

# Kinesiology

## Department of Kinesiology

**ΚIN 100. Lifetime Fitness and Wellness (2, 2).** 3 credits. *Offered fall and spring.*

This course is designed to help students adopt and maintain the behaviors associated with an active and healthy lifestyle. Through this course students will learn the importance of maintaining wellness through a physically active lifestyle. Through lectures and labs, students study and develop the behavioral patterns consistent with the current knowledge base in fitness and wellness.

**KIN 101. Adapted Activities in Kinesiology (0, 2).** 1 credit. *Offered fall and spring.*

Designed for students with severe medical restrictions and is adapted to individual needs. May be taken credit/no credit only. *Prerequisites: Recommendation of university physician and permission of the department head.*

**KIN 122-180. Basic Instruction Activities (0, 2).** 1 credit. *Offered fall and spring.*

The following courses provide basic instruction in the activities listed: 122, Road Cycling; 123, Mountain Cycling; 124, Basic Rock Climbing and Experiential Activities; 125, Tennis; 126, Golf; 128, Fencing; 129, Badminton; 131, Basic Skiing or Snowboarding; 133, Bowling; 138, Racquetball; 139, Basic Paddle Sports: Canoeing or Kayaking; 140, Basic Swimming; 145, Strength Training and Cardiovascular Conditioning; 148, Jogging; 149, Group Fitness, 151, Swim Conditioning; 152, Lifesaving Life guarding; 156, Scuba and Skin Diving; 157, Self Defense for Women; 158, Aikido; 159, Basic Aerobic Kickboxing; 162, Intermediate Swimming; 163, Intermediate Tennis; 174, Water Safety Instructor; 179, Volleyball; 180, Soccer. May be taken credit/no credit only.

For more specific course information, please contact the department office (568-6145). Fees are required in certain courses to cover equipment and/or facility rental. Please refer to e-campus for prevailing fees. The university reserves the right to cancel any class should suitable facilities be unavailable and to alter fees in the event of unusual inflation. Students must furnish their own transportation to bowling, canoeing, golf and skiing classes.

**KIN 190. Basic Sports Officiating.** 1 credit. *Offered fall and spring.*

This course will teach the fundamentals and skills necessary for officiating sports (football, basketball, softball or soccer) at any level. It will also focus on developing an officiating philosophy, understanding the psychology of officiating, being physically prepared to officiate, understanding the responsibilities of officiating and knowing how and where to work as an official. May be taken credit/no credit only.

**KIN 199. New Directions in Kinesiology.** 1-3 credits. *Offered fall and spring.*

In-depth exploration of topics significant in kinesiology. Topics for each semester will be announced on e-campus.

**KIN 201. Introduction to Kinesiology.** 2 credits. *Offered fall and spring.*

Students are introduced to the discipline of kinesiology and recreation. They will study the effects of physical activity on human beings; survey the subdisciplines, including exercise physiology, biomechanics, motor behavior and sociological, historical and philosophical perspectives; and discuss how the discipline can be applied professionally.

**KIN 202. Biological Foundations of Kinesiology.** 3 credits. *Offered fall and spring.*

Introduction to the biological scientific foundations within the discipline of kinesiology and recreation. Includes applied anatomy and physiology, biomechanics and exercise physiology. *Prerequisite: KIN 201.*

**KIN 203. Social/Psychological Foundations of Kinesiology.**

3 credits. *Offered fall and spring.*

The focus of this course is on exploring the socio/psychological perspectives of participation in activity through the lifespan. *Prerequisite: KIN 201.*

**KIN 211-218. Coaching Techniques (0, 4).** 2 credits. *Offered fall and spring.*

The following courses provide motor skills, strategy, rules and officiating techniques in the activities listed: 211, team; 212, track and field; 213, soccer; 214, football; 215, basketball; 216, individual; 217, volleyball; 218, softball.

**KIN 221-225. Skill Laboratories.** 2-10 credits. *Offered fall and spring.*

The skill laboratories are designed for participants who will be in a role of educating others in a particular area of movement. Each skill laboratory provides: a) basic movement skills, b) analysis of movement, c) developmentally appropriate progressions and teaching ideas, d) curriculum development, and e) microteaching opportunities. These courses are: KIN 221. Rhythmic and Dance Activities; KIN 222. Teaching Fitness and Wellness in the Schools; KIN 223. Individual and Lifetime Activities; KIN 224. Court and Field Games; KIN 225. Wilderness and Adventure Education.

