

KINESIOLOGY AND RECREATION (KNR) 512

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Director: Dan Elkins.

Tenured/Tenure-track Faculty:

Professors: Amorose, Beggs, Brown, Elkins, Garrahy, Hurd, Lacy, Lagally, Laudner, McLoda, Schlatter, Thomas.

Associate Professors: Coleman, Henninger, Laurson, Mulvaney, P. Smith, Torry, Williams.

Assistant Professors: Achen, Begalle, Jagodinsky, Mainieri, Pierce, Selkow, Stanek, Warren.

General School Information

Admission/Retention Requirements:

A student may be admitted to the Athletic Training Major, Exercise Science Major, Physical Education Teacher Education Major or the Recreation and Park Administration Major as a new freshman, as a transfer student, or as a change of major at Illinois State University. New freshmen who meet the University's admission standards may elect to become a major in the School of Kinesiology and Recreation. GPA requirements for transfer student admissions are the same as the Change of Major (within Illinois State).

Retention of students will be determined by the student's cumulative GPA and other specified criteria required for the major. All courses required in each major must be completed with a grade of C or better.

HONORS IN KINESIOLOGY AND RECREATION

Majors in the School of Kinesiology and Recreation with superior academic records are invited to apply for admission to the School Honors Program. The program provides an opportunity for a scholastically gifted student to pursue personal interests through an independent honors project. Students successfully completing the Honors Program will receive the designation of Honors in Kinesiology and Recreation upon graduation. The student's official academic transcript and diploma will be so noted.

Admission Requirements:

- Be a declared Athletic Training, Physical Education Teacher Education, Exercise Science, or Recreation and Park Administration major with at least 30 and not more than 90 hours of coursework completed, including at least 6 hours of KNR courses.
- Have a minimum 3.30 overall GPA.
- Submit an application form to the School of Kinesiology and Recreation Honors advisor.

Honors Program Requirements:

- Fulfill the general requirements for participation in the University Honors Program.
- Successfully complete a minimum of 3 hours of

- School of Kinesiology and Recreation Honors courses.
- Successfully complete KNR 295: Honors Seminar.
- Initiate and complete a research project in KNR 299: Honors Independent Study (variable, 3-6 hours) under the direction of a faculty mentor in the student's major/sequence.
- Maintain a minimum 3.30 overall GPA.

Further details about the University Honors program are available at Honors.IllinoisState.edu.

PROFESSIONAL PRACTICE/STUDENT TEACHING

Internship and cooperative education experiences are available at all levels in Athletic Training (298, 398), Exercise Science (298, 398), and in Recreation and Park Administration (298, 398). Students may earn from 1-16 hours. No more than 16 hours may be applied toward graduation. Professional Practice experiences are supervised work experiences in businesses, agencies, organizations, and institutions and are either paid or unpaid. For further information, contact the Professional Practice coordinator in your major.

Student Teaching in Physical Education requires being accepted into the Teacher Education program at Illinois State University. Students are placed in schools with physical education cooperating teachers at the elementary, middle school, and/or secondary school levels as required for teacher licensure. Student teachers are supervised by Physical Education faculty supervisors. The Physical Education Student Teaching Coordinator arranges for all student teaching placements.

Athletic Training Program

Degree Offered: B.S.

MAJOR IN ATHLETIC TRAINING

Program Admission Requirements for New and Continuing Students:

Admission to this academic program is limited and is based on space availability and the competitiveness of the applicant pool. Factors that may be considered include, but are not limited to: courses completed, cumulative GPA, hours completed, personal interview and written statement, and samples of work completed. For additional information on minimum requirements for admission and the application and selection process, visit IllinoisState.edu/Majors, KinRec.IllinoisState.edu/at, or contact the undergraduate advisor for the intended major.

Admission to Athletic Training Program:

All students planning to become a certified athletic trainer must apply for and be admitted to the Athletic Training Program (AT) Clinical Instruction Practicum. Completed applications are accepted only during the fall semester and must be received on or before November 30. Transfer students must also apply to the AT Clinical

Instruction Practicum and will be evaluated individually based on previous coursework and stated criteria. Current application deadlines are posted on the athletic training home page and announced in KNR 188. Eligibility to apply for admission to the AT Clinical Instruction Practicum will be determined by the Director of the Athletic Training Program. Applicants compete for available spaces in the program. The following qualifications must be met to be considered for admission into the program.

1. Fulfill university requirements up to the time of application to the AT Clinical Instruction Practicum.
2. Completion of prerequisite coursework with a grade of C or better in KNR 181, 188.
3. Overall GPA of 2.70 or higher and major GPA of 2.70 or higher.
4. Completed application for admittance to the AT Clinical Instruction Practicum.

Students successful in the four previous criteria are then considered for acceptance into the clinical portion of the program. Placement is limited by the number of clinical sites and availability of approved clinical instructors. Highest priority will be given to the most qualified applicants based on the following criteria:

- overall and major grade point average
- grades in requisite courses
- quality of written essay submitted with application
- performance evaluations of observation hours from clinical instructors
- score on an athletic training general knowledge examination
- two written recommendations from qualified individuals
- completion of an interview with members of the athletic training faculty

The selection process results in one of the following student classifications:

- a. full acceptance to the clinical portion of the program
- b. qualified, but placed on a wait list
- c. not qualified, not accepted

Athletic Training Program Curriculum:

- 60 major hours that include:
- 54 hours in KNR as follows:
- 15 hours in foundation courses: KNR 181, 182, 257, 280, 282.
- 34 hours in athletic training core courses: KNR 188, 252, 284, 288, 298A11, 298A12, 298A13, 298A14, 298A15, 334, 335, 361, 362, 363, 387, 388.
- 5 hours (minimum) in KNR 398A12.
- 6 hours of interdisciplinary courses: FCS 102; HSC 105.

