For major requirements, see the Neag School of Education College of Agriculture, Health and Natural Resources section of this Catalog.

All KINS 2000-level or above courses are open to majors in the Kinesiology Department only or by instructor consent.

1160. Courses in Lifetime Sports Program
(Formerly offered as EKIN 1160.) One credit. Open to all University students. This course may be repeated with change of activity and/or skill level; not to exceed 3 credits towards graduation of combined EKIN-KINS 1160 and AH 1200 credits. Students in the Department of Kinesiology, as part of their approved plan of study, may take up to six different activities for six credits toward graduation.

A variety of lifetime sports and skills are offered. The teaching of each activity will be geared to individual, dual, and team activities. Students who have physical disabilities in the least restrictive environment possible. Participants requiring accommodations should contact the Program Coordinator.

2100. Introduction to Athletic Training I
(Formerly offered as EKIN 2100.) First semester. First seven weeks. One credit. Prerequisite: Open only to Pre-Athletic Training students who are sophomores or higher. Howard

A survey class to explore general considerations of recognizing and treating athletic injuries. This section covers training and conditioning, nutrition, environment, and legal issues.

2110. Introduction to Athletic Training II
(Formerly offered as EKIN 2110.) First semester. Second seven weeks. One credit. Prerequisite: Open only to Pre-Athletic Training students who are sophomores or higher. Howard

A survey class to explore general considerations of recognizing and treating athletic injuries. This section covers tissue healing, rehabilitation, modalities, taping, and bandaging.

3091. Internship
(Formerly offered as EKIN 3091.) Variable credits. Prerequisite: In accordance with departmental policy, students will have completed all academic course work in their concentration excluding Athletic Training prior to undertaking the internship; open only to students in Kinesiology programs. May be repeated for credit.

Field service or experiences in cooperating agencies.

3099. Independent Study for Undergraduates
(Formerly offered as EKIN 3099.) Credits and hours by arrangement. Prerequisite: Open only with consent of instructor. May be repeated for credit with a change in content.

3099W. Independent Study for Undergraduates
(Formerly offered as EKIN 3099W.) Prerequisite: Open only to seniors with consent of the Department Head or Instructor; ENGL 1010 or 1011 or 2011.

3100. Prevention and Care of Athletic Injuries
(Formerly offered as EKIN 3100.) Three credits. Prerequisite: Open only to students in Kinesiology programs. Mazerolle

An introductory class to explore general considerations of preventing, recognizing, and treating athletic injuries.

3101. Documenting Outcomes in Athletic Training
(Formerly offered as EKIN 3101.) One credit. Prerequisite: Open only to Athletic Training majors; must be concurrently
enrolled in EKIN KINS 3130. Allows students to gain skill competence in the area of medical writing.

3102. Therapeutic Interventions I
(Formerly offered as EKIN 3102.) Four credits. Prerequisite: Open only to Athletic Training majors.
Provides students with an integrated approach to treatment of athletic injuries. Evidence based course provides fundamental concepts as well as application of the skills and knowledge learned.

3103. Therapeutic Interventions II
(Formerly offered as EKIN 3103.) Four credits. Prerequisite: Open only to Athletic Training majors.
Provides students with an integrated approach to treatment of athletic injuries. Evidence based course provides fundamental concepts as well as application of the skills and knowledge learned.

3104. Orthopedic Assessment of the Spine
(Formerly offered as EKIN 3104.) Three credits. Prerequisite: Open only to Athletic Training majors.
Covers anatomy, evaluation, pathology of spinal injuries and conditions, differential diagnosis, and management of injuries related to the spine, thorax, and core.

3110. Athletic Training Clinical Rotation I
(Formerly offered as EKIN 3110.) Two credits. Prerequisite: Open only to Athletic Training majors. Graham, Mazerolle
Provides students majoring in athletic training hands-on experience dealing with athletic injuries.

