

KIN Kinesiology

KIN 100 Physical Fitness I (0-2) **1 cr.**

Provides a structured aerobic and strength training program designed for individuals free of heart, pulmonary and metabolic disorders. The course offers the student computer-assisted fitness evaluations, guidance in developing an individualized exercise prescription and professional supervision. Prior to beginning the program, a physician supervised exercise stress test is required for men over 45 years or older and women over 55 years or older, and all individuals regardless of age who have multiple cardiovascular risk factors. The stress test will be waived, provided a written physician clearance can be obtained. This class is designed for students who are able to safely participate in cardiorespiratory and resistance activities and may include the use of equipment. This class is not designed for students who may have known heart, pulmonary, metabolic, physiological diseases and/ or orthopedic challenges. By registering for this class, you assume the full risk of any injuries, damages or loss which may be sustained and are responsible for any associated medical costs or individual damages. This course may be taken twice for credit.

KIN 101 Physical Fitness II (0-2) **1 cr.**

Continues KIN 100. Introduces other wellness components as well, such as nutrition and stress management. This course may be taken twice for credit.

Prerequisite: KIN 100 with a grade of C or better.

KIN 102 Cardio Kickboxing (0-1) **0.5 crs.**

Emphasizes physical conditioning that is set to music that uses movements from boxing, kickboxing and martial arts. This course may be taken twice for credit.

KIN 103 Exercise Cycling (0-1) **0.5 crs.**

Uses stationary bicycles to improve cardiorespiratory endurance, muscle strength and endurance for physical conditioning. Music is used to motivate and establish the pace and rhythm of the workout. This course may be taken twice for credit. This class is designed for students who are able to safely participate in cardiorespiratory and resistance activities and may include the use of equipment. This class is not designed for students who may have known heart, pulmonary, metabolic, physiological diseases and/ or orthopedic challenges. By registering for this class, you assume the full risk of any injuries, damages or loss which may be sustained and are responsible for any associated medical costs or individual damages.

KIN 104 Pilo Boxing (0-2) **1 cr.**

Teaches physical conditioning by combining techniques and movements used in cardio boxing and Pilates set to music. This course may be taken twice for credit.

KIN 105 Aquacise (0-1) **0.5 crs.**

Provides an in-water exercise program which emphasizes the development of cardiopulmonary endurance, flexibility, muscle strength, muscle endurance and general movement efficiency. Music is used to help motivate the students. The fitness guidelines followed in this course are designed for the apparently healthy individual and are not designed for individuals with known cardiovascular, pulmonary or metabolic diseases. Students are encouraged to see a physician before embarking on any exercise program. Students need not be able to swim to participate. This course may be taken twice for credit.

KIN 106 Pilates (0-2) **1 cr.**

Employs a system of movements to increase range of motion, balance, strength and awareness of the mind/body connection. This course may be taken twice for credit. This class is designed for students who are able to safely participate in cardiorespiratory and resistance activities and may include the use of equipment. This class is not designed for students who may have known heart, pulmonary, metabolic, physiological diseases and/ or orthopedic challenges. By registering for this class, you assume the full risk of any injuries, damages or loss which may be sustained and are responsible for any associated medical costs or individual damages.

KIN 107 Yoga I (0-2) **1 cr.**

Provides students with the opportunity to develop a strong healthy body and an increased level of mental and physical relaxation through the use of yoga postures and breathing techniques. Students will learn to recognize the presence of tension and be able to consciously relieve it. This course may be taken twice for credit. This class is designed for students who are able to safely participate in cardiorespiratory and resistance activities and may include the use of equipment. This class is not designed for students who may have known heart, pulmonary, metabolic, physiological diseases and/ or orthopedic challenges. By registering for this class, you assume the full risk of any injuries, damages or loss which may be sustained and are responsible for any associated medical costs or individual damages.

KIN 108 Yoga II (0-2) **1 cr.**

Provides students with the opportunity to build on the skills they have gained in KIN 107 (formerly PED 122). Special emphasis will be on learning and practicing more advanced yoga postures and breathing. This course is not designed for students who are pregnant or with known heart, pulmonary, metabolic disease or orthopedic problems. Students are encouraged to see a physician before embarking on any exercise program. This course may be taken twice for credit.

Prerequisite: KIN 107 with a grade of C or better, or consent of instructor.

KIN 109 Power Yoga (0-2) **1 cr.**

Provides students with an introductory course emphasizing the development, maintenance and improvement of concentration, strength and flexibility through yoga postures and breathing techniques. This course is for students who already have muscular strength and cardiovascular endurance. The fitness guidelines followed in this course are designed for apparently healthy individuals and not designed for individuals with known hearing, pulmonary, or metabolic disease. Students with known orthopedic problems such as back or knee pain should see a physician and receive medical clearance. This course may be taken twice for credit.