Standards for Progress in the Major:

Once admitted to the AT Clinical Instruction Practicum, the student will begin clinical work in athletic training at sites affiliated with Illinois State University, and must maintain the following requirements:

1. A minimum cumulative and major GPA of 2.70.
2. A student falling below the required GPA will be placed on probation for one semester. If after one semester, the 2.70 GPA has not been re-established, the student will be dropped from the AT Clinical Instruction Practicum and advised to change majors.
3. The student must earn a grade of C or better on each clinical site supervisor evaluation. A student earning less than a grade of C will not be permitted to count the hours completed during the affected clinical rotation toward AT requirements.
4. The student must adhere to the latest published version of the Athletic Training Program Handbook maintained on the Program website. The student is hereby informed of reasonable monetary costs associated with the AT including the purchase of uniform clothing to be worn during assigned clinical rotations.
5. In keeping with the University requirements regarding hepatitis-B (HBV) immunizations, clinical students in the AT shall be immunized against this disease. Additionally students admitted to the Clinical Instruction Practicum must submit complete documentation of a current physical examination from an approved (MD or DO) licensed physician.
6. The student is responsible for maintaining standards and expectations of the AT. Failure to do so will result in written notification and reprimand including possible dismissal from the AT.
7. A student who has not been retained in the AT Clinical Instruction Practicum may reapply for admission during the next available application period upon the advisement of the Director of the Athletic Training Program.

Certification and Licensure:

Completion of the Athletic Training program of study including 1200 supervised clinical hours and certification in first aid and Emergency Cardiac Care is designed to permit the student to apply to take the Board of Certification (BOC) examination and to apply for Illinois licensure as an athletic trainer. However, accreditation and licensure requirements are subject to change so the student is strongly advised to obtain notification of the latest requirements for BOC certification and Illinois licensure from the respective governing organizations and from the Director of the Athletic Training Program.

Exercise Science Program

Degree Offered: B.S.

MAJOR IN EXERCISE SCIENCE

Program Admission Requirements for New and Continuing Students:

Admission to this academic program is limited and is based on space availability and the competitiveness of the applicant pool. Factors that may be considered include, but are not limited to: courses completed, cumulative GPA, hours completed, personal interview or written statement, and samples of work completed. For additional information on minimum requirements for

admission and the application and selection process, visit IllinoisState.edu/Majors or contact the undergraduate advisor for the intended major.

Exercise Science Program of Study:

- 55 total hours are required.
- 20 hours in core courses: KNR 181, 182, 240, 254, 257, 280, 282.
- 23 hours in major courses: KNR 164, 298A10, 303, 307, 309, 311, 313, and one of KNR 286, 305, 310, or 353.
- 12 hours from either of the following options:
Option 1: KNR 378A10 and 10 hours in KNR 398A11.
Option 2 (requires program approval): 12 hours of advanced studies from the following list of courses, or others approved by exercise science faculty: KNR 287, 299, 305, 306, 320, 342, 345, 352, 353, 361, 381, KNR/HSC/FCS 394.

Standards for Progress in the Major:

Once admitted to the Exercise Science major, the student must maintain a minimum 2.50 cumulative GPA. A student falling below the required 2.50 GPA will be placed on probation for one semester. If after one semester the 2.50 GPA has not been re-established, the student will be dropped from the Exercise Science major. A student who has been thus dropped from the Exercise Science major may reapply for admission to the major after raising his or her GPA to the required standard. The student who is not readmitted after one semester of probation and has a minimum 2.00 GPA will have the option of entering the Kinesiology Studies Sequence.

A student must have a minimum 2.50 cumulative GPA and have completed all major courses with a grade of C or better to participate in the senior internship (KNR 398A11 Professional Practice: Internship in Exercise Science). Students seeking to take Option 2 (12 hours of advanced coursework in lieu of KNR 378A10 and KNR 398A11) must apply for approval of this option at the start of the semester in which they are registered to take KNR 298A10. The application must include a statement as to why the review committee should allow the student entry into this option, and it must also speak to what steps the student has taken to prepare for academic study beyond the B.S. in Exercise Science. Examples of such preparation might include indications of pre-requisites completed, observation hours completed, completion of research statistics or methods courses, applications to graduate or professional schools, etc. Applications for this option will be considered by a committee of Exercise Science faculty.

Credentialing Opportunities:

There is no single professional credential or certification that is necessary to pursue a career in Exercise Science. However, there are a number of optional credentialing opportunities that students are encouraged to examine. Coursework in this major is focused on the content areas needed for certification preparation by several organizations in this professional field of study. Students graduating in this major can strengthen their professional

credentials by pursuing a variety of different certifications offered by organizations such as the American College of Sports Medicine and the National Strength and Conditioning Association. Students interested in learning more about these recommended certification options should consult the Exercise Science Program Director in the School of Kinesiology and Recreation for further information.

MINOR IN EXERCISE SCIENCE

- 25 total hours required.
- 11 hours in core courses: KNR 181, 182, 240, 280.
- 11 hours in sequence courses: KNR 298A10, 307, 309, and one of KNR 311 or 313.
- 3 hours minimum selected from the following: KNR 282, 286, 303, 310.

NOTE: The Exercise Science Minor is not available to majors in the Kinesiology program of study.

Physical Education Program

Degrees Offered: B.S., B.S. in Education

MAJOR IN PHYSICAL EDUCATION

The Physical Education program consists of two sequences. The Physical Education Teacher Education Sequence requires a minimum cumulative GPA of 2.50 for admission and retention. The Kinesiology Studies Sequence requires a minimum cumulative GPA of 2.00 for admission and retention. All physical education major courses must be completed with a grade of C or better.

Kinesiology Studies Sequence (B.S.):

A student has the opportunity to select from a series of Physical Education courses to develop a plan of study. Students in the Kinesiology Studies Sequence must have earned a minimum cumulative 2.00 GPA.

Kinesiology Studies Sequence Program of Study:

- 40 hours required.
- 26 hours in core courses: KNR 160, 181, 182, 240, 254, 257, 280, 282. Select 3 additional KNR hours.
- 14 additional hours from within the Physical Education Program are required for majors not selecting a specialized sequence. A minimum of 8 hours of upper-division courses are required, 6 hours of which must be at the 300-level.
- A second major or minor, or an individualized program by advisement, is recommended.
- Graduation requirements: all required Physical Education courses must be completed with a grade of C or better.