3111. Athletic Training Clinical Rotation II
(Formerly offered as EKIN 3111.) Two credits. Prerequisite: Open only to Athletic Training majors. Graham, Mazerolle
Provides students majoring in athletic training hands-on experience dealing with athletic injuries.

3112. Athletic Training Clinical Rotation III
(Formerly offered as EKIN 3112.) Two credits. Prerequisite: Open only to Athletic Training majors. Graham, Mazerolle
Provides students majoring in athletic training hands-on experience dealing with athletic injuries.

3113. Athletic Training Clinical Rotation IV
(Formerly offered as EKIN 3113.) Three credits. Prerequisite: Open only to Athletic Training majors. Graham, Mazerolle
Provides students majoring in athletic training hands-on experience dealing with athletic injuries.

3114. Athletic Training Clinical Rotation V
(Formerly offered as EKIN 3114.) Three credits. Prerequisite: Open only to Athletic Training majors. Graham, Mazerolle
Provides students majoring in athletic training hands-on experience dealing with athletic injuries.

3115. Sports Medicine Experiences
(Formerly offered as EKIN 3115.) One credit. Repeatable for 4 credits. Prerequisite: Open only to Athletic Training majors. Graham
Experiences in a variety of sports medicine settings that will serve to broaden an athletic-training student’s awareness of medical coverage of athletic events and other medical personnel involved in athletic health care.

3120. Functional Anatomy for Athletic Trainers
(Formerly offered as EKIN 3120.) Three credits. Prerequisite: Open only to Athletic Training majors. Mazerolle
Provides students majoring in athletic training in-depth knowledge of anatomy related to athletic injuries.

3122. Gross Anatomy Laboratory for Athletic Trainers
(Formerly offered as EKIN 3122.) One credit. Will be taught concurrently with EKIN KINS 3120. Di Stefano, Elliot, Mazerolle
Develops knowledge of structural and functional anatomy. Includes a comprehensive study of the internal and surface anatomy of the human body with emphasis on body tissues, the systems approach to anatomy, the head, neck, face, the upper extremity, thorax, abdomen, vertebral column, deep back, pelvis, and lower extremity. The relationships of muscular, skeletal, neural, and vascular structures will be discussed and demonstrated in human prosected material in a
Anatomical relationships to normal movement will be included. Labs will include the study of human prospected material, skeletons, and joint models.

3125. Taping and Bracing Laboratory

(formerly offered as EKIN 3125.) Two credits. Prerequisite: Open only to Athletic Training majors who are sophomores or higher. \textit{Lopez}

Provides an overview of the general concepts and principles related to dealing with specific athletic injuries.

3130. Evaluation of the Extremities

(formerly offered as EKIN 3130.) Three credits. Prerequisite: Open only to Athletic Training majors who are sophomores or higher. \textit{Casa}

Techniques and procedures used to evaluate injuries to the extremities. Includes history, observation, palpation, special tests, manual muscle testing, blood flow, nerve function, and other injury specific skills.

3140. Emergency Procedures in Athletic Training

(formerly offered as EKIN 3140.) Three credits. Prerequisite: Open only to Athletic Training majors. \textit{Casa}

Evaluation and treatment skills for athletic injuries to the head, face, neck, trunk, spine, thorax, and abdomen. Acute first-aid considerations in life-threatening situations will also be covered in-depth.

3150. Assessment Laboratory

(formerly offered as EKIN 3150.) Two credits. Prerequisite: Open only to Athletic Training majors. \textit{Mazerolle}

Provides an assessment of athletic injuries experience that integrates the material in previous courses so as to serve as a capstone academic experience related to evaluation skills for athletic injuries.

3155. Athletic Training Administration

(formerly offered as EKIN 3155.) Three credits. Prerequisite: Open only to Athletic Training majors. \textit{Graham}

Administrative/management concerns for the athletic trainer. Insurance, budgeting, counseling, facility design, hiring, record keeping, and other issues will be covered.

3155W. Athletic Training Administration

(formerly offered as EKIN 3155W.) Prerequisite: Open only to Athletic Training majors; ENGL 1010 or 1011 or 2011.