KIN 110 Hips, Abs and Thighs (0-1) **0.5 crs.**

Uses exercises set to music directed at the body's core to improve muscle strength and endurance. Participants are encouraged to exercise at their own pace in this physical conditioning course. This course may be taken twice for credit.

- KIN 111 Basic Weight Training (0-2)** 1 cr.
Provides the basic knowledge of the proper use of weight training equipment. Students will learn about the specific muscle groups used during weight training and the different methods of developing muscular strength and endurance. Students will also be able to apply the principles that they have learned and ultimately develop their own individualized program. This course may be taken twice for credit. This class is designed for students who are able to safely participate in cardiorespiratory and resistance activities and may include the use of equipment. This class is not designed for students who may have known heart, pulmonary, metabolic, physiological diseases and/ or orthopedic challenges. By registering for this class, you assume the full risk of any injuries, damages or loss which may be sustained and are responsible for any associated medical costs or individual damages.
- KIN 112 Intermediate Weight Training (0-2)** 1 cr.
Provides the advanced student with a more challenging strength training program. Students will review the muscles used in a personal strength training program, the safety issues regarding appropriate lifts and use of the equipment, contraindicated movements, stretching and spotting techniques, warm-up and cool down techniques. In addition, students will also learn about the use and misuse of ergogenic aids, steroids and nutritional supplements. Students will have the opportunity to develop and participate in their own individualized muscle strength and endurance training program. This course may be taken twice for credit.
- KIN 113 Advanced Weight Training (0-2)** 1 cr.
Provides weight training instruction with an emphasis on Olympic and power lifts. Students will have the opportunity to develop advanced weight training skills as well as practice Olympic and power techniques. This course may be taken twice for credit.
- KIN 114 Sport Performance Fitness (0-2)** 1 cr.
Provides physical conditioning theories and drills for improvement in speed, agility, quickness, strength and power (SAQSP). Applies sport-specific plyometric and high intensity fitness activity. This course may be taken twice for credit.
- KIN 115 Boot Camp (0-1)** 0.5 crs.
Offers an intense, highly regimented, military style of physical conditioning. Disciplined forms of exercise include use of body weight, simple apparatus and calisthenics to develop all components of fitness. This course may be taken twice for credit.
- KIN 116 Zumba (0-1)** 0.5 crs.
Provides students with an aerobic workout that uses Latin and International music and dance moves. This is a dynamic and effective workout that combines interval training to maximize cardiovascular fitness. This course may be taken twice for credit.
- KIN 139 Physical Activity Topics (0-1 to 0-2)** 0.5-1 cr.
Provides students with a variety of mind/body modalities to improve physical fitness. Fundamental skills, terminology, proper equipment and safety are emphasized. This course may be taken twice for credit.
- KIN 140 Modern Dance (0-2)** 1 cr.
Explores movement potential, increase technical proficiency and broaden rhythm background; skills in technique and composition stressed. This course may be taken twice for credit.
- KIN 142 Introduction to Ballet (0-2)** 1 cr.
Provides instruction for students with little or no previous training in ballet. This course may be taken twice for credit.
- KIN 143 Jazz Dance (0-2)** 1 cr.
Provides students with the elements of ballet, modern dance and Afro-Haitian to combine them into a dance form that can be idiomatic, syncopated and fast paced. This course may be taken twice for credit.
- KIN 144 Hip Hop Dance (0-2)** 1 cr.
Provides students with the fundamentals of hip hop dance which includes basic and complex movements, musicality, rhythms and spatial awareness. Teaches students general patterns and basics for choreographing routines. This course may be taken twice for credit.
- KIN 161 Tae Kwon Do (0-2)** 1 cr.
Provides a basic understanding, training and practical application of Tae Kwon Do techniques. Includes proper training methods, physical conditioning, techniques, and rules and regulations for contests. This course may be taken twice for credit.
- KIN 162 Judo and Self-Defense/Beginning (0-2)** 1 cr.
Provides a basic understanding and practical application of judo and self-defense techniques. Includes proper training methods, physical conditioning, techniques and rules and regulations for contests. This course may be taken twice for credit. This class is designed for students who are able to safely participate in cardiorespiratory and resistance activities and may include the use of equipment. This class is not designed for students who may have known heart, pulmonary, metabolic, physiological diseases and/ or orthopedic challenges. By registering for this class, you assume the full risk of any injuries, damages or loss which may be sustained and are responsible for any associated medical costs or individual damages.
- KIN 163 Judo and Self-Defense/Advanced (0-2)** 1 cr.
Orientation and instruction in all aspects of judo and self-defense. Provides greater emphasis on Randori and preparation for competition. This course may be taken twice for credit. This class is designed for students who are able to safely participate in cardiorespiratory and resistance activities and may include the use of equipment. This class is not designed for students who may have known heart, pulmonary, metabolic, physiological diseases and/ or orthopedic challenges. By registering for this class, you assume the full risk of any injuries, damages or loss which may be sustained and are responsible for any associated medical costs or individual damages.
Prerequisite: KIN 162 with a grade of C or better, or consent of instructor.
- KIN 164 Ju-Jitsu I (0-2)** 1 cr.
Introduces Ju-jitsu (Miyama Ryu), the art of the Japanese Samurai from which judo, aikido and karate were derived. Based on mechanical principles, ju-jitsu is designed for self-defense. This non-competitive art is suited for women and men regardless of size and physical condition, stressing technique and attitude. Benefits are improved fitness, coordination, awareness, and defense skills training.
- KIN 171 Volleyball (0-1)** 0.5 crs.
Provides instruction in the basic skills, rules, scoring and terminology. This course may be taken twice for credit.
- KIN 172 Tennis (0-1)** 0.5 crs.
Provides instruction of the basic skills, rules and scoring. Students will have the opportunity to practice their skills in both singles and doubles game situations. This course may be taken twice for credit.
- KIN 173 Competitive Tennis (0-1)** 0.5 crs.
Provides rules, scoring, theory and practice of the skills of competitive tennis. Emphasizes game strategy in singles and doubles play. This course may be taken twice for credit.
- KIN 175 Swimming: Beginning (0-2)** 1 cr.
Provides students with an entry-level swimming class with emphasis on learning the basic skills of swimming and aquatic safety. This course may be taken twice for credit.

