLOGY OF EXERCISE | 4 quarter hours
(Undergraduate)

Effects of muscular activity on the systems of the body. Nature of neuromuscular activity, circulatory and respiratory adjustments during exercise, metabolic and environmental aspects of exercise, fatigue and training fitness. Lecture is supplemented with in class laboratory activities.

BIO 201 and BIO 202, Advanced Teacher Candidate Standing or students in BS-EXR-SCI plan, are prerequisites for this class.

KNES 360 | EDUCATIONAL PSYCHOLOGY AND MEASUREMENT OF LEARNING | 4 quarter hours
(Undergraduate)

This course presents those principles of educational psychology specifically related to the psychomotor learning domain, the selection of tests to measure learning of physical skills for all populations, administration of tests, data collection, and the statistical analysis needed to evaluate the learning process. Specifically, measures of central tendency, variability and correlation statistics; and standard tests of health and skill related components of fitness, motor performance, anthropometry, and specific sport analysis will be included in this course.

Advanced Teacher Candidate Standing or status as an Exercise Science student is a prerequisite for this class.

KNES 362 | FITNESS TESTING, ASSESSMENT AND PRESCRIPTION | 4 quarter hours
(Undergraduate)

This course is designed to provide theoretical knowledge of and select practical skills in fitness assessment, exercise program design, and client instruction in preparation for a national certification exam in personal training. Topics include guidelines for instructing safe, effective, and purposeful exercise, essentials of the client-trainer relationship, conducting health and fitness assessments, and designing and implementing appropriate exercise programming.

KNES 372 | METHODS AND MATERIALS FOR PHYSICAL EDUC CURRICULUM/INSTRUCTION-SECONDARY SCHL | 4 quarter hours (Undergraduate)

This course is designed to provide an understanding of physical education curriculum planning, teaching methods, classroom management, unit and lesson plans in a secondary school setting. Students will engage in 20-24 hours of field work to observe and participate in whole class instruction, in an attempt to integrate theoretical classroom content with on-site experiences.

Advanced Teacher Candidate Standing is a prerequisite for this class.

KNES 374 | ADAPTED PHYSICAL EDUCATION | 4 quarter hours (Undergraduate)

Diversified program of development activities, games, sports and rhythms suited to the interests, capacities, and limitations of students with disabilities who may not be able to participate in the general physical education program.

BIO 201 and BIO 202, Advanced Teacher Candidate Standing or students in BS-EXR-SCI plan, are prerequisites for this class.

KNES 378 | PHYSICAL EDUCATION STUDENT TEACHING IN ELEMENTARY EDUCATION | 6 quarter hours (Undergraduate)

Five school days a week of supervised teaching in a cooperating elementary school for half an academic quarter. Feedback and discussion of problems encountered in student teaching as well as new materials and techniques of student teaching. Application and approval required. Open to only DePaul students. (6 credit hours)

KNES 379 | PHYSICAL EDUCATION STUDENT TEACHING IN SECONDARY EDUCATION | 6 quarter hours (Undergraduate)

Five school days a week of supervised teaching in a cooperating secondary school for half an academic quarter. Feedback and discussion of problems encountered in student teaching as well as new materials and techniques of student teaching. Application and approval required. Open only to DePaul students. (6 hours)

KNES 380 | INTERNSHIP IN EXERCISE SCIENCE | 10 quarter hours (Undergraduate)

Four hundred hours of supervised training in a health, fitness, sport, or exercise setting will be completed through this course. Students will receive practical experience in fitness testing, individual and group training, class instruction, program planning, and other facets of exercise science programming. Students will complete a project that will relate their educational background to the practical setting they have chosen to work in, and present their work to the internship site. Special interests of students will be addressed based on the internship site. Open only to students who have applied and been accepted by the exercise science program advisor and must have completed all coursework and clinical hours for the exercise science degree. (10 credit hours)

KNES 384 | PHYSICAL EDUCATION CAPSTONE | 4 quarter hours (Undergraduate)

The senior capstone course is designed to help students integrate the central emphases of their liberal learning studies curriculum into their professional behavior. It will provide prospective physical education teachers with opportunities to engage in activities requiring them to be reflective, to consider value commitments, to use critical and creative thinking, and to examine their practice from a multicultural perspective as they discuss issues specific to early childhood education. The course is grounded in the College of Education's framework for an Urban Professional Multicultural Educator, which also reflects the goals of the Liberal Studies program.