Standards for Progress in the Major:

After being officially admitted to the Kinesiology Studies Sequence, the student must maintain a minimum cumulative 2.00 GPA.

Physical Education Teacher Education Sequence (PETE) (B.S. in Ed.):

The PETE program for undergraduate majors leads to a professional educator license with K-12 endorsement. All PETE majors planning on becoming licensed teachers must apply for and be admitted to the University's Teacher Education Program. (See the University-Wide Teacher Education Program section of this *Undergraduate Catalog*.)

Program Admission Requirements for New and Continuing Students:

Admission to this academic program is limited and is based on space availability and the competitiveness of the applicant pool. Factors that may be considered include, but are not limited to: courses completed, cumulative GPA, hours completed, personal interview or written statement, and samples of work completed. For additional information on minimum requirements for admission and the application and selection process, visit IllinoisState.edu/Majors or contact the undergraduate advisor for the intended major.

Once accepted, the teacher candidate must meet all teacher education requirements, including, but not limited to "Standards for Progress in the Physical Education Teacher Education Major." The New Transfer student must have passed all sections of the Test of Academic Proficiency (TAP) prior to registering for additional coursework in the PETE program after the initial semester.

Any Internal Transfer student wishing to become a PETE major must apply to the PETE Program at Illinois State University. Current application deadlines and forms can be found at IllinoisState.edu/Majors.

Once an applicant is accepted into the PETE Program, the teacher candidate must:

- (1) maintain a minimum cumulative GPA of 2.50 and a minimum major GPA of 2.50 each semester;
- (2) complete a projected program plan for graduation with the academic advisor for PETE; and
- (3) be admitted to Professional Studies through the College of Education.

Physical Education Teacher Education Sequence Program of Study Leading to a K-12 Special Licensure:

- 77 total hours required.
- 51 hours in the following core and sequence courses required:
 - 15 hours in core courses: KNR 181, 182, 254, 280, 282.
 - 36 hours in sequence courses: KNR 156, 158, 221, 225, 242, 244, 245, 246, 247, 341, 364, 383, 391.
 - 26 hours in Professional Education requirements: EAF 228 or 231 or 235; PSY 215; TCH 212, 216, 219; STT 399A74 (6 semester hours), 399A75 (6 semester hours).

Standards for Progress in the Program:

Standards for Progress in the PETE Program:

1. To progress through the program in a timely manner,

the teacher candidate must continuously maintain a minimum cumulative 2.50 GPA and a minimum major 2.50 GPA to remain academically eligible.

2. A teacher candidate falling below the minimum GPA, cumulative or major, will be placed on academic probation within the School of Kinesiology and Recreation for one semester. If after one semester the 2.50 cumulative and/or major GPA has not been reestablished, the teacher candidate will be removed from the PETE Program. A student who is not readmitted after one semester of probation, but has a minimum 2.00 GPA, will have the choice to enter the Physical Education (general) Sequence or select another major on campus.
3. The student may submit an application to the program after re-establishing the minimum academic requirements. Acceptance into the program is competitive. (See Admission Requirements for New and Continuing Students.)
4. A student who has not been retained in the PETE program may appeal for reconsideration to the Physical Education Teacher Education Selection and Retention Committee, providing evidence as to why re-admittance to the program should be considered.

MINOR IN ATHLETIC COACHING

Students wishing to minor in Athletic Coaching must apply through the School of Kinesiology and Recreation on My.IllinoisState.edu in February. The number of students admitted to the minor each year is limited and highest priority will be given to the most qualified applicants.

- Minimum of 20 hours in Kinesiology and Recreation required.
- Required courses (minimum of 8 hours): KNR 205, 207; and one from the following courses: KNR 180, 260.
- Elective courses (12 hours): KNR 254, 257, 306, 317, 320, 382.

Certification Opportunity:

Students have the opportunity to qualify for the coaching certification.

Recreation and Park Administration Program

Degree Offered: B.S.

Students may obtain advising material related to Recreation and Park Administration (RPA) in the School's main office. The Kinesiology and Recreation academic advisor will assist students with planning and completing an academic plan of study. All major courses in RPA must be completed with a grade of C or better.

MAJOR IN RECREATION AND PARK ADMINISTRATION**Program Admission Requirements for New and Continuing Students:**

Admission to this academic program is limited and is based on space availability and the competitiveness of the applicant pool. Factors that may be considered include, but are not limited to: cumulative GPA, hours completed, and written responses on the application. For additional information on minimum requirements for admission and the application and selection process, visit IllinoisState.edu/Majors or contact the undergraduate advisor for the intended major.

Standards for Progress in the Major:

A student must have a minimum 2.00 cumulative GPA and have completed all required courses with a grade of C or better.

Recreation Management Sequence:

- 52 total hours required.
- 40 hours in core courses: KNR 170, 171, 270, 271, 275, 298A30, 298A36, 370, 376, 380, 398A30, 398A36.
- 9 hours in sequence courses: KNR 374, 378A30, 382.
- 3 hours of courses selected from: KNR 351, 354, 371, and 381.

Certification Opportunity:

Students graduating from this program are immediately eligible to sit for the examination to become a Certified Leisure Professional.

Therapeutic Recreation Sequence:

- 70 total hours required.
- 40 hours in core courses: KNR 170, 171, 270, 271, 275, 298A30, 298A36, 370, 376, 380, 398A30, 398A36.
- 15 hours in sequence courses: KNR 253, 273, 278, 279, 365.
- 15 hours in interdisciplinary courses: HSC 105; KNR 181 or BSC 181; PSY 213, 350; 3 hours selected from approved health and human services and/or disability related courses.

Certification Opportunity:

Students graduating from the Therapeutic Recreation Sequence who have met all the National Council for Therapeutic Recreation Certification (NCTRC) requirements (major and recommended courses including an approved internship) should be eligible to apply to sit for the examination to become a Certified Therapeutic Recreation Specialist. Certification requirements are subject to change so students are strongly advised to obtain the latest certification requirements from NCTRC.

