

# KINESIOLOGY

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## **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 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 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 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 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 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 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 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 a 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 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.