**KIN 242. Introduction to Sport Communication.** 3 credits. *Offered fall.*

This class provides a foundation for students who are pursuing a minor in sport communication. The course provides an overview about information management and how it applies to the professional sporting industry. Students will learn about careers in sport information, how an organization communicates with the media and its constituents, and how communication in sport has evolved and continues to evolve.

**KIN 302. Exercise Physiology.** 3 credits. *Offered fall and spring.*

This course is designed to help the student explore and understand the physiological changes that occur during an acute bout of exercise and as a result of chronic physical training. Students will study the role various (e.g., cardiovascular, respiratory, nervous, neuro-endocrine and renal etc.) systems play in maintaining homeostasis during physical activity. In addition, the physiology of physical performance under a range of environmental conditions will also be examined. This course must be taken concurrently with KIN 302L. *Prerequisites: KIN 202 and BIO 270 or BIO 370. Corequisite: KIN 302L.*

**KIN 302L. Exercise Physiology Laboratory.** 1 credit. *Offered fall and spring.*

Laboratory experiences in exercise physiology. This course must be taken concurrently with KIN 302. *Corequisite: KIN 302*

**KIN 303. Motor Learning and Performance.** 3 credits. *Offered fall.*

A study of the learning processes underlying performance. Emphasis is given to the application of learning principles in teaching, coaching and rehabilitative settings.

**KIN 304. History and Philosophy of Physical Education and Sport.**

2 credits. *Offered fall and spring.*

Introductory analysis of various theoretical approaches to the discipline of physical education fitness and sport; brief historical study of the development of school programs and sport; and debates current professional issues.

**KIN 306. Human Biomechanics (2, 2).** 3 credits. *Offered fall and spring.*

Studies of anatomical, physical and mechanical factors, as these factors affect human movement. This course must be taken concurrently with KIN 306L. *Prerequisites: BIO 290 and KIN 202. Corequisite: KIN 306L.*

**KIN 306L. Human Biomechanics Laboratory.** 1 credits. *Offered fall and spring.*

This laboratory course is designed to complement and supplement the lecture course KIN 306. The course will focus on enhancing the student's laboratory experiences in biomechanics. This course must be taken concurrently with KIN 306. *Corequisite: KIN 306.*

**KIN 310. Instructional Methods in Physical Education.** 3 credits. *Offered fall.*

Students will apply the affective, cognitive and psychomotor principles in class management, unit and lesson planning, and instructional techniques. This course introduces students to effective teaching strategies and allows application through peer microteaching and teaching students in a school setting. Principles of self-evaluation and reflective teaching are reinforced. *Prerequisite: Acceptance to the PHETE program. Corequisite: KIN 311.*

**KIN 311. Elementary Curriculum in Physical Education.** 2 credits.

*Offered fall.*

Theory and application of games, dance and gymnastic activities compatible with the developmental characteristics of elementary children and the educational objectives of the elementary school. *Prerequisite: Acceptance to the PHETE program. To be taken concurrently with KIN 310.*

**KIN/HTH 312. The Profession of Teaching Health & Physical Education.** 2 credits. *Offered fall.*

Introductory study of the roles of the teacher and the learner and the pedagogical content knowledge of health and physical education. An in-depth examination of the unique position and qualifications of the specialist in physical education and health. Systematic observations will occur.

**KIN 313. Adapted Physical Education.** 3 credits. *Offered fall.*

Principles and procedures for adapting elementary physical education programs for students with physical, emotional and mental limitations. Laboratory experience included. *Prerequisite: Acceptance to teacher education. Corequisite: KIN 310.*

**KIN 314. Assessment in Elementary Physical Education.** 3 credits. *Offered spring.*

Introductory study of developmentally appropriate authentic and formal assessment techniques unique to elementary physical education. *Prerequisites: Admission to student teaching.*

**KIN 315. Adolescent Behavior and Health for PHETE.** 3 credits. *Offered spring.*

Course is designed to focus on the study of current health status and health risk behaviors of children and adolescents. Focus on epidemiological trends and behavioral and etiological factors. The application of theory will be made regarding appropriate strategies for health promotion and interventions to reduce specific health problems for teachers in public school settings. *Prerequisite: Admission to the PHETE program.*

**KIN/PSYC/SOCI 329. Psychological and Sociological Aspects of Sport.** 3 credits. *Offered spring.*

A study of the psychological and sociological implications of sport and the effect of sport on the United States and other cultures.

**KIN 333. Management in Sport, Recreation and Fitness Settings.** 3 credits. *Offered fall and spring.*

This course is designed as an introduction to sport, fitness and recreation management. Students will examine a variety of management issues and opportunities in these areas.