MINOR IN RECREATION AND PARK ADMINISTRATION

- 24 hours required.
- Required courses: KNR 170, 171, 270, 271, 370, 376, 380.
- 3 hours of courses selected from: KNR 275, 351, 354, 371, 374, 382.

Kinesiology Courses

Some sections of these courses may be restricted to School of Kinesiology and Recreation majors.

105 BADMINTON I

1 sem. hr.

Introduction to the basic strokes and strategies of badminton. Tournament play in singles and/or doubles. Materials charge optional.

106A02 BASKETBALL II

1 sem. hr.

Development of intermediate and advanced skills and strategies of basketball.

108 BILLIARDS I

1 sem. hr.

Basic shooting techniques with focus on stance, bridge and cue ball contact. Experience in games of Basic Pocket Billiards, Rotation and Eight Ball. Materials charge optional.

112 BOWLING I

1 sem. hr.

Development of basic skills and knowledge for the beginning bowler. Materials charge optional.

113 PERSONAL FITNESS

3 sem. hrs.

The development of a personalized, comprehensive fitness program based on knowledge and understanding of the specific effects of exercise. Materials charge optional. Lecture and lab. Not for credit School of Kinesiology and Recreation major.

114 MACHINE WEIGHT TRAINING

1 sem. hr.

Basic techniques and knowledge necessary to increase muscular fitness through the use of resistive isotonic exercise equipment. Formerly *NAUTILUS CONDITIONING*. Not for credit if had KNR 285 or 313.

116 FITNESS WALKING, JOGGING, AND RUNNING

1 sem. hr.

Knowledge and techniques of walking, jogging, and running as modes for developing and/or maintaining appropriate levels of health-related physical fitness.

119 GOLF I

1 sem. hr.

A basic course in golf designed for the beginner or high handicap golfer. Materials charge optional.

125 INDOOR GROUP CYCLING

1 sem. hr.

Introduction to indoor cycling using stationary bicycles to help improve cardiovascular fitness.

126 AEROBICS

1 sem. hr.

Introduction to aerobics designed to develop and improve strength, flexibility, and cardiovascular endurance.

127 SWIMMING I**1 sem. hr.**

For the fearful or non-swimmer with no aquatic skills. Instruction in adjustment experiences, basic techniques of safety, survival, and propulsion. Materials charge optional.

127A10 AQUATIC FITNESS**1 sem. hr.**

Shallow water aerobic exercise and/or lap swimming programs to develop and maintain physical fitness. Ability to swim not required.

133 SELECTED ACTIVITIES**1 sem. hr.**

Selected beginning and/or intermediate activities offered as experimental programs. Material charge optional.

136 VOLLEYBALL I**1 sem. hr.**

Basic skills, rules, and strategies involved in the game of volleyball, and application in tournament play.

137 SOCCER**1 sem. hr.**

Basic skills, rules, and strategies necessary for game play. Fundamentals emphasized with application in competitive play.

138 SLOW PITCH SOFTBALL**1 sem. hr.**

Basic skills and knowledge of slow pitch softball.

140 TOUCH RUGBY**1 sem. hr.**

Basic skills, rules, and strategies necessary for game play. Fundamentals emphasized with application in competitive play.

142 TENNIS I**1 sem. hr.**

Basic skills, rules, and strategies involved in the game of tennis, and application in tournament play. Materials charge optional.

146 MILITARY PHYSICAL CONDITIONING**1 sem. hr.**

Practical experience in the structure, techniques, and conduct of military physical conditioning to develop total fitness and leadership ability. Multiple enrollments are allowed; maximum 4 hours.

147 WEIGHT TRAINING**1 sem. hr.**

Basic knowledge and concepts of resistive exercises to increase muscular strength and endurance. Participation in an individual weight program. Not for credit if had KNR 285 or 313.

148 CARDIO WEIGHT TRAINING**1 sem. hr.**

Introduction to cardio and weight training exercise using steps and barbells to improve cardiovascular endurance and muscular health. Formerly KNR 189A33.

**156 INTRODUCTION TO PHYSICAL EDUCATION:
TEACHER EDUCATION****2 sem. hrs.**

Identification of foundational concepts in physical education, including historical and philosophical orientation, sub-disciplinary movements, career development, and physical education issues. Prerequisite: Major or minor only.

**158 INSTRUCTIONAL STRATEGIES
IN PHYSICAL EDUCATION****3 sem. hrs.**

Introduction to planning and teaching physical education. Includes lesson planning, practice of teaching skills through micro teaching, peer teaching, analysis of teaching. Includes Clinical Experience: 20 hours.

164 INTRODUCTION TO EXERCISE SCIENCE**3 sem. hrs.**

Foundations of exercise science, including history and philosophy, careers, professional organizations, certifications, sub-disciplines, research methods, and professional issues. Prerequisite: Major or minor only.

180 FIRST AID AND CPR**2 sem. hrs.**

First Aid, cardiopulmonary resuscitation, and automated external defibrillation for accidents and sudden illnesses. Materials charge optional.

181 HUMAN ANATOMY AND PHYSIOLOGY I**3 sem. hrs.**

Gross structure and physiology of the human body with emphasis on integument, connective tissues, musculoskeletal, nervous and endocrine systems. Lecture.

182 HUMAN ANATOMY AND PHYSIOLOGY II**3 sem. hrs.**

Emphasis on the nervous, circulatory, respiratory, and digestive systems.

**183 HUMAN ANATOMY AND PHYSIOLOGY
LABORATORY I****1 sem. hr.**

An interactive laboratory experience that provides basic and applied knowledge to enhance students' understanding of the human body. Materials charge optional. Prerequisite: Concurrent registration in KNR 181.

**184 HUMAN ANATOMY AND PHYSIOLOGY
LABORATORY II****1 sem. hr.**

Application and analysis of the circulatory, respiratory, digestive, urinary, and reproductive systems in an interactive laboratory. Materials charge optional. Prerequisite: Concurrent registration in KNR 182.