KNES 387 | CAPSTONE SEMINAR IN PHYSICAL EDUCATION & EXERCISE SCIENCE | 2 quarter hours (Undergraduate)

This course is designed to help candidates integrate the central emphases of their Liberal Studies curriculum with their professional knowledge and behavior. It provides opportunities and activities to prospective professionals that engage them in being analytic and reflective upon their major and related disciplines; guide them in further considering their value commitments and how they relate to their chosen profession; apply critical and creative thinking in addressing 'real-time' professional issues and needs; and examine extant practices from multicultural perspectives. Candidates develop a professional portfolio that reflects the standards of the various guiding professional organizations and/or the Illinois State Board of Education (ISBE). The course is grounded in the College of Education's framework for an Urban Professional Multicultural Educator as well as the goals of the Liberal Studies program. The course is taken simultaneously with student teaching or internship. COREQUISITE(S): PE 378 and PE 379, or PE 380. (2 credit hours)

KNES 390 | PSYCHO-SOCIAL ASPECTS OF EXERCISE AND SPORT | 4 quarter hours (Undergraduate)

Psycho-Social Aspects of Exercise and Sport. Principles of human behavior, psychology, sociology, and motivational theory are covered as they relate to exercise fitness and sport. Students are introduced to personality factors, leadership skills, psychological skills training, and group dynamics which play important roles in the psychological development of individuals involved in exercise and sport programs.

Advanced Teacher Candidate Standing or status as an Exercise Science student is a prerequisite for this class.

KNES 391 | THEORY AND TECHNIQUES OF COACHING | 4 quarter hours (Undergraduate)

This course is designed to introduce areas from which basic coaching theories and techniques of various sports can be developed, to expose students to situations which place the coach in a decision making position and encourage students to examine practical problems which will influence the quality of an athletic program.

KNES 392 | ADVANCED ATHLETIC TRAINING TECHNIQUES | 4 quarter hours (Undergraduate)

This is an advanced course dealing with the principles and techniques of prevention, recognition, and treatment of athletic injuries.

PE 303 is a prerequisite for this class.

KNES 393 | THERAPEUTIC EXERCISE | 4 quarter hours (Undergraduate)

This course introduces students to the application and theory of specific exercise guidelines and program design for individuals with chronic illnesses, orthopedic conditions, and major athletic injuries. Special populations will also be addressed such as children, pregnant women, the elderly, blind, and deaf individuals. Emphasis is placed on planning and teaching techniques based on the basic FITT principle, and modifying programs to meet the needs of the specific individual. Students will learn specific modifications for all domains of exercise: cardiorespiratory, muscular strength and endurance, flexibility, and balance, with the focus on rehabilitation and health promotion.

Advanced Teacher Candidate Standing or status as an Exercise Science student is a prerequisite for this class.

**KNES 394 | SPORT AND EXERCISE NUTRITION | 4 quarter hours
(Undergraduate)**

This course will provide the student with advanced knowledge of all areas of nutrition as they relate to the different types of exercise and sports. Prior basic nutritional knowledge is required for successful completion of this course. Topics will include but not limited to substrate utilization during different types of metabolic processes, hyper-hydration and nutrient loading prior to activity, nutrient maintenance during various types of exercise, recovery nutrition, nutrition planning for weight management, sport specific nutrition and consumer issues related to sport supplementation.

PE 273 is a prerequisite for this class.

**KNES 399 | INDEPENDENT STUDY IN PHYSICAL EDUCATION | 1-4 quarter hours
(Undergraduate)**

Permission of Department Chair and Associate Dean are required. (1 credit hour)

**KNES 400 | INTRODUCTION TO THE SPORT, FITNESS AND RECREATION LEADERSHIP PROGRAM | 4 quarter hours
(Graduate)**

This course will provide an overall introduction to the Sport, Fitness and Recreation Leadership online graduate program (MSFRL). Coursework, pillars of knowledge, expectations, potential employment, and management concepts in sport, fitness, and recreational will be covered. Acceptance into the MSFRL program is a prerequisite for this course.

