

KINESIOLOGY, HEALTH AND SPORT STUDIES

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Assistant Dean: Nate McCaughtry

<https://education.wayne.edu/health-exercise-sports> (<https://education.wayne.edu/health-exercise-sports/>)

The Division of Kinesiology, Health and Sport Studies offers Bachelor of Science degrees in Community Health, Exercise and Sport Science, Health and Physical Education Teaching, and Sport Management. The Division also offers minors in Community Health, Exercise and Sport Science, Sport and Exercise Psychology, Sport Coaching, Sport Management, and Yoga and Mindfulness. In addition, the Division offers Accelerated Graduate (AGRADE) programs, where students can link any bachelor degree with any master's degree (Community Health, Exercise and Sport Science, Health and Physical Education Teaching, Sport Administration) allowing undergraduate students who have accumulated 90 credit hours and maintained a 3.0 GPA to take master's level courses (up to 16 credits) during their senior year, which will double-count toward both their bachelor and master's degrees, reducing both the time and cost associated with attaining multiple advanced professional degrees. Beyond degree programs, the Division offers courses in Lifestyle Fitness Activities available to all Wayne State University students. The Lifestyle Fitness Activities (LFA) program offers a collection of 2-credit health, wellness, exercise, and sport courses designed to facilitate students' optimal physical and mental health.

BARCELONA, JEANNE: Ph.D., University of Texas at Austin; M.A.E., Olivet Nazarene University; B.A., Saint Mary's College; Assistant Professor

EDGAR, TIFFANY: M.S., United States Sports Academy; B.S., University of Toledo; Lecturer

EISMAN, ANDRIA: Ph.D., University of Michigan; Assistant Professor

FAHLMAN, MARIANE: Ph.D., University of Toledo; M.A., Wayne State University; B.A., University of South Florida; Professor

GERMAN, RACHAEL: M.S., Kent State University; B.S., Central Michigan University; Lecturer

HEW-BUTLER, TAMARA: Ph.D., University of Cape Town, South Africa; D.M.P., Temple University; B.S., University of California, Los Angeles; Associate Professor

HIRKO, SCOTT: Ph.D., B.S., Michigan State University; M.A., Central Michigan University; Assistant Professor - Teaching

KASZETA, KRISTEN: M.A., Wayne State University; B.B.A., Saginaw Valley State University; Lecturer

KULIK, NOEL: Ph.D., University of North Carolina; M.A., B.S., Wayne State University; Associate Professor

LAI, QIN: Ph.D., Texas A & M University; M.Ed., B.S., Beijing University of Physical Education; Associate Professor

LOFMAN, ELANA: B.S. Wayne State University; Assistant Professor - Teaching

MALESKY, CHARLES MICHAEL: M.Ed. Wayne State University; B.A. University of Michigan; Assistant Professor - Teaching

MALESKY, CHRISTINE: M.A., German Sport University; B.A., University of Michigan; Assistant Professor - Teaching

MARTIN, JEFFREY: Ph.D., M.S., University of North Carolina-Greensboro; B.S., Brock University; B.A., Bowling Green State University; Professor

MASON, PATRICK: M.S., Oakland University; B.S., Oakland University; Lecturer

MCCAUGHTRY, NATHAN: Ph.D., University of Alabama; M.S., B.A., University of Wisconsin, LaCrosse; Assistant Dean and Professor

REED, ASHLEY: Ph.D., Kent State University; M.S., University of Kentucky; B.S., Central Michigan University; Lecturer

ROBERTS, PETER: M.A., B.S., Michigan State University; Assistant Professor

SHEN, BO: Ph.D., University of Maryland; M.E., Shanghai Institute of Physical Education; B.B., Central China Normal University; Professor

SULLIVAN, KATHERINE: Ph.D. University of Alabama; M.S. University of Hawaii at Manoa; B.S. Marywood University; Assistant Professor - Teaching

VASSALLO, MARIO J.: M.A., B.S., Central Michigan University; Lecturer

WHALEN, LAUREL L.: Ph.D., M.A., Wayne State University; B.A., Albion College; Lecturer

- Adapted Physical Education (Undergraduate Certificate) (<http://bulletins.wayne.edu/undergraduate/college-education/kinesiology-health-sport-studies/adapted-physical-education-undergraduate-certificate/>)
- Community Health (B.S.) (<http://bulletins.wayne.edu/undergraduate/college-education/kinesiology-health-sport-studies/community-health-bs/>)
- Exercise and Sport Science (B.S.) (<http://bulletins.wayne.edu/undergraduate/college-education/kinesiology-health-sport-studies/exercise-sport-science-bs/>)
- Health and Physical Education Teaching (B.S.) (<http://bulletins.wayne.edu/undergraduate/college-education/kinesiology-health-sport-studies/health-physical-education-teaching-bs/>)
- Sport Management (B.S.) (<http://bulletins.wayne.edu/undergraduate/college-education/kinesiology-health-sport-studies/sport-management-bs/>)
- Community Health Minor (<http://bulletins.wayne.edu/undergraduate/college-education/kinesiology-health-sport-studies/community-health-minor/>)
- Exercise and Sport Science Minor (<http://bulletins.wayne.edu/undergraduate/college-education/kinesiology-health-sport-studies/exercise-sport-science-minor/>)
- Sport and Exercise Psychology Minor (<http://bulletins.wayne.edu/undergraduate/college-education/kinesiology-health-sport-studies/sport-exercise-psychology-minor/>)
- Sport Coaching Minor (<http://bulletins.wayne.edu/undergraduate/college-education/kinesiology-health-sport-studies/sport-coaching-minor/>)
- Sport Management Minor (<http://bulletins.wayne.edu/undergraduate/college-education/kinesiology-health-sport-studies/sport-management-minor/>)
- Yoga and Mindfulness Minor (<http://bulletins.wayne.edu/undergraduate/college-education/kinesiology-health-sport-studies/yoga-mindfulness-minor/>)

Health Education

HE 1010 Foundations of Health and Health Promotion Cr. 3

Foundations of the community health education profession and practice, including history, settings, organizations, ethics and employment. Offered Yearly.