**188 INTRODUCTION TO ATHLETIC
TRAINING****2 sem. hrs.**

Introduction to the field of athletic training through classroom instruction and observation of clinical practice. Prerequisite: A minimum of 30 hours completed.

205 SCIENTIFIC PRINCIPLES OF COACHING**3 sem. hrs.**

Introduction to scientific principles that constitute the basis for sound athletic coaching practices. Prerequisites: Major or minor only. A minimum of 30 hours completed.

**207 FOUNDATIONS FOR SUCCESSFUL
COACHING****3 sem. hrs.**

Theory and applications of coaching concepts for the interscholastic and youth sport coach. Coaching certification available. Prerequisite: KNR 205.

**208 DYNAMICS OF UNITED STATES
CONTEMPORARY HEALTH ISSUES SMT**
3 sem. hrs.

Exploration and analysis of current health and lifestyle issues. Emphasis on how individuals, communities and society make health decisions. Also offered as FCS/HSC 208. Prerequisites: COM 110 and ENG 101.

**221 TEACHING ELEMENTARY PHYSICAL
EDUCATION**
3 sem. hrs.

Methods of teaching elementary physical education; observations and teaching experiences in schools; laboratory sessions on developmentally appropriate physical education. Includes Clinical Experience: 20 hours. Formerly *ELEMENTARY PHYSICAL EDUCATION CURRICULUM*. Not for credit if had KNR 358. Prerequisites: Major only. KNR 158, 225, 245, 246.

**222 PHYSICAL EDUCATION FOR
ELEMENTARY CLASSROOM TEACHER**
2 sem. hrs.

Factors essential to program planning in physical education grades one through six. Types and progression of activities; methods and techniques of class organization. Observations of children and laboratory sessions in activities. Not for credit major. Includes Clinical Experience. Prerequisite: A minimum of 30 hours completed.

225 MOTOR DEVELOPMENT
3 sem. hrs.

Study of changes in motor behavior across the lifespan, factors affecting motor development and implications for life-long physical activity. Includes Clinical Experience: 6 hours. Prerequisites: KNR 158. Major or minor only. All sections of State of Illinois Test of Academic Proficiency (TAP) passed.

**240 PRINCIPLES AND APPLICATIONS
OF FIELD-BASED ASSESSMENT**
2 sem. hrs.

Applied aspects of field-based fitness assessment, including test selection, implementation, and analysis. Materials charge optional. Prerequisites: Major or minor only. KNR 181 and 182; KNR 280 or concurrent registration.

**242 SECONDARY METHODS AND PRACTICES
IN PHYSICAL EDUCATION**
3 sem. hrs.

Development and administration of secondary physical education programs. Planning and teaching physical education activities at the secondary level. Includes Clinical Experience: 20 hours. Materials charge optional. Prerequisites: KNR 158, 221, 244, 247. Admission to Professional Studies.

244 TEACHING TEAM SPORTS
3 sem. hrs.

Development of content knowledge and teaching skills of various team sports. Emphasis on teaching progressions, management, assessment, strategies, and tournaments. Materials charge optional. Prerequisites: Major or minor only. KNR 158, 225.

**245 TEACHING INDIVIDUAL/DUAL
SPORTS AND ACTIVITIES**
3 sem. hrs.

Content knowledge and teaching skills and various individual sports and activities. Emphasis on teaching progressions, management, assessment, and strategies. Materials charge optional. Prerequisites: Major or minor only. KNR 158.

**246 TEACHING DANCE AND
TUMBLING/GYMNASTICS FORMS**
3 sem. hrs.

Fundamental skills and concepts of dance and tumbling/gymnastics. Safety procedures, skill development, instructional strategies, and assessment are included. Prerequisites: Major or minor only. KNR 158.

**247 PROMOTING PHYSICAL ACTIVITY AND
FITNESS IN PHYSICAL EDUCATION**
3 sem. hrs.

Current activity levels/fitness of youth, promotion of lifetime physical activity, evaluative procedures, and implementing fitness activities into the curriculum. Materials charge optional. Prerequisites: Major or minor only. KNR 158, 225.

**252 EMERGENCY ASPECTS OF
ATHLETIC INJURIES**
3 sem. hrs.

Emergency planning, prevention, and care for athletics. Materials charge optional. Prerequisite: KNR 298A11 or concurrent registration.

**254 SOCIO-PSYCHOLOGICAL PERSPECTIVES
IN PHYSICAL ACTIVITY**
3 sem. hrs.

Survey of cultural, philosophical, social and psychological factors influencing the nature, evolution and maintenance of informal and formal physical activities. Prerequisite: Major or minor only or consent of the instructor.

257 MOTOR LEARNING AND PERFORMANCE
3 sem. hrs.

Study of processes involved in acquiring and perfecting motor skills and effects of aging on acquisition of those skills. Prerequisite: Major or minor only or consent of the instructor.

**260 ATHLETIC INJURY CONCEPTS
FOR COACHES**
3 sem. hrs.

An introductory course for coaches, with emphasis on the prevention and care of athletic injuries. Prerequisites: KNR 207 or concurrent registration; a minimum of 30 hours completed.

280 EXERCISE PHYSIOLOGY
3 sem. hrs.

Application of human anatomy and physiology to the understanding of physical education. Effects of exercise on body systems and performance. Materials charge optional. Prerequisites: Major or minor only. KNR 181 and 182; KNR 240 concurrent registration.

282 BIOMECHANICS OF HUMAN MOVEMENT
3 sem. hrs.

Study of human movement based on principles of anatomy and mechanics of motion. Lecture and lab. Materials charge optional. Prerequisites: KNR 181 or BSC 181; PHY 105 or 108.

**284 PREVENTION AND CARE OF
ATHLETIC INJURIES**
3 sem. hrs.

An introductory course, with emphasis on the prevention and care of athletic injuries. Prerequisites: KNR 181 or consent of the instructor. Major or minor only.

286 LEADING EXERCISE SESSIONS IN THE FITNESS SETTING**3 sem. hrs.**

Development of leadership skills and knowledge necessary for design and application of group exercise sessions. Formerly *GROUP EXERCISE INSTRUCTIONAL METHODS*. Prerequisites: Major or minor only. KNR 240, 280.