KIN 176 Swimming Intermediate and Advanced (0-2) 1 cr.

Provides instruction in intermediate and advanced swimming skills with emphasis on learning all the swimming strokes, springboard diving skills, competitive swimming techniques, safety techniques and aquatic fitness. May be repeated up to a maximum of two credit hours. You must be able to swim 50 yards. This course may be taken twice for credit.

KIN 177 Lifeguard Training (0-2) 1 cr.

Provides lifeguard candidates with the skills and knowledge needed to prevent and respond to aquatic emergencies. The course material and activities adhere to the American Red Cross program requirements. Students receive CPR/FPR (Cardio Pulmonary Rescue for the Professional Rescuer), First Aid and Lifeguard Training Certification upon successful completion of this course. (NOTE: Students must be at least 15 years of age to qualify for American Red Cross Lifeguard Training Certification.) This course may be taken twice for credit.

KIN 180 Fencing (0-2) 1 cr.

Provides students with the beginning fundamentals of fencing with an emphasis in epee. Explains and demonstrates footwork and handwork specific to epee, followed by practice drills in pairs by students with the supervision of the instructor. The fitness guidelines followed in this course are designed for the apparently healthy individual and are not designed for individuals with known cardiovascular, pulmonary or metabolic diseases. Students are encouraged to see a physician before embarking on any exercise program. This course may be taken twice for credit. This class is designed for students who are able to safely participate in cardiorespiratory and resistance activities and may include the use of equipment. This class is not designed for students who may have known heart, pulmonary, metabolic, physiological diseases and/ or orthopedic challenges. By registering for this class, you assume the full risk of any injuries, damages or loss which may be sustained and are responsible for any associated medical costs or individual damages.

KIN 181 Boxing (0-2) 1 cr.

Provides students with skills and techniques of boxing. Emphasizes proper stance, technique, footwork, offensive and defensive skills. This course may be taken twice for credit.

KIN 200 Introduction to the Field of Kinesiology (3-0) 3 crs.

Provides a fundamental introduction to the academic content areas that make up the discipline of kinesiology, including: anatomy & physiology, exercise science, biomechanics, motor control & learning, psychology and sociology. Introduces the professional field of kinesiology and looks at career paths within the major such as: Rehabilitation, Sports Management, Personal Training, and Physical Education. This course assesses students' personal traits and professional skill sets, with emphasis on development for increased candidacy in academic and/or professional pursuits related to the field of kinesiology.

KIN 201 Physical Education in Elementary School (3-0) 3 crs.

Provides instruction on the growth and development of elementary school children and the planning and organization of elementary physical education programs.

KIN 202 Standard First Aid and Cpr (3-0) 3 crs.

Provides a comprehensive first aid course which is taught under the guidelines of the American Heart Association (AHA). This course includes the American Heart Association Basic Life Support (BLS) component, which covers adult, child and infant Cardiopulmonary Resuscitation (CPR) and the use of the Automated External Defibrillator (AED). This course is designed to prepare students to respond to emergency situations with confidence in their ability to perform the necessary skills. Two certificates are issued (Basic Life Support (BLS) and Heartsaver FirstAid) after successful completion of the skills and written tests.

KIN 203 Wellness for Life (2-2) 3 crs.

