

# Health, Kinesiology, And Sport

## Department Information

Department of Health, Kinesiology, and Sport Faculty	
	(251) 460-7131
Chair	Holden
Professors	Kovaleski
Associate Professors	Broach, Forester, Holden, Keshock
Assistant Professor	Colquhoun, Hauff, Hudson, McKinley-Barnard, Parkes, Schwarz, Woltring
Senior Instructors	Anastasio, Barter, Palombo
Instructor	Botsis, Montgomery

Department of Health, Kinesiology, and Sport website  
<http://www.southalabama.edu/colleges/ceps/hks>

The Department of Health, Kinesiology, and Sport offers state and nationally accredited undergraduate programs of study in Physical Education (P-12), Health Education (6-12), and a combined Health (6-12) and Physical Education (P-12) program that lead to Alabama Class B Educator Preparation and Certification. Graduate programs of study are offered in Physical Education (P-12) and Health Education (6-12) that lead to Alabama Class A Educator Preparation and Certification.

The Department offers a totally on-line graduate program in Sport Management. Undergraduate and graduate programs are available in Exercise Science and Health. An undergraduate major is offered in Leisure Studies with concentrations in Sport and Recreation Management and Therapeutic Recreation. The department also provides a physical activity instructional program for all university students through courses in physical fitness, lifetime sports, dance, and martial arts. An undergraduate Coaching Certificate program is also offered by the department.

### Undergraduate

#### Requirements For Admission To Candidacy In Teacher-certification Programs (HS And PE)

All students must apply in the Advising Center (UCOM 3360), for admission to teacher candidacy. This is normally done during the final semester of the sophomore year or first semester of the junior year. All previously listed requirements of the University and College must be met prior to application.

Teacher Candidacy Admission Requirements for Physical Education (P-12) & Health (6-12) majors, & merged Health (6-12) and Physical Education (P-12).

#### Hours:

60 semester hours (48 must be in General Education). A minimum of 12 semester hours must be taken at USA.

#### GPA Requirements:

- 2.75 Minimum Overall GPA (All work attempted at USA).
- 2.75 Minimum Program GPA (All courses used on this Advising Sheet, including transfer work).
- 2.75 Minimum Professional Studies GPA (All courses used in the Professional Studies area, including transfer work).
- 2.75 Minimum Teaching Field GPA (All courses used in the Teaching Field, including transfer work).
- No grade below a "C" will be accepted in Professional Studies courses.

**Course Requirements:**

- Course requirements for PE P-12 Majors: CA 110, EH 101, EH 102, BMD 114 or BMD 110 or BMD 251, EDM 310, EDU 400, EPY 351, KIN 100, KIN 201, and KIN 166.
- Course requirements for merged Health (6-12) and Physical Education (P-12): CA 110, EH 101, EH 102, BMD 110, 114 or 251, EDM 310, EDU 400, EPY 351, KIN 100, KIN 201, HS 262, HS 263
- Course requirements for Health 6-12 Majors: CA 110, EH 101, EH 102, BMD 114, EDM 310, EDU 400, EPY 351, KIN 100, KIN 201, HS 170, HS 262, and HS 263.

**Test Requirements:**

- Satisfactory performance on Core Academic Skills for Educators tests of mathematics, reading, and writing. If passed prior to 9/1/2017, the AECTP basic skills tests are acceptable until 9/1/2022.

**Other Requirements:**

- Proof of clear SDE fingerprinting/background check and professional liability insurance.
- Completion of the Dispositions Survey and a signed teacher Candidacy application form.
- Completion of a satisfactory departmental interview with your assigned advisor. Recommendation of advisor, department chairperson and approval of the Candidacy Committee.
- Sufficient physical ability and emotional stability to perform as a teacher.

**Application/Admission Information:**

- Candidacy applications are due the semester in which the student completes all candidacy requirements. The intent is for students to apply for Candidacy AND meet with their content area advisor prior to registration to enable appropriate planning decisions for upcoming semesters.
- Apply for Candidacy in the Advising Center (UCOM 3360).
- The College of Education and Professional Studies Candidacy Committee may recommend, defer or deny admission to the program.

Admission to Candidacy will remain deferred until all requirements have been met and grades are submitted at the end of the term. Once grades are available and all requirements are met, the Office of Student Services will notify students via their official JAG e-mail account when they have been admitted to Candidacy. Students will then be able to register for Candidacy courses.

**Requirements For Admission To Candidacy Non-teacher-certification Programs**

All students must apply for admission to a program during the semester immediately following the completion of 60 semester hours of credit provided they meet the requirements listed below. Courses in progress during the semester the student makes application for candidacy may be used in the candidacy application process.

Admission to a non-teacher certification program requires that

1. The student:
  - a. declare a specialization
  - b. take any necessary tests
  - c. submit to any needed evaluations
  - d. be available for necessary interviews
2. The student's application receives approval from the advisor and departmental chair. The application must be submitted to the College of Education and Professional Studies Advising Center by the second week of the semester in which the student is eligible to be admitted.
3. The student's application receives approval from the Undergraduate Candidacy Committee
4. The student's application receives the approval of the Dean or Associate Dean, College of Education and Professional Studies

Candidacy requirements are summarized on Departmental Advising Sheets.

The following are the criteria to be considered by the Undergraduate Candidacy Committee:

1. Completion of 60 semester hours of course work, 48 of which must be in General Studies.
2. A minimum overall grade-point average of 2.2 in the major/specialization (including transfer work) and a grade-point average of 2.2 on all work attempted at the University of South Alabama.
3. Sufficient physical ability and emotional stability to perform successfully as a professional. These and other factors could be determined in a departmental interview.

4. Recommendation of the advisor and department chair.
5. Completion of any departmental prerequisite courses.
6. Health majors must complete EH 101, EH 102; KIN 100, KIN 201; HS 170, HS 262, HS 263; BMD 110, or 114, or 251 and BMD 111, or 115, or 252; CA 110, and any departmental prerequisite courses, in addition to the above.
7. Leisure Studies majors must complete EH 101, EH 102; LS 191, LS 292, LS 391, CA 110 and any departmental prerequisite courses, in addition to the above.
8. Exercise Science majors must complete EH 101, EH 102; KIN 100, KIN 282; HS 170, BMD 114 or 251, or (BMD 110, Only for Health-Fitness Concentration), CA 110, and any departmental prerequisite courses, in addition to the above.