288 THERAPEUTIC MODALITIES**3 sem. hrs.**

An investigation of the theoretical, technological, and physiological basis of therapeutic modalities in athletic training. Prerequisites: KNR 181, 182, 188 or consent of the instructor.

295 HONORS SEMINAR**1 sem. hr.**

Introduction to independent Honors study; identification and definition of problems; selected methods for problem solving; use of library resources.

298A10 PROFESSIONAL PRACTICE: PRACTICUM IN EXERCISE SCIENCE**2 sem. hrs.**

Application of knowledge and skills in professional settings for Exercise Science. Fifty out-of-class hours required. Prerequisites: Major or minor only. KNR 164, 240, 280 or consent of the instructor. A minimum of 60 hours completed.

298A11 PROFESSIONAL PRACTICE: ATHLETIC TRAINING CLINICAL COMPETENCIES I**1 sem. hr.**

Supervised instruction and practice of skills and competencies for the beginning (Level 1) athletic training student. Materials charge optional. Prerequisites: KNR 188, 188A01 and admittance to the Athletic Training Education Program-Clinical Instruction Practicum.

298A12 PROFESSIONAL PRACTICE: ATHLETIC TRAINING CLINICAL COMPETENCIES II**1 sem. hr.**

Supervised instruction and practice of clinical skills and competencies for the progressing (Level 2) athletic training student. Materials charge optional. Prerequisite: KNR 298A11 or consent of the instructor.

298A13 PROFESSIONAL PRACTICE: ATHLETIC TRAINING CLINICAL COMPETENCIES III**1 sem. hr.**

Supervised instruction and practice of clinical skills and competencies for the intermediate (Level 3) athletic training student. Materials charge optional. Prerequisite: KNR 298A12 or consent of the instructor.

298A14 PROFESSIONAL PRACTICE: ATHLETIC TRAINING CLINICAL COMPETENCIES IV**1 sem. hr.**

Supervised instruction and practice of clinical skills and competencies for the advanced (Level 4) athletic training student. Materials charge optional. Prerequisite: KNR 298A13 or consent of the instructor.

298A15 PROFESSIONAL PRACTICE: ATHLETIC TRAINING CLINICAL COMPETENCIES V**1 sem. hr.**

Supervised instruction and practice of clinical skills and competencies for the advanced (Level 5) athletic training student. Materials charge optional. Prerequisite: KNR 298A14 or consent of the instructor.

303 EXERCISE PSYCHOLOGY**3 sem. hrs.**

Theory and application of social-psychological principles to leisure-time physical activity. Prerequisites: Major or minor only. A minimum of 60 hours completed or consent of the instructor.

305 BIOMECHANICS OF EXERCISE AND PHYSICAL ACTIVITY**3 sem. hrs.**

Analysis of exercise and physical activity based on principles of anatomy and mechanics of motion. Materials charge optional. Prerequisites: Major or minor only. KNR 164 and 282 or consent of the instructor.

306 PSYCHOLOGY OF SPORT**3 sem. hrs.**

Psychological principles and concepts applied to sport situations and to individuals involved with sport activities. Prerequisite: Major or minor only or consent of the instructor.

307 EXERCISE IN HEALTH AND DISEASE**3 sem. hrs.**

Application of exercise physiology principles to evaluate the extent to which common disease processes limit body function and exercise performance. Materials charge optional. Prerequisites: Major or minor only. KNR 164, 240, and 280.

309 PRINCIPLES AND TECHNIQUES OF PHYSIOLOGICAL TESTING**3 sem. hrs.**

Application of various laboratory exercise testing modalities for evaluating human physiological function. Materials charge optional. Prerequisites: Major or minor only. KNR 164, 240 and 280; KNR 308 concurrent registration.

310 FITNESS MANAGEMENT**3 sem. hrs.**

Theories of organization and principles of management applied to fitness programs in the commercial, community, medical, and worksite settings. Prerequisites: Major or minor only. KNR 164, 298A10 or consent of the instructor.

311 EXERCISE PROGRAMMING FOR CARDIOVASCULAR AND METABOLIC FITNESS**3 sem. hrs.**

Development of skills and knowledge necessary for designing cardiovascular and metabolic exercise programs for all populations. Not for credit if had KNR 308. Materials charge optional. Prerequisites: Major or minor only. KNR 307 and 309.

313 EXERCISE PROGRAMMING FOR NEUROMUSCULAR FITNESS**3 sem. hrs.**

Development of skills and knowledge necessary for designing neuromuscular exercise programs for all populations. Not for credit if had KNR 285 or 308. Materials charge optional. Prerequisites: Major or minor only. KNR 307 and 309.

317 SOCIOLOGY OF SPORT**3 sem. hrs.**

The social institution of sport is examined using such sociological concepts as social organization, culture, socialization, deviance, social stratification, minority groups and collective behavior. Also offered as SOC 317.

320 DEVELOPMENT ASPECTS OF YOUTH SPORT**3 sem. hrs.**

Effects of sport and competitive activities on the biophysical and psychosocial development of young people. Prerequisite: Major or minor only or consent of the instructor.

334 THERAPEUTIC EXERCISE**4 sem. hrs.**

Essential components of a comprehensive rehabilitation program including goals, exercise selection, progression, evaluation, and criteria for return to competition. Lecture and lab. Prerequisite: KNR 288 or consent of the instructor.

334A01 THERAPEUTIC EXERCISE LAB**2 sem. hrs.**

Application of the knowledge and skills needed of an athletic trainer during the rehabilitation of the physically active. Prerequisites: KNR 288 or consent of the instructor. Concurrent registration with KNR 334.

335 ADMINISTRATION OF ATHLETIC TRAINING**2 sem. hrs.**

Theory and application in athletic training programs including pre-participation physical examinations, budget management, medical records, and legal aspects of sports medicine. Prerequisites: KNR 188, 284, or consent of the instructor.