Restriction(s): Enrollment is limited to Undergraduate level students.

HE 2310 Dynamics of Personal Health Cr. 3

Critical health issues relevant to both traditional and non-traditional college students today. In-depth study of varied health issues and applications to personal, family and community needs. Offered Every Term.

HE 2320 Advancing Policy in Community Health Education Cr. 3

Provides an overview of the community health policy process, advocacy and social, political and environmental issues affecting urban populations. Offered Winter.

HE 3300 Health of the School Child Cr. 3

Health status and problems of school-age children. Role of teacher and schools in promoting healthy behavior. Emphasis on impact of institutional forces (e.g., family, media) on development of children's health beliefs and behavior. Offered Every Term.

HE 3344 Methods and Materials in Community Health Education Cr. 3

Frameworks, practical applications and mechanics of conducting health interventions in community settings. Offered Fall.

Prerequisites: HE 1010 with a minimum grade of D-

Restriction(s): Enrollment is limited to Undergraduate level students.

HE 3440 Nutrition and Health Education Cr. 3

Relationships between dietary intake and health status in various populations. Role and responsibilities of health educators in nutrition programs. Concepts from health psychology applied to school and community approaches. Offered Fall, Winter.

HE 3500 Human Disease Cr. 3

Body system impairments from disease, injury or congenital abnormalities that relate to morbidity and mortality in the U.S. Signs, symptoms, causes, prevention, and treatment. Offered Fall, Winter.

Prerequisite: HE 3440 with a minimum grade of C or NFS 2030 with a minimum grade of C

HE 3990 Individual Problems in Health Cr. 1-3

Solving a specific personal health problem or studying a specific community health problem under the guidance of divisional staff. Offered Every Term.

Prerequisite: HE 2310 with a minimum grade of C or HE 2320 with a minimum grade of C

Repeatable for 3 Credits

HE 4010 Foundations of Community Health Program Planning Cr. 3

Introduction and practical application of health promotion program planning, including: developing a need assessment, recruiting community support, writing program goals and objectives, developing a program plan, identifying existing interventions and/or designing new intervention activities to address program objectives, using theory to enhance effective programming, program implementation, budgeting and measurement. Offered Winter.

Prerequisites: HE 1010 with a minimum grade of C

HE 4902 Health Education Internship Cr. 5-6

Students contribute expertise and enthusiasm to their host agency and demonstrate their ability to perform the duties of a community health professional. Offered Every Term.

Prerequisites: HE 4010 with a minimum grade of D- (may be taken concurrently), HE 5522 with a minimum grade of D-, and HE 6330 with a minimum grade of D-

Restriction(s): Enrollment is limited to Undergraduate level students.

Fees: \$16

Repeatable for 6 Credits

HE 5522 Health Psychology Cr. 3

Foundations of health, research methods, biological foundations of health/illness, stress, nutrition, obesity, eating disorders, substance abuse and health, cardiovascular disease, diabetes and health, exercise and cancer; HIV, AIDS, and health; pain management and patient behavior, complementary and alternative medicine, health psychology across the life span. Offered Fall.

Prerequisites: PSY 1010-6999

HE 6000 Yoga: History, Philosophy, and Practice Cr. 3

The in-depth study of yoga history, philosophy, research, and ethics, as well as the physical and mental practice, used for self-care as well as introducing professional training. Offered Every Term.

HE 6050 Mindfulness: Philosophy, Theory, Practice, and Research Cr. 3

The in-depth study of mindfulness history, theory, research, and practice used for self-development and self-care. The course prepares students to successfully complete an optional Mindfulness-Based Stress Reduction (MBSR) training and receive a MBSR certificate of completion. Offered Every Term.

HE 6100 Health Communication Methods and Techniques Cr. 3

Provides students with a framework for identifying, understanding, creating and evaluating health communication efforts. Focus will be on multilevel health communication and behavior change, factors affecting communication and the development of effective materials. Offered Intermittently.

HE 6200 Yoga and Mindfulness in Professional Practice Cr. 3

Introduction to yoga and mindfulness as applied to professional settings. Topics will include the research on and availability of yoga & mindfulness programs in a variety of professions, how to design a yoga and/or mindfulness program in varied settings, and also a discussion of concerns, ethics, self-care, and scope of practice. Offered Every Term.

Prerequisite: HE 6000 with a minimum grade of C and HE 6050 with a minimum grade of C

HE 6310 Reproductive Health Education Cr. 3

Program planning, curriculum development and classroom teaching strategies in the areas of human sexuality, reproductive health and venereal disease, family planning and family health. Course will satisfy Michigan Department of Education requirements for teaching in these areas. Offered Fall.