**KIN 334. Ethical and Legal Issues in Sport, Recreation and Leisure.** 3 credits. *Offered fall and spring.*

This course is designed to introduce the students to current ethical and legal issues of concern to professionals in sport, recreation and leisure studies. Students will examine the impact of these issues on organizational and managerial policies and decision making.

**KIN 353. Maximizing Sport Performance.** 3 credits. *Offered fall and spring.*

This course explores current sport psychology theories, models and concepts as they relate to sport behavior and performance. Students examine the theoretical basis of cognitive sport skills and apply the information to the sport environment.

**KIN 355. Introduction to Driver Education.** 3 credits.

An introduction to the task of the motor vehicle operator within the highway transportation system and factors that influence performance ability. *Prerequisites: Junior standing and permission of the instructor.*

**KIN 407/HTH 441. Rehabilitative Biomechanics.** 3 credits. *Offered fall and spring.*

This course will examine a variety of biomechanical concepts and applications as related to the health professions. Specific attention will be given to the biomechanical aspects of the musculoskeletal system. *Prerequisite: BIO 290.*

**KIN 410. School Health Content for PHETE.** 3 credits. *Offered spring.*

An overview of selected topics in health content required for teacher candidates preparing to teach health education in public schools. Special emphasis will be on issues relevant to teaching those topics in schools. *Prerequisite: Admission to the PHETE program.*

**KIN 411. Measurement and Evaluation in Kinesiology.** 3 credits. *Offered fall and spring.*

The administration and interpretation of measurement and evaluation procedures in kinesiology and recreation.

**KIN 420. Exercise Programming for Special Populations.** 3 credits. *Offered spring.*

This course will include an in-depth study of the recommended procedures for exercise testing and prescription for non-diseased special populations, children and youth, elderly, women and pregnant women. *Corequisites: KIN 302 and KIN 302L.*

**KIN 421. Principles of Exercise Testing and Prescription (2, 2).** 3 credits. *Offered fall.*

This course will examine the principles of exercise testing and prescription as they apply to fitness, performance and health. The role-played by the health related components of fitness in performance and health of apparently healthy adults and special populations will be examined. This course must be taken concurrently with KIN 421L. *Prerequisites: KIN 302 and 302L. Corequisite: KIN 421L.*

**KIN 421L. Principles of Exercise Testing and Prescriptions Laboratory.** 1 credit. *Offered fall.*

This laboratory course is designed to complement and supplement the lecture course KIN 421. The course will focus on enhancing the student's exercise testing skills and knowledge with particular attention to preparing the student for the Health/Fitness Instructor certification examination sponsored by the American College of Sports Medicine. The laboratory (KIN 421L) and lecture (KIN 421) portions must be taken concurrently. *Prerequisites: KIN 302 and KIN 302L. Corequisite: KIN 421.*

**KIN 422. Fitness Programming & Leadership.** 4 credits. *Offered fall.*

The course will focus on developing, promoting and leading health, fitness and wellness programs in a variety of settings. Students will apply their knowledge and skills by developing and leading a specific program of their choice. In addition, course content will include theories; principles and procedures involved with leading safe, effective individualized and group fitness activities. *Prerequisites: GKIN 100 or permission of the instructor, KIN 302 and KIN 302L. Corequisites: KIN 421 and KIN 421L.*

**KIN/NUTR 455. Theories and Practices of Weight Management.** 3 credits. *Offered spring.*

An examination of the physiological, psychological and environmental theories of obesity. Current trends in obesity research are emphasized. A case study and laboratories are used to provide students with practical experience in constructing a weight management program. *Prerequisite: BIO 270, BIO 290, NUTR 280 or permission of the instructor.*

**KIN 425. Concepts of Strength and Conditioning.** 3 credits. *Offered fall and spring.*

Theory and application of coaching concepts in strength/conditioning training including program design, testing and specific techniques for the physical development of athletes. Designed for students interested in working with athletic populations, this course also prepares students for NSCA certification. *Prerequisites: GKIN 100 and KIN 202.*

**KIN 426. Physical Activity Behaviors.** 3 credits. *Offered spring.*

This course will focus on the theoretical and practical applications of behavior change related to healthy lifestyles with an emphasis on physical activity. In addition, course content will include a detailed investigation into the psychological and environmental factors associated with adoption and maintenance of healthy behaviors including a regular physical activity program. *Prerequisite: Senior standing.*

