

# KIN KINESIOLOGY & EXERCISE

Hr/Wk	Hr/Wk	Sem
Lect/	Clin	Cr
Disc	Lab	Hr

## Courses

### **KIN.105 Aerobics**

1 0.5

Any student may enroll in this physical education activity course although it is recommended that anyone over 35 years of age obtain a physical examination from a physician first. Emphasis is on cardiovascular endurance and the development of muscle tone and flexibility. The method of instruction will include step aerobic routines. This course may be repeated by a student for a maximum of two semester hours of credit. The length of each course is eight weeks. Offered: Fall or Spring  
Applicable toward graduation at Sandburg where program structure permits:  
Degree or Certificate: AA, AS, AAS, AGS, and Certificates where applicable (1.1).  
General Education -- Not Applicable Elective Only

### **KIN.106 Muscle Conditioning**

2 0.5

This course may be repeated by a student for a maximum of two semester hours of credit. This activity is designed to strengthen, tone, and stretch the major muscle groups while improving flexibility and range of motion. Exercises utilizing light weights and resistance bands will be performed to music. The length of the course is eight weeks. It is recommended that anyone over 35 years of age obtain a physical examination from a physician. Offered: Fall or Spring  
Applicable toward graduation at Sandburg where program structure permits:  
Degree or Certificate: AA, AS, AAS, AGS, and Certificates where applicable (1.1).  
General Education -- Not Applicable Elective Only

### **KIN.107 Zumba 1**

2 1

Zumba is a high-energy program with motivational music and dance moves from Salsa, Merengue, other Latin steps and free-form styles. It integrates some of the basic principles of aerobic, resistance, and interval training to tone and sculpt the body, burn fat, maximize caloric output, and benefit heart and mind. Students need to wear low tread shoes or dance shoes. Offered: Fall or Spring  
Applicable toward graduation at Sandburg where program structure permits:  
Degree or Certificate: AAS, AGS and Certificates where applicable (1.1).  
General Education -- Not Applicable Elective Only

### **KIN.108 Pilates 1**

2 1

Students participate in a series of stretching and strengthening exercises based on the Joseph Pilates (pil-LAH-teez) method of body conditioning. Pilates is a method of body conditioning that strengthens and tones muscles, improves posture, provides flexibility and balance, unites body and mind, and creates a more streamlined shape. A variety of equipment may be used including small ball, big ball, body bar, bands, and weights. This is a mat course, machines are not used. Offered: Fall or Spring  
Applicable toward graduation at Sandburg where program structure permits:  
Degree or Certificate: AAS, AGS and Certificates where applicable (1.1).  
General Education -- Not Applicable Elective Only

### **KIN.115 Introduction to Leisure Services**

3 3

This course examines the purpose and function of leisure services delivered by governmental, non-profit, and private agencies. This introductory course is a requirement for the associates's degree for transfer to the Recreation, Park and Tourism program at Western Illinois University. Assignments, projects and learning experiences are designed to give students an in-depth and comprehensive understanding of leisure; the infrastructures that have developed to provide leisure opportunities for the widest possible range of people; and expose students to the variety of careers in leisure services. Offered: Fall or Spring  
Applicable toward graduation at Sandburg where program structure permits: AA, AS, AAS, AGS, and Certificates where applicable. (1.1).  
General Education -- Elective Only

### **KIN.130 Personal Training I: Exercise Physiology**

2 2 3

This course provides an overview of seven physiological systems of the human body and the impact of exercise on these systems. It also provides standards for the development of exercise and fitness programs in relationship to the physiological adaptations of the human body, the principles and concepts of human movement, nutritional guidelines for optimum performance, and consideration of physical (age, gender, health, size) characteristics of individuals and environmental conditions. Designed for students who plan to take the certification test from the American Council on Exercise to be a certified personal fitness trainer. Offered: Fall  
Applicable toward graduation at Sandburg where program structure permits:  
Degree or Certificate: AA, AS, AAS, AGS and Certificates where applicable (1.1).  
General Education -- Elective Only Non Course

**KIN.131 Personal Training II: Personal Fitness** 1 2 2

Provides the academic and practical experience that will enable students to design personalized fitness training solutions for clients based on physical, health, and behavioral assessments and employing the American Council for Exercise (ACE) Integrated Fitness Model Components and Phases. Designed for students who plan to take the certification test from the American Council on Exercise (ACE) to be a certified personal fitness trainer.