HE 6320 Mental Health and Substance Abuse Cr. 3

Identification, treatment, and prevention of mental health/substance abuse problems. How school-age children and their families are affected by these problems; role of the teacher. Offered Fall, Winter.

HE 6330 Health Behavior Change Cr. 3

Principles of behavior modification; theories of health behavior and program planning as they relate to health promotion and wellness. Offered Fall, Winter.

Prerequisites: PSY 1010-6999 and (AFS 2390 with a minimum grade of C, ENG 2390 with a minimum grade of C, ENG 3010 with a minimum grade of C, ENG 3020 with a minimum grade of C, or ENG 3050 with a minimum grade of C)

HE 6340 Advanced Concepts in Health Cr. 3

An in-depth study of health content areas taught in the K-12 school system. Offered Every Other Year.

Restriction(s): Enrollment is limited to students with a major in Health & Phys Ed Teaching.

HE 6360 Performance Based Assessment Cr. 3

Assessment and evaluative techniques applied to health education, including test construction and performance-based assessment. Designed to meet assessment and evaluative competencies required for entry-level health teachers in Michigan. Offered Spring/Summer.

Restriction(s): Enrollment limited to students in the College of Education.

HE 6420 Introduction to Health Education Program Design Cr. 3

Overview of health education program process in all practice settings. Introduction to needs assessment, objective writing, staff training, and evaluation in health education. Offered Every Other Year.

Restriction(s): Enrollment is limited to Graduate level students.

HE 6500 Secondary Health Methods Cr. 3

Principles, curriculum development and techniques in teaching health grades 6-12. Offered Fall.

Restriction(s): Enrollment limited to students in the College of Education.

HE 6501 Measurement and Evaluation in Community Health Education Cr. 3

Frameworks, principles, models and strategies for evaluating health education programs. Offered Fall.

Prerequisites: HE 4010 with a minimum grade of C or HE 6420 with a minimum grade of C

HE 6530 Principles and Practice of Health Education and Health Promotion Cr. 3

Principles, resources and practical application of community health education in various settings, with emphasis on the role of the community health education specialist. Offered Every Other Year.

HE 6560 Integrating Evidence-Based Practices in Community Health: Translating Research-To-Practice Cr. 3

Integrating evidence-based practices into community health settings is recognized as the foundational gold standard for improving population health and is a key skill required of community health specialists. This course will examine approaches, including theories and frameworks, which can be utilized to guide the effective translation of evidence-based community health interventions into practice. It will also help prepare students to identify and implement best practices that are theory-based, evidence-based, community-based, and reality-based. Offered Intermittently.

HE 6570 Advancing Community Health and Health Equity Cr. 3

Examines approaches in policy and advocacy to advance health equity and community health. Social and public health injustices among key populations will be reviewed and the saliency of policy and advocacy advancement strategies to improve health of disenfranchised populations will be discussed and assessed. Offered Intermittently.

Health and Physical Education

HPE 6120 Sports I Cr. 3

This course is designed for students to learn sports across three different categories: tag, new/wall, and invasion games. It will include skill/techniques, instructional strategies, basic concepts, as well as planning for effective teaching in the sports. Offered Every Other Year.

HPE 6130 Sports II Cr. 3

This course is designed for students to learn sports across two different categories: target, fielding/striking games. It will include skill/techniques, instructional strategies, basic concepts, as well as planning for effective teaching in the sports. Offered Every Other Year.

HPE 6140 Fitness and Dance Cr. 3

Introduces students to health and skill-related fitness concepts as well as different genres of dance. Additionally, skill competencies will be sought in both health-related fitness and dance. Students will work towards mastery of skills as well as how to begin instructing children, youth, and adolescents, in group fitness and dance environments. Offered Winter.

HPE 6150 Adventure and Outdoor Pursuits Cr. 3

Provides an introduction to instructing youth in adventure activities and outdoor pursuits. Includes basic principles and concepts of adventure education as well as appropriate instructional strategies. Offered Spring/Summer.

Restriction(s): Enrollment limited to students in the College of Education.

HPE 6160 Aquatic Leadership Cr. 3

This course is designed to prepare students for leadership responsibilities in the area of aquatics. It will emphasize a broad range of aquatic experiences and teaching methodologies and will include swimming and rescue skills necessary to complete certification as an American Red Cross Water Safety Instructor and Lifeguard. It will also include program development, risk management, and staff management. Offered Winter.

Restriction(s): Enrollment limited to students in the College of Education.

HPE 6200 Management and Instruction in Health and Physical Education Cr. 3

This course is the study of effective teaching and instructional practices in health and physical education. It will include the study of the learning process, factors that influence the learning process, effective teaching skills, effective task presentation and content development, and management of and motivation in the learning environment. Students will also investigate teaching styles that lead to effective instruction. Offered Fall.

HPE 6210 Curriculum and Instruction in Health and Physical Education Cr. 3

The purpose of this course is to introduce the student to a variety of curriculum models in health and physical education and to provide the student with experience in long-range planning, developing, and evaluating health and physical education curriculum. Emphasis will be on planning lessons that are standards-based, developmentally-appropriate, and progressive in nature. Candidates will evaluate completed curriculums using an existing curriculum evaluation tool. Offered Fall.

Restriction(s): Enrollment limited to students in the College of Education.