341 ASSESSMENT IN PHYSICAL EDUCATION**3 sem. hrs.**

Planning and implementation of appropriate assessment strategies in physical fitness, motor skills, cognitive achievement, and the affective areas in K-12 physical education. Prerequisites: KNR 158, 221, 225, 242 or concurrent registration.

342 OCCUPATIONAL BIOMECHANICS**3 sem. hrs.**

Application of biomechanical principles to the solution of problems related to the interaction of the worker with the workplace. Materials charge optional. Prerequisite: KNR 282 or consent of the instructor.

345 ADVANCED FUNCTIONAL ANATOMY**3 sem. hrs.**

This course synthesizes anatomy, physiology, and human movement as it relates to sports injury. Prerequisites: KNR 181, 182. A minimum of 60 hours completed or consent of the instructor.

352 QUANTITATIVE ANALYSIS OF BIOMECHANICS**3 sem. hrs.**

Amplification of kinematics and kinetics of human movements; introduction to high-speed videography, biomechanics instrumentation and computer analysis. Materials charge optional. Prerequisite: KNR 282 or consent of the instructor.

353 BASIC ELECTROCARDIOGRAPHY AND CLINICAL EXERCISE TESTING**3 sem. hrs.**

Theory and application of electrocardiographic analysis in the functional and diagnostic assessment of individuals. Materials charge optional. Prerequisites: KNR 181, 182, 280, or consent of the instructor.

361 PATHOLOGY AND PHARMACOLOGY IN ATHLETIC TRAINING**3 sem. hrs.**

Relevant biomedical conditions and afflictions and associated pharmacological interventions for the athletic training student. Materials charge optional. Prerequisites: KNR 181, 182. A minimum of 60 hours completed or consent of the instructor.

362 SEMINAR IN SPORTS MEDICINE I**1 sem. hr.**

Orientation to and preparation for the professional practice in athletic training including formal application and placement. Prerequisite: KNR 298A12 concurrent registration.

363 SEMINAR IN SPORTS MEDICINE II**2 sem. hrs.**

Synthesis of program content in preparation for the BOC examination and initial employment. Prerequisite: KNR 298A15 concurrent registration.

364 SENIOR SEMINAR IN PHYSICAL EDUCATION TEACHER EDUCATION**3 sem. hrs.**

Examination of relevant issues regarding professional development in K-12 physical education: induction, program advocacy, legal issues, and personal reflection. Not for credit if had KNR 358. Prerequisites: Major only; KNR 341 concurrent registration.

378A10 SEMINAR IN PROFESSIONAL PRACTICE FOR EXERCISE SCIENCE**2 sem. hrs.**

Orientation to the expectations and problems encountered during professional practice with application and placement in exercise science environments. Prerequisites: Exercise Science major only. KNR 164, 298A10 or consent of the instructor. A minimum of 90 hours completed.

383 ADAPTED PHYSICAL EDUCATION**3 sem. hrs.**

Study of conditions requiring physical education programs to be adapted to meet the unique needs of students with disabilities. Includes Clinical Experience. 15 hours. Prerequisites: Major or minor only. KNR 158, 221, 225, 247.

387 ATHLETIC INJURY ASSESSMENT I**3 sem. hrs.**

The advanced study of lower extremity injuries, with emphasis on evaluation. Formerly *EVALUATION OF ATHLETIC INJURIES: LOWER EXTREMITIES*. Prerequisites: KNR 181, 284, or consent of the instructor.

388 ATHLETIC INJURY ASSESSMENT II**3 sem. hrs.**

The advanced study of upper extremity and internal injuries with an emphasis on evaluation. Formerly *EVALUATION OF ATHLETIC INJURIES: UPPER EXTREMITIES*. Prerequisites: KNR 181, 284, or consent of the instructor.

391 CREATING POSITIVE LEARNING ENVIRONMENTS IN PHYSICAL EDUCATION**1 sem. hr.**

Strategies for developing and implementing effective behavior management plans in physical education programs based on sound education practices. Prerequisites: STT 399A74 and/or 399A75 concurrent registration or consent of the instructor.

394 HEALTH ASPECTS OF AGING**3 sem. hrs.**

Characteristics of the aging process and factors influencing adaptation and the quality of living. Also offered as FCS/HSC 394.

**398A11 PROFESSIONAL PRACTICE:
INTERNSHIP IN EXERCISE SCIENCE**

1-14 sem. hrs.

Supervised internship done under the guidance of professionally qualified personnel from business, industry, government, and University faculty. Materials charge optional. Prerequisites: Exercise Science major only. A minimum of 90 hours completed and all graduation requirements met or in progress.

**398A12 PROFESSIONAL PRACTICE:
INTERNSHIP IN ATHLETIC TRAINING**

1-14 sem. hrs.

Internship experience in athletic training under the guidance of a qualified sports medicine professional. Materials charge optional. Prerequisites: AT major only. KNR 298A13 or consent of the instructor; and KNR 362.

Recreation and Park Administration Courses

Some sections of these courses may be restricted to School of Kinesiology and Recreation majors.

170 INTRODUCTION TO LEISURE AND RECREATION**3 sem. hrs.**

Nature, scope, and significance of recreation and leisure. Introduction to the professional areas of recreation and leisure delivery systems.

171 RECREATION LEADERSHIP**3 sem. hrs.**

Development of activity planning skills, individual leadership skills, and group facilitation methods. Materials charge optional. Prerequisite: KNR 170 or concurrent registration.

175 LEISURE IN SOCIETY**3 sem. hrs.**

Introduction of leisure in historical and contemporary perspectives. Relationships between leisure and other societal institutions. Determinants of leisure behavior.

253 TECHNIQUES IN THERAPEUTIC RECREATION**3 sem. hrs.**

Theory and application of facilitation techniques and interventions used in therapeutic recreation services. Lecture and lab. Formerly KNR 373 *TECHNIQUES IN THERAPEUTIC RECREATION*. Prerequisites: Majors only. KNR 273.

270 INCLUSIVE RECREATION**3 sem. hrs.**

Leadership, assistive techniques/devices and disability issues related to recreation programming for individuals with mental, physical, social and emotional limitations. Formerly *RECREATION FOR PEOPLE WITH DISABILITIES*. Prerequisites: Major or minor only. KNR 271 or concurrent registration.

271 RECREATION PROGRAMMING**3 sem. hrs.**

Comprehensive recreation program design including planning, organizing, promoting, and evaluating programs in a variety of leisure service delivery systems. Prerequisites: Major or minor only. KNR 171.

273 INTRODUCTION TO THERAPEUTIC RECREATION**3 sem. hrs.**

Foundation concepts of therapeutic recreation including history, philosophy, models, professional issues, and basic program delivery. Prerequisites: Major only. KNR 270 or concurrent registration.

275 PLANNING AND DESIGN OF RECREATION FACILITIES**3 sem. hrs.**

Techniques and principles of site planning, design, and development of facilities in parks and recreation settings. Prerequisites: Major or minor only. KNR 271.

278 THERAPEUTIC RECREATION SERVICE DELIVERY**3 sem. hrs.**

Design of comprehensive and specific intervention programs used in the delivery of therapeutic recreation services. Prerequisites: Major only. KNR 253 and 279.

279 THERAPEUTIC RECREATION CLIENT DOCUMENTATION**3 sem. hrs.**

Focus on systematic and accountable client documentation (assessment, treatment plans, progress notes, discharge/referral summaries) for therapeutic recreation intervention programs. Prerequisites: Major only. KNR 270 and 273.

295 HONORS SEMINAR**1 sem. hr.**

Advanced readings and critical discussion of recreation with broad areas of concern in social, philosophical, and scientific bases.

**298A30 PROFESSIONAL PRACTICE:
INTERNSHIP AND COOPERATIVE
EDUCATION IN RECREATION
AND PARK ADMINISTRATION**

2 sem. hrs.

Application of knowledge and skills in recreation programming and/or event planning to practical situations within a leisure service agency. Materials charge optional. Prerequisites: Major in Recreation and Park Administration; KNR 271, 298A36 or concurrent registration; A minimum of 60 hours completed.

**298A31 PROFESSIONAL PRACTICE:
INTERNSHIP AND COOPERATIVE
EDUCATION IN
COMMERCIAL RECREATION**

2 sem. hrs.

Application of knowledge and skills in recreation programming to practical situations within commercial, tourism, or travel recreation delivery systems. Multiple enrollments are allowed. Prerequisites: KNR 271 or consent of the instructor. A minimum of 60 hours completed.

**298A36 PROFESSIONAL PRACTICE
PREPARATION SEMINAR IN RECREATION
AND PARK ADMINISTRATION
1 sem. hr.**

Overview and investigation of professional practice preparation. Prerequisites: Major in Recreation and Park Administration; KNR 271 or concurrent registration.

**351 TOURISM AND SPECIAL EVENTS
3 sem. hrs.**

Analysis of concepts and issues in tourism and special events. Prerequisites: Major or minor only. KNR 271 or RPA minor.

**354 CONTEMPORARY ISSUES IN THE
SPORT INDUSTRY
3 sem. hrs.**

Investigation of topics and issues impacting the various segments of the sport industry. Prerequisites: Major or minor only. KNR 271 or RPA minor.

**365 ADVANCED THERAPEUTIC RECREATION
PRACTICES
3 sem. hrs.**

In-depth analysis of disabilities and impact on therapeutic recreation intervention. Materials charge optional. Prerequisites: Major only. KNR 253 and 279.

**370 ADMINISTRATION OF LEISURE
SERVICE ORGANIZATIONS
3 sem. hrs.**

Marketing, and financial accountability in organized recreation and leisure delivery systems. Prerequisites: Major or minor only. KNR 298A30 or RPA Minor.

**371 OUTDOOR RECREATION
3 sem. hrs.**

Overview of outdoor recreation concepts and management principles. Prerequisite: KNR 271.

**374 ADVANCED RECREATION
PROGRAMMING
3 sem. hrs.**

Application of recreation programming principles to a field setting which includes assessment, planning, organizing, implementing and evaluation functions. Fieldwork required. Prerequisite: Major or minor only. KNR 298A30 recommended.

**376 EVALUATING AGENCY SERVICES
3 sem. hrs.**

Use and methods of evaluation, including conceptualization, implementation and report preparation, with application to leisure service delivery systems. Materials charge optional. Prerequisites: KNR 298A30. Major or minor only.

**378A30 PROFESSIONAL ISSUES
IN RECREATION AND PARK
ADMINISTRATION
3 sem. hrs.**

In-depth analysis of selected trends, issues, problems confronting leisure service practitioners in contemporary settings. Prerequisites: Major only; KNR 298A30. A minimum of 90 hours completed.

**380 ADMINISTRATION OF HUMAN
RESOURCES IN LEISURE SERVICES
3 sem. hrs.**

Human resources management, planning, and organizational behavior in recreation and leisure delivery systems. Prerequisites: Major or minor only. KNR 298A30 or RPA Minor.

**381 SPECIAL STUDIES IN RECREATION,
TOURISM, AND SPORT
1-3 sem. hrs.**

Special work in research interests of students and faculty. Projects must be approved by the instructor. Multiple enrollments are allowed; maximum 6 hours. Prerequisite: Consent of the instructor.

**382 LEGAL ASPECTS OF RECREATION
AND KINESIOLOGY
3 sem. hrs.**

Legal principles applied to recreation and kinesiology settings, with an emphasis on risk management practices. Prerequisites: KNR major or minor only.

**398A30 PROFESSIONAL PRACTICE:
INTERNSHIP/COOPERATIVE
EDUCATION IN RECREATION
AND PARK ADMINISTRATION
12 sem. hrs.**

Culminating experience of supervised internship done under the guidance of professionally qualified personnel in leisure service agencies and University faculty. Prerequisites: Major only; KNR 378A30. All graduation requirements met or in progress.

**398A36 PROFESSIONAL PRACTICE SEMINAR
1 sem. hr.**

Develop an understanding of professionalism and prepare for selecting and acquiring the senior internship in parks and recreation or therapeutic recreation. Prerequisites: Major only; KNR 298A30. A minimum of 90 hours completed.