
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. Corequisites: KIN 302 and 302L and KIN 421L.

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

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. Corequisites: KIN 302 and 302L and KIN 421.

KIN 424/NUTR 455. Theories and Practices of Weight Management. 3 credits. Offered fall and 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. Prerequisites: 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: KIN 401 and KIN 302.

KIN 426. Physical Activity Behaviors. 3 credits. Offered fall and 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 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 429. Special Topics in Adapted Physical Education. 3 credits.

This course provides an in-depth look into specific areas within the field of adapted physical education. This application-based course provides hands-on experiences that allow students to work with individuals with disabilities in a variety of settings.

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 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.

A supervised teaching experience at the elementary school setting that provides teacher candidates with opportunities to experience the classroom environment, grow professionally, and develop their pedagogical skills. Prerequisite: Acceptance to student teaching.

KIN 481. Internship in Exercise Science and Leadership. 8-12 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. Students may enroll for an internship experience of 8-12 credit-hours, requiring the student to complete 320-480 fieldwork hours. 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. Prerequisites: SRM 335, SRM 382 and completion of 72 credit hours.

KIN 490. Special Studies in Kinesiology and Recreation. 1-3 credits per 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


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. If student has had two or more years of the language in high school he/she will not receive credit for the course.

KOR 102. Elementary Korean II (4, 1). 3-4 credits.

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. If student has had two or more years of the language in high school he/she will receive credit for the course. Prerequisite: KOR 101.

KOR 231. Intermediate Korean I. 3 credits.

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

KOR 232. Intermediate Korean II. 3 credits.

A thorough review of grammar, vocabulary building, conversation, composition and reading. Prerequisite: KOR 231 or permission of the instructor.

Latin

Department of Foreign Languages, Literatures and Cultures

LAT 101. Elementary Latin I. 3-4 credits.

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. If student has had two or more years of the language in high school he/she will not receive credit for the course.

LAT 102. Elementary Latin II. 3-4 credits.

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. If student has had two or more years of the language in high school he/she will not receive credit for the course. Prerequisite: LAT 101.

LAT 231. Intermediate Latin I. 3 credits each semester.

An introduction to Latin literature. The further study of Latin grammar and the elements of Latin prosody are also presented. Prerequisite: LAT 102 or permission of the instructor.

LAT 232. Intermediate Latin II. 3 credits.

An introduction to Latin literature. The further study of Latin grammar and the elements of Latin prosody are also presented. Prerequisite: LAT 231 or permission of the instructor.

LAT 446. Special Topics in Latin Literature. 3 credits.

Study of a particular topic in Latin literature. It may cover all or specific Latin literature genre. May be repeated if content changes. Prerequisite: LAT 232 or permission of the instructor.