**KNES 406 | HEALTH, FITNESS, AND NUTRITION | 4 quarter hours
(Graduate)**

This course is designed to assist students in gaining insight into their health/wellness attitudes, behaviors, and choices. Health/wellness experiences and topics examine the total wellness concept, as a self-designed, dynamic style of living which focuses on optimal functioning and quality of life. Emphasis is placed on the physical, emotional, intellectual, social, occupational, and spiritual dimensions of health/wellness.

**KNES 410 | ORGANIZATIONAL LEADERSHIP AND MANAGEMENT IN SPORT, FITNESS AND RECREATION | 4 quarter hours
(Graduate)**

This course will examine concepts in administration and communication specific to supervisory relationships. Students will understand the function and application of administrative theory within the fields of sport and fitness.

**KNES 413 | FOLK & SOCIAL DANCE | 2 quarter hours
(Graduate)**

Fundamentals, techniques, terms and teaching principles of line dance, square dance, ballroom, and swing dance will be covered. Students are introduced to basic style and basic choreography.

**KNES 420 | FACILITY AND RISK MANAGEMENT IN SPORT, FITNESS AND RECREATION | 4 quarter hours
(Graduate)**

Students will be introduced to the planning, designing and management of sport, recreation, and fitness facilities. Students will identify strengths and weaknesses of major facilities and will design their own facility upon completion of this course.

**KNES 421 | SWIMMING | 2 quarter hours
(Graduate)**

This course is designed to provide the student with skill instruction and analysis of the most widely used swimming strokes and basic dives. Principles of hydrodynamics and basic water safety will also be emphasized. Various individual skill levels will be considered to provide a safe and inclusive experience. Additionally, this course introduces the student to the concepts and procedures for teaching basic swimming in a school setting.

**KNES 430 | ADVANCED HEALTH AND SCIENCE CONCEPTS IN SPORT, FITNESS AND RECREATION | 4 quarter hours
(Graduate)**

This course will present advanced concepts in health for the individual interested in Health Education or the Allied Health Professions. The content will include health principles related to individual athletes throughout the life span, wellness concepts, and strategies for coping with potentially dangerous behaviors. The students will reflect on how to incorporate knowledge of health into their physical education and health classes in schools or community settings.

**KNES 435 | ADVANCED CARE OF THE ATHLETE | 4 quarter hours
(Graduate)**

This course is designed to expand the student's knowledge of athletic injuries, incorporating hands-on experience. Topics will include current issues in anatomy and physiology; athletic first aid and emergency situations; standard procedure for diagnosis and treatment; conditioning, pre-habilitation and rehabilitation; heat stress injuries; nutrition and eating disorders; taping, wrapping and bracing; and other related topics in sports medicine.

**KNES 440 | STRATEGIC COMMUNICATION AND MARKETING IN SPORT, FITNESS AND RECREATION | 4 quarter hours
(Graduate)**

Students will examine communications tools such as advertising, sales, and publicity, social media, media relations and public relations to examine how they are vital to an organization's marketing plan. Students will create a marketing plan specific to a chosen area of study. This course also will focus on leadership and communication skills vital in building professional relationships. Relationships between sport and fitness organizations and consumers will be examined.

**KNES 442 | ON-CAMPUS SEMINAR | 2 quarter hours
(Graduate)**

This course will provide 1st year students with the opportunity to network with their peers and professionals in the field. They will also attend presentations by local professionals in sport, fitness, and recreational fields, as well as presentations of 2nd year students' research projects. (2 credit hours)

**KNES 445 | PROGRAM AND SPECIAL EVENTS MANAGEMENT IN SPORT, FITNESS AND RECREATION LEADERSHIP | 4 quarter hours
(Graduate)**

This course also will introduce students to planning, operating, funding, and evaluating events within their chosen area of sport or fitness. Principles of hospitality and public relations also will be studied. Students will plan a hypothetical event upon the completion of this course.

KNES 450 | PSYCHOLOGY OF SPORT BEHAVIOR AND ATHLETIC PERFORMANCE | 4 quarter hours**(Graduate)**

A study of the philosophical and psychological concepts pertaining to sports, in general, and competitive athletic programs specifically. Students will analyze the various coaching and administrative techniques in sports programs. Emphasis will be given to intercollegiate sports. Elementary, secondary and professional sports programs will be examined and discussed. Motivation to exercise socially, recreationally, and in sport will be examined.