**KIN 427. Fitness Management.** 3 credits. *Offered spring.*

This course will focus on the management of fitness and wellness facilities in commercial, corporate, community, clinical and college settings. Students will design a fitness management portfolio that represents recent trends, theories and best practices. *Prerequisites: KIN 302 and KIN 302L.*

**KIN 428. Advanced Topics in Exercise Science and Leadership.** 3 credits. *Offered spring.*

This course is designed to allow students to study specific topics in exercise science and leadership. Topics will be chosen each semester and reflect current research in exercise science related to clinical exercise physiology, human performance and methodologies or trends in exercise science/leadership. May be repeated once (maximum six credits) for credit when course content changes. *Prerequisites: KIN 302 and KIN 302L.*

**KIN 432. Introduction to Marketing in the Sport Industry.** 3 credits. *Offered fall and spring.*

This course will introduce students to the application of basic principles of marketing and consumer behavior to the managed sport industry (i.e., professional sport, intercollegiate athletics, commercial fitness, sporting goods, etc.). This class will provide a foundation for students to engage in advanced work in marketing, consumer behavior, and related fields. *Prerequisites: Kinesiology major, MKTG 380 and permission of instructor.*

**KIN 435. Sport Sales and Promotion.** 3 credits. *Offered fall and spring.*

This course will examine how promotional activities and sales efforts are closely intertwined and impact upon the success or failure of the sport and leisure industry. Particular emphasis will be placed on ticket sales and sport sponsorship. *Prerequisite: SCOM 260.*

**KIN 436. Facilities Planning and Management in Sport and Recreation.** 3 credits. *Offered fall and spring.*

A study of the skills necessary to be part of a facilities planning/management team.

**KIN 450. Principles of Coaching.** 3 credits. *Offered spring and fall.*

Concepts, competencies and principles of coaching as they relate to sports in general. Includes the personal and professional responsibilities of a coach.

**KIN 455. Methods in Driver Education (2, 2).** 3 credits.

Analysis of the rules and regulations governing driver education in the Commonwealth of Virginia with application to program organization and administration, and the development and conduct of learning experiences in the classroom and laboratory. *Prerequisites: Valid Virginia operator's license and KIN 355.*

**KIN 471. Practicum in Exercise Science and Leadership.** 3 credits.

A sequence of selected practicum experiences in exercise science and leadership, which provide the student with supervised practicum experience. Formerly KIN 401B. *Prerequisite or corequisite: KIN 302.*

**KIN 472. Practicum in Sport and Recreation Management.** 3 credits.

A sequence of selected practicum experiences which provides the student with supervised practicum experience in sport and recreation management. Formerly KIN 401A.

**KIN 473. Practicum in Coaching.** 3 credits.

A sequence of selected practicum experiences in coaching, which provides the student with supervised practicum experience. Formerly KIN 401D.

**KIN 474. Practicum in Sport Communications.** 3 credits.

A sequence of selected practicum experiences which provides the student with supervised practicum experience in sport communications. Formerly KIN 401F.

**KIN 480. Student Teaching in Physical Education.** 8 credits. *Offered spring.*

Enables students to apply skills and attitudes acquired in all teacher education components in a public school setting. Conducted under the guidance of an experienced teacher and university faculty in an elementary setting. *Prerequisite: Acceptance to student teaching.*

**KIN 481. Internship in Exercise Science and Leadership.** 8 credits.

A full-time professional experience in exercise and leadership, which affords the opportunity to apply theory and methodology under qualified supervision from the cooperating agency and the university. *Prerequisite: Successful completion of all professional courses.* Formerly KIN 402B.

**KIN 482. Internship in Sport and Recreation Management.** 12 credits.

A full-time professional experience which affords the opportunity to apply theory and methodology under qualified supervision from the cooperating agency and the university. *Prerequisite: Successful completion of all professional courses.* Formerly KIN 402A.

**KIN 490. Special Studies in Kinesiology and Recreation.** 1-3 credits each semester. *Offered fall and spring.*

Designed to give superior students in kinesiology and recreation an opportunity to complete independent study and/or research under faculty supervision. *Prerequisite: Permission of the department head.*

**KIN 499. Honors.** 6 credits. Year course. *Offered fall and spring.*

## Korean

**Department of Foreign Languages, Literatures and Cultures****KOR 101-102. Elementary Korean (4, 1).** 4 credits each semester.

*Offered fall and spring.*

The fundamentals of Korean through listening, speaking, reading and writing. Practice in pronunciation and development of comprehension. One hour's work a week in the language lab.

