

KINESIOLOGY (KINS)

KINS 1100. Exercise and Wellness for Everyone. (3 Credits)

Overview of the five pillars of health (exercise, nutrition, sleep, stress and relationships); role of exercise in health promotion and disease prevention across the lifespan; impacts of exercise in leisure time, culture, community, careers and the workplace.

View Classes (<https://catalog.uconn.edu/course-search/?details&code=KINS%201100>)

KINS 1160. Courses in Lifetime Sports Program. (1 Credit)

A variety of lifetime sports and skills are offered. The teaching of each activity will be geared to individual, dual, and team activities. Students who have physical disabilities in the least restrictive environment possible. Participants requiring accommodations should contact the Program Coordinator.

Enrollment Requirements: This course may be repeated with change of activity and/or skill level, not to exceed 3 credits toward graduation of combined AH 1200 and KINS 1160 credits. Students in the Dept. of Kinesiology may count up to 6 different activities for 6 credits. May be repeated for credit

View Classes (<https://catalog.uconn.edu/course-search/?details&code=KINS%201160>)

KINS 1200. Fundamentals of Exercise Testing. (1 Credit)

Laboratory assessment of health and fitness principles including to resting measurements, functional capacity, anaerobic power and threshold, body composition, lactate threshold, flexibility and functional movement. Emergency procedures and protocols during exercise testing and training are discussed throughout. Participation in conducting and performing fitness tests is required.

Enrollment Requirements: Instructor consent; CPR/AED and First Aid required prior to start of course.

View Classes (<https://catalog.uconn.edu/course-search/?details&code=KINS%201200>)

KINS 1300. Fundamentals of Resistance Training. (1 Credit)

Focuses on skills related to the fundamentals to resistance training including anaerobic ability, muscular strength, muscle endurance, power, and flexibility. Course content is meant to compliment the knowledge and fundamentals around individualized resistance training programs as discussed in KINS 3545 Resistance Training for Health and Performance.

Enrollment Requirements: Recommended preparation: KINS 3545. Not open for credit to students who have passed KINS 1160.

View Classes (<https://catalog.uconn.edu/course-search/?details&code=KINS%201300>)

KINS 2200. Introduction to Athletic Training. (3 Credits)

An introduction to basic principles of the athletic training profession. Content includes history of the athletic training profession, sports medicine team concepts and applications, environmental influences, health assessment screenings, basic injury and illness assessment, management and treatment, protective equipment, strength and conditioning concepts, and health risks related to the physically active. An overview of athletic training professional organizations and the role the athletic trainer plays in the health care system is introduced. Risk factors associated with blood-borne pathogens (BBP) and common diseases that affect the active population are investigated. Concepts of universal precautions and BBP training will also be provided.

View Classes (<https://catalog.uconn.edu/course-search/?details&code=KINS%202200>)

KINS 2227. Exercise Prescription. (3 Credits)

Addresses the Frequency, Intensity, Time, and Type or FITT principle of exercise prescription for apparently healthy adults; healthy populations with special considerations such as children, older adults, and women who are pregnant; and special populations with chronic disease and health conditions such as overweight and obesity, and cardiovascular, pulmonary, metabolic, and musculoskeletal disease. CA 3.

Enrollment Requirements: Recommended preparation: KINS 1100.

Content Areas: CA3: Science & Technology

Topics of Inquiry: TOI6: Science & Empirical Inq

View Classes (<https://catalog.uconn.edu/course-search/?details&code=KINS%202227>)

KINS 3091. Internship. (1-12 Credits)

Field service or experiences in cooperating agencies.

Enrollment Requirements: Students must complete all concentration requirements excluding Athletic Training prior to taking an internship.

Open to Kinesiology majors.

May be repeated for credit

View Classes (<https://catalog.uconn.edu/course-search/?details&code=KINS%203091>)

KINS 3098. Variable Topics. (1-6 Credits)

May be repeated for credit

View Classes (<https://catalog.uconn.edu/course-search/?details&code=KINS%203098>)

KINS 3099. Independent Study for Undergraduates. (1-6 Credits)

Laboratory or library research to expand understanding of a specialized topic in sport, leisure, or exercise sciences.

Enrollment Requirements: Must be of senior standing.