HPE 6220 Technology in Health and Physical Education Cr. 3

Current best practices for the use of technology in health and physical education and physical activity programming. Course includes how to use technology including apps, mobile devices and online assessment tools to implement instruction and evaluation. Offered Winter.

Restriction(s): Enrollment limited to students in the College of Education.

HPE 6230 Socio-cultural Issues in Physical Activity Cr. 3

Contemporary and historical perspective on socio-cultural and philosophical issues that influence American youth and instruction in a physical activity setting, including race, gender, sexuality, obesity, and urbanization. Offered Fall.

HPE 6400 Physical Activity in Pediatric Disabilities Cr. 3

This course is designed to discuss historical and contemporary issues in adapted physical activity including evidence-based interventions; techniques for adapting the environmental conditions; and designing, implementing, and evaluating individualized programs for individuals with disabilities. Offered Fall.

Restriction(s): Enrollment limited to students in the College of Education.

Repeatable for 6 Credits

HPE 6410 Teaching Adapted Physical Activity and Sport Cr. 3

Teaching and coaching of developmental, recreational, and competitive sports across school and community-based settings. Includes assessment, teaching, conditioning, and coaching strategies for individuals with disabilities as well as administrative/management strategies. Offered Winter.

Repeatable for 6 Credits

HPE 6420 Teaching Aquatics to Special Populations Cr. 3

Developing and implementing swimming and water-related activities designed to meet the needs of special populations including water orientation, swim instruction, fitness instruction, facilities and equipment considerations, and research on adapted aquatics. Offered Yearly.

Restriction(s): Enrollment limited to students in the College of Education.

Repeatable for 6 Credits

HPE 6430 Physical Activity Assessment in Special Populations Cr. 3

Appropriate and accurate selection, administration and interpretation of assessment results for adapted physical education purposes. Includes use of assessment results to design effective adapted physical education programs and participate in the IEP process. Offered Yearly.

Restriction(s): Enrollment limited to students in the College of Education.

Repeatable for 6 Credits

HPE 6440 Leadership Training and Practicum in Adapted Physical Education Cr. 3

Directed fieldwork placement in teaching physical education to students with special needs in schools. Required for State of Michigan Approval as a Teacher of Students Requiring Adapted Physical Education (SP Endorsement). Offered Fall.

Restriction(s): Enrollment limited to students in the College of Education.

Repeatable for 6 Credits

HPE 6510 Elementary Health and Physical Education Methods Cr. 3

Developmental approach to teaching elementary physical education and health in the schools. Beginning movement concepts, Michigan Health Education Model, and fundamental motor skills that are developmentally appropriate for children to participate in games, gymnastics, dance, and fitness activities. Curriculum design and implementation of activities in the practicum application. Offered Fall.

Restriction(s): Enrollment limited to students in the College of Education.

HPE 6520 Secondary Physical Education Methods Cr. 3

The purpose of the course is to prepare students for secondary instruction of physical education and includes authentic classroom experience, planning for instruction in physical education with emphasis on unit and lesson planning, assessment, and developmental curriculum planning. It is meant to help future secondary physical education teachers know what to teach in the physical education classroom and how to teach it. Offered Winter.

Restriction(s): Enrollment limited to students in the College of Education.

HPE 6600 Student Teaching and Seminar Cr. 10

Prepares students for initial teaching certification through K-12 student teaching experience and seminars. The regular seminar will cover a variety of issues and topics related to teaching methods and becoming an effective teacher. Offered Fall, Winter.

Restriction(s): Enrollment limited to students in the College of Education.

Kinesiology

KIN 2560 Individual Problems in Kinesiology Cr. 1-3

Solving a specific problem under the guidance of the divisional staff. Offered Fall, Winter.

Repeatable for 4 Credits

KIN 3000 Professional Perspectives in Kinesiology and Exercise Science Cr. 3

Synopsis of the academic, professional, and career perspectives of the Exercise and Sport Science major as well as the concepts and applications of the science of exercise, kinesiology, wellness, leadership, assessment, and internships. Offered Fall, Winter.

KIN 3400 Lifespan Growth and Development Cr. 3

Study of change in motor behavior from infancy to older adulthood.

Competency in: ability to formulate a developmental perspective, knowledge of changing behavior across life-span, knowledge of factors affecting motor development, ability to apply knowledge in instructional and recreational settings. Offered Every Term.

KIN 3540 Cultural Foundations of Kinesiology Cr. 3

Introduction to cultural competence and cultural issues in physical activity, exercise, sport, and fitness for kinesiology and health care professionals. Offered Every Term.

KIN 3550 Motor Learning and Control Cr. 3

Satisfies General Education Requirement: Writing Intensive Competency Study of motor skill acquisition and motor control with applications to physical activity. Focus on cognitive processes and neural mechanisms which contribute to motor learning and control. Satisfies General Education program Writing Intensive requirement for kinesiology majors. Offered Every Term.

Prerequisites: AFS 2390 with a minimum grade of C, ENG 2390 with a minimum grade of C, ENG 3010 with a minimum grade of C, ENG 3020 with a minimum grade of C, or ENG 3050 with a minimum grade of C

KIN 3580 Biomechanics Cr. 3

Application of knowledge of human physical structure and function in the analysis and appreciation of human movement; theory and practice of human movement analytic techniques. Offered Every Term.