**KOR 231-232. Intermediate Korean.** 3 credits each semester. *Offered fall and spring.*

A thorough review of grammar, vocabulary building, conversation, composition and reading. *Prerequisite: KOR 102 or permission of the instructor.*

## Latin

**Department of Foreign Languages, Literatures and Cultures****LAT 101-102. Elementary Latin.** 4 credits each semester. *Offered fall and spring.*

An introductory course for students who intend to acquire only a reading knowledge of classical and medieval Latin. Systematic study of the fundamentals of grammar.

**LAT 231-232. Intermediate Latin.** 3 credits each semester. *Offered fall and spring.*

An introduction to Latin literature. The further study of Latin grammar and the elements of Latin prosody are also presented. *Prerequisite: One year of college Latin or equivalent.*

## Liberal Studies

**Division of Academic Affairs****LS 310. The British Foundations of Modern Science.** 3 credits.

Fundamental principles from the modern sciences are surveyed by directed exploration of the work of British scientists who were pioneers in their fields. Excursions to historical sites and museums are linked to reading assignments. *Prerequisite: Six hours of laboratory natural science credits.*

## Management

**College of Business****MGT 305. Management and Organizational Behavior.** 3 credits.

*Offered fall and spring.*

A study of management functions, decision processes and human behavior in business organizations. Ethical and political considerations are addressed, as are behavioral science research and its applicability to understanding organizational behavior. *Prerequisites: Junior standing (56 hours) and a cumulative 2.0 grade point average in all courses taken at JMU. Open only to non-business majors.*

**MGT 340. International Management.** 3 credits. *Offered fall and spring.*

A comparative analysis of management styles and organizational effectiveness across cultural boundaries and within other political, legal and economic environments. *Prerequisite: COB 300.*

**MGT 365. Human Resource Management.** 3 credits. *Offered fall and spring.*

A study of employer-employee relationships in business and industry including personnel policies and methods; selection, placement, training and promotion of employees; and recent trends in employment practices. *Prerequisite: COB 300 or PPA major (or minor), having completed PUAD or PPA 265.*

**MGT/MS 370. Quality Management.** 3 credits. *Offered every three years.*

An introduction to the management of quality in organizations. Topics include statistical quality control, the design of quality management systems, implementation, measurement and management issues in quality programs. *Prerequisites: COB 300 and junior standing.*

**MGT 372. Entrepreneurship.** 3 credits. *Offered fall and spring.*

A survey of the field of entrepreneurship and entrepreneurs and their significance in the American free enterprise system. Emphasis will be on exploring the theoretical framework of the entrepreneurship process and the entrepreneurial personality. *Prerequisite: COB 300.*

**MGT 375. Business Ethics and Social Responsibility.** 3 credits.

*Offered fall and spring.*

This course explores the nature of moral values, moral judgments, and ethical decision and behaviors in modern business organizations. Alternative perspectives of right and wrong will be considered. A highly interactive course, students will analyze and discuss ethics-related current events, case studies, real-world scenarios, and common ethical dilemmas in order to improve skills in recognition, understanding, and decision-making related to business ethics and social responsibility at various organizational levels. This course is open to students in any COB major provided they meet the course prerequisites. *Prerequisite: COB 300 or permission of the instructor.*

**MGT 390. Organizational Behavior.** 3 credits. *Offered fall and spring.*

This course examines the determinants of work behavior in organizations. Topics to be covered include individual differences, work motivation, leadership, and work values and attitudes. Issues of measurement, survey use and managerial application will be emphasized. *Prerequisite: COB 300.*

**MGT 420. Management of Technology and Innovation.** 3 credits.

*Offered fall and spring.*

This course will focus on the management of technology and innovation through an examination of technology transfer across industries, the evolution of technology, technology strategy, the innovation process within an organization, and the management of research and development. The importance of product champions, lead-users and cross-functional teams is emphasized. *Prerequisites: COB 300 and senior standing (90 hours).*

**MGT 425. Project Management.** 3 credits. *Offered fall and spring.*

This course focuses on different techniques for managing many types of projects. The course addresses a variety of project management issues such as project prioritization, the use of management tools and techniques to plan and schedule projects, the role of the project manager, maximizing project team performance and management of complex projects. *Prerequisites: COB 300 and senior standing (90 hours).*

**MGT 430. Team Management.** 3 credits. *Offered every three years.*

This course focuses on the effective use of teams as vehicles for accomplishing organizational work (e.g., solving complex problems). The course addresses a variety of team management issues such as designing and structuring work teams and reward systems, diagnosing team functioning and process problems, resources utilization planning and interventions for improving team performance. *Prerequisite: Senior standing (90 hours).*