May be repeated for credit

View Classes (<https://catalog.uconn.edu/course-search/?details&code=KINS%203099>)

KINS 3099W. Independent Study for Undergraduates. (1-6 Credits)

Laboratory or library research to expand understanding of a specialized topic in sport, leisure, or exercise sciences.

Enrollment Requirements: ENGL 1007 or 1010 or 1011 or 2011; open only to seniors with consent of the Department Head.

May be repeated for credit

Skill Codes: COMP: Writing Competency

View Classes (<https://catalog.uconn.edu/course-search/?details&code=KINS%203099W>)

KINS 3212. Field Experiences in Rehabilitation, Health Care, and Sport. (3 Credits)

For students interested in a career in healthcare (physical therapy, athletic training or related field) and/or sport a chance to engage in observation opportunities within the various clinical settings of healthcare, sports medicine, and/or sport performance. Inter-professional discussion with topics related to professional development, transition to practice, job readiness, interviewing, job negotiations, and effective communication in the workforce.

Enrollment Requirements: Instructor consent. Recommended preparation: KINS 1160, CPR/First Aid.

View Classes (<https://catalog.uconn.edu/course-search/?details&code=KINS%203212>)

KINS 3222. Mind, Body, and Sport Performance. (3 Credits)

Examines the impact that sport performance can have on the athlete's mind and body as they devote time, energy, and effort into developing their skills in their given sport. Student-athletes navigate unique stressors and can be at greater risk to experience a negative impact on their mental health and well-being. Topics to be covered may include athlete identity, personality disorders, disordered eating, substance abuse, body dysmorphia, and other psychiatric disorders.

Enrollment Requirements: PSYC 1100.

View Classes (<https://catalog.uconn.edu/course-search/?details&code=KINS%203222>)

KINS 3320. Exercise Psychology. (3 Credits)

The psychological components associated with exercise and sport performance. Specifically, how the psychosocial aspects (e.g., group cohesion, motivation, leadership, team vs. individual sport) and health related aspects (e.g., exercise behavior and adherence, burnout/overtraining, and injury) of sport and exercise relate.

View Classes (<https://catalog.uconn.edu/course-search/?details&code=KINS%203320>)

KINS 3522. Biomechanics of Injury and Sport. (3 Credits)

Introduction to biomechanics related to injury and sport. Explores both the statics and dynamics of motion including kinetics and kinematics. Examines biomechanical issues of human movement related to exercise/sport and injury and the biomechanics of different body tissues. Uses examples from research and mass media to complement the teaching materials in the course.

Enrollment Requirements: PNB 2264 and 2265.

View Classes (<https://catalog.uconn.edu/course-search/?details&code=KINS%203522>)

KINS 3530. Aerobic Training for Health and Performance. (3 Credits)

Focuses on the knowledge, skills, and understanding of the scientific principles on which to design individualized aerobic training programs needed for optimal performance, health improvement, disease treatment, and injury prevention. Presents analysis techniques of human physiology specific to aerobic training and performing. Laboratory and field methods to evaluate aerobic ability, lactate threshold, economy, anthropometrics, and aerobic performance characteristics will be discussed.

Enrollment Requirements: KINS 4500; open only to students in Kinesiology programs, others by consent of instructor.

View Classes (<https://catalog.uconn.edu/course-search/?details&code=KINS%203530>)

KINS 3531W. Scientific Writing in Aerobic Training for Health and Performance. (1 Credit)

A writing intensive class integrated with course content in KINS 3530.

Enrollment Requirements: KINS 4500; ENGL 1007 or 1010 or 1011; open only to students in Kinesiology programs, others by consent of instructor. Corequisite: KINS 3530. Not open for credit to students who have passed KINS 3530W.

Skill Codes: COMP. Writing Competency

View Classes (<https://catalog.uconn.edu/course-search/?details&code=KINS%203531W>)

KINS 3545. Resistance Training for Health and Performance. (3 Credits)

Focuses on the knowledge, skills, and understanding of the scientific principles on which to design individualized resistance training programs needed for optimal performance, health improvement, disease treatment, and injury prevention. Presents analysis techniques of human physiology specific to resistance training and performing. Laboratory and field methods to evaluate anaerobic ability, flexibility, muscular strength and power and body composition will be discussed.

Enrollment Requirements: Open only to students in Kinesiology programs; others by consent of instructor. Corequisite: KINS 4500.