KNES 452 | EXERCISE SCIENCE AND SPORT | 4 quarter hours**(Graduate)**

A study of the advanced concepts and theory pertaining to analysis of human movement. Application will be made for the teaching of fundamental motor skills as well as the specialized analysis made by the coach. Discussion of the various techniques, sophisticated equipment, and empirical evidence will support the conclusions determined in the seminar. The course will be designed for professional physical educators and individuals involved in the coaching profession.

KNES 455 | LITERATURE REVIEW FOR CAPSTONE PROJECT | 0 quarter hours**(Graduate)**

This course is included in the MS in Sport, Fitness, and Recreation curriculum as a pre-requisite for PE 555: Research in Sport, Fitness, and Recreation. Prior to beginning the research for capstone projects, students must complete a review of the literature related to their topic. This review must be approved by their faculty capstone advisor and the program director. The course can be taken at any time and a grade of PASS must be received prior to registering for PE 555 during spring of their second year.

KNES 457 | ADVANCED COACHING THEORIES & TECHNIQUES | 4 quarter hours**(Graduate)**

This course is designed to cover a review of basic coaching theories and techniques of various sports and then cover advanced theories and application of these theories. The goal of the course is to expose students to situations that will place the coach in a decision making position and encourage students to examine practical problems that will influence the quality of an athletic program. (Cross-listed with PE 391)

KNES 460 | ETHICS AND DIVERSITY IN SPORT, FITNESS AND RECREATION | 4 quarter hours**(Graduate)**

This course will examine current issues and challenges related to the sport, fitness and recreation environments. The examination will focus on ethical behavior and decision making and ultimately to improve risk management in these area. Major consideration will be given to issues relating to development of goals and objectives, preparation of program budgets, financial considerations, media input, and legal ramifications of the various programs.

KNES 470 | LEGAL ISSUES IN SPORT, FITNESS AND RECREATION | 4 quarter hours**(Graduate)**

This course will develop a student's ability to apply legal principles to sport and fitness management situations. Students will examine legal liability of coaches, administrators and fitness professionals, negligence, constitutional and administrative law, product liability, and risk management. There also will be an analysis and study of the governing structure, rules, and legislative processes within the NCAA.

KNES 480 | FINANCE AND REVENUE GENERATION IN SPORT AND FITNESS | 4 quarter hours**(Graduate)**

Students will understand basic concepts of financial management and managerial economics relevant to recreation and sport settings, emphasizing financial analysis, short- and long-term financing, fundraising, sponsorship, financial troubleshooting, capital structuring and budgeting, fundraising, revenue and cost-control.

KNES 490 | ON-CAMPUS SEMINAR | 2 quarter hours**(Graduate)**

This course will provide 2nd year students with the opportunity to network with their peers and professionals in the field of sport, fitness, and recreation. They will also attend presentations by local professionals, as well as present their final research projects. (2 credit hours)

KNES 500 | CAPSTONE IN SPORT, FITNESS AND RECREATION LEADERSHIP | 2 quarter hours**(Graduate)**

The capstone experience will support the student during their last quarter in the program while completing program research and preparation for seminar presentation. (2 credit hours)

KNES 511 | MOTOR DEVELOPMENT THROUGH THE LIFESPAN | 4 quarter hours**(Graduate)**

Through lecture, film analysis, direct observation and instruction of children, and class discussion, students will gain a greater understanding of the maturational and environmental factors that affect human growth and motor development. Theories for motor development will be the focus. Since this development is a process that continues throughout our life span, prenatal through adult characteristics will be examined. Graduate students will be required to post authentic videos of examples of motor development theories seen in their classrooms with detailed explanations.

KNES 517 | CLASSROOM MANAGEMENT AND INSTRUCTION FOR ELEMENTARY PHYSICAL EDUCATION | 4 quarter hours**(Graduate)**

The course is designed to promote an understanding of the contribution that physical education makes to the elementary school curriculum and the development of the whole child. Lesson planning, instructional delivery, assessment of learning and classroom management will be focused as students engage in 15-20 hours of field experience teaching whole classes of children in schools. Reflective teaching will allow teacher candidates to develop skills and dispositions needed to be effective teachers in the physical education classroom.