Offered: Fall or Spring

Prerequisites: Take KIN.130 with a minimum grade of C

Applicable toward graduation at Sandburg where program structure permits:

Degree or Certificate: AA, AS, AAS, AGS and Certificates where applicable (1.1).

General Education -- Elective Only Non Course

**KIN.132 Personal Training III: Fitness Assessment** 1 2 2

Provides an overview of the five functional assessments as well as the physiological assessments that are necessary for the development of personalized fitness programming for clients under the American Council on Exercise (ACE) Integrated Fitness Model. Provides information on the legal and business principles for practicing personal trainers. Designed for students who plan to take the certification test from the American Council on Exercise to be a certified personal fitness trainer.

Offered: Fall or Spring

Prerequisites: Take KIN.131 with a minimum grade C;

Applicable toward graduation at Sandburg where program structure permits:

Degree or Certificate: AA, AS, AAS, AGS and Certificates where applicable (1.1).

General Education -- Elective Only Non Course

**KIN.133 Personal Train IV: Practicum** 2 1

The objective of the practicum is to integrate classroom theory and skill practice in a fitness center environment where the student can practice under the supervision of a personal fitness trainer. The student will be supervised in conducting assessments and developing and initiating fitness programs employing the American Council on Exercise (ACE) Integrated Fitness Model. This is the final course for students who plan to take the certification test from the American Council on Exercise (ACE) to be a certified personal trainer.

Offered: Fall or Spring

Applicable toward graduation at Sandburg where program structure permits:

Degree or Certificate: AA, AS, AAS, AGS and Certificates where applicable (1.1).

General Education -- Elective Only Non Course

**KIN.140 Physical Fitness 1** 2 1

This physical education activity course is open to all students. It is designed as an open lab to accommodate each student's needs. Emphasis is placed in three areas of physical fitness, strength, flexibility and cardiovascular endurance. Universal equipment and cardiovascular equipment will be used to develop more effectively one's level of physical fitness. This course may be repeated for credit one time. Note: In any one academic term, a student may not enroll in more than one KIN course which requires the use of the Fitness Center.

Offered: Fall

Applicable toward graduation at Sandburg where program structure permits:

Degree or Certificate: AA, AS, AAS, AGS, and Certificates where applicable (1.1).

General Education -- Not Applicable Elective Only

**KIN.141 Physical Fitness 2** 2 1

This physical education activity course parallels PED 140 and is open to all students. Emphasis is placed in three areas of physical fitness: strength, flexibility and cardiovascular endurance. Universal equipment and cardiovascular equipment will be used to develop more effectively one's level of physical fitness. This course may be repeated for credit one time. Note: In any one academic term, a student may not enroll in more than one KIN course which requires the use of the Fitness Center.

Offered: Spring

Applicable toward graduation at Sandburg where program structure permits:

Degree or Certificate: AA, AS, AAS, AGS, and Certificates where applicable (1.1).

General Education -- Not Applicable Elective Only

**KIN.142 Physical Fitness 3** 2 1

This physical education activity course parallels PED 140 and is open to all students. Emphasis is placed in three areas of physical fitness, strength, flexibility and cardiovascular endurance. Universal equipment and cardiovascular equipment will be used to develop more effectively one's level of physical fitness. This course may be repeated for credit one time. Note: In any one academic term, a student may not enroll in more than one KIN course which requires the use of the Fitness Center.

Offered: Fall

Applicable toward graduation at Sandburg where program structure permits:

Degree or Certificate: AA, AS, AAS, AGS, and Certificates where applicable (1.1).

General Education -- Not Applicable Elective Only

**KIN.143 Physical Fitness 4** 2 1

This physical education activity course parallels PED 140 and is open to all students. Emphasis is placed in three areas of physical fitness: strength, flexibility and cardiovascular endurance. Universal equipment and cardiovascular equipment will be used to develop more effectively one's level of physical fitness. This course may be repeated for credit one time. Note: In any one academic term, a student may not enroll in more than one KIN course which requires the use of the Fitness Center.

Offered: Spring

Applicable toward graduation at Sandburg where program structure permits:

Degree or Certificate: AA, AS, AAS, AGS, and Certificates where applicable (1.1).