View Classes (<https://catalog.uconn.edu/course-search/?details&code=KINS%203545>)

KINS 3546W. Scientific Writing in Resistance Training for Health and Performance. (1 Credit)

A writing intensive class integrated with course content in KINS 3545.

Enrollment Requirements: KINS 4500; ENGL 1007 or 1010 or 1011; open only to students in Kinesiology programs. Corequisite: KINS 3545. Not open for credit to students who have passed KINS 3545W.

Skill Codes: COMP. Writing Competency

View Classes (<https://catalog.uconn.edu/course-search/?details&code=KINS%203546W>)

KINS 3550. Exercise Prescription for Clinical Populations. (3 Credits)

Introduction to theories and techniques of exercise prescription for a variety of special populations. Emphasis is placed on pathophysiology, clinical exercise testing, and the acute and chronic effects of exercise on clinical populations. Populations will include cardiovascular, pulmonary, metabolic, and neuromuscular disease among other diseases and chronic conditions. Guidelines to appropriate cardiovascular and resistance training protocols for these and other populations will be discussed in detail.

Enrollment Requirements: KINS 2227. Recommended preparation: Enrollment as an Exercise Science undergraduate student.

View Classes (<https://catalog.uconn.edu/course-search/?details&code=KINS%203550>)

KINS 3610. Introduction to Honors Research. (3 Credits)

The student will meet with KINS faculty members and attend laboratory/program staff meetings to survey the opportunities available for future Honors Thesis research.

Enrollment Requirements: Open only to Honors Students in Kinesiology Programs.

Grading Basis: Honors Credit

View Classes (<https://catalog.uconn.edu/course-search/?details&code=KINS%203610>)

KINS 3615. Honors Literature Review. (3 Credits)

The student will identify specific Honors Thesis research questions and will write a library research paper that will serve as the thesis Literature Review.

Enrollment Requirements: Open only to Honors Students in Kinesiology Programs.

Grading Basis: Honors Credit

View Classes (<https://catalog.uconn.edu/course-search/?details&code=KINS%203615>)

KINS 3697W. Honors Thesis. (3 Credits)

The student will collect and interpret data and will write the Honors Thesis, completing work begun during KINS 3615.

Enrollment Requirements: ENGL 1010 or 1011 or 2011; open only to Honors Students in Kinesiology Programs.

Grading Basis: Honors Credit

Skill Codes: COMP. Writing Competency

View Classes (<https://catalog.uconn.edu/course-search/?details&code=KINS%203697W>)

KINS 4205W. Exercise Science Capstone. (3 Credits)

Participation in a scholarly project (original research, systematic review, or clinical case report) with one or more faculty mentors and students. Students prepare a manuscript meeting professional standards for form and content, and a poster consistent in format with a professional meeting call for abstracts.

Enrollment Requirements: ENGL 1007 or 1010 or 1011 or 2011; good academic standing with a minimum of 90 credits and consent of instructor.

Skill Codes: COMP. Writing Competency

View Classes (<https://catalog.uconn.edu/course-search/?details&code=KINS%204205W>)

KINS 4500. Exercise Physiology. (3 Credits)

An organ systems approach to optimal human performance including metabolism, energy transfer, nerve transmission, muscle contraction, endocrine control, and cardiopulmonary physiology.

Enrollment Requirements: PNB 2264 and 2265.

View Classes (<https://catalog.uconn.edu/course-search/?details&code=KINS%204500>)

KINS 4510. Advanced Topics in Health and Sport Performance. (3 Credits)

Fundamental concepts and physiology in Exercise Science with focus on special topics and conditions that challenge the human exercise response. These include stressful environments, use of ergogenic aids and special diets, exercise in special conditions, and advanced topics associated with fatigue, the immune system and stress/sleep deprivation: incorporating current research in these and other select areas.

Enrollment Requirements: KINS 4500. Open only to students in Kinesiology programs; others by consent of instructor.

View Classes (<https://catalog.uconn.edu/course-search/?details&code=KINS%204510>)

KINS 4511W. Scientific Writing in Advanced Topics in Health and Sport Performance. (1 Credit)

A writing intensive course integrated with course content from KINS 4510.

Enrollment Requirements: KINS 4500. Corequisite: KINS 4510. Not open for credit to students who have passed KINS 4510W.

Skill Codes: COMP. Writing Competency

View Classes (<https://catalog.uconn.edu/course-search/?details&code=KINS%204511W>)