Prerequisites: BIO 2870 with a minimum grade of C and KIN 3000 with a minimum grade of C

KIN 5100 Anatomical and Physiological Bases of Physical Activity Cr. 3

Basic anatomical and physiological principles that have direct application to physical activity programming in the K-12 school setting and in community-based physical activity settings. The course will include practical application experiences to illustrate the theoretical knowledge base. Offered Fall.

Restriction(s): Enrollment limited to students in the College of Education.

KIN 5210 Movement Education Cr. 3

Advanced study of elementary movement education through and in-depth analysis of Graham's movement skill themes. Study of movement concepts, skill themes, curriculum design, and the implementation of activities in a practical application. Students will also investigate research supporting the inclusion of movement education in quality physical education and physical activity programs. Offered Fall.

Prerequisites: KIN 5200 with a minimum grade of D-

Restriction(s): Enrollment limited to students with a class of Unranked Grad, Junior or Senior; enrollment is limited to Graduate or Undergraduate level students.

KIN 5350 Exercise Science Internship Cr. 4

Supervised experience in health and exercise programs with various populations at approved sites. Offered Every Term.

Prerequisites: KIN 6320 with a minimum grade of C

Restriction(s): Enrollment limited to students in the College of Education.

Fees: \$16

Repeatable for 8 Credits

KIN 5360 Senior Research Project Cr. 1-5

Students conduct scientific research in exercise science; review of literature, data collection, assisting with data transformation, help with formal presentation of written or oral materials of findings from the study. Offered Every Term.

Restriction(s): Enrollment limited to students with a class of Junior or Senior.

Repeatable for 5 Credits

KIN 5520 Sport Psychology Cr. 3

History, personality, psychology of injury; theories of motivation, arousal, and anxiety; competition and cooperation, feedback, reinforcement and intrinsic motivation. Team dynamics, group cohesion, communication and leadership processes, psychological qualities and skills (such as goal setting, imagery, concentration). Unhealthy sport behaviors, burnout, over-training. Psychology of youth sport; character development. Offered Fall, Winter.

Prerequisites: (AFS 2390 with a minimum grade of C, ENG 2390 with a minimum grade of C, ENG 3010 with a minimum grade of C, ENG 3020 with a minimum grade of C, or ENG 3050 with a minimum grade of C) and PSY 1010-5999 with a minimum grade of C

KIN 5523 Physical Activity and Exercise Psychology Cr. 3

Introduction of physical activity and exercise psychology from a multi-theory perspective. Determinants, well-being and interventions in physical activity, physical education and exercise settings will be explored through a broad spectrum. Offered Fall, Winter.

Prerequisites: (AFS 2390 with a minimum grade of C, ENG 2390 with a minimum grade of C, ENG 3010 with a minimum grade of C, ENG 3020 with a minimum grade of C, or ENG 3050 with a minimum grade of C) and PSY 1010-5999 with a minimum grade of C

KIN 5550 Health and Physical Education for the Elementary School Teacher Cr. 3

Broad content knowledge of developmentally appropriate physical education and health education for children in grades K-6. Offered Every Term.

KIN 5770 Physical Activity Leadership Internship Cr. 7

Individually arranged, supervised, educational and professional experience at an approved on-campus or off-campus based internship site. Opportunities to organize and conduct physical activity leadership responsibilities under close supervision. Through this type of exposure, the student will receive practical, on-the-job experience in one or more types of physical activity leadership. Offered Winter.

Restriction(s): Enrollment limited to students with a class of Unranked Grad, Junior or Senior; enrollment is limited to Graduate or Undergraduate level students.

KIN 6100 Methods of Group Training Cr. 3

Provides a comprehensive overview of the group exercise industry and instructional strategies for safe group exercise training for various populations and differing environments. Offered Fall, Winter.

Prerequisites: KIN 6300 with a minimum grade of C

KIN 6110 Motor Learning and Development Cr. 3

Principles and practices that affect the learning and development of motor skills from birth to early adulthood. Study of theories of motor development, motor learning, and motor control; motor skill classification and games classification; developmental and motor learning stages; methodological considerations including how to measure and assess motor learning in field-based situations; and professional applications of the motor learning and development in physical education and physical activity programming. Offered Winter.

Restriction(s): Enrollment limited to students in the College of Education.

KIN 6120 Strength and Conditioning Cr. 3

Provides a comprehensive overview of strength and conditioning with an emphasis on the exercise sciences, nutrition, program design, organization and administration, measurement, and evaluation. Offered Every Term.

Prerequisites: KIN 6300 with a minimum grade of C and KIN 3580 with a minimum grade of C

Restriction(s): Enrollment is limited to Graduate or Undergraduate level students.

KIN 6150 ECG Interpretation Cr. 3

This course provides students with an understanding of ECG and how to interpret static and dynamic ECG strips. It gives the opportunity for students to gain a basic knowledge of ECG and how to recognize normal and abnormal ECGs. Offered Winter.

Prerequisites: KIN 6300 with a minimum grade of C

Restriction(s): Enrollment limited to students with a class of Unranked Grad, Junior or Senior; enrollment is limited to Graduate or Undergraduate level students.

KIN 6160 Pharmacology for the Physical Activity Professional Cr. 3

Provides students with an understanding of the concepts of pharmacology, how drugs work, and different pharmacologic actions and adverse effects that drugs produce. Offered Winter.

Prerequisites: KIN 6300 with a minimum grade of C-

Restriction(s): Enrollment is limited to Graduate or Undergraduate level students.