3156. Professional Development for Athletic Trainers

(formerly offered as EKIN 3156.) Two credits. Prerequisite: Open only to Athletic Training majors. \textit{Graham}

Covers concepts pertaining to professional development in athletic training including workshop development, ethics and ethical decision making, organizational structure, work-place culture, and other topics pertaining to the profession.

3160. Counseling in Sports Medicine

(formerly offered as EKIN 3160.) Three credits. Prerequisite: Open only to Athletic Training majors. \textit{Casa}

Counseling concerns for the athletic trainer. Theory, practical skills, assessment, referral and specific counseling issues in athletic health care.

3165W. Current Research and Issues in Athletic Training

(formerly offered as EKIN 3165W.) Three credits. Prerequisite: Open only to Athletic Training majors; ENGL 1010 or 1011 or 2011. \textit{Casa}

Acquaints students with recent research in the field, the components of conducting and publishing research in the field, and preparation for research at the graduate level. Important issues relevant to the athletic training profession will be discussed.

3170. Health and Medicine

(formerly offered as EKIN 3170.) Three credits. Prerequisite: Open only to Athletic Training majors. \textit{McDermott}

Knowledge, skills, and values that a health professional must possess to recognize, treat, and refer, when appropriate, the general medical conditions and disabilities of athletes and others involved in physical activity.

3177. Pathophysiology and Pharmacology for Athletic Trainers

(formerly offered as EKIN 3177.) Three credits. Prerequisite: Open only to Athletic Training majors. \textit{McDermott}

Focuses on the pathophysiology and pharmacology as it relates to athletic injuries. Specifically, the injury and repair process of skin, muscle, bone, ligaments, tendons, and cartilage. The pharmacology of therapeutic medications and performance enhancing substances will be covered.
3200. **Sport Administration II**

(Formerly offered as EKIN 3200.) Three credits. Prerequisite: Open only to students in Kinesiology programs. The role of support groups; sport organizations; leagues and conferences; camps and clinics; local community relations; along with the relevance of youth, amateur and professional competition; are considered in depth by professors, coaches and guest speakers.

3210. **Sport Administration I**

(Formerly offered as EKIN 3210.) Three credits. Prerequisite: Open only to students in Kinesiology programs. Morrone

Focuses on the many administrative roles the coach assumes within the school when developing, maintaining and/or improving a sports program entrusted to him/her. The coach; the athlete; the program; facilities and equipment; academic and financial aid; scouting and recruiting; and, the media will be emphasized by professors, coaches and guest speakers.

3215. **Theory of Coaching**

(Formerly offered as EKIN 3215.) Three credits. Prerequisite: Open only to students in Kinesiology programs. Morrone

Focuses development of a coaching philosophy and the skills necessary to develop as a professional. Coaches, professors and guest speakers provide insight into the essential elements of coaching, including technical training, tactical awareness, physical fitness and psychological preparation.

3310. **Issues in Sport**

(Formerly offered as EKIN 3315.) Three credits. Prerequisite: Open only to students in Kinesiology programs. Burton

The study of socio-cultural, economic, political, and other related issues in sport.

3320. **Introduction to Sport and Exercise Psychology**

(Formerly offered as EKIN 3320.) Three credits. Prerequisite: Open only to Kinesiology majors. Burton

Examines psychological theories and research related to sport and exercise behavior. Explores the study of how personality and situational variables affect motivation, anxiety, and aggression in sport. Additional topics to be examined include group processes in sport, performance enhancement and psychological development through sport.

3500. **Exercise and Sport Science for Coaches**

(Formerly offered as EKIN 3500.) Four credits. Prerequisite: Open only to students in Kinesiology programs. Joseph

Provides fundamental physiological principles and their application to coaching competitive athletics.