The Undergraduate Candidacy Committee may recommend the admission of the student to the program, defer admission, or reject the student's application.

### **Internships In Non-teaching (NTC) Programs (Exercise Science, Health, Leisure Studies)**

Students enrolled in one of the following NTC Majors: Exercise Science, Health, or Leisure Studies, must be admitted to candidacy in their program and attain senior status prior to enrollment in an internship. All internships must be completed at departmentally approved sites, and must be planned and approved at least one full semester in advance of the experience. No other academic courses may be taken during the internship without permission of the Department Chairperson and academic advisor. Health, and Exercise Science students enroll in KIN 495 and Leisure Studies students enroll in LS 498. See advisor for details and internship planning.

### **Graduate**

The Department of Health, Kinesiology, and Sport offers:

I. The Master of Education degree with specializations in:

- Physical Education, Teacher Certification
- Health Education, Teacher Certification

These programs are planned to lead to Alabama Class A Teacher Certification. An Alabama Class B certificate or the equivalent is required for students seeking the Master's level (Class A) certification.

II. The Master of Science degree in:

- Exercise Science
- Health
- Sport Management (Fully Online Program)

## **Areas Of Study**

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Coaching Certificate

Exercise Science (BS) - Health and Fitness Concentration

Exercise Science (BS) - Pre-Professional Concentration

Health (BS) - Health

Health (BS) - Health Education 6-12 Teacher Certification

Health-Physical Ed (BS) - Physical Education P-12 and Health Education 6-12 Teacher Certification

Leisure Studies (BS) - Therapeutic Recreation

Leisure Studies (BS) – Sport and Recreation Management

Minor in Leisure Studies

Physical Education (BS) - P-12 Teacher Certification

Physical Education (M.Ed.) - P-12 Teacher Certification

Physical Education (M.Ed.) – Health Education 6-12 Teacher Certification

Physical Education (MS) - Exercise Science

Physical Education (MS) - Health Education

Sport Management (MS)

## Courses

### Health And Safety (HS)

- HS 170 First Aid** 1 cr  
The scope, needs, and limitations of first aid with laboratory training in the techniques and methods of injury care. Opportunity for American Red Cross first aid and CPR certification.
- HS 262 Personal Health** 3 cr  
Current health issues as related to the individual with emphasis on sociological, psychological, and economic factors.
- HS 263 Nutrition and Hunger** 3 cr  
An introduction to digestion, absorption, transportation, and utilization of nutrients. Other topics include: nutrition across the life span, population dynamics, and world hunger.
- HS 340 Health in the Sec Classroom** 3 cr  
A study of instructional practice and application in the secondary health classroom. Pre-requisite: Admission to teacher candidacy required.  
Co-requisite: HS 430
- HS 351 Safety Education** 3 cr  
Traffic safety and safety at home, work, school, and play. Organization of safety education programs in the school and community. Methods and materials for teaching safety.
- HS 352 Traffic Safety Education** 3 cr  
A survey of the highway transportation system and traffic problems designed to give the driver education teacher an opportunity to develop an understanding of the scope and background of the various agencies and systems involved in the management of vehicular traffic at the national, state, and local level.
- HS 353 Driver Education I** 3 cr  
History, principles, problems and the inventory of skills in driver education.
- HS 361 School Comm Health-Imp'l Curric** 3 cr  
Contemporary school health and public health issues. Epidemiological concepts and methods. Governmental and volunteer health agencies. Curriculum development based on epidemiological data. Incorporates reading into the curriculum.
- HS 362 Drug Education** 3 cr  
A survey of substance abuse issues. Attention is given to specific drug classifications, use and abuse patterns, prevention, treatment, and future implications.
- HS 363 Sports Nutrition - W** 3 cr  
Basic nutritional principles are covered. Includes assessment of individual and/or group diets. The course is designed to optimize sport performance and/or body composition.  
Pre-requisite: HS 263 Minimum Grade of D and (EH 102 Minimum Grade of C or EH 105 Minimum Grade of C).
- HS 365 HPE Curr/Methods-Elem Teachers** 3 cr  
The development and implementation of appropriate health and physical education curriculum for elementary teachers. Content knowledge and the application of methodological and assessment strategies are adapted for appropriate learning environments.
- HS 429 School Lab Experiences-Health 0 TO 3 cr**  
Professional laboratory observation and participation in health settings at local public schools. Prerequisite: Admission to teacher candidacy.  
Co-requisite: HS 460
- HS 430 School Lab Exp- Health II** 0 cr  
Professional Laboratory observation and participation in classroom health settings at a local public schools. Requires Admission to Teacher Candidacy.  
Co-requisite: HS 340
- HS 451 Driver Education II** 3 cr  
Methods and techniques, teaching aids, teaching resources and materials, and program and curriculum construction. Practical experience in teaching students to drive.
- HS 452 Simulation in Driver Education** 3 cr  
Simulation as an audio-visual instructional method and designed to complement and supplement other instructional techniques used in the driver education program to prepare individuals to function safely and effectively in today's traffic.
- HS 453 Range-Lab Prog in Driver Ed** 3 cr  
An examination of the aims, objectives, and role of laboratory programs in driver education. Directed laboratory experiences will be provided.
- HS 460 Methods in Health Ed - W** 3 cr  
Topic selection and teaching unit preparation. Presentation and classroom practice of teaching methodologies. Practical mini-teaching experiences in local schools. Field experiences required. HE (6-12) and PE (P-12) majors only. Prerequisite: Admission to teacher candidacy. Co-requisite: HS 429.  
Co-requisite: HS 429
- HS 462 Public Health** 3 cr  
A study of public health organizations and available community health resources, including the official and non-official health agencies at various levels. An examination of causative community factors in disease, community diagnosis of and programs to combat these conditions.

**HS 463 Human Sexuality: Health Ed Per** 3 cr  
An exploration of human sexuality with implications for health education.

**HS 473 Problems in Health Education** 3 cr  
Special problems are assigned to individuals and to groups of students.

**HS 490 Sp Top -** 3 cr  
A varying content course treating several aspects of Health Education. May be repeated for credit when course content varies.

**HS 494 Directed Studies** 1 TO 3 cr  
Directed research. No more than two directed studies can be counted toward the bachelor's degree and Class B certification. HPELS advisor approval required.

**HS 510 Current Health Issues** 3 cr  
Identification, exploration, and definition of current health issues such as drug abuse, mental health, aging, death and dying, human sexuality, chronic and communicable diseases.

**HS 520 Methods in Health Education** 3 cr  
Development, selection, and implementation of classroom teaching strategies and classroom techniques in the Health Sciences area.

**HS 560 School Health Curriculum** 3 cr  
Designed to develop the prospective teacher's or the in-service teacher's competencies in curriculum planning and development applied to the health area.

**HS 562 Drug Use and Abuse** 3 cr  
A study of the drug spectrum including legal and illegal drug use and abuse. Discussion of education and preventive strategies.

**HS 563 Nutrition** 3 cr  
An in-depth study of educational concepts related to digestion, absorption, transportation and utilization of nutrients.

**HS 565 Community Health** 3 cr  
An introductory course in Community Health. Includes a survey of contemporary health problems of both communities and schools. A review of school and community health programs.

**HS 567 Aging and Health** 3 cr  
An overview of the normal aging process, including physical, psychological and social changes, myths, diseases, related community resources, and the team approach to meeting needs.

## Kinesiology (KIN)

**KIN 100 Concepts of Health and Fitness** 3 cr  
An introductory course designed to show students to contributions of physical activity, nutrition, weight control, stress control, environmental conditions, and injury prevention to preventive health. Students learn how to evaluate themselves, their physical and nutritional needs and how to design individual programs for healthy living.

**KIN 166 Movement-Rhythms and Dev Act** 3 cr  
Movement exploration experiences, developmental games, rhythmic and dance activities are explained, developed and practiced. Clinical or field experience required.

**KIN 201 Orientation to Kinesiology** 3 cr  
An overview of the field of Health, Physical Education, and Exercise Science. An introduction to the Department of HKS followed by survey of philosophical and historical aspects, and professional preparations standards of the specific fields.

**KIN 231 ARC Lifeguard Training** 3 cr  
Prepares the student for American Red Cross Lifeguard, CPR for the professional rescuer, and first aid certification. Emphasis is placed on emergency action plans, lifeguarding techniques and all forms of victim rescue. Prerequisites: Strong swimmers ONLY.

**KIN 278 Sport and Human Behavior** 3 cr  
A study of the psychological and sociological aspects of sport and the relationship to human behavior.

**KIN 282 Intro to Athletic Training** 3 cr  
Survey of the basic techniques and practices of athletics training. Study includes prevention, recognition, care, and treatment of athletic injuries. Development of basic athletic training skills in the use of preventive and protective techniques of adhesive tape applications.

**KIN 351 Sports Skills** 3 cr  
The development of skills and the understanding of fundamentals and strategies in selected individual, dual, and team sports. Field experiences required. Proof of background check, fingerprinting and liability insurance is required. PE (P-12) majors only. Instructor permission is required.

**KIN 370 Basic Motor Learning** 3 cr  
Study of the psychological, experimental, and social aspects of learning in the psychomotor domain.

**KIN 372 Coaching Gymnastics** 3 cr  
History, theory, and fundamentals of coaching and officiating gymnastics.

**KIN 373 Coaching Volleyball** 3 cr  
History, theory, and fundamentals of coaching and officiating volleyball.

- KIN 374 Coaching Soccer** 3 cr  
History, theory, and fundamentals of coaching and officiating soccer.
- KIN 375 Coaching Football** 3 cr  
History, theory, and fundamentals of coaching and officiating football.
- KIN 376 Coaching Basketball** 3 cr  
History, theory, and fundamentals of coaching and officiating basketball.
- KIN 377 Coaching Baseball** 3 cr  
History, theory, and fundamentals of coaching and officiating baseball.
- KIN 378 Coaching Track and Field** 3 cr  
History, theory, and fundamentals of coaching and officiating track and field.
- KIN 380 Kinesiology** 3 cr  
Theory and application of the mechanical and anatomical principles of human movement.  
Pre-requisite: BMD 114 Minimum Grade of D or BMD 110 Minimum Grade of C or BMD 251 Minimum Grade of C.
- KIN 381 Eval and Measurement in HPE** 3 cr  
Statistical procedures, evaluation, and interpretation, and use of tests and other measurement devices in health and physical education.
- KIN 429 School Lab Experience-PE** 0 TO 3 cr  
Professional laboratory experiences involving observation and participation at local public schools. Admission to teacher candidacy required.  
Co-requisite: KIN 452
- KIN 450 Student Teaching-Hlth and PE** 9 cr  
Observation and supervised teaching with opportunity for study and discussion of problems and issues encountered in the 6-12 Health Education and P-12 Physical Education programs. Students will be placed with a person holding a valid teaching certificate in the appropriate field. Admission to teacher candidacy and completion of program and college prerequisites required.  
Pre-requisite: PRAXIS-Health Education 154 and PRAXIS-Phys Edu Cont Knowledge 149 and KIN 351 Minimum Grade of C and KIN 452 Minimum Grade of C and KIN 429 Minimum Grade of S and HS 460 Minimum Grade of C and HS 429 Minimum Grade of S and HS 340 Minimum Grade of C and HS 430 Minimum Grade of S.
- KIN 452 Methods of Teaching PE-W** 3 cr  
Organizing materials and developing methods of teaching physical education in elementary, middle, and high schools. Field experiences required. Practical mini-teaching experiences in peer labs and local schools. Prerequisite: Admission to teacher candidacy. Co-requisite: KIN 429. Co-requisite: KIN 429
- KIN 460 Student Teaching Secondary** 1 TO 9 cr  
Observation and supervised teaching with opportunity for study and discussion of problems encountered in secondary schools. Students will be placed with a person holding a valid teaching certificate in the appropriate field. Admission to teacher candidacy and completion of program and college prerequisites required.  
Pre-requisite: PRAXIS-Health Education 154 and HS 460 Minimum Grade of C and HS 340 Minimum Grade of C and HS 430 Minimum Grade of S.
- KIN 461 PE for Atypical Child-Youth** 3 cr  
Principles and techniques for adapting physical education activities for children with special needs. Field experience required.
- KIN 470 Student Teaching P-12 Program** 1 TO 12 cr  
Observation and supervised teaching with opportunity for study and discussion of problems encountered in the P-12 program. Students will be placed with a person holding a valid teaching certificate in the appropriate field. Admission to teacher candidacy and completion of program and college prerequisites required.  
Pre-requisite: PRAXIS-Phys Edu Cont Knowledge 149 and KIN 351 Minimum Grade of C and KIN 452 Minimum Grade of C and KIN 460 Minimum Grade of C.
- KIN 473 Problems in Health and PE** 3 cr  
Special problems in health and physical education are assigned to individuals and to groups of students.  
Pre-requisite: PRAXIS-Phys Edu Cont Knowledge 149 and KIN 351 Minimum Grade of C and KIN 452 Minimum Grade of C and KIN 460 Minimum Grade of C.
- KIN 474 Sport and Fitness Conditioning** 3 cr  
Study of the theory, principles, methods, and techniques in the development, implementation, and evaluation of various strength and conditioning programs designed to enhance athletic performance and improve physical fitness. The conditioning needs of various populations with disease and degenerative conditions will be examined.
- KIN 475 Org-Admin Hlth and PE-W** 3 cr  
Planning, policies, administrative/management functions and duties in health and physical education programs.
- KIN 476 Exercise Physiology** 3 cr  
The study of the body's physiological responses and adaptations to exercise and training.  
Pre-requisite: BMD 114 Minimum Grade of D or BMD 110 Minimum Grade of C or BMD 251 Minimum Grade of C.
- KIN 477 Water Safety Instructor** 3 cr  
Trains prospective candidates for American Red Cross Water Safety Instructor certification. Candidates will learn how to teach all levels of swimming and basic diving to students of all ages. How to organize classes, use lesson plans and practice teaching skills. Prerequisite: Proficient swimmer in all seven strokes. See Instructor for specific skill requirements.

- KIN 478 Coaching Theory** 3 cr  
Introduction to profession of coaching. Topics include: physical, mental and organizational preparation, teaching strategies (individual and team aspects), legal liability, officiating, and national guidelines.
- KIN 479 Fit Assess-Exercise Prescript** 3 cr  
Through didactic study and laboratory participation, the student will develop to knowledge base and clinical skills to assess physical fitness and plan exercise prescriptions for apparently healthy individuals.  
Pre-requisite: KIN 476 Minimum Grade of D or PE 476 Minimum Grade of D.
- KIN 480 Therapeutic Exercise** 3 cr  
Theory, current research, principles, application and techniques of rehabilitation used to treat injuries to athletes and the physically active across the life span are studied. Psychological and physical parameters of rehabilitation and exercise conditioning are presented.
- KIN 482 Advanced Athletic Training** 3 cr  
Advanced and contemporary topics, issues, and applications in athletic training. Admission to candidacy required.  
Pre-requisite: KIN 380 Minimum Grade of D.
- KIN 484 Apps in Sports Conditioning** 3 cr  
Through didactic study and physical activity participation, the student will develop the knowledge base and skills in fundamental and advanced exercise theory and techniques in sport and fitness conditioning with application to program design and periodization of training.  
Pre-requisite: KIN 474 Minimum Grade of D or PE 474 Minimum Grade of D.
- KIN 486 Advanced Exercise Physiology** 3 cr  
Detailed analysis of the underlying principles of the physiological and biochemical responses of the human body to exercise and adaptations to exercise training.  
Pre-requisite: PE 476 .
- KIN 490 Special Topics** 3 cr  
A varying content course treating different aspects of health, kinesiology, and sport. May be repeated for credit when courses content varies.
- KIN 494 Directed Studies** 1 TO 3 cr  
Directed research and/or project. No more than two directed studies can be counted towards the bachelor's degree, HKS advisor approval required.
- KIN 495 Internship** 1 TO 12 cr  
Observation and supervised practicum experiences in a professional setting. May be repeated for credit not to exceed 12 hours. HKS advisor approval required.
- KIN 499 Senior Honors Thesis-H** 3 TO 6 cr  
Experiences in planning, conducting, and reporting a research project relevant to the fields of Health, Kinesiology, and Sport. The project, mentored by HKS faculty, is required for Honors recognition and may be repeated for up to six credit hours. Prerequisites: Participant in Honors Program and approval of Department and Project Chairs required.
- KIN 500 Admin of Hlth & Phys Ed & Sprt** 3 cr  
A study of the principles, techniques, and methods used in management and supervision of health and physical education and sport in schools and colleges.
- KIN 503 Evaluation of Teach and Learn** 3 cr  
Measurement and evaluation of student progress and teaching effectiveness in the psychomotor domain.
- KIN 505 Crit Read-Write Content Field** 3 cr  
Discussion of critical issues and outstanding research in the fields of Health, Kinesiology, and Sport, with opportunities for class interaction and critical examination of ideas.
- KIN 506 Physical Education Curriculum** 3 cr  
An overview of the physical education curriculum, its foundations, critical issues, and modern trends. It explores curriculum content areas of scheduling administration, teaching methods, and various standards and procedures for evaluation.
- KIN 516 Exercise Physiology** 3 cr  
Advanced study of the theories, current research, and under-lying principles of the physiological responses and adaptations of the human body to exercise and training.
- KIN 521 Motor Learning** 3 cr  
Theories and applications of the foundations of learning motor skills and presented .
- KIN 530 Seminar in Health and Phys Ed** 3 cr  
Professional growth through in-depth experiences in the presentation of problems and formal papers, with emphasis on guided discussions and research criticism.
- KIN 540 Cardiovas Resps Adapt Excerc** 3 cr  
Concentrated study of cardiovascular and respiratory systems including their structure, regulation, and integration with emphasis on physiological responses and adaptations to exercise and training, optimization of performance, overtraining and environmental influences, and aerobic exercise program design.
- KIN 550 Perceptual-Motor Dev Children** 3 cr  
Designed to give the classroom teacher, special educator and physical educator a background in perceptual-motor development and training in infants and children.
- KIN 570 Stress Testing-Ex Prescription** 3 cr  
The development of competencies necessary to administer graded exercise tests and prescribe appropriate exercise programs for various populations, based upon clinical observations and physiological data.

**KIN 571 Exer Mgt Chronic Disease/Disab 3 cr**

This course is designed to provide a problem-oriented approach to exercise testing and prescription/programming for special needs populations.

**KIN 572 Applic of Biomech Concepts 3 cr**

An examination of the relationship of fundamental anatomical and mechanical principles of human movement as applied to sport performance, fitness, and injury prevention through observation of common activities.

**KIN 574 Sport and Fitness Conditioning 3 cr**

Advanced study of the scientific theory, principles, methods, and techniques in the development, implementation, and evaluation of various strength and conditioning programs designed to enhance athletic performance. Instructor permission is required.

**KIN 579 Fitness Assessment-Exer Presc 3 cr**

Fitness Assessment and Exercise Prescription reviews the advanced principles of exercise testing and prescription for at risk and health adult populations including health appraisal, risk assessment, and interpretation of data. Assessment results are utilized in designing training programs and recommending lifestyle changes for enhancing health, fitness, and performance. The ACSM Exercise Guidelines are emphasized. This course is dually listed with an equivalent 400 level course (KIN 479). Instructor permission is required.

**KIN 590 Special Topics- 3 TO 6 cr**

A varying-content course treating various aspects of health, kinesiology, and sport. May be repeated for credit when course content varies.

**KIN 594 Directed Study and Research 1 TO 3 cr**

Students explore, through directed study and research, problems and issues of special interest or significance in Health, Kinesiology, and Sport. Not more than three semester hours of any departmental 594 courses can be accepted toward a degree program.

**KIN 595 Internship 3 TO 6 cr**

A supervised learning experience in a health, kinesiology, or sport setting. Provides the student an opportunity to apply theories and concepts learned during the graduate program. No more than six semester hours may be taken. HKS advisor approval required.

**KIN 599 Thesis 1 TO 9 cr**

A student selects a project, study, or investigation in health and/or kinesiology. Such project forms the basis for the thesis. A committee will give guidance during the investigation and the writing of the thesis.

**KIN 601 Biomech Found Human Movement 3 cr**

This course is designed to provide students with an understanding of how to use various technologies in a biomechanics lab for measuring kinematics. Along with making measurements, students will also learn how to perform the calculations involved in analysis.

**KIN 602 Techniques of Supervision PE 3 cr**

Course is designed to familiarize the student with the principles, problems, and techniques, involved in supervision.

**KIN 603 Adv Measurement-Eval in HKS 3 cr**

Measurement and evaluation in the areas of strength, body composition, flexibility, endurance, general motor capacity, perceptual motor-functions, and anthropometrics.

**KIN 694 Directed Study and Research 1 TO 3 cr**

Through directed study and research, problems and issues of special interest or significance in health and/or kinesiology are explored. No more than three semester hours of any department 694 courses ca be accepted toward a degree program.

**KIN 695 Internship 3 TO 9 cr**

A supervised field study investigation in a candidate's work setting. The student will conduct an investigation, apply concepts and skills learned during the program.

**KIN 699 Research Project 1 TO 6 cr**

A supervised research project or investigation in instructional development. The student will conduct an investigation, apply concepts and skills learned during the sixth-year program. May be taken more than one semester; total cannot exceed six semester hours.

## Leisure Studies (LS)

**LS 191 Intro to Leisure Studies 3 cr**

An introduction to the Leisure Services profession; its history, philosophies, and the psychology of leisure in the changing society. Includes an orientation to community leisure agencies.

**LS 194 Leisure Crafts 3 cr**

Adapting various crafts media for use in recreational programs. Design and execution of creative crafts with emphasis on use of indigenous materials.

**LS 276 Introduction to Sport Mgt 3 cr**

A study of the activities, organizations, and businesses involved in producing, facilitating, and organizing sport, fitness, and recreation related products and services.

**LS 280 Hospitality Services 3 cr**

A study of hotel/motel resort services. Includes an overview of recreation services, food and beverage, guest services, marketing, housekeeping, maintenance, and fiscal concerns.

**LS 292 Outdoor Recreation-Adventure 3 cr**

A classroom introduction to a wide range of outdoor recreation pursuits with an emphasis on safety, minimum impact, and "how to get started" in outdoor activities like backpacking, canoeing, rafting, car camping, hiking, and others.

- LS 295 Intro to Therapeutic Rec** 3 cr  
Introduces students to the field of therapeutic recreation including the history, foundations, and philosophy of the field. In addition, characteristics and leisure needs of numerous special populations will be introduced.
- LS 297 Campus Recreation** 3 cr  
Planning, organization, and leadership of intramural recreation and community sport activities.
- LS 298 Practicum in Ther Rec** 3 cr  
Supervised practical experience that provides observation, participation, and application of therapeutic recreation and leisure studies concepts. Includes classroom instruction and exploration of career opportunities. Minimum 90-hours of practical experience required.
- LS 300 Global Tourism** 3 cr  
Examination of the impact of recreational socio-cultural, economic, physical environment and governmental factors on leisure travelers within the global tourism industry.
- LS 375 Mgmt in Therapeutic Recreation** 3 cr  
Management and organization of therapeutic recreation programs including professional and agency standards, staff development, internship and credential requirements, fiscal planning, continuous quality improvement, equipment maintenance, advocacy, and public relations.  
Pre-requisite: LS 295 Minimum Grade of D.
- LS 384 Sports Marketing** 3 cr  
An examination of marketing and media concepts and theories applied to the sport industry. Content areas include basic marketing, target marketing and segmentation, advertising and sponsorships, event marketing and promotions, branding, public relations, social media, consumer behavior research, sponsorship proposals, and sport marketing plans.
- LS 391 Leadership in Leisure Studies** 3 cr  
Theories, principles, and philosophies of leadership as applied to the delivery of leisure services. Also includes a study of programming principles and techniques.
- LS 394 Sport Business and Finance** 3 cr  
This course provides undergraduate students with an introduction to investment valuation and key financial concepts of sport related entities. Students will develop revenue generating insight and budgeting knowledge of actual situations occurring in the sport and recreation industry. Topical areas covered include capital budgeting, facility financing, corporate sponsorship, salary structures, franchise valuations, and personal business transactions.
- LS 395 Therapeutic Rec Process (W)** 3 cr  
This course introduces the comprehensive program planning process and the elements of assessment and documentation in a variety of therapeutic recreation service settings. A field work component may be required.  
Pre-requisite: LS 295 Minimum Grade of D.
- LS 397 Intergenerational Rec/Wellness** 3 cr  
This course is an intergenerational experience combining theory and practice in aging and recreation. Students utilize the therapeutic recreation process (assessment, program planning, implementation and evaluation) with older adults who have special needs, to promote health, wellness, and rehabilitation.
- LS 465 TR Prog Des & Interventions I** 3 cr  
This course provides a examination of Therapeutic Recreation interventions and the role of research and theory in influencing practice. Course topics include: activity analysis, programming techniques, scope of service, intervention descriptions, historical perspectives, current research, and theoretical foundations related to TR intervention. A field work component of 40 hours is required that will allow students to gain experience implementing TR programs.  
Pre-requisite: LS 295 Minimum Grade of D and LS 298 Minimum Grade of C.
- LS 466 TR Prog Des & Interventions II** 3 cr  
This course examines modalities and issues in therapeutic recreation practice with the primary emphasis on leisure education, scope of service, nature of populations served, systematic programming, activity analysis and documentation of results. The course also addresses contemporary problems and issues in therapeutic recreation, and acquiring knowledge of medical terminology and therapeutic drugs.  
Pre-requisite: LS 295 Minimum Grade of D and LS 298 Minimum Grade of C.
- LS 467 TR for Phys Disabilities** 3 cr  
This course will familiarize the student with the etiology, characteristics, and course of treatment provided to individuals with various physically disabling conditions, and promote awareness of the role of therapeutic recreation in the physical rehabilitation process. A field work component of 40 hours is required.
- LS 468 Facilitation Techniques in TR** 3 cr  
Study of the concepts and intervention techniques used in the application and process aspects of therapeutic recreation. Content includes evidence-based practice, planning and leading interventions, instructional techniques, counseling theory and practice, implementing groups, communication techniques, and facilitation techniques. A practical leaning component is included.
- LS 469 TR for Psych Impairments** 3 cr  
This course will familiarize students with etiology, characteristics, and course of treatment provided to individuals with psychological impairments and developmental disabilities and promote awareness of the role of therapeutic recreation in the habilitation/rehabilitation process. A field work component of 40 hours is required.

- LS 471 Evaluation & Research in LS-W** 3 cr  
This course offers an overview of the research and evaluation process in recreation and leisure studies. The first part of the course will emphasize the scope, meaning, and basic concepts of scientific research including aspects of research design. The second part of the course will focus on the application of the basic skills in a practical context in the environment of leisure studies.
- LS 472 Legal Issues in Sports/Rec - W** 3 cr  
This course introduces students to the legal liabilities, negligence, contractual agreements, and risk management issues pertaining to the areas of sport, recreation, and physical activity.
- LS 479 Leisure and Aging** 3 cr  
This course will provide an overview of the changes affecting the psychomotor, cognitive and affective domains of the aged; implications of leisure and retirement; and institutional and community settings that provide leisure services for the older adult.
- LS 480 Private and Commercial LS** 3 cr  
A survey of private and commercial leisure service operations including a study of resort operations.
- LS 481 Tourism & Resort Development** 3 cr  
Tourism and recreational travel; nature of resort development and its effect on generating tourist flow to and within regions. Economic importance of both tourism and resort development.
- LS 483 Issues in Leisure Studies** 3 cr  
A study of major trends, problems, and issues in various areas of Leisure Services.
- LS 486 Sport/Rec Facility Plan/Design** 3 cr  
This course will familiarize students with the basic methodologies, objectives, and principles applied to the design and strategic planning of sport and recreation service facilities. It includes the examination and implementation of guidelines used to create a facility planning brief.
- LS 490 Special Topics** 3 cr  
Selected topics in leisure studies. Topics will vary according to needs and interests of students. Course may be repeated for credit when content varies.
- LS 492 Outdoor Ed and Interpretation** 3 cr  
Theories, philosophies, and principles of outdoor education with emphasis on the development of interpretive programs.
- LS 496 Sport and Rec Resource Mgt** 3 cr  
A study of event and facility resource management in sport and recreation. Applies the functions of management to the supervision, operation, development, evaluation, and financing of sport and recreation facilities in public and private environments.
- LS 498 Internship in Leisure Studies** 0 TO 12 cr  
Supervised experiences in an assigned leisure studies or related agency. HPELS advisor approval required.
- LS 569 Leisure and Society** 3 cr  
An exploration of the economic, religious, political, and socio-cultural factors which influence leisure behavior in modern society.
- LS 570 Procedures in TR I** 3 cr  
Procedures in Therapeutic Recreation I was designed to prepare the graduate student for the more complex areas of present day professional issues and service provision including: an in-depth analysis of historical and philosophical influences, therapy and facilitation techniques, quality management, ethics, standards of practice, clinical supervision, healthcare reimbursement and professional credentialing.
- LS 571 Procedures In TR II** 3 cr  
This course is designed to familiarize the graduate student with the therapeutic recreation process. Content areas will include analyzation of assessment procedures, sources and processes, treatment planning, interdisciplinary procedures, medical record documentation, activity-based interventions, and evaluation of program effectiveness.
- LS 573 Issues and Trends in LS** 3 cr  
An in-depth examination of current issues and trends in leisure studies with respect to their impact on the profession and society.
- LS 576 Conceptual Foundations of TR** 3 cr  
Designed to introduce the student to the field of therapeutic recreation including philosophy, history, current issues and trends, administration and program development. The course will also provide an overview of various disabling conditions.
- LS 580 Internship in Leisure Studies** 3 TO 9 cr  
An individually planned practicum experience in an approved leisure studies setting. Requires a minimum of 150 work hours per 3 hours of credit. HPELS advisor approval required.
- LS 585 Mgmt in Leisure Studies** 3 cr  
An in-depth examination into the research, foundations, and functions in the delivery of leisure services, including current practices in management of fiscal procedures, budgeting, and grants.
- LS 590 Sp Top -** 3 cr  
A varying-content course treating various aspects of Leisure Studies. May be repeated for credit when course content varies.
- LS 591 Travel and Tourism** 3 cr  
A survey course designed to provide students with an overview of travel and tourism as an area of study. Discussions will center on tourism at the macro (regional and national) level. Tourist behavior, the social, environmental and economic impact of tourism will be highlighted.

**LS 592 Outdoor Rec - Adventure Prog** 3 cr  
Study and practicum in popular adventure activities (e.g, shooting sports, angling, backpacking, orienteering, rock climbing, canoeing). Emphasis on attitudes, skills, environmental awareness, teaching methodology, and principles of group leadership as they relate to adventuresome activities.

**LS 596 Special Projects** 3 cr  
An individually planned experience whereby a student conceptualizes and researches a special problem relevant to the leisure services profession. Students will share their experiences in a weekly seminar (non-thesis option),

## PE-Activity Courses (PE)

**PE 101 PE Activity -** 1 cr  
Instruction and practice of basic sport and activity skills. A varying content course that gives students choices from designated semester offerings. May be repeated for credit.

**PE 102 Weight Training** 1 cr  
A progressive resistance training course designed to improve muscular strength and endurance. May be repeated for credit.

**PE 103 PE Activity -** 1 cr  
Instruction and practice of sport and activity skills. A varying content course that gives students choices from designated semester offerings. May be repeated for credit. An additional fee will be charged for these activities.

**PE 104 PE Activity -** 1 cr  
Instruction and practice of basic sport and activity skills. A varying content course that gives students choices from designated semester offerings. May be repeated for credit. An additional fee will be charged for these activities.

**PE 105 PE Activity -** 1 cr  
Instruction and practice of basic sport and activity skills. A varying content course that gives students choices from designated semester offerings. May be repeated for credit. An additional fee will be charged for these activities.

**PE 106 Gymnastics** 1 cr  
Instruction and practice in gymnastic skills. A varying content course treating different skill levels in gymnastics. May be repeated for credit.

**PE 107 PE Activity -** 1 cr  
Instruction and practice of basic sport and activity skills. A varying content course that gives students choices from designated semester offerings. May be repeated for credit. An additional fee will be charged for these activities.

**PE 108 Ballroom Dancing** 1 cr  
Knowledge, skills, and techniques associated with various forms of ballroom dancing through demonstration, practice and partnering.

**PE 109 Swing Dancing** 1 cr  
Knowledge, skills, and techniques associated with various forms of swing dancing through demonstration, practice, and partnering.

**PE 110 Dance -** 1 cr  
Instruction and practice in dance. A varying content course treating different types of dance such as but not limited to social, folk, square, and dance performance. May be repeated for credit.

**PE 112 Latin Dancing** 1 cr  
Knowledge, skills, and techniques associated with various forms of Latin dancing through demonstration, practice, and partnering.

**PE 113 Creative Dance** 1 cr  
An introduction to dance as an art form; the vocabulary for movement as a means of self-expression. May be repeated for credit.

**PE 114 Aerobics** 1 cr  
Aerobic exercise is a physical fitness program that offers complete and effective conditioning. It involves jogging, jumping, lunging, kicking, and stretching to music.

**PE 115 Ballroom and Swing Dancing** 1 cr  
Knowledge, skills, and techniques associated with various forms of ballroom and swing dancing through demonstration, practice and partnering.

**PE 116 Cajun and Swing Dancing** 1 cr  
Knowledge, skills, and techniques associated with various forms of Cajun and Swing dancing through demonstration, practice, and partnering.

**PE 117 Ballet** 1 cr  
Instruction and practice in ballet. A varying content course treating the different skill levels of ballet with emphasis on correct body placement through barre and centre exercises. May be repeated for credit.

**PE 118 Jazz Dancing** 1 cr  
Instruction and practice in jazz dancing. A varying content course treating the various skill levels of jazz with emphasis on correct body placement through isolation and locomotor techniques. May be repeated for credit.

**PE 119 Modern Dance** 1 cr  
Instruction and practice in modern dance. A varying content course with exposure to various skill levels and modern dance styles. May be repeated for credit.

**PE 120 Tennis - Basic** 1 cr  
Instruction and practice in beginning and intermediate tennis. May be repeated for credit.

**PE 121 Golf - Basic** 1 cr  
Instruction and practice in beginning golf. May be repeated for credit.

<b>PE 122 Bowling</b>	<b>1 cr</b>	<b>PE 134 Karate I</b>	<b>1 cr</b>
Instruction and practice in beginning bowling. Requires special fee. May be repeated for credit.		A beginning course in Karate designed to develop physical fitness, self-discipline, the fundamentals and techniques of blocking, punching, striking, kicking, and stances.	
<b>PE 123 Archery</b>	<b>1 cr</b>	<b>PE 135 Karate II</b>	<b>1 cr</b>
Instruction and practice in beginning archery. May be repeated for credit.		An intermediate course in Karate designed as a continuation of Karate I with the introduction of additional blocks, kicks, and footwork. Self-discipline and physical fitness continue to be stressed.	
<b>PE 124 Latin and Swing Dancing</b>	<b>1 cr</b>	<b>PE 136 Karate III</b>	<b>1 cr</b>
Knowledge, skills, and techniques associated with various forms of Latin and Swing dancing through demonstration, practice, and partnering.		An advanced course in Karate designed as a continuation of Karate II with the addition of more advanced and versatile concepts of speed, distance, timing, and footwork. Vigorous training methods are used and self-discipline is stressed.	
<b>PE 125 Badminton</b>	<b>1 cr</b>	<b>PE 138 Tai Chi</b>	<b>1 cr</b>
Instruction and practice in beginning and intermediate badminton. May be repeated for credit.		Tai Chi training presents basic concepts and techniques to enhance physical fitness and develop mental discipline for stress reduction and personal wellness.	
<b>PE 126 Ballroom and Latin Dancing</b>	<b>1 cr</b>	<b>PE 139 Yoga</b>	<b>1 cr</b>
Knowledge, skills, and techniques associated with various forms of Ballroom and Latin dancing through demonstration, practice, and partnering.		The purpose of this course is to introduce the basic concepts of yoga theory, to teach safe yoga posture, and to help participants in developing balance and fitness, as well as manage stress wisely.	
<b>PE 127 Country West/Partner Dancing</b>	<b>1 cr</b>	<b>PE 141 Softball</b>	<b>1 cr</b>
Knowledge, skills, and techniques associated with various forms of Country Western/Partner dancing through demonstration, practice, and partnering.		Instruction and practice in softball. May be repeated for credit.	
<b>PE 128 Dance Performance</b>	<b>1 cr</b>	<b>PE 142 Volleyball</b>	<b>1 cr</b>
Knowledge, skills, and techniques associated with various forms of Dance Performance through demonstration and practice.		Instruction and practice in volleyball. May be repeated for credit.	
<b>PE 129 Folk and Square Dancing</b>	<b>1 cr</b>	<b>PE 143 Basketball</b>	<b>1 cr</b>
Knowledge, skills, and techniques associated with various forms of Folk and Square dancing through demonstration, practice, and partnering.		Instruction and practice in basketball. May be repeated for credit.	
<b>PE 130 Beginning Swimming</b>	<b>1 cr</b>	<b>PE 144 Soccer</b>	<b>1 cr</b>
Instruction and practice in beginning swimming and water safety. Participation fee required. May be repeated for credit.		Instruction and practice in soccer. May be repeated for credit.	
<b>PE 131 Intermediate Swimming</b>	<b>1 cr</b>	<b>PE 145 Jogging</b>	<b>1 cr</b>
Instruction and practice in intermediate swimming and water safety. Participation fee required. May be repeated for credit.		Instruction and practice in the activity of jogging designed to improve cardiovascular endurance.	
<b>PE 132 Step Aerobics</b>	<b>1 cr</b>	<b>PE 146 Bicycling</b>	<b>1 cr</b>
A physical activity class which includes the instruction and practice of step aerobics. The course is designed to improve cardiovascular and muscular endurance and improve coordination.		An introductory course to bicycling for leisure and fitness emphasizing the selection and care of bicycles, safety concerns, apparel, route selection, bike handling skills, and development of a bicycle fitness program.	
<b>PE 133 Muscle Toning and Conditioning</b>	<b>1 cr</b>	<b>PE 147 Racquetball</b>	<b>1 cr</b>
Muscle Toning and Conditioning is a physical activity course in which the student, through active participation, will develop knowledge and skills sufficient to tone the body and improve cardiorespiratory fitness using weights, body bars, resistance tubes, and other equipment.		Instruction and practice in racquetball. May be repeated for credit.	
		<b>PE 148 Intermediate Golf</b>	<b>1 cr</b>
		Instruction and practice in intermediate golf. Demonstrable beginner golf skills necessary.	

**PE 149 Ultimate Frisbee** 1 cr  
Fundamental skills, rules, and strategies with frisbees with opportunities for participation.

**PE 155 Martial Arts -** 1 cr  
Instruction and practice in various forms of Martial Arts. A varying-content course treating different skill levels of karate, judo, kung-fu etc. Requires special fee. May be repeated for credit.

**PE 157 ICA - Varsity Sports** 1 cr  
Restricted to members of South Alabama intercollegiate athletic teams by special permission of the respective coaches. Includes but not limited to basketball, soccer, baseball, track, golf, tennis, and volleyball. May be repeated for credit with exception of Education majors.

**PE 158 Life Skills - Student Athletes** 0 TO 1 cr  
This course is designed to help the student acquire specific tools and life skills necessary to be a successful student-athlete on the field, in the classroom, and in life. Modeled after the NCAA Champs/Life Skills program, the course explores and develops proficiency in the areas of: academic excellence, athletic excellence, personal development, career development, and community service. The structure will be a combination of class lectures, group discussions, speakers, and activities. Prerequisites: Students enrolled in PE 158 must be an NCAA varsity student-athlete at the University of South Alabama.

## Sports Management (SM)

**SM 572 Sport Event Law and Risk Mgmt** 3 cr  
Analytical understanding of legal issues and risk management trends as they relate to sport event management. Legal systems, human resource management, operations management, and liability of managing sport events and facilities will be emphasized.

**SM 575 Sport Ldshp and Org Behavior** 3 cr  
This course explores the essential functions of leadership in the management of sport organizations and sport events. Effective leadership in event operations will be studied, in addition to historical and current perspectives of organizational behavior. Students will gain an advanced understanding of practical leadership applications.

**SM 584 Sport Event Marketing-Media** 3 cr  
Study of the unique features of sport event marketing and media. Examines the strategies and activities or organizations to promote and produce sporting events.

**SM 585 Soc-Ethic Issues in Sport Mgmt** 3 cr  
A variety of social and ethical issues within the sport industry are presented. A value based approach to sport event decision making is emphasized using real-world examples and the application of ethical theories.

**SM 586 Sport Event and Facility Mgmt** 3 cr  
Designed to provide students the opportunity to learn multiple aspects of sports event management and the operations of sports facilities. Emphasis toward how to plan, manage, implement and evaluate sports events at various host site venues.

**SM 587 Sport Business and Finance** 3 cr  
This course provides sport managers with the skills to make effective financial management decisions in sport event settings. Students will apply appropriate investment, revenue generating, and budgeting concepts unique to the sport industry.

**SM 594 Directed Study and Research** 3 cr  
Students explore through directed study and research, problems and issues of special interest or significance in sport management. Not more than three semester hours of SM 594 can be accepted toward a degree program. Program advisor approval required.

**SM 595 Internship in Sport Management** 3 TO 6 cr  
A supervised learning experience in a sport management or related agency work setting. Provides the student with an opportunity to apply theories and concepts learned during the graduate program. No more than six semester hours of SM 595 can be accepted toward a degree program. Program advisor approval required.

**SM 599 Thesis** 1 TO 6 cr  
Independent research by the student under the sponsorship of the graduate faculty. Approved formal research prospectus and approval by thesis committee chair required.

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