

## Kinesiology Departmental Electives 2014 Catalog

### Notes:

- 1) The 2014 Department Electives will be honored for students on all catalogs; petitions will need to be filled out with your advisor if your DARS does not pick up a class automatically.
- 2) No class can double count, e.g. as kinesiology elective and department elective or professional elective and department elective.

### Kinesiology Classes

- **KNS 231 - Introduction to Sport Psychology** 3 Credit Hours  
Introduction to the psychology of sport and exercise. Includes the scientific study of people and their behaviors in these contexts and the practical application of that knowledge. Topics include personality, motivation, anxiety, competition and cooperation, group and team dynamics, leadership, goal-setting, self-confidence, injury, moral and ethical considerations, and unhealthy behaviors.
- **KNS 290 - Principles of Movement Control and Skill Learning** 3 Credit Hours  
Theories and principles explaining the performance and learning of skilled actions. Emphasis placed on the consideration of how factors related to the learner, the task, and the performance context influence instructional decisions.  
*Registration Restriction(s): Kinesiology or recreation and sport management major; minimum student level – sophomore.*
- **KNS 334- Sport and Community Development** 3 Credit Hours  
Designed to teach leadership, critical thinking, and cross-cultural communication skills through sport-based service. Using a Sport for Development and Peace framework, students will work with the local community to construct programming that addresses the needs of at-risk and underserved populations using sport, recreation, and physical activity. *(Same as Recreation and Sport Management 334.)*  
*Registration Restriction(s): Kinesiology or Recreation and Sport Management major; minimum student level – junior.*
- **KNS 335 – Athletic Training Techniques** 3 Credit Hours  
Prevention of athletic injuries through sound conditioning programs and practices. Recognition and immediate treatment of injuries.  
*(RE) Prerequisite(s): Kinesiology 332*  
*Registration Restriction(s): Kinesiology or recreation and sport management major; minimum student level – sophomore.*  
**NOTE:** This class is required for those on the 2013 or earlier Kinesiology catalogs and therefore cannot count as a Department elective.
- **KNS 365 - Pediatric Exercise Science** 3 Credit Hours  
An overview of factors that influence children's physical activity levels, physiological responses to exercise, motor development, and the growth and maturation processes. Additional topics include the effects of physical activity on children's fitness levels and health status.  
*(RE) Prerequisite(s): Biochemistry and Cellular and Molecular Biology 230.*  
*Registration Restriction(s): Kinesiology major; minimum student level – sophomore.*
- **KNS 370 - Aging and Physical Activity** 3 Credit Hours  
Examines the biological, social, and behavioral aspects of exercise and physical activity in older adults in order to develop programs for older adults to improve and/or maintain functional status. Methods of measuring physical activity and assessing functional status for older adults are also considered and practiced. The course provides a foundation for working with older adults in programs and sites for exercise and/or physical activity.  
*Registration Restriction(s): Kinesiology or recreation and sport management major; minimum student level – sophomore.*

- **KNS 380 - Special Topics** 1-3 Credit Hours **(Note: Be sure to register for 3 hours.)**  
Study in selected disciplinary or professional areas of kinesiology.  
*Repeatability: May be repeated. Maximum 6 hours.*  
*Registration Restriction(s): Kinesiology or recreation and sport management major; minimum student level — sophomore.*
- **KNS 426 - Practicum in Kinesiology II** 1-6 Credit Hours  
Supervised experience in exercise/fitness areas.  
*Grading Restriction: Satisfactory/No Credit grading only.*  
*Repeatability: May be repeated. Maximum 10 hours.*  
*Registration Restriction(s): Kinesiology major; 2.5 GPA.*
- **KNS 440 - Strength and Conditioning Programs** 3 Credit Hours  
Covers scientific and practical foundations of strength and conditioning programs and program design applied to healthy adults, athletes, youth and older adults. Provides teaching experiences with young adults and requires the development of educational materials. This course is designed to prepare students for nationally recognized strength and conditioning certification exams.  
*(RE) Prerequisite(s): Physical Education 252.*  
*Registration Restriction(s): Kinesiology or recreation and sport management major; 2.5 GPA.*
- **KNS 450 - Internship in Kinesiology** 12-15 Credit Hours  
Full-time practicum in exercise/fitness at approved agency.  
*Grading Restriction: Satisfactory/No Credit grading only.*  
*Repeatability: Not repeatable for credit. May be taken once for 12-15 hours.*  
*(RE) Prerequisite(s): 414 and 422.*  
*(DE) Prerequisite(s): 426 and 480.*  
*Registration Restriction(s): Kinesiology major; 2.5 GPA.*  
*Registration Permission: Consent of instructor.*
- **KNS 490 - Psychology of Coaching** 3 Credit Hours  
Major topics and theories dealing with the social-psychological factors affecting the performance of athletes and teams, with practical suggestions for enhancing the effectiveness of teachers and coaches.  
*Registration Restriction(s): Kinesiology or recreation and sport management major; minimum student level — junior.*
- **KNS 493 - Directed Independent Studies** 1-3 Credit Hours  
Independent study in a specialized area with kinesiology.  
*Repeatability: May be repeated. Maximum 9 hours.*  
*Registration Restriction(s): Kinesiology major; minimum student level — junior; 2.5 GPA.*  
*Registration Permission: Consent of instructor.*
- **KNS 497 - Honors Research Project** 3-6 Credit Hours  
Senior research project done under supervision of a faculty member. Includes design of research project, writing proposal for institutional review board approval, data collection and analysis, and presentation of results. Project should be approved with two semesters of study remaining.  
*Repeatability: Not repeatable for credit. May be taken once for 3-6 hours.*  
*Registration Restriction(s): Kinesiology major; minimum student level — senior.*