KNES 525 | LANGUAGE AND LITERACY IN THE PHYSICAL EDUCATION | 4 quarter hours**(Graduate)**

This course explores the roles of language and literacy in the physical education setting and the teacher's responsibility for fostering them in all students. Through guided examination of prevailing theories of language acquisition and development that currently influence classroom practices across the K-12 continuum, this course enables future teachers of physical education to grow in their understanding of the varied literacy-learning contexts that students bring to their physical education experiences. Issues that emerge in planning and conducting literacy instruction in programs with diverse student demographics are discussed and deliberated through University classroom sessions as well as required field experiences. This course is designed to assist future physical education teachers in supporting literacy development in all students. Graduate students will be required to present as unit plan of instruction and how literacy was integrated throughout.

KNES 541 | INTRODUCTION TO PHYSICAL EDUCATION | 4 quarter hours (Graduate)

This is the first in a sequence of theory and practice courses that serves to familiarize teacher candidates with the world of schools and specifically physical education in schools. Through observation and participation in schools, self-reflection, independently created assignments, cooperative learning assignments and classroom discussion, candidates will acquire familiarity with the physical education classroom including social/cultural context, classroom climate, classroom management, curricular coherence, standards-based instruction, and teacher professional beliefs and practices. Written critical reflections serve as an initial foundation for the development of a teaching philosophy. Graduate students will be required to monitor weekly group discussions in D2L, complete an additional school culture assignment, and present a case study to the class.

KNES 555 | RESEARCH IN SPORT, FITNESS AND RECREATION | 4 quarter hours (Graduate)

Under the guidance of an advisor, students will complete a culminating research project for completion of the degree.

PE 455 is a prerequisite for this class.

KNES 566 | EDUCATIONAL PSYCHOLOGY AND MEASUREMENT OF LEARNING IN PHYSICAL EDUCATION | 4 quarter hours (Graduate)

This course presents those principles of educational psychology specifically related to the psychomotor learning domain. Selection of tests to measure learning of physical skills for all populations, administration of tests, data collection, and the statistical analysis needed to evaluate the learning process will be included. Specifically, measures of central tendency, variability, and correlation statistics; and standard tests of health and skill related components of fitness, motor performance, anthropometry, and specific sport analysis will be presented and practiced in this course. Graduate students will be required to present to the class the assessment plan for two of their classes and discuss the anticipated challenges.

KNES 572 | CURRICULUM AND INSTRUCTION FOR SECONDARY PHYSICAL EDUCATION | 4 quarter hours (Graduate)

This course is designed to provide an understanding of physical education curriculum planning, teaching methods, classroom management, unit and lesson plans used in a secondary school physical education setting. Specifically, how the uniqueness of the high school student, their development, culture, diversity, and social issues affect instruction and assessment. Students will engage in field work to observe and participate in whole class instruction, to integrate theoretical classroom content with on-site experiences. Graduate students will be required to present the written curriculum, lesson planning requirements, and integration of technology within physical education in their school.

KNES 574 | ADAPTIVE PHYSICAL EDUCATION | 4 quarter hours (Graduate)

This course introduces students to teaching exceptional students with mild, moderate, and severe disabilities by presenting a diversified program of developmental activities, games, sports, and rhythms suited to the interests, capacities, and limitations of students who may not be able to participate in the general physical education program. This will include state learning standards, curriculum, assessment, planning, and instruction in physical education. Accommodations, grouping, and technology for diverse students with disabilities in physical activity settings will also be introduced to students. Candidates will develop the knowledge and confidence to plan and implement differentiated instruction in teaching physical education to student with disabilities K-12. Graduate students will be required to present three case studies of special needs students they have worked with and the accommodations that were developed, used, and their effectiveness.

KNES 577 | ELEMENTARY & SECONDARY STUDENT TEACHING | 6 quarter hours (Graduate)

Five school days a week of supervised teaching in a cooperating elementary & secondary school for the academic quarter. Feedback and discussion of problems encountered in student teaching as well as new materials and techniques of student teaching. Requires application and approval as well as passing score on content test.

KNES 587 | STUDENT TEACHING SEMINAR | 2 quarter hours (Graduate)

This course is taken concurrently with KNES 577, Student Teaching. In this course, students will have opportunities to reflect on their student teaching experience and prepare materials to support their employment searches and careers as teachers.