KIN 6210 Physical Activity and Cognition Cr. 3

An overview of physical activity as it relates to cognitive functioning across the lifespan. Exploration of measures of physical activity, neuropsychological test batteries assessing various domains of cognitive functioning. Review studies examining the effect of physical activity on cognition and its underlying mechanisms. Offered Winter.

Prerequisites: KIN 5523 with a minimum grade of C

Restriction(s): Enrollment limited to students with a class of Unranked Grad, Junior or Senior; enrollment is limited to Graduate or Undergraduate level students.

KIN 6300 Exercise Physiology I Cr. 3

Basic physiological concepts as they relate to exercise and human performance. Practical applications incorporated into the laboratory component. Offered Every Term.

Prerequisites: KIN 3000 with a minimum grade of C, KIN 5100 with a minimum grade of C, or BIO 2870 with a minimum grade of C

KIN 6310 Exercise Physiology II Cr. 3

Metabolic, neuromuscular, cardiovascular, and respiratory adjustments to acute and chronic exercise in health and disease, including body composition and weight control, nutritional considerations, and the effects of different environments on exercise performance. Offered Every Term.

Prerequisites: KIN 6300 with a minimum grade of C

Restriction(s): Enrollment limited to students in the College of Education.

Equivalent: PSL 6010, PT 6310

KIN 6320 Fitness Assessment and Exercise Prescription Cr. 3

Provides physiological principles of physical fitness, including the assessment of physical fitness and exercise prescription guidelines. Offered Every Term.

Prerequisites: (BIO 2870 with a minimum grade of C or KIN 5100 with a minimum grade of C) and KIN 6300 with a minimum grade of C

Lifestyle Fitness Activities

LFA 1000 Fitness Basics Cr. 1

Students will learn basic concepts of development and maintenance of physical activity and will be exposed to the different fitness opportunities offered locally while engaging in health-promoting and wellness activities. Fitness Basics is designed to allow students to participate in physical activity of their choice at a time and location that best fits their schedule, and is electronically recorded and synced to your instructor using a fitness tracking device (i.e. FitBit, Apple Watch, Garmen, Polar, Movband, and other approved devices). Offered Every Term.

Repeatable for 4 Credits

LFA 1020 Individualized Skills Development Laboratory Cr. 1-2

Open only to varsity athletes; varsity athletes may elect only once per year for one credit per sport during the term of competition. Offered Fall, Winter.

Repeatable for 4 Credits

LFA 1035 Fitness Trends Cr. 2

A fitness sampler class offering an introduction to top fitness and physical activity trends. Fitness activities will change annually based on health and fitness trends in the industry. Offered Fall, Winter.

Repeatable for 4 Credits

LFA 1040 Healthy Lifestyle Basics Cr. 2

A study of healthy eating, physical activity, and other lifestyle strategies to promote healthy living and weight management. Students will examine individual health and wellness, identify healthy behaviors, and develop skills to support a healthy lifestyle. Offered Every Term.

Repeatable for 4 Credits

LFA 1100 Swimming: Elementary Cr. 2

Fundamental skills and knowledge in aquatics for beginners. Offered Spring/Summer.

Repeatable for 4 Credits

LFA 1210 Pilates Matwork Cr. 2

Total body exercise program using a series of floor exercises to increase strength, flexibility, stamina and concentration. Exercises are selected based on core strengths and stabilization methods. Offered Winter.

Repeatable for 4 Credits

LFA 1220 Cardio-Fit Kickboxing Cr. 2

Time-efficient workout that stimulates the cardiorespiratory and musculoskeletal systems. Structured routines for all fitness levels (basic, intermediate, advanced); utilizes only basic kickboxing techniques. Offered Fall, Winter.

Repeatable for 4 Credits

LFA 1230 Basic Toning and Cardio Cr. 2

Total-body resistance exercise program using hand weights, ankle weights, rubber tubing, adjustable step, and other flexible sources of resistance. High-repetition exercises concentrating on proper technique, body alignment, muscular development, sound biomechanical principles. Offered Every Term.

Repeatable for 6 Credits

LFA 1250 Zumba Cr. 2

Zumba is a fusion of Latin and International music and dance themes; the routines feature easy-to-follow aerobic/fitness interval training with rhythms that tone and sculpt the body. Offered Intermittently.

Repeatable for 4 Credits

LFA 1275 Water Aerobics Cr. 2

Cardiovascular and muscular endurance program using water resistance exercises performed to music designed to improve strength, flexibility and overall cardiovascular fitness. Performed in shallow water, this class offers basic, structured drills and routines, with low-impact, variable workout intensities, and use of additional resistance devices. Swimming skills not necessary. Offered Spring/Summer.

Repeatable for 4 Credits

LFA 1315 Boxing Conditioning Cr. 2

A time-efficient workout which stimulates the cardio respiratory and musculoskeletal systems. It offers structured routines for all fitness levels (basic, intermediate, advanced). Utilizes basic boxing techniques. Boxing skills not necessary. Great for improving cardiovascular endurance. Offered Winter.

Repeatable for 4 Credits

LFA 1320 Total Body Conditioning Cr. 2

Group physical training class that mixes traditional calisthenics and body weight exercises with cardiovascular interval training and strength conditioning. Designed to promote fat loss, camaraderie and team effort. Offered Fall, Winter.

Restriction(s): Enrollment is limited to Undergraduate level students.

Repeatable for 6 Credits

LFA 1340 Zero to a 5K Cr. 2

A personalized walking/jogging/running program designed to improve the level of cardio-respiratory condition of the participant, with the ultimate goal of completing a 5K (3.1 miles). Considerations include: nutrition, endurance, strength, proper form and various injury prevention guidelines. Offered Spring/Summer.

Restriction(s): Enrollment is limited to Undergraduate level students.

Repeatable for 4 Credits

LFA 1420 Dance Fitness Cr. 2

Basic movement techniques to a variety of dance styles for increased cardiovascular fitness. Offered Intermittently.

Repeatable for 4 Credits

LFA 1460 Yoga Fusion Cr. 2

Total body exercise program blending yoga, strength, core work, and dance to increase strength, flexibility, stamina and concentration. Offered Intermittently.

Repeatable for 4 Credits

LFA 1470 Mindfulness, Fitness and Stress Management Cr. 2

A variety of physical training methods which integrate a mind-body approach to achieve positive changes in physiological measures of physical fitness. Develop healthy coping habits to prevent or reduce stress. Techniques include but are not limited to exercise, yoga, breathing and meditation, and journaling. Offered Every Term.

Repeatable for 4 Credits

LFA 1480 Yoga Cr. 2

Yoga physical exercises to shape and strengthen the human body. Psychosomatic influences used to develop resistance against stress and to train the body and mind to relax. Utilization of auto-suggestion to influence lifestyle. Offered Every Term.

Repeatable for 4 Credits

LFA 1510 Women's Fitness Cr. 2

Students will be taught a variety of different methods of cardio and strength training in a different setting each week. Principles and benefits of cross training will be addressed through participation in a wide variety of activities in the gym, outside, and in the weight room. Offered Intermittently.

Repeatable for 4 Credits

LFA 1520 Kickball/Dodgeball Cr. 2

Analysis, development and practice of fundamental skills, team play, strategies and rules of kickball and dodgeball. Offered Every Term.

Restriction(s): Enrollment is limited to Undergraduate level students.

Repeatable for 4 Credits

LFA 1530 Basketball: Fundamental Skills Cr. 2

Analysis and practice of fundamental skills, team play, and rules of basketball. Offered Every Term.

Repeatable for 4 Credits

LFA 1560 Team Sports Sampler Cr. 2

The analysis, development, and practice of fundamental skills, team play and rules of basketball, volleyball, dodgeball, kickball and other team sports. Offered Winter.

Repeatable for 4 Credits

LFA 1640 Strength Training Basics Cr. 2

Application and practice of the basics of strength training for healthy living. Students will describe the benefits of strength training and its impact on the body related to injury prevention and recovery, and optimal functioning in everyday life. Students will demonstrate correct exercise techniques and perform prescribed strength training plans. Offered Every Term.

Repeatable for 4 Credits

LFA 1642 Advanced Strength Training Cr. 2

This course is intended to help students develop in-depth knowledge of strength training principles, including specific types of conditioning, diverse training programs, strength training injury prevention and recovery, and functional fitness. The class is intended for students who already have basic knowledge and skill in strength training. Offered Every Term.

Repeatable for 4 Credits

LFA 1660 Healthy at Home Cr. 2

Students will learn the foundations of healthy eating, enhanced physical, mental and emotional functioning, and the benefits of a healthy weight for disease prevention. Students will also gain competency in various lifetime fitness activities to improve strength, cardiovascular functioning, balance and stability, and flexibility. The course is intended to provide practical education for healthy living at home, requiring minimal equipment or specialized facilities, or advanced knowledge or skill in dietetics, exercise, or fitness. Offered Every Term.

Repeatable for 4 Credits

LFA 1700 Brazilian Jiu Jitsu Cr. 2

Analysis and practice of fundamental skills, movements, and philosophy of Brazilian Jiu Jitsu as a modern martial art, self-defense, and competitive sport. Offered Every Term.

Repeatable for 4 Credits

LFA 1780 Tai Chi Chuan: Beginning Cr. 2

An ancient Chinese exercise, Tai Chi is a series of postures and transitional movements, used to improve balance, strength, circulation, and relaxation. Offered Fall, Winter.

Repeatable for 4 Credits

LFA 2330 First Aid and CPR Cr. 3

Theory and practice of First Aid and CPR. Students can qualify for national certificates in First Aid and CPR. Offered Every Term.

Fees: \$30

Sport Administration and Management

SAM 2020 History of Sport Cr. 3

Satisfies General Education Requirement: Social Inquiry

Examines the historical evolution of sport, from ancient to modern times in the United States and throughout the world. Offered Winter.

SAM 2100 Foundations of Sport Management Cr. 3

By combining theory and practical application, this course provides an overview of various facets of sports management and administration, including issues related to the recreational, amateur, interscholastic, collegiate, professional and lifestyle sports industries. Offered Fall.

SAM 3010 Ethics in Sport Cr. 3

Examines principles of ethics, and their application to sport, physical education, and sport. Students will acquire an awareness of ethical conduct and cultivate an effective, deliberative process for dealing with ethical issues in sport. Offered Winter.

SAM 3020 Sociology of Sport Cr. 3

Satisfies General Education Requirement: Diversity Equity Incl Inquiry
Examines the ways in which sports are entangled in social, cultural, political, and economic forces. Students will systematically investigate the complex connections among sports, society, and cultures. Offered Fall, Winter.

SAM 3030 Sports Promotion Cr. 3

This course explores foundational principles of promotions, marketing, and public relations in the sports and active lifestyle industries, including sports sponsorship and promotion, corporate motivation and involvement, and the reciprocal relationship between sports and the media. Demographics, market research, public relations, and promotional activity will be examined through an integrated approach to marketing. Offered Fall, Winter.

SAM 4020 Sport Governance Cr. 3

Covers governance structures and policy issues in sport and how policy development and strategic planning activities affect sport organizations, both amateur and professional. Offered Fall.

Prerequisite: SAM 2100

SAM 4030 Sport Finance Cr. 3

Introduces students to the concepts of financial management and sales as applied to the sports industry. Offered Winter.

Prerequisite: SAM 2100

SAM 4040 Sport Communication Cr. 3

General principles and strategies of sport communication are covered, including public relations, media relations, and publicity in a variety of settings. Effective use of technology in sport communication will be particularly emphasized. Offered Winter.

Prerequisite: SAM 2100

SAM 5000 Professional Practicum Cr. 3

Students will be introduced to various areas within the sports industry through guided fieldwork and service learning experiences. Students will analyze career placement opportunities, the internship process, and associate requirements while preparing professional materials for use in the sports industry. Offered Fall.

Prerequisite: SAM 2100

SAM 5510 Principles of Coaching Cr. 3

Specific topics on the coach and the athlete in areas of administration, motor learning, physical growth, motor skill acquisition, philosophy, psychology and sociology. Offered Spring/Summer.

SAM 5700 Sport Leadership Cr. 3

Combines theory and practical application to provide an introduction to the various segments of the sports industry, including youth, interscholastic, collegiate, professional, and commercial sports. Additionally, sociocultural, legal, historical and political concepts as applied to sport will be integrated into the curriculum to enable students to develop industry-appropriate competencies. Coursework will also emphasize strategies for career success within the sports industry. Offered Fall, Winter.

SAM 5750 Internship in Sports Management Cr. 1-6

Professional experience in public or private institutions relevant to student's field of industry specialization. Offered Fall, Winter.

Prerequisite: SAM 5000

Fees: \$15

Repeatable for 6 Credits

SAM 6300 Interscholastic Athletic Directing Cr. 3

Michigan and national interscholastic athletic directing organizations; issues and skills to direct athletic programs in middle and secondary education. Philosophy, personnel, financial and general athletic policies and guidelines. Offered Yearly.

Prerequisites: SAM 2100 with a minimum grade of C

SAM 6310 Collegiate Athletic Administration Cr. 3

Provides an overview of intercollegiate athletic administration.

Focuses on the history of college athletics, NCAA compliance rules and regulations, operations, finances, strategic planning, and critical issues and future trends that impact college sport. Offered Yearly.

Prerequisites: SAM 2100 with a minimum grade of C

SAM 6320 Youth Sports and Recreation Cr. 3

Explores issues related to organized and competitive sport for youth, with an emphasis on biological, psychological, and sociological perspectives.

Emphasis is placed on the impact of sport managers and leaders in the delivery of youth sport programs. Offered Spring/Summer.

SAM 6410 Introduction to Sports Administration Cr. 3

Current categories of competitive sports and athletics identified and analyzed to determine potential administrative positions in their structures and the qualifications necessary for each position. Offered Fall, Winter.

SAM 6530 Professional Sport Administration Cr. 3

Introduction to the business strategies of a professional sports team, including an in depth look at breaking into the industry, the importance and value of community affairs, corporate sponsorship, business public relations and player relations. Offered Winter.

Prerequisites: SAM 2100 with a minimum grade of C

SAM 6531 Sports Event Management Cr. 3

Comprehensive study of the planning, maintenance, operations, financial considerations, customer engagement, and personnel management of sporting events and the facilities that host the events. Offered Spring/Summer.

Prerequisites: SAM 2100 with a minimum grade of C

SAM 6560 Media Design and Communication Cr. 3

Examines the impact sports and the media have on each other and explores the use of technology in promoting, marketing, and managing health, PE, recreation, and sports programs. Offered Winter.

Prerequisites: SAM 2100 with a minimum grade of C

SAM 6570 Sports Marketing Cr. 3

Concepts and principles of marketing as applied to sports. Topics include: structure of sports industry, sports markets and products, market research, and sports sponsorships. Offered Fall.

Prerequisites: SAM 2100 with a minimum grade of C

SAM 6640 Legal Issues in Health, Physical Education and Recreation Cr. 3

Identification and analysis of legal issues in the health, physical education, and recreation profession. Review of relevant litigation patterns. Offered Yearly.

SAM 6660 Risk Management in Physical Education and Sports Cr. 3

Fundamentals of safety and liability and the risks involved in managing activity-related programs. Development of knowledge and skills to recognize potential litigation in management, supervision and administration. Offered Fall.

SAM 6661 Equity and Access in Sport Cr. 3

Historical and contemporary sport and physical activity experience in context of race, socioeconomic class, gender, age, disability, and culture. Offered for graduate credit only. Offered Fall.

Restriction(s): Enrollment is limited to Graduate level students.

SAM 6750 Field Work in Sports Administration and Management Cr. 1-4

Professional experience in public or private institutions relevant to student's specialization. Supervision by professional supervisor and university faculty. Can be taken at any time during student's program. Offered Fall, Winter.

Repeatable for 8 Credits