## Recreation & Sport Management Classes

- **RSM 226 - Therapeutic Recreation Programming** 3 Credit Hours  
Principles and practices of therapeutic recreation programming for individuals with multiple disabilities. Focus is on the social, interpersonal, and behavioral aspects of working with children and young adults with disabilities in recreational environments. (Note: This is the Camp Koinonia class.)  
*Contact Hour Distribution: Includes lab.*
- **RSM 326 - Therapeutic Recreation Programming II** 3 Credit Hours  
In-depth involvement in writing objective-based activity lesson plans, methods of behavioral management and in developing therapeutic recreation programs for individuals with multiple disabilities in a therapeutic recreation environment. (Note: This is Camp Koinonia II.)  
*Contact Hour Distribution: Includes field experience.*  
*(RE) Prerequisite(s): 226.*

- **RSM 335 - Socio-Cultural Foundations of Sport and Recreation** 3 Credit Hours  
 An overview of the sociological, historical, and philosophical foundations of sport recreation in American society. Various forms of sport and recreation are explored within a social justice framework based on a cultural studies perspective. Students explore sport and recreation as global phenomena in social, historical, and philosophical contexts.
- **RSM 336 - Social Issues in Sport** 3 Credit Hours  
 An exploration of power relations and cultural ideologies as they impact participation opportunities in sport. Students use in-depth critical thinking analysis to identify and explore social justice issues linked to the major spheres of social life. In addition, moral decision-making and ethical dilemmas in sport, recreation, and exercise are addressed.
- **RSM 337 - Women in Sport: An International Perspective** 3 Credit Hours  
 The purpose of this course is to examine women's sport throughout the world. Within a social justice framework, it explores theories of globalization in relation to women's sport experiences. Students will gain a better understanding of the similarities and differences of sport for women, and the role of women in sport, in a variety of countries.
- **RSM 338 - Applied Ethics in Recreation and Sport** 3 Credit Hours  
 An examination of ethical issues in recreation, sport, and physical activity designed to help students to explore their own values and to apply critical thinking skills in recreation and sport professions.  
*(RE) Prerequisite(s): 201 or 250 or Kinesiology 100.*  
*Registration Restriction(s): Recreation and sport management or kinesiology major; minimum 2.5 GPA.*
- **RSM 370 - Event Management** 3 Credit Hours  
 Study of the various principles involved in the organization and management of events. Students will combine theory and practice through experience with assigned events.  
*(RE) Prerequisite(s): 201 or 250 or Kinesiology 100.*  
*Registration Restriction(s): Recreation and sport management or kinesiology major; minimum 2.5 GPA.*
- **RSM 405 - Therapeutic Recreation in Public Schools** 3 Credit Hours  
 Concepts and techniques of working with children with disabilities in the public schools in Knox and Sevier County special education classes. Students will gain an understanding of various disabling conditions that children with special needs have and how to work with these children. Students will be involved in writing lesson plans, documenting progress, writing progress notes, writing evaluation reports, and leading activities with children in the school setting.
- **RSM 415 - Facility Planning and Development** 3 Credit Hours  
 Principles of designing, planning, equipping, and operating various facilities. Elements of risk management and safety are incorporated into the design process.  
*(RE) Prerequisite(s): 201 or 250 or Kinesiology 100.*  
*Registration Restriction(s): Recreation and sport management or kinesiology major; minimum 2.5 GPA.*
- **RSM 424 - Recreation and Aging** 3 Credit Hours  
 Examines the theoretical perspectives and the aging process as well as the purpose of leisure and recreation in older adults' lives. The course provides students with a foundation for providing programs and services in both community-based and long-term care facilities.
- **RSM 426 - Therapeutic Recreation Programming III** 3 Credit Hours  
 Leadership and managerial roles in developing therapeutic recreation programs for individuals with multiple disabilities in a therapeutic recreation environment. *(Note: Camp Koinonia III)*  
*Contact Hour Distribution: Includes field experience.*  
*(RE) Prerequisite(s): 326.*  
*Registration Restriction(s): Recreation and Sport Management major.*
- **RSM 450 - Legal Aspects of Sport** 3 Credit Hours  
 Identification and application of various areas of law to the sport and recreation industry. Includes how constitutional law, contract law, anti-trust law, and tort law impact decisions.  
*(RE) Prerequisite(s): 201 or 250 or Kinesiology 100.*  
*Registration Restriction(s): Recreation and sport management or kinesiology major; minimum 2.5 GPA.*