Provides students with the knowledge of how to become fit and well and the information and tools which will assist them in formulating a personal fitness/wellness program. The course will cover physical fitness, nutrition, weight management, addictive behaviors, diseases which are lifestyle related and stress management. Students are actively involved in their learning process through the use of computers and lab sessions and will be required to attend weekly workout sessions in the fitness center. This class is designed for students who are able to safely participate in cardiorespiratory and resistance activities and may include the use of equipment. This class is not designed for students who may have known heart, pulmonary, metabolic, physiological diseases and/ or orthopedic challenges. By registering for this class, you assume the full risk of any injuries, damages or loss which may be sustained and are responsible for any associated medical costs or individual damages.

KIN 204 Teaching Methods: Track and Field (1-2) 2 crs.

Provides an opportunity for students to learn the fundamental skills of Track and Field. Covers rules, training and conditioning, use of technology, coaching techniques, meet administration and the responsibilities of officials with basic officiating. Students are able to apply their knowledge by planning, participating, coaching and officiating their own track and field meet.

KIN 205 Teaching Methods: Soccer (1-2) 2 crs.

Provides the fundamental skills and organizational techniques of the game of soccer. Strategy, rules, terminology, practice drills, conditioning, safety standards, officiating techniques and technology applications are emphasized in the areas of instruction and coaching. Students will have the opportunity to use these skills and techniques in game, teaching and coaching situations.

KIN 207 Teaching Methods: Volleyball (1-2) 2 crs.

Provides the fundamental skills and organizational techniques of the game of volleyball. Strategy, rules, terminology, practice drills, conditioning, safety standards, officiating techniques, and technology applications are emphasized in the areas of instruction and coaching. Students will have the opportunity to use these skills and techniques in game, teaching and coaching situations.

KIN 208 Teaching Methods: Basketball (1-2) 2 crs.

Provides the fundamental skills and organizational techniques of the game of basketball. Offensive and defensive playing techniques, game strategy, safety standards, technology applications, officiating techniques coaching, and applications of the basic rules are covered. Students will have the opportunity to use these skills and techniques in game, teaching and coaching situations.

KIN 209 Teaching Methods: Tennis (1-2) 2 crs.

Provides the fundamental skills and organizational techniques of the game of tennis. Strategy, rules, terminology, practice drills, conditioning, safety standards, officiating techniques, and technology applications are emphasized for both singles and doubles play. Students will have the opportunity to use these skills and techniques in game, teaching and coaching situations.

KIN 210 Teaching Methods: Baseball (1-2) 2 crs.

Provides the fundamental skills and organizational techniques of the game of baseball. Strategy, rules, terminology, practice drills, conditioning, safety standards, officiating techniques, and technology applications are emphasized in the areas of instruction and coaching. Students will have the opportunity to use these skills and techniques in game, teaching and coaching situations.

- KIN 211 Teaching Methods: Aquatics (1-2)** 2 crs.
Provides students with instruction in the planning, development, organization and management of aquatic programs. Students will learn how to utilize technology to improve components of an aquatic program. This course discusses the history of aquatics and covers fundamental skills and techniques. Students will have the opportunity to practice their swimming and water safety skills and techniques. You must be able to swim 50 yards.
- KIN 212 Water Safety Instructor (1-2)** 2 crs.
Provides instruction in both the American Red Cross Fundamentals of Instructor Training (FIT) and Water Safety Instruction (WSI). The following qualifications apply: · Students must be 16 years of age or older on the last day of class. · Student must perform rescue techniques and demonstrate water safety skills. · Student must swim 50 yards of the following strokes with American Red Cross Level 4 skill accuracy: front crawl, back crawl, elementary backstroke, sidestroke and breaststroke. · Student must swim 15 yards of the butterfly stroke. · Student must maintain position on back for one minute in deep water while floating or sculling. · Student must tread water for one minute.
- KIN 214 Exercise Technique and Instruction (1-2)** 2 crs.
Provides practical instruction for the safe and effective execution of resistance exercise for all of the major joints of the body. Introduces students to basic strength training techniques and principles with functional anatomy. Exposes students to a variety of forms of resistance training. Emphasizes coaching and instruction of exercise with correction of errors and progression strategies.
Prerequisite: KIN 111 and prior or concurrent enrollment in KIN 236 OR BIO 135 or BIO 160.
- KIN 220 Introduction to Coaching (3-0)** 3 crs.
Provides students with the knowledge of the critical components involved in the profession of coaching. Helps students develop their coaching philosophy, learn methods of motivating athletes, learn to teach sort techniques and tactics, develop training/fitness conditioning programs, plan season workouts, understand team management, and understand coaching ethics, law and liability. Upon completion of this course, students will be able to take the American Sport Education Program (ASEP) Coaