

Overview

Kinesiology is the study of physical activity across a range of tasks, including exercise, daily living, play, sport and work. Physical activity is vital to preventing chronic diseases and premature death, and it enhances one's quality of life.

Kinesiology promotes an understanding of the necessity and application of physical activities for optimal health. Course work integrates biological science and social and behavioral science approaches using biomechanical, physiological, psychological and sociological perspectives.

Kansas State University's international reputation in exercise physiology and behavioral exercise provides students the opportunity to pursue exercise-related careers after graduation or seek admission to advanced education through health professional and graduate school.

More than 50 percent of K-State Kinesiology graduates each year are admitted to physical therapy, physician assistant, public health, medicine, chiropractor and other health-related advanced graduate degree programs. In addition, several outstanding students are admitted during their junior year at K-State for a combined Bachelor of Science/Master of Science degree in Kinesiology or a combined Bachelor of Science/Master of Public Health degree. The combined degree programs offer an accelerated route to an advanced degree.

Kinesiology promotes an understanding of the necessity of movement activities for an individual's physical and psychological health. Students may earn a BS degree in Kinesiology, BS dual degrees with majors in nutrition and Kinesiology, or a 5 year BS/MS degree in Kinesiology or Public Health. Within these degrees students emphasize physiology or exercise behavioral science. Exercise physiology is the responses of the human body to physical activity. Emphasis will be placed on understanding the structure-function relationships of the respiratory, cardiovascular, and muscular systems and how their function is integrated to support the dynamics of muscular contraction. Exercise behavioral science focuses on understanding behavioral and social processes that influence physical activity and the use of these processes to explain or modify physical activity and public health outcomes. Behavioral processes refer to overt actions such as cognition, emotion, temperament, and motivation whereas social processes include socio-economic status, socio-demographic characteristics and the various levels of social conditions ranging from small groups to complex cultural systems and societal influences. Exercise behavioral science is studied from multiple levels including individual, interpersonal, settings, policy, and socio-cultural.

Many students enter graduate and professional schools for preparation in careers in exercise physiology, public health, physical therapy, pharmacy, medicine, dietetics, biomechanics, exercise and sport psychology, and other related fields.

The Kinesiology Department is in the College of Human Ecology along with Human Nutrition. For details on the NUKIN program, consult the **Nutrition and Exercise Sciences Survival Guide**.

This handbook contains program requirements for students entering the Kinesiology curriculum during the **2017-2018** academic year. The handbook is designed to supplement, but not replace information found in the **K-State Undergraduate Catalog** and the **Student Life Handbook**. It is intended only for Kinesiology majors at Kansas State University, not for students in other majors. It is updated annually, and we welcome your suggestion for improvement. Please give them to Rob Pettay at pet7@ksu.edu.

Kansas State University home page

<http://www.k-state.edu>

Kansas State University Admissions page

<http://www.k-state.edu/admissions>

Department of Kinesiology

<http://www.k-state.edu/kines/>

Department of Food, Nutrition, Dietetics and Health

<http://www.he.k-state.edu/fndh>

Kansas State University Undergraduate Catalog

<http://catalog.k-state.edu>

Transfer information

<http://www.k-state.edu/undergradadmit/transferequivalency.html>

Online campus map

<http://www.k-state.edu/maps>

Course schedule

<http://courses.k-state.edu>

Calendar

<http://www.k-state.edu/calendar/>

YOUR FIRST SEMESTER

If you have been admitted as a new freshman, you will probably meet with your assigned advisor in June to determine a semester schedule and enroll for FALL courses. A typical schedule for a freshman in Kinesiology would be:

KIN 220	4 credits	Biobehav Basis of Ex
FNDH 132	3 credits	Basic Nutrition
ENGL 100	3 credits	Expos Writing I
MATH 100	3 credits	College Algebra
PSYCH 110	3 credits	General Psychology
	16	

The Kinesiology degree can be completed in multiple ways, students will follow a general outline of courses, but enrollment is dependent on availability of courses. A total of 12 credits is a considered a full-time student. It is practical to keep enrollment between 12 and 16 hours when beginning college. To complete a 120 hour degree, a student would need to complete 30 credits per year to graduate in 4 years.

Because freshman enroll after continuing KSU students, some courses and sections will be closed. A continually updated list of closed KSU courses are on the web at <http://courses.k-state.edu>.

WHAT CAN I DO WITH A DEGREE IN KINESIOLOGY?

Many studies have concluded that a college degree in any major is an asset in many ways later in life. Most of the degrees offered in the College of Human Ecology are professional degrees. One of the requirements of a professional degree is a concentration of work in one specific area known as a major. In most cases, students naturally select an area of interest in which to major and, of course, it makes sense that this leads to a related employment situation in the future. Thus the question, what can I do with a degree in Kinesiology?

Kinesiology is a degree with a focus on developing intellectual skills such as critical analysis, effective communication, and creativity.

The Kinesiology program provides you with knowledge, skills, and expertise required for advanced training in many areas such as physical therapy, occupational therapy, exercise management, medicine, and fitness. A NUKIN degree also qualifies you for other career possibilities in areas such as dietetics and sports nutrition. Consult the **Nutrition and Kinesiology Survival Guide** for further information about opportunities related to the NUKIN degree.

A list of occupations in the broad field of Kinesiology is provided on the next page. Of course, many of these occupations require additional programs of study, special training, and or certification. A list of many certification and training programs, and contacts is provided in this handbook. Occupations with an asterisk (*) were listed in a survey of Kinesiology graduates.

Wellness centers, YMCA, and KSU's Career Center offer a number of programs and services designed to help you plan your career, including workshops and placement services after graduation. For more information, call (785) 532-6506, or stop by the Career Center in the Berney Family Center or visit the website at <http://www.k-state.edu/careercenter/>

Jobs with B.S./ B.A.

Allied Health
 Community Recreation
 Applied Physiology
 Aquatics Director
 Ergonomics
 Exercise Program Admin.
 Camp Director
 Exercise Rehabilitation
 Exercise Physiologist
 Fitness Specialist
 Gerontology
 Coaching
 Corporate Fitness/Wellness
 Health ClubEmployee
 Health Club/Management
 Health Promotion
 Health Education
 Health Fitness Management
 Health Records
 Health and Wellness
 Health Administration
 Industrial Fitness Programs
 Medical Assistant
 Manager-Recreational

Sports Studies
 *Strength & Conditioning
 *Therapy Pool Manager
 Athletic Training
Masters education
 College Teaching
 Dentistry
 Biomedical Engineering
 Biomedical Science
 Cardiac Rehabilitation
 Cardiac Ultrasound Tech.
 General Medicine
 Chiropractic
 Clinical Medicine
 Graduate School Research
 Medical Lab Technician
 Medical Technology
 Nursing
 Nutrition Science
 *Occupational Therapy
 *Orthopedic Assistant
 Orthopedic Medicine
 Osteopathic Therapy
 Osteopathy
 Pharmacology

Physical Ed/Special Pop.
 Pre-dance Therapy
 Preventative Medicine
 Private sports/Rec. clubs
 Preventative Medicine
 Private Sports/Rec Clubs
 Public Health Employee
 Recreation Administration
 Recreation Leadership
 Recreation and Leisure
 Recreation and Parks
 *Research Assistant
 School Based Wellness
 Sports Equipment
 Sports HealthSports Information
 Sports Management
 Sports Medicine

Physical Education
 *Physical Therapy
 *Physical Therapy/Aid
 *Physician's Assistant
 Physical Activity Promotion
 Psychomotor Therapy
 Psychiatric Medicine
 Recreational Therapy*
 Rehabilitation Specialist
 Sport Psychology
 Sport Science
 Sport Sociology
 Surgeon's Assistant
 Surgical Technician
 Sports Journalism

ASSIGNMENT OF ADVISORS

Each student in the Department of Kinesiology will work with an Undergraduate Advisor on scheduling of courses, the drop/add procedure, transfer of credit, and graduation application. The Undergraduate Advisor will provide advising for all Kinesiology majors. You are encouraged to visit with an advisor at any time you feel the need for assistance. Appointments can be made through email or by phone with any of the Kinesiology advisors. All advisors offices are located in the Ahearn complex.

Undergraduate Advising Coordinator

Dr. Robert Pettay pet7@ksu.edu 532-0710 Gym 111

Undergraduate Advisors

Christian Larson crlarson@k-state.edu 532-0698 Gym 115

Pre-Health Advising (PHPP)

Students may sign up for advising in the Pre-Health professions at Justin Hall 119. Pre-health advisors assist students in meeting requirements for professional programs, and work with the departmental advisor. You may contact the Dean’s office at 532-5500 for more information.

STUDENTS RIGHTS AND RESPONSIBILITIES

Students often don’t know where to seek help with tutoring, counseling, legal services, health issues, student government, smoking and alcohol consumption policies, grievance procedures, academic honesty, racial or sexual harassment, and facility use.

This and much more information can be found on the **Student Life Website** at <http://www.k-state.edu/studentlife/>. The phone number for the Office of Student Life is 785-532-6432.

CRISIS SITUATIONS

Students sometimes find that they need professional help to deal with personal and emotional concerns. The telephone numbers below may be useful:

For assistance with personal problems, test anxiety, vocational decision making, and study skills:

University Counseling Services, ECS, 532-6927 (or walk in)

Academic Assistance Center, 101 Holton Hall 532-6492

For critical emotional problems or severe physical reactions to stress:

Lafene Student Health Center, 532-6544

Via Christi Hospital Emergency Room, Open 24 hours, 776-2800

Crisis Center, 587-4300

Pawnee Mental Health, 587-4300

For consultation about appropriate resources for specific problem situations:

Dean of Student Life Office, 201 Holton Hall,

8:00 a.m. to noon and 1:00 p.m. to 5:00 p.m., Monday-Friday, 532-6432.

COURSEWORK CHECKLIST/OPTION SHEET

A copy of the Fall 2017 checklist is in the center of this booklet. You should have a copy of this checklist and refer to it when planning your courses each semester. The checklist is an important document to ensure that you receive specific coursework during your program. If you are a transfer student, the Human Ecology Deans office will evaluate your transfer courses against this checklist. This checklist is also used to measure progress towards graduation. When you have completed approximately 85 credit hours, the College of Human Ecology staff should complete and send you a Graduation Check against your checklist to see which courses are remaining for you to take (see section on Grad Check).

You can always check your progress towards your degree using the Degree Audit Report located in your KSIS account

If you were admitted during the Fall of 2017, you will follow the Fall 2017 checklist. If you entered this curriculum earlier, you may be using an older curriculum checklist. This manual is written assuming that you will follow the Fall 2017 curriculum.

Incoming **transfer students** often have questions about transferring their courses into this curriculum (e.g. which courses will transfer, maximum number of credits that will transfer, course evaluation process). Information can be conveniently accessed on the web at:
<http://www.k-state.edu/undergradadmit/transferequivalency.html>

COURSE SEQUENCE

Some professional courses are only offered **once** a year. This makes planning more difficult, especially if those courses have several prerequisites. Your professional courses and their prerequisites are described in the last pages of this manual.

WHOM TO SEE ABOUT WHAT

Department Head	Dr. Harms
Coordinator of Graduate Program	Dr. Barstow
Coordinator of Undergraduate Program and Special Studies	Dr. Pettay
Coordinator of Undergraduate Advising	Dr. Pettay
Coordinator of Internship and Practicum in Exercise Sciences	Lauren McDaniel
Kinesiology Student Association Advisor	Dr. Pettay
Kinesiology Ambassadors	Dr. Pettay

TEXTBOOKS

The primary bookstore for course textbooks is in the K-State Union (on campus). Students can view required textbooks for courses in their KSIS account.

PROFESSIONAL ACTIVITIES

Student Interest Groups and Organizations

Student interest groups most directly related to your major are described below.

The Kinesiology Student Association (KSA) Is the undergraduate student organization within the Department of Kinesiology. The objective of the organization is to advance the interests of Kinesiology; to foster a spirit of loyalty, friendship, & cooperation among students in this field of academic study; & to prepare students through experiences & responsibilities for a career in the area of Kinesiology. Student must attend a minimum of three meetings to be considered a member. Meeting are generally held on the first Tuesday of every month. KSA activities are posted on a bulletin board in the student lounge in Ahearn Gymnasium 13. KSA information is available on the web at <http://www.k-state.edu/kines/ksa/>

Kinesiology Ambassadors: Kinesiology Ambassadors are selected from applications by the Undergraduate Council. Ambassadors serve a number of duties in the department assisting with departmental events, visiting students and also meets periodically with the department as needed to discuss student concerns, ideas, recommendations, issues, &/or complaints relating to the department academic program, mission, & activities. Meetings may be called by any committee member or by the department head.

Health and Nutrition Society: (HNS) is the undergraduate student organization in the Department of Human Nutrition. The HNS meets to discuss upcoming events, field trips, and money-making ventures. Invited speakers provide information regarding student internships and jobs. The group is open to all students and faculty in Human Nutrition. Notices regarding this group are posted on the bulletin board next to JU 144. Currently Brian Lindshield is the faculty advisor for this group (blindsh@ksu.edu)

The Student Dietetic Association (SDA) Is the undergraduate organization for students interested in the dietetic profession. SDA meets monthly to discuss upcoming events and organize club activities. Invited speakers provide information on career opportunities. Information regarding SDA is posted on the bulletin board across from JU 150. See <http://www.k-state.edu/sda>

K-State Interest Groups and Organizations K-State has over 200 campus-wide interest groups & organizations that you can join. You can find out about these at the Student Government office located in the basement of the Union or by accessing the web at this address: <http://www.k-state.edu/Directories/orgs.html>.

Recommended Professional Service Activities

Member of sport clubs—soccer, cheerleader, gymnastics, etc.

Coaching experiences—American Legion baseball, summer softball leagues, etc.

Lab work—assist with Department research projects or graduate student research

Life guarding or officiating—recreation programs, high school, etc.

Intramural participation

Community service programs &/or projects

Campus Service Societies—Spurs, Mortar Board, etc.

Shape America: Society of Health and Physical Educators

(AAHPERD) (703) 476-3400 <http://www.shapeamerica.org>

1900 Association Drive

Reston, VA 20191

American College of Sports Medicine (ACSM)

Box 1440

Indianapolis, IN 46206

(317) 637-9200

<http://www.acsm.org>

Central States Chapter of American College of Sports Medicine (CSC-ACSM)

(573)-651-2396 www.centralstatesacsm.org

National Athletic Trainer's Association (214) 637-6282

1620 Valwood Parkway Suite 115

Carrollton, TX 75006

<http://www.nata.org>

National Strength and Conditioning Association (NSCA)

1885 Bob Johnson Drive

Colorado Springs, CO 80906

(800) 815-6826

<http://www.nasca.org>

American Physical Therapy Association (703) 684-2782

1111 N. Fairfax Street

Alexandria, VA 22314

<http://www.apta.org>

American Public Health Association

<http://apha.org>

8001 Street NW

Washington, DC 20001

National, Regional, and State Professional Organizations In addition to the aforementioned department organizations, students are encouraged to join professional organizations, attend annual meetings, & run for office. The department's home page has the website for these organizations.

UNDERGRADUATE DEGREE REQUIREMENTS**Bachelor of Science**

A Bachelor of Science (B.S.) degree in Kinesiology may be earned by completing the 18 hour lower level core & a minimum of 18 hours in Kinesiology courses listed at the 300 level beyond the core, with one exercise physiology course and one exercise behavioral course and four upper level Kinesiology electives above 300 level, one of which must be another 600 level course for a total of 36 hours, plus a 3 hour professional course in Human Nutrition: FNDH 132. **A minimum grade of "C" & GPA of 2.2** are required for all Kinesiology courses meeting degree requirements. **In addition, students must complete general university requirements in written and spoken communication plus Human Ecology general requirements.**

Students must complete at least **45 total credit hours above 300 level courses** in order to receive a degree.

Coursework Descriptions

The checklist/option sheets should be used as your guide to selection of specific courses. General descriptive notes for each category of courses follow.

Communications

Kinesiology students are required to take two semesters of English composition. ENGL 100 is typically taken during the Freshman year, & ENGL 200 during the Sophomore year. Students may take either COMM 105 (2cr) or COMM 106 (3cr). If you are also a pre-health professions major, (e.g. pre-med or pre physical therapy) you should take COMM 106.

Humanities

Students are required to complete the 6 hours of humanities for Human Ecology. The humanities courses selected should be from the "allowed list" from the College of Human Ecology

Social Sciences

Students usually take PSYCH 110 & SOCIO 211 and ECON 110 during their freshman year. PSYCH 110 and SOCIO 211 are prerequisites for Kin 345 and require a grade of C or better.

Basic Nutrition.

FNDH 132 is a required professional course for the Kinesiology major and requires a grade of C or better.

Integrative Human Ecology Course (1 hour)

All students must complete GHNE 210, a 1 hour orientation course in the college

Physics/Biological Sciences

Students must take BIOL 198, BIOL 340 Human Body or Kinesiology 360 Anatomy and Physiology, and either BIOCH 265, or any Chemistry or Physics course offered by the University that includes a lecture and a lab. **A minimum of 8 hours of Anatomy and Physiology at a C or higher level** is required to take KIN 335, and Kin 335 is a prerequisite for all upper level physiology based courses.

Kinesiology majors who are also pursuing the pre-medicine or pre-physical therapy option typically have to take more comprehensive science courses than those listed on the KIN checklist. Please see your PHPP advisor each semester to receive updated information on these requirements.

Quantitative Reasoning

Students can meet the quantitative requirement for the college by completing a combination of at least one of each of the following: (MATH 100 or MATH 150 or MATH 220), (STAT 325 or STAT 340), and (CIS 101-104 or CIS 111).

General Education Requirements- K-State 8

The K-State 8 general education program helps students widen their perspectives, explore relationships among subjects and build critical and analytical thinking skills. K-State 8 exposes students to a broad range of knowledge in different academic areas. The program shapes well-rounded thinkers and helps prepare students for careers, graduate school and other post-graduate experiences.

Each student must successfully complete credit-bearing courses/experiences to cover all of the K-State 8 areas. A minimum of four different course prefixes (e.g., AGECE, MATH, FSHS) must be represented in the fulfillment of the K-State 8 requirements.

K-State 8 areas include: Aesthetic Experience and interpretive understanding, empirical and quantitative reasoning, ethical reasoning, global issues and perspectives, historical perspectives, human diversity within the U.S., natural and physical sciences, and social sciences. Additional information about K-State 8 can be found at <http://www.k-state.edu/kstate8/>

Major points in K-State 8

>All 8 areas must be met

>A minimum of 4 different course prefixes (Biol, Socio...) must be represented

>A course tagged in 2 areas may count in both areas (Music 170)

Transfer Students and K-State 8

Transfer students will be required to cover all eight (8) of the K-State 8 areas.

When Kansas State University has an articulation agreement with a transfer institution, we will rely on that agreement to determine which K-State 8 area(s) transfer credit(s) could cover. For example, when a K-State course is tagged for one or two areas, then the "equivalent" course from another institution would be tagged for the same one or two areas.

The student's dean's office will determine — on a case by case basis — which K-State 8 area(s) can be allocated to a non-equivalent transfer course. [The K-State 8 College Council determined this procedure for use during the first year of The K-State 8 implementation. The decision will be revisited after the first year.]

K-STATE 8 General Education Requirements

Each student must successfully complete credit-bearing courses/experiences to cover all of the K-State 8 areas. Some of these may be covered by your required major. At least 4 different prefixes (e.g. BIOL, SOCIO, ECON, HN) must be represented in the 8 areas below to fulfill the K-State 8 requirements

_____	1. Aesthetic experience
Math 100	2. Empirical/Quantitative
Kin 310	3. Ethical Reasoning
Econ 110	4. Global issues and Perspectives
_____	5. Historical perspectives
Socio 211	6. Human Diversity
Biol 198	7. Natural/Physical Sciences
Psych 110	8. Social Sciences

Kinesiology Courses

These are regarded as your “professional” courses & appear in the right hand column of your checklist. Descriptions of Kinesiology courses & the semester when they are offered appear in the Undergraduate Catalogue. As you plan your schedule be aware that some courses are offered twice a year & other courses are offered only once a year. This can make the coordination of your schedule more difficult, especially since many courses have prerequisites. Plan ahead in developing a sequencing strategy that will work for you. Information regarding courses, programs, & faculty for the Kinesiology department is on the World Wide Web at: <http://www.ksu.edu/kines/>.

KINESIOLOGY CURRICULUM

Kinesiology Lower Level Core (18 hours)

KIN 220	Biobehavioral Bases of Physical Activity	4
KIN 310	Measurement and Research Techniques	4
KIN 335	Physiology of Exercise	4
KIN 336	Physiology of Exercise Lab	1
KIN 345	Exercise Behavioral Science.....	5

Upper level Core (18 hours)

Students must complete one of the listed exercise physiology courses, one of the listed exercise behavioral courses and four upper level (above 300 level) Kinesiology electives one of which must be above 600 level for a total of 18 hours.

Exercise Physiology (One course - 3 hours)

KIN 601	Cardiorespiratory Exercise Physiology	3
KIN 603	Cardiovascular Exercise Physiology	3
KIN 607	Muscle Exercise Physiology	3
KIN 611	Neurological Exercise Physiology	3

Exercise Behavioral Science (One course- 3 hours)

KIN 600	Interpersonal Aspects of Physical Activity	3
KIN 602	Social Structural Determinants of Physical Activity	3
KIN 612	Policy, Built Environment and Physical Activity..	3
KIN 614	Physical Activity Behavior Setting: Youth Sports to Senior Centers.....	3
KIN 655	Individual Physical Activity Promotion.	3

Kinesiology Electives Hours - (12 hours above 300 level of Kinesiology courses, one of must be at least 600 level*)

*	_____	3
	_____	3
	_____	3
	_____	3

Total 18 hours

Elective hours may include additional courses from either emphasis area, Kinesiology courses not included in major areas, practicums, independent study, and internship hours.

Pre-Health Professions (e.g. *Pre-Med, Pre-Physical Therapy*)

Kinesiology students who are interested in applying to health professional programs should consult advisors in the Pre-Health Professions Program (PHPP) in the Human Ecology Dean’s office at Justin Hall 119. These advisors can give you a list of required courses for admission & answer question related to each program.

If you have decided on pursuing this option, you should formally add the appropriate major to your curriculum. Any freshman may declare PHPP. You must achieve a 3.0 GPA or higher (at K-State & all courses attempted at colleges or universities) to declare & stay in the Pre-Health Professionals Program. Have the Human Ecology Dean’s office fill out a curriculum change form that adds the appropriate option. You will have two advisors: one each in KIN & PHPP.

Many Kinesiology students have successfully incorporated the pre-med or pre-health course requirements into their curriculum. Generally, they take more comprehensive science & mathematics courses than those listed on the KIN option sheet.

NATIONAL CERTIFICATIONS IN EXERCISE AND FITNESS

Students may elect to supplement their academic training with national certification in a specific area. Becoming certified in your specialty is often desirable because it verifies your understanding of the practical application of exercise design, testing, prescription, & proper administration for the general public. Certification may improve your attractiveness to employers & clients & may also make you eligible for insurance reimbursement. Most certifications listed below require an exam fee at scheduled sites. Workshops are sometimes available. Some certifications have prerequisites, e.g., CPR, practical experience, academic training, &/or a B.S. or B.A. degree. Interested students should contact the certifying organizations below or others for additional information & updates.

Organization	Website	Certification	Candidate
<u>ACE-American Council on Exercise, founded 1985</u>	<u>acefitness.org</u>	Personal Trainer, Group Fitness Instructor, Clinical Exercise Specialist, Health Coach, Peer fitness trainer	<u>Any trainers providing one-on-one instruction</u>
<u>ACSM-American College of Sports Medicine, founded 1954</u>	<u>acsm.org</u>	Personal Trainer, Group Fitness Instructor, Clinical Exercise Specialist, Registered Clinical Exercise Physiologist	<u>Personal trainers, fitness consultants, & health/fitness pros</u>
<u>AFAA-Athletics & Fitness Assoc. of America, founded 1983</u>	<u>afaa.com</u>	Personal Trainer, Group Exercise Instructor	<u>Fitness pros who work one-on-one w/ clients in various settings</u>
<u>CIAR-Cooper Institute for Aerobics Research, founded 1970</u>	<u>cooperinst.org/index.cfm</u>	Certified Personal Trainer	<u>Personal trainers, health & fitness pros in wellness centers, fitness clubs, govt. agencies, sports medicine</u>
<u>IFPA-International Fitness Professionals Assoc., founded 1994</u>	<u>ifpa-fitness.com</u>	Personal Trainer (also offered as home study course)	<u>Personal Trainers</u>
<u>ISSA-International Sports Sciences Assoc, founded 1988</u>	<u>fitnesseducation.com</u>	Personal Trainer Certified Fitness Trainer (also offered as a home study course)	<u>Fitness pros interested in personal training; this is ISSA's "flagship" certification</u>
<u>NASM-National Academy of Sports Medicine, founded 1987</u>	<u>nasm.org</u>	On-Line certified personal trainer	<u>Personal trainers who want to study at their own pace</u>

<u>NFPT-National Federation of Professional Trainers, founded 1988</u>	<u>nfpt.com</u>	<u>Personal Trainer Certification</u>	<u>Fitness pros who work one-on-one w/ clients in various settings</u>
<u>NSCA-National Strength & Conditioning Assoc., founded 1978</u>	<u>nsca-cc.org</u>	<u>Certified Personal Trainer, Strength and Conditioning Facilitator.</u>	<u>Fitness pros who work one-on-one with clients in various settings</u>
<u>AFPA-American Fitness Professionals & Associates, founded 1994</u>	<u>afpafitness.com</u>	<u>Certified Personal Trainer, Fitness Certification</u>	<u>Personal Trainers</u>
<u>YMCA-Young Mens Christian Assoc, founded 1844</u>	<u>ymca.net</u>	<u>Variety of Trainings</u>	<u>YMCA Staff</u>

The Kinesiology department has developed advising tracks to assist students who have a specific professional interest. These Sub-Curriculum Guides provide recommended course options for students pursuing different career paths in the following areas:

- ACSM Health Fitness Specialist
- ACSM/NPAS Physical Activity in Public Health Specialist
- ACSM Exercise is Medicine Certification
- NSCA Certified Strength & Conditioning Specialist

These guides can be found at :

<http://www.k-state.edu/kines/students/undergrad/advising.html>

PUBLIC HEALTH CERTIFICATIONS

- American Public Health Association** **[Http://www.apha.org/](http://www.apha.org/)**
 - Kansas Public Health Association** **[Http://www.kpha.us/](http://www.kpha.us/)**
 - NSPAPPH** **[Http://www.nspapph.org/](http://www.nspapph.org/)**
 - ACSM/NSPAPPH Physical Activity in Public Health (PAPHS) Certification**
- http://www.nspapph.org/index.php?option=com_content&task=view&id=69&Itemid=

ENROLLMENT PROCEDURES

Early Enrollment and Academic Advising

All Kansas State University students are encouraged to go through early enrollment to secure places in courses for the next semester. This is typically done in **March/April** for the Fall semester & in **October/November** for the Spring Semester. Students begin planning the next semester’s courses as soon as the class schedule appears online in the KSIS system. Students are expected to consult this handbook, the undergraduate catalog, the deans audit in KSIS, & the class schedule to begin planning their course schedule. The deans audit is the computerized database in the KSIS system containing each student’s academic record. If you have questions or issues related to your course schedule or degree requirements, contact Dr. Rob Pettay at 532-0710. Kinesiology students must either meet with an advisor or fill out an advising waiver form prior to enrolling. Student athletes & athletic trainers are allowed to enroll early through the Athletic Academic Counseling Office (532-6987). **All students must consult with an advisor prior to enrollment to get the “Advisor Hold” removed.** Students enrolling for the Spring semester must complete an **Advisor Survey** in KSIS to remove a survey hold. This survey is found in the STUDENT CENTER in the OTHER ACADEMIC box.

Practicum/Indendent Study/Internships

If you plan to enroll in any of the special studies courses or practicum experiences (KIN 430, 463, 520, 596, 597, 599, or 792), you must request instructor permission in advance. **Because KSIS enrollment requires electronic permission to enroll in these courses, you will be unable to enroll in special studies coursework through KSIS until you have contacted the instructor.** Because practicum field experiences usually imply a certain degree of independence, they are usually taken in the junior/senior year after you have completed a significant portion of your courses. The following notes provide details about each experience & how to obtain instructor permission.

KIN 430 (2cr hrs) - **Practicum in lifetime sports** - involves being the instructor's assistant for one of the lifetime exercise & sport classes. You must have some prior knowledge of the activity & sign up for a particular class section. You must sign up for a particular course section. This can be done in Gymnasium 111 beginning a few days before early enrollment begins. Pre-reqs: Junior standing and consent of Undergraduate Coordinator.

KIN 463 (1 or 2 cr hrs) - **Lab practicum** - involves assisting with the conduct of a KIN 220, 330, or 336 lab. You must have completed the lab before signing up as an assistant. If you sign up for two credit hours, you will be more heavily involved in grading the labs. You must sign up for a particular lab section. This can be done in Gymnasium 111 beginning a few days before early enrollment begins.

Note: A maximum of 4 credit hours of KIN 430 & 463 may count toward the 36 hour kinesiology course requirements as Kinesiology electives. Pre-Req: Junior standing, successful completion of lab, Undergraduate Coordinator consent.

KIN 520 - Practicum in exercise science (variable credit)- involves supervised field experience with the L.I.F.E. program or another approved fitness setting in the area. Approximately 50 hours of time commitment is expected for each credit hour. Prior to enrolling for practicum with any agency other than the L.I.F.E. program, you must consult with Lauren McDaniel (lmcdan@k-state.edu) prior to enrollment.

KIN 596 - (3 credits) Kinesiology 596 is a teaching experience practicum that will allow undergraduate students to assist faculty and students in a course. Students will learn teaching strategies, help prepare content, provide leadership, and guide students towards a successful classroom experience. Pre-Req: Junior standing, successful completion of course and instructor permission.

KIN 597 (variable credit 0-3) - Research Experience in Kinesiology - Exposure to and assisting with current research projects in a laboratory setting in Kinesiology. You must meet with the faculty member whom you will be doing research with and agree on the details of the research. You will be given permission to enroll following consultation with the faculty member with whom you will be working. Pre-Req: Consent of Undergraduate Coordinator

KIN 599 (variable credit) - Independent Study - involves working independently with a faculty member on a project that the faculty member is involved with, or a project that is developed by the student that the faculty member agrees to supervised on an independent basis. Generally, approximately 40 hours of time commitment is expected for each credit hour. You must meet with the faculty member with whom you will be working & agree on details of the project (objectives, activities, outcomes) prior to enrolling. You will be given permission to enroll following consultation with the faculty member with whom you will be working, beginning a few days before early enrollment begins. Pre-Req: Consent of Undergraduate Coordinator

KIN 792 (variable credit) - Internship involves working for an approved health/fitness related agency under departmental supervision. Internships are usually more comprehensive than practice, are designed to further develop job-related skills. Internship sites are often located outside the Manhattan area. The internship involves a supervised field experience with an agency that is approved by the department. Usually the student selects an internship of interest, initiates contact with the internship site, & works with the department to make sure that the experiences are appropriate for university credit. Four steps of action are necessary to complete the experience (1) completion of the Agency Acceptance of Intern Form, (2) completion of the placement agreement between the agency, the student, & the university, (3) completion of the weekly intern reports & (4) completion of the Intern Evaluation. The first & second forms are filled out by the person in charge of the internship supervisor, the weekly intern reports are filled out by the intern, & the Intern Evaluation is turned in by the supervisor to the department. . Approximately 65 hours of time commitment is expected for each credit hour. Prior to enrolling, you must have permission.

Pre-Req: Consent of instructor

Contact Lauren McDaniel (lmcdan@k-state.edu) for information

GENERAL INFORMATION

Dropping and Adding Classes

You should drop & add courses as early as possible, because you have to pay tuition fees based on the number of credit hours. Full and partial refunds occur early in the academic semester. Tuition payment & refund policies are outlined in the brochure “Linear Tuition & Campus Privilege Fees” which you can obtain at the Registrar’s Office. If you decide to drop or add a course, you should confer with your advisor. The last day for dropping a course without a W being recorded is at the end of the 25th day of classes. After the 10th week of classes, courses may not be dropped. In cases where courses are shorter than the full semester, deadlines will be applied pro rata. No student may add a course after the first week of classes without the permission of the instructor. Drop deadlines are now available in KSIS.

Credit by Examination

KSU encourages students to test out of courses if they already have academic knowledge comparable to that gained in collegiate study. KIN students most commonly test out of MATH 100 College Algebra, ECON 110 Macroeconomics, PSYCH 110 Psychology, or SOCIO 211 Introductory Sociology, although other courses are available. Information on Credit by Examination can be found at <http://www.k-state.edu/testing/creditbyexam/>

Courses Nearby - Fort Riley/Wamego

This section describes two more ways to obtain courses, if you are willing to drive. You can get courses through the Evening College, in the Division of Continuing Education. These courses are offered at night, and come in an 8 week and 16 week format. If you are interested in evening courses, obtain listing form the Division of Continuing Education at 131 College Court Building (532-5566) or visit the website at <http://www.dce.k-state.edu/>.

Other students drive to Highland Community College in Wamego a few times a week to take courses there. Their web page for K-State equivalencies is at:

http://www.ksu.edu/admit/dars/highland_cc.html

If you take courses at Highland Community College, you should arrange to have their Registrar’s Office send your transcripts to the KSU Office of Admissions after you have completed the courses.

Kansas State and other institutions offer a number of online courses. Online courses at Kansas State can be found on the Global Campus website at

<http://www.dce.k-state.edu/>

ACADEMIC PROGRESS REPORTS

Academic progress reports are provided for first semester freshman whose academic progress is deemed unsatisfactory in one or more classes after the 7th week of classes. If you are doing poorly in a specific course or several courses, please meet with your academic advisor to discuss the issue.

Off Campus Courses

Many students take course at other colleges & university over the summer with the expectation that they will transfer back to KSU & fulfill curriculum requirements. Unfortunately sometimes students take courses that are not equivalent (e.g. a 3 credit physiology course instead of Human Body) & therefore not appropriate for the Kinesiology curriculum.

Which courses to take: Students in the Kinesiology curriculum are encouraged to take their professional courses during the Fall & Spring, & “save” some of the more flexible courses such as the humanities (fine arts, philosophy, western heritage, literature), social sciences, & international studies overlay for the summer. If you elect to take the humanities courses, be forewarned that not all humanities courses will fulfill these requirements. You may also try to get the natural & physical sciences (e.g. biology, mathematics, etc.) At Kansas community colleges & other universities assuming you follow the procedures below.

Making Sure They Transfer: If you are planning to take off-campus courses (e.g. during the summer) you should FIRST make sure that they will transfer back as KSU equivalent courses needed by your Kinesiology curriculum. The best place to check the courses offering of Kansas community colleges & other regional institutions of on the web at:

<http://www.k-state.edu/undergradadmit/transferequivalency.html> (you will have to scroll down the document to see the list of over 60 colleges & universities). Click on the college you want & the screen will show its course offering on the left side of the screen & its KSU equivalent on the right side. If you see that a course will transfer it is not necessary to obtain further approval - you are assured that it will “count”. That web site also lists info on transfer policies. After you have completed an off-campus course you should arrange for the Registrar of that college or university to send your transcripts to the **KSU Office of Admissions**, 119 Anderson Hall, KSU, Manhattan, KS 66506. The course will then be added to your KSU option sheet or checklist.

Questionable Courses: The instructions above pertain to course commonly taught at local or regional colleges & are quite straightforward. However, if you are going to take a course at a university or college not listed on the web page - you will have to do more preparation. Obtain a copy of that university’s catalog & find courses that have a similar course description, prerequisites, level & credits to the one(s) to those listed in the KSU general catalog. Because you are most likely to take courses that are equivalents to those which meet college of Human Ecology requirements, it is suggested that you clear coursework through the Dean’s Office first (Justin 119). It would be a good idea to take the catalog along with you.

Mid-Semester Courses : KSU Global Campus offers some evening college courses that cover 8 weeks. Some courses start at the beginning of the semester, some begin 8 weeks into the semester

<http://www.dce.k-state.edu/courses/eveningcollege>

Study Abroad: Students studying abroad will meet with a study abroad advisor, then work with their department Undergraduate Coordinator and the Dean’s office to verify how courses might transfer into the major.

Secondary Majors

A secondary major is a great possibility often overlooked by most students & advisors, but can be worked into the KIN program - if you plan ahead of time. KSU offers a number of secondary majors including: Gerontology, American Ethnic Studies, Industrial & Labor Relations, International Studies, Latin American Studies, South Asian studies, & Women’s Studies. Each requires at least 24 hours, but some courses in the KIN program already count towards those requirements, so they can do “double duty”. For example, KIN 335 Physiology of Exercise counts towards the secondary major in Gerontology. Additional courses can be taken to fulfill humanities requirements : For the literary or rhetorical arts - ENGL 535 Literature of Aging. For Western Heritage - HIST 520 Death & Dying. One disadvantage is that some courses are offered infrequently (e.g. once every other year), so you will have to watch for them . If you are working toward a secondary major in Gerontology, you can become certified in Long-Term Care Administration. If you are interested in specific requirements for each secondary major, consult the **K-State Undergraduate Catalog** & the program director for that major.

Minors

Undergraduate minors provide students an opportunity to emphasize study in an area outside of their major curriculum. Many students in Kinesiology consider a Business minor, and additional minors are available at Kansas State. A minor typically requires completion of at least 15 designated hours of coursework & is described in the **K-State Undergraduate Catalog**. If you are interested in a minor, contact the specific department for information.

Minor in Kinesiology

A Kinesiology minor allows students who are not Kinesiology majors to gain a general understanding of the necessity of movement activities for physical and psychological health.

Career Center You are encouraged to look at job listings early - even your very first year at KSU so that you can see what types of jobs are available & where they are located.

The Career Center facilitates the career readiness of all students throughout the K-State community. The Career Center offers an extensive career library, free assessments for exploring major/careers, job search training, career advising, employer connections, and a staff dedicated to assisting students in the career development process.

Grades

KSU requires you to maintain at least a 2.0 cumulative GPA to remain above probation. A minimum grade of “C” & GPA of 2.2 are required for all Kinesiology courses meeting degree requirements. However, higher grades are likely to expand your opportunities & make you more attractive to graduate schools, professional schools & prospective employers. High grades are also a criterion for obtaining most scholarships which some student rely on to help defray costs. Academic probation and dismissal policies can be found in the Undergraduate Handbook at <http://catalog.k-state.edu/content.php?catoid=13&navoid=1410>

Graduation Check

You should receive a Graduation Check from the Dean’s office of Human Ecology around the time when you have completed 80 to 85 college credits. The Dean’s Office reviews and approves grad check forms for the College of Human Ecology. This form will list specific courses which you need to complete to earn the B.S. degree. If you need to make a substitution for any of these listed courses, you should submit course substitution forms to the Dean’s office for approval BEFORE you take the course.

Checking your student records on KSIS

KSIS is a very useful student access system on the web which will allow you to view (& print) your own academic information. You can change your address/phone number if you move, view your official semester schedule, see your semester grades early, & see if you owe the university money (or if they owe you money). Also, you can check your academic record at anytime relative to the requirements for graduation by selecting degree audit on the KSIS menu. You can access KSIS as soon as you have been officially admitted through the KSU Home Page.

Transcripts

Information on obtaining your KSU transcripts are online at : http://www.k-state.edu/registrar/t_v/index.html

NOTE : No one else can pick up your transcript without your written permission.

University Honors Program

Exceptional students are encouraged to apply for the Kansas State Honors program described at <http://www.k-state.edu/ksuhonors>. This program is designed to enhance their education and provide opportunities within the university as well as the community and national levels.

Qualified students must fill out an application form (online at the site above). Once admitted, students must maintain a high level of academic achievement. The honors program is located in Fairchild Hall, rm 215. Currently the Human Ecology Honors Program Coordinator is Dr. Shawna Jordan, 119B Justin Hall, (785)-532-500, email jordan@ksu.edu

Graduate Study

Students often ask about pursuing a M.S. degree after graduation. If this is even remotely a possibility you should begin EARLY, about a year ahead of time, to investigate different schools & arrange to take the Graduate Record Exam (GRE). The GRE is administered in a number of formats, you can visit the GRE website for more information.

You may wish to be considered for a teaching assistantship or research assistantship. If so, make that known in your cover letter & submit it **EARLY**. Many students miss out because they wait until the last minute. Graduate assistantships are valuable because they help defray costs & provide useful professional experience. Sometimes scholarships & fellowships are also available.

Most graduate programs have entrance requirements including a minimum GPA & GRE exam scores. They also may have prerequisite course requirements in biology, chemistry, mathematics, nutrition, food science, or exercise science, depending on the program. If you are lacking several prerequisites, it will take you longer to finish, so be sure you check this out ahead of time.

If you plan to go on for graduate study at KSU, are a senior within two semester of graduating, & have a cumulative GPA ≥ 3.0 you may take up to nine graduate credits during your last two undergraduate semesters. Those graduate courses must not have been required for your undergraduate program &, ideally, should be applicable for the graduate program you are planning to attend. Some graduate students at KSU have gotten a “head start” this way & were able to finish their programs earlier than usual.

KINESIOLOGY/PUBLIC HEALTH COMBINED BS/MS/MPH DEGREE

The combined BS/MS program provides exceptional undergraduates with the opportunity to obtain both a bachelor of science and master of science degree in Kinesiology or Public Health in five years, a shorter time than typically required to earn a BS and MS if both degrees are earned separately. The program has two options : thesis and course work. In turn, the course work option has two tracks that permit the completion of the requirements for certification by the American College of Sports Medicine as an exercise specialist or public health physical activity specialist.

The goal of the program is to produce graduates with an in-depth understanding of the fundamentals of Kinesiology and a broad set of professional skills. The curriculum will include both coursework and laboratory research experience. Graduates will be well equipped either to seek applied professional positions or pursue advanced degrees. The advantages of the combined degree to students seeking private sector employment will be entry level positions with higher-level responsibilities, higher pay, and opportunities for more rapid advancement. The rigorous training and combined BS/MS will offer a competitive advantage in the admissions process to students interested in pursuing a PhD or professional degree.

ADMISSION REQUIREMENTS

Students may apply for the concurrent BS/MS program from the second semester of the sophomore year through the second semester of the junior year (when they have accumulated 45-90 hours toward the BS degree. Students may apply during the senior year with special permission from the chair of the Kinesiology department and/or the coordinator of the Graduate Program in Kinesiology

- Students must have completed the Kinesiology core courses (Kin 220, 310, 335, 336, and 345)
- Minimum standards for regular admission and for retention in the program require a cumulative GPA of 3.0 and a GPA of 3.0 in required courses.

COMPUTER FACILITIES

Students in the Kinesiology program are required to take the CIS 101 Information Technology and the following three courses: CIS 102, 103, & 104 or to take CIS 111. These will familiarize you to a variety of commonly-used software programs. Students find these courses very helpful in preparing resumes & written assignments. You can access these programs at several open computer laboratories on campus. They are located at Justin 325, Dickens 1, Nichols 2, & Nichols 126.

Students will have access to the University network upon admission to Kansas State University. This allows you access email, KSIS and a variety of software on K-State's public computing system. The Kansas State email address will receive all information sent out on the Kinesiology listserve. It is recommended that you use your KSU email account for only KSU activities. With the Webmail account students will also have access to Microsoft office applications as well for no charge.

SCHOLARSHIPS

Several scholarships for continuing students majoring in Kinesiology are available each year. Students apply for scholarships in the Department of Kinesiology by completing a KSU on line Scholarship application and the Departmental form posted on the Kinesiology website (<http://kinesiologyksu.weebly.com>). This form can be found on the web at: <http://www.k-state.edu/sfa/> Financial aid, including scholarships, grants, loans & student employment, is coordinated through the KSU Office of Student Financial Assistance in Fairchild Hall 104.

Scholarships in the Department of Kinesiology will be awarded on the basis of the **following general criteria & additional specific criteria** as stated in the description under each scholarship or award.

- » Students must complete both the KSU scholarship & Departmental scholarship application to be eligible for consideration.
- » Applicants/nominees must be declared majors in the Department of Kinesiology.
- » No individual may be awarded the same scholarship more than once.
- » Applicants/nominees must have earned a grade point average of 2.75 overall & 3.00 in their major to be eligible.
- » Applicants/nominees must enroll as a full time student for the fall semester after receiving a scholarship.
- » Applicants/nominees must have demonstrated professional activity & service. Evidence of professional activity include membership in professional organizations, participation in departmental committees, attendance at state conventions, membership in KSA, etc. Examples of service include involvement in student government, running sports clinics, involvement in organized sport programs in the community, etc.

You are also eligible to apply for additional scholarships offered by the university, professional societies, honor societies, or other sources. Several are described below. Since they change from year to year (deadline date, contact person, etc), this fact sheet just lists those that “usually” are available & where you can look for notices.

The Kinesiology department also has specific scholarships available for study abroad, research and internships.

The College of Human Ecology also awards scholarships based on academic performance to students. Information can be found on the Human Ecology website at <http://www.he.k-state.edu/students/ugrad/funding/>

Study Abroad. There are several scholarships in support of students study abroad. Contact the Office of International Programs at: **532-5990**.

Minority & Non-Traditional Students: If you are part of a minority group (Black, Hispanic, Asian, American Indian, or Mexican American) you should apply for the **Educational Opportunity Fund (EOF)**. If you are over the age of 25, or a single parent - consider applying for the **Mary Todd Burk** scholarship. These scholarships have been available to College of Human Ecology students for the past few years, but are subject to renewal on an annual basis. If you are interested, obtain forms from the Justin Hall receptionists.

Scholarship Search: For \$15 you can have the KSU Office of Student Financial assistance (Fairchild 104) conduct a computerized search of appropriate scholarships for you. Ask for the “**CASHE**” search, & fill out their Student Profile Form. Do it as soon as possible - since you will have to send for applications of interest.

Library References: If you are ready to really dig, there are several books on scholarships in the library. Do a search using the Farrell Library Online system using “scholarships” as the subject heading. It will take time to go through the books, because scholarships are listed for ALL areas & most will not be appropriate for you.

The Web: The Internet contains more than 180,000 Web sites for scholarships, fellowships, grants, & student loans. The best way to find these is to use any of the search engines (e.g. Yahoo!, Excite, etc.) & select the Education category - then do a sub-search for Financial Aid. A few good specific sites are:

Financial Aid Information Page at: <http://www.finaid.org/>

CollegeNET Home Page at: <http://www.collegenet.com>

FastWEB at: <http://www.fastweb.com>

Student Guide at: <http://www.studentaid.ed.gov/>

Other financial aid, including loans & student employment, is coordinated through the KSU Office of Student Financial Assistance in 104 Fairchild Hall or on the web at <http://www.ksu.edu/sfa/>

TUTORS/ACADEMIC ASSISTANCE

The following services may be helpful to students who need academic assistance. Please do not wait until the last minute- seek help as soon as possible.

TUTORING. Free tutoring is available for a variety of general courses. All students are advised to seek tutoring for courses. Information on tutoring at Kansas State can be found at <http://www.k-state.edu/tutoring/>

WRITING. “Walk-in” assistance is available in the Writing Lab, Denison 118. Contact: English Department 532-6750.

MATH. Graduate students & faculty staff a “help room” in Cardwell 145. Contact: Math Department 532-6750.
Http://www.math.ksu.edu/main/course_info/help/quicklist.html

CHEMISTRY. Your Chemistry instructor will suggest sources of help. The Chemistry help room (CB 212) offers one-on-one help for all Chemistry students. [The Chemistry department has posted a list of resources online at : http://www.k-state.edu/chem/undergrad/ed-resources.html](http://www.k-state.edu/chem/undergrad/ed-resources.html)

BIOLOGY. Monday help sessions for BIOL 198 are announced in class.

ACADEMIC ASSISTANCE CENTER. The Academic Assistance Center provides individual assessment & referral to the various academic support services available at KSU. Contact: Academic Assistance Center, 101 Holton Hall, 532-6492. <Http://www.ksu.edu/aac>

STUDENT ACCESS CENTER. The DSS office provides a wide range of accommodations and services for individuals who have physical or learning disabilities and/or attention deficit disorders. Accommodations will be made in response to specific disability.

CAREER EXPLORATION. Peer counselors help students explore their interests, careers & related academic programs. Contact: Career Center
148 Berney Family Welcome Center, 532-6506

CAREER PLANNING/COUNSELING. Students without clear goals frequently demonstrate poor academic performance. Personal counseling may help. Counselors also can assist students with concerns such as planning successfully, managing stress & developing healthy habits. **Contact: University Counseling Services, Lafene, 532-6927.**

KINESIOLOGY COURSES & THEIR PRE-REQUISITES

(* Denotes Core Courses)

- *KIN 220** Biobehavioral Bases of Physical Activity (4) . Current perspectives from the biological and behavioral domains of Kinesiology will be used to explore the significance of physical activity for optimal health. Topics include physiology of physical activity, social and behavioral epidemiology of physical activity and health, control and biomechanics of human movement. Three hours of lecture and two hours of laboratory experiences.
- *KIN 310** Measurement & Research Techniques in Kinesiology (4). Theory & techniques of measurement & research in the biological & behavioral aspects of Kinesiology. Pr.: C or higher in KIN 220
- KIN 320** Motor Learning & Development (3). Issues of motor learning and development as they relate to the application of instructional techniques. Pr.: PSYCH 110
- KIN 330** Biomechanics (3). Mechanical & anatomical aspects of overt human movement. Kinematic & kinetic principles applied to the analysis of human movement. Two hours lecture & two hours lab a week. Pr.: C or better in KIN 220 and a C or better in either KIN 360, BIOL 340, or 8 hours of Anatomy and Physiology transfer credit.
- *KIN 335** Physiology of Exercise (4) . The responses of the human body to exercise. Emphasis will be placed on understanding the structure-function relationships of the respiratory, cardiovascular & muscular systems & how their function is integrated to support the dynamics of muscular contraction. Limitations to exercise performance will be examined in health & disease & the adaptability of the human body to physiological (i.e., exercise training) & environmental (e.g., hypoxia) stressors will be examined. Four hours lecture per week. Pr.: C or better in either KIN 360, BIOL 340, or 8 hours of Anatomy and Physiology transfer credit.

- *KIN 336** Physiology of Exercise Lab (1) . A laboratory course to supplement the material of KIN 335. Two hours lab per week. Pr.: KIN 335 or concurrent enrollment
- *KIN 345** Public Health Physical Activity (5). Examination of the social and behavioral determinants of physical activity using a social ecological framework. Social ecological levels include individual, interpersonal, community, institutional and societal/policy factors. Pr : Kin 220, Psych 110, Socio 211 with a grade of C or better,
- KIN 360** Anatomy and Physiology. (8) Anatomy and Physiology of the organ systems of the human body. Laboratory includes physiology experiments, study of anatomy from computer simulation, dissection demonstrations, X-rays and slide work. 5 hours lecture and two 3 hour lab sessions a week. Pr: Biol 198 taken at K-State with a C or better or transferred introductory biology course at a C or better.
- KIN 380** Principles of Exercise Training (3). This course is designed to cover the application of current scientific research on program design for healthy athletes competing in any sport or physically active individuals. Contributing science include anatomy, biochemistry, biomechanics, endocrinology, nutrition, exercise physiology and psychology. Emphasis will be placed on adaptations to resistance training, plyometric training, speed/agility/speed endurance training and aerobic endurance training. Exercise Techniques, Testing and Evaluation and Program Design will also be major components of the course. Students should be prepared for strenuous physical activity. Pr: C or better in KIN 220
- KIN 398** Topics in Kinesiology (1-3). Study of a selected topic in an area not covered in the curriculum or involving application of theory presented in a related subject core course. May repeated as topics vary.
- KIN 399** Sophomore honors Seminar (1-3). Selected topics in Kinesiology. Open to non-majors in the honors program.
- KIN 430** Practicum in Lifetime Sports (2) . Supervised students assist in lifetime sports classes. Four hours lab a week. Pr.: Junior standing and consent of Undergraduate Coordinator.

- KIN 463** Laboratory Practicum in Kinesiology (1-2) . Supervised students assist in laboratory. Four hours lab a week. Pr. Junior standing, successful completion of lab, and consent of Undergraduate Coordinator.
- KIN 498** Honors Tutorial in Kinesiology (1-3) I, II. Individually directed research in physical education, normally as a preliminary to writing a senior honors thesis. May be repeated once to a total of three hours. Pr.: Sophomore standing, membership in the honors program of the college of Human Ecology, & permission of instructor.
- KIN 499** Honors Project. (3). Open only to Human Ecology students who are active members of the University Honors program. Pr: Membership in Human Ecology Honors program.
- KIN 520** Practicum in Exercise Science (1-3) . Practical experiences in the fitness setting such as observation & participation, exercise testing & prescription, exercise leadership, record keeping, & program management. Pr.: Instructor consent.
- KIN 521** Practicum in Public Health/Physical Activity (1-3). Practical experiences in the public health setting such as observation and participation in public health physical activity program planning and evaluation. Pr: C or better in both KIN 310 and 345 and instructor consent.
- KIN 591** Psychology of Exercise & Sport Injury. (3) Intersession only. Underlying effects, treatment of psychological consequences, and physical trauma of exercise and sport injury. Topics include the impact of injury on exercise behavior, the athlete at risk, behavioral risk factors, injury assessment, treatment of injury, and psychological factors addressed by the sports medicine team. Pr.: C or better in KIN 310 and KIN 345
- KIN 592** Personality in Sport and Exercise. (3) Intersession only. The role of personality in sport, sport performance and exercise behavior. Theories relevant to sport and exercise personality will be examined to provide a theoretical framework for understanding and applying research. Assessment instruments and relevant research will be examined and critiqued. Pr.: Grade of C or higher in KIN 310 and KIN 345

- KIN 594** Sport and Exercise Psychology. (3). This course is designed to introduce the student to the basic psychological principles related to sport and exercise behavior and performance. Factors that influence sport performance will be examined as will the principles related to exercise and exercise behavior.
- KIN 596** Teaching Experience in Kinesiology (3). This course will be a learning experience for students supporting a faculty course. Objectives include identifying and discussing learning and teaching, leading discussions, and providing assistance and direction to students in the course. Pr: Instructor Permission, Junior Standing, successful completion of course
- KIN 597** Research Experience in Kinesiology (0-3). Exposure to and assisting with current research projects in a laboratory setting in Kinesiology. Pr: Consent of Undergraduate Coordinator.
- KIN 598** Topics in Kinesiology (1-3). Study of a selected topic in Kinesiology involving either an in-depth study or application of theory presented in a related core course. Maybe repeated as topic varies. Pr.: Related core course.
- KIN 599** Independent Studies in Kinesiology (1-3) . Selected topics in Kinesiology. Maximum of 3 hours applicable toward a degree. Pr.: Consent of undergraduate coordinator.
- KIN 600** Interpersonal Aspects of Physical Activity (3). An examination of theory and research related to interpersonal aspects of physical activity. Topics will include: social networks, social support, social influence, cohesion, and intervention strategies that target interpersonal factors to increase and maintain physical activity participation. Pr.: a grade of C or higher in KIN 310 and KIN 345
- KIN 601** Cardiorespiratory Exercise & Physiology (3) . An examination of the structure & function of the respiratory system & the manner in which oxygen passes from the atmosphere to its site of utilization in the mitochondria. Exercise & environmental stresses will form the basis for examining the capacity, plasticity, & limitations to respiratory function. Pr.: a grade of C or higher in KIN 310 & KIN 335.

- KIN 602** Social Structural Determinants of Physical Activity (3).
An examination of how social structural determinants impact participation in physical activity. Topics include: social class, race and ethnicity, gender, sexual orientation, family, education, and work. Promising physical activity intervention strategies are also discussed.
Pr.: a grade of C or higher in KIN 310 and KIN345
- KIN 603** Cardiovascular Exercise Physiology (3) . Study of the structure and function of the cardiovascular system as it pertains to acute and chronic exercise. Topics include the control of blood pressure, vascular volume, and blood flow during orthostasis and exercise. . Pr.: a grade of C or higher in KIN 310 and KIN 335.
- KIN 605** Topics in the Biological Basis of Kinesiology (1-3). Study of a selected topic in the biological basis of Kinesiology involving either an in-depth study or application of theory presented in a related course area. Pr.: a grade of C or higher in KIN 310 and KIN 335
- KIN 606** Topics in the Behavioral Basis of Kinesiology (1-3). Study of a selected topic in the behavioral basis of Kinesiology involving either an in-depth study or application of theory presented in a related course area.
Pr.: a grade of C or higher in KIN 310 & KIN 345
- KIN 607** Muscle Exercise Physiology (3) . Study of the subcellular, cellular & tissue structure of skeletal muscle & the relationship of these structural characteristics to the functioning of the muscle. The energy pathways available to the muscle to support the various functions; & the mechanisms underlying changes in exercise tolerance which accompany exercise training & detraining, & diseases which affect skeletal muscle will be examined. Pr.: a grade of C or higher in KIN 310 and KIN 335
- KIN 609.** Environmental Physiology(3). Study of the physiological adaptations to acute and chronic challenges imposed by the environment. Topics will focus on how different physiological systems respond to different environmental stressors (heat, cold, deep sea diving, high altitude)
Pr: Grade of C or higher in KIN 310 and KIN 335.
- KIN 610.** Program Planning and Evaluation(3). Theories and models and the stages and activities of planning, implementing, and evaluating health promotion programs.
Pr.: C or better in both KIN 310 and KIN 345

- KIN 611** Neurological Exercise Physiology (3). Study of the structure and function of the nervous system as it pertains to exercise. Particular emphasis is placed on the mechanisms evoking changes in the autonomic nervous system during exercise including feed-forward and feedback neural control signals. The effects of disease and exercise training on those neural control signals are discussed.
Pr: C or better in both KIN 310 and KIN 335
- KIN 612.** Policy, Built Environment and Physical Activity (3). Examination of the characteristics of active living policies and neighborhood/community design that contribute to improved health.
Pr.: C or better in both KIN 310 and KIN 345
- KIN 614** Physical Activity Behavior Settings: Youth Sport to Senior Centers. (3)
This course is a study of key physical activity behavior settings across life-span development. Topics include observation of social and physical environmental variables, surveillance of physical activity in behavior settings, motivational theory and responses, setting interventions and developmental outcomes, and intervention evaluation methods.
Pr: A grade of C or higher in Kin 310 and 345.
- KIN 615** Cardiorespiratory/Comparative Physiology (3). This course seeks to fulfill the following objectives: (1) To provide the student with an awareness and mechanistic understanding of the effects of physical activity on humans and animals and the concept of homeostasis. (2) Foster an understanding of the integrative nature of kinesiology/physiology by considering the relationships among different systems and their response to stress in humans and animal species in health and disease. Focus is brought to bear in particular on the pulmonary, cardiovascular and muscle systems. Chronic and acute adaptations to special environments and physical stress ar considered and the students are asked to consider the the different systems are controlled in health and disease. This course is recommended for pre-med students, biology and physiology majors, aspiring scientists in physiology and/or medicine and those interested in a career in health and human services.
Pr: C or better in both KIN 310 and 335.

KIN 617 Signaling Pathways in Physiology (3).

Current concepts of biological signaling transduction and its role in controlling genes expression and protein synthesis involved in exercise adaptation, including resistance and endurance exercise, and disease states, including cardiovascular disease and cancer. This course seeks to fulfill the following objectives: (1) To train students to understand the molecular and cellular signaling mechanisms associated with changes in skeletal and cardiac muscle mass, cardiac function, and endothelial function change in response to exercise and disease. (2) Foster an understanding of the correlation of ‘macro-level’ concepts like muscle hypertrophy to ‘micro-level’ concepts such as mTOR signaling with the goal of understanding the role cell signaling plays in mediating chronic adaptation. This course is recommended for pre-med students, pre-physical therapy students, biology and physiology majors, and those interested in a career in health and human services. This course will cover concepts that are of emphasis of the MCAT exam.

Pr: C or better in both KIN 310 and KIN 335

KIN 625 Exercise Testing & Prescription (3). Benefits and risks of exercise testing and prescription with healthy populations, individuals at risk, and patients with cardiovascular and metabolic diseases. Includes experiences with exercise test technology and methods of exercise prescription. Two hours recitation & two hours lab a week.

Pr.: C or better in both KIN 310 and 335, CPR, and First Aid.

KIN 635 Nutrition & Exercise (3) I. The interrelationship between diet, nutrition, and exercise. Topics covered include physical fitness, weight control, nutrient metabolism during exercise, & athletic performance.

Pr. : HN 132 or HN 400 and a grade of C or higher in Kin 310 and 335

KIN 650 Development of Motor Control (3). A multi-level analysis of the neurophysiological activation of muscle, reflexes, sensory integration during movement, & theories of voluntary movement. Two hours lecture & two hours lab a week. Pr. C or better in both KIN 310 and either BIOL 340, KIN 360 or 8 hours of Anatomy and Physiology

KIN 655 Individual Physical Activity Promotion (3). An in-depth study of individual-level influences on physical activity and strategies to promote physical activity among individuals.

Pr.: a grade of C or higher in KIN 310 & KIN 345

KIN 657 Therapeutic Use of Exercise in the Treatment of Disease (3) .

Analysis of pathophysiology associated with a number of different diseases & the impact on exercise performance as well as the use of exercise as a therapeutic modality.

Pr.: a grade of C or higher in Kin 310 and Kin 335.

KIN 792 Health-Fitness Instructor Internship (6-8) . Supervised field experience in settings such as Hospital Wellness Centers, YMCA, YWCA, municipal recreation agency, or industrial fitness agency. May be completed with a half-time assignment for 12-16 weeks or a full-time assignment for 6-8 weeks. Pr.: Consent of Instructor

KIN 793 Internship Public Health/Physical Activity (1-8). Supervised field experience in settings such as public health departments, foundations, government offices, or research programs.

Pr: KIN 345, 346, 521, 655.

KIN 796 Topics in Exercise Physiology (3). Selected topics in exercise physiology involving either greater in-depth study, or application of theory presented in a related course. Pr: C or better in KIN 310 and KIN 335 and consent of instructor.

KIN 797 Topics in Public Health Physical Activity Behavior (3). Selected topics in public health behavior involving either greater in-depth study, or application of theory presented in a related course. Pr: C or better in both KIN 310 and 345 and consent of instructor.

YOUR LAST YEAR - CHECKLIST

This section is written for Kinesiology students who are preparing for the final semester of undergraduate education.

- You must file an APPLICATION FOR GRADUATION through KSIS to formally graduate. This is required to be completed within the first few weeks of the semester you are planning to graduate. Deadlines are listed in the KSU Academic Calendar

- Commencement Ceremony : you are not required to go through the commencement ceremony to receive your degree (although you must still submit the application for graduation). This is a major accomplishment and you should give strong consideration to participating.

- Walk Through : Prospective summer (August) graduates may participate in May Commencement immediately preceding the summer term in which degree requirements will be completed, or may participate in the December Commencement immediately following the summer term in which degree requirements were completed. To be considered a prospective summer graduate, students must present a feasible plan for enrollment in no more than nine credit hours or a standard internship to complete final degree requirements for summer graduation. Interested students should contact the Dean's office (532-5500) for additional application information.

- Honors Student : if you are an Honors student, complete the Honors Program requirement.

- Finish incompletes and take care of any holds.

- University policy states that 20 of your last 30 hours must be taken as K-State resident hours. If you take off-campus courses, it is your responsibility to make sure that Kansas State receives the transcripts prior to completion of your program.

- Prepare a resume: This is a good idea early in your career. You are strongly encouraged to attend job and professional fairs sponsored by Career Employment Services during your Junior and Senior year.

- Job search : if you plan to seek a job, attend workshops on resume writing, interview skills, and job search strategies sponsored by CES.

- Take the GRE exam : if you are planning on attending a graduate school, you can get information on the GRE at www.ets.org/gre

KINESIOLOGY COURSE OFFERING GUIDE

Code: A = the course is offered in this semester
 N = the course is never offered in this semester
 X = the course is offered on sufficient demand
 in this semester or on scheduling

Course#	Course Title	Fall	Spring	Sum
KIN 220	Biobehavioral Bases of PA	A	A	X
KIN 310	Mear/Res/Kines	A	A	X
KIN 320	Motor Learning & Devel	X	X	X
KIN 330	Biomechanics	A	A	X
KIN 335	Physiology of Exercise	A	A	X
KIN 336	Physiology of Exercise Lab	A	A	X
KIN 345	Physical Activity/Public Health	A	A	X
KIN 360	Anatomy and Physiology	A	A	X
KIN 380	Principles of Exercise Training	A	A	A
KIN 398	Topics in Kinesiology	X	X	N
KIN 399	Soph. Honors Seminar	X	X	N
KIN 430	Practicum in Lifetime Sports	A	A	N
KIN 463	Lab Prac. in Kinesiology	A	A	N
KIN 498	Honors Tutorial in Kines	X	X	N
KIN 499	Honors project	X	X	N
KIN 520	Practicum in Exercise Science	A	A	A
KIN 521	Practicum in Public H/Phys Act	A	A	A
KIN 591	Psych of Exercise & Sport Injury	X	X	X
KIN 592	Personality & Sports & Exercise	X	X	X
KIN 594	Sport and Exercise Psychology	N	A	X
KIN 596	Teaching Exp in Kinesiology	A	A	A
KIN 597	Research Experience in Kin	A	A	A
KIN 598	Topics in Kinesiology	X	X	N
KIN 599	Independent Studies Kines	A	A	A
KIN 600	Interpersonal Aspects of PA	N	A	X
KIN 601	Cardiorespiratory Ex. Phys	N	A	X
KIN 602	Social Structural Determinants PA	A	N	N
KIN 603	Cardiovascular Ex. Phys.	A	X	X
KIN 604	Exercise & Mental Health	N	X	N
KIN 605	Topics of Bio Basis of Kin	X	X	X
KIN 606	Topics Behave Basis of Kin	X	X	X
KIN 607	Muscle Exercise Physiology	A	N	N
KIN 609	Environmental Physiology	N	X	N

Course#	Course Title	Fall	Spring	Sum
KIN 610	Program Plan Evaluation	A	X	X
KIN 611	Neurological Ex Phys	A	A	X
KIN 612	Policy, Built Env and PA	A	X	X
KIN 614	PA Behavior Settings	A	X	N
KIN 615	Cardio/Comp Phys	X	X	X
KIN 617	Signaling Pathways	X	X	X
KIN 625	Ex Testing & Prescription	A	A	N
KIN 635	Nutrition & Exercise	A	N	N
KIN 650	Development of Motor Control	X	X	N
KIN 655	Fitness Promotion	X	A	X
KIN 657	Therap. Use Exer Treat Disease	N	N	X
KIN 792	Internship-Ex. Science	A	A	A
KIN 796	Topics in Ex Phys	X	X	N
KIN 797	Topics in PHPA Behav	X	X	N

NOTES