3522. **Biomechanics of Injury and Sport**

(Formerly offered as EKIN 3522.) Three credits. Three lectures. Prerequisite: PNB 2264-2265; basic mathematics skills; open only to students in Kinesiology programs. Joseph

Quantitative and qualitative analyses of sport related injuries and movements during sport, including the study of linear and angular motion, force and torque, momentum, energy, and equilibrium.

3525. **Fundamentals of Resistance Training**

(Formerly offered as EKIN 3525.) Three credits. Prerequisite: Open only to students in Kinesiology programs. Kraemer

Coaching professionals must have the knowledge, skills, and understanding of the scientific principles on which to design individualized resistance training programs needed for optimal performance and injury prevention.

3530. **Physiological Assessment of Competitive Athletes**

(Formerly offered as EKIN 3530.) Three credits. Prerequisite: Open only to students in Kinesiology programs. Van Heest

Focuses on the development of analysis techniques of human physiology specific to competitive athletes. The course will include both laboratory and field methods to evaluate aerobic ability, anaerobic ability, flexibility, muscular strength and power and body composition. It requires a strong foundation in musculoskeletal anatomy and physiology. The course is designed to better prepare the student for development of scientifically sound coaching practices.

3530W. **Physiological Assessment of Competitive Athletes**

(Formerly offered as EKIN 3530W.) Prerequisite: Open only to students in Kinesiology programs; ENGL 1010
Resistance Training Exercise Techniques and Evaluation

3545. (Formerly offered as EKIN 3545.) Three credits. Prerequisite: Open only to students in Kinesiology programs; others by consent of instructor. 

Strength and conditioning professionals must have the knowledge of proper resistance exercise techniques, safety spotting techniques, equipment care and maintenance, different types of resistance training equipment, and the evaluation of physical performance capabilities. The understanding of the proper teaching techniques, testing protocols, and evaluation methods is vital to a strength and conditioning program.

Introduction to Honors Research

3610. (Formerly offered as EKIN 3610.) Three credits. Prerequisite: Open only to Honors Students in Kinesiology programs.

The student will meet with KINS faculty members and attend laboratory/program staff meetings to survey the opportunities available for future Honors Thesis research.

Honors Literature Review

3615. (Formerly offered as EKIN 3615.) Three credits. Prerequisite: Open only to Honors Students in Kinesiology programs.

The student will identify specific Honors Thesis research questions and will write a library research paper that will serve as the thesis Literature Review.

Honors Thesis

3697W. (Formerly offered as EKIN 3697W.) Three credits. Prerequisite: ENGL 1010 or 1011 or 2011; open only to Honors Students in Kinesiology programs.

The student will collect and interpret data and will write the Honors Thesis, completing work begun during KINS 3615.

Advanced Sport Based Youth Development

4300. (Formerly offered as EKIN 4300.) Three credits. Prerequisite: KINS 3547.

Involves all class members in direct-action service and organizing activities in Hartford’s North End. Students, having met the prerequisite course requirements, will continue their involvement in off-campus travel to engage with community partners and to provide sport based youth development programming to youth ages 5-18. Transportation is provided and it is suggested that students have at least one four-hour block free per week to facilitate travel to Hartford and back.

Physiological Systems in Human Performance

4500. (Formerly offered as EKIN 4500.) Three credits. Prerequisite: PNB 2264-2265; open only to students in Kinesiology programs. 

An organ systems approach to optimal human performance including metabolism, energy transfer, nerve transmission, muscle contraction, endocrine control, and cardiopulmonary physiology.

Mechanisms and Adaptations in Sport and Exercise

4510. (Formerly offered as EKIN 4510.) Three credits. Prerequisite: PNB 2264-2265; open only to students in Kinesiology programs. 

An applied approach to the physiological mechanisms and adaptations influencing sport and exercise: optimal nutrition, body composition, exercise training, ergogenic aids, aging, cardiovascular health, and environmental factors.

Mechanisms and Adaptations in Sport and Exercise

4510W. (Formerly offered as EKIN 4510W.) Prerequisite: PNB 2264-2265; ENGL 1010 or 1011 or 2011; open only to students in Kinesiology programs.