General Education -- Not Applicable Elective Only

**KIN.145 Physical Fitness 5** 1 0.5

This physical education activity course parallels PED 140 and is open to all students. Emphasis is placed in three areas of physical fitness, strength, flexibility and cardiovascular endurance. Universal equipment and cardiovascular equipment will be used to develop more effectively one's level of physical fitness. This course may be repeated for credit one time. Note: In any one academic term, a student may not enroll in more than one KIN course which requires the use of the Fitness Center.

Offered: Fall or Spring or Summer

Applicable toward graduation at Sandburg where program structure permits:

Degree or Certificate: AA, AS, AAS, AGS, and Certificates where applicable (1.1).

General Education -- Not Applicable Elective Only

**KIN.201 Introduction to Kinesiology** 3 3

This course is to give students a comprehensive overview of the discipline and to inspire them to pursue a major career related to it. This course will provide students with an orientation to the field of kinesiology along with the field's other disciplines and practices. Many sub-disciplines of kinesiology are considered as possible career opportunities. The historical foundations of the field and an overview of some disciplines are also discussed. The course will explore how professionals can be leaders and advocates and also looks into the future of kinesiology.

Offered: As Needed

Applicable toward graduation at Sandburg where program structure permits: Degree or Certificate: AA, AS, AAS, AGS, and Certificates where applicable (1.1).

General Education -- Not Applicable Elective Only

**KIN.202 Sports in Society** 3 3

In this course students will study current sports-related controversies and issues from a global perspective. The role of various sports and their historical influence on American society will be emphasized. Included will be the study of the effects of related social factors such as gender, race, sexuality, nationalism, and media on the evolution of the sports culture.

Offered: Fall or Spring

Applicable toward graduation at Sandburg where program structure permits:

Degree or Certificate: AA, AS, AAS, AGS, and Certificates where applicable (1.1).

General Education -- Not Applicable Elective Only

**KIN.220 Coaching Basketball** 2 2

This course presents the theory and techniques of coaching basketball. It is open to interested students regardless of their vocational plans. The student is provided an opportunity to develop a personal approach to coaching and teaching techniques. Topics include offensive/defensive strategies, teaching specific skills, motivational techniques, and general management skills needed by basketball coaches.

Offered: Fall or Spring or Summer

Applicable toward graduation at Sandburg where program structure permits:

Degree or Certificate: AA, AS, AAS, AGS, and Certificates where applicable (1.1).

General Education -- Not Applicable Elective Only

**KIN.230 Sports Officiating** 2 2

This course is designed to assist students in interpreting the rules and regulations of the National Federation of State High School Athletic Association. The opportunity to learn and practice proper officiating mechanics is also provided through actual participation. Sports especially emphasized in the course are basketball and volleyball.

Offered: As Needed

Applicable toward graduation at Sandburg where program structure permits:

Degree or Certificate: AA, AS, AAS, AGS, and Certificates where applicable (1.1).

General Education -- Not Applicable Elective Only

**KIN.260 Coaching Principles & Sports First Aid** 3 3

Students enrolled in this course will study the general principles underlying the profession of coaching athletic teams and individual athletes. This course will address the essential elements of successful coaching from proven coaching techniques to effective risk management. Students will also be taught how to be safe, capable, and effective as first responders to injured athletes. Students will have the opportunity to earn certification through the American Sport Education Program. Internet assignments may be required.

Offered: Fall or Spring or Summer

Applicable toward graduation at Sandburg where program structure permits:

Degree or Certificate: AA, AS, AAS, AGS, and Certificates where applicable (1.1).

General Education -- Not Applicable Elective Only

**KIN.280 Athletic Injuries** 3 3

This is an introductory course in the study of sports medicine. Included are topics which address the treatment and rehabilitation of athletic injuries, human and environmental factors in sport injury, accident prevention and injury control, and safety factors in sport activities. Students will also study the operation, maintenance, and administration of a typical athletic training room.

Offered: Spring or as Needed

Prerequisites: KIN.200, KIN.260 and HTH.130; BIO.111 is a recommended preparatory course

Applicable toward graduation at Sandburg where program structure permits:

Degree or Certificate: AA, AS, AAS, AGS, and Certificates where applicable (1.1).

General Education -- Not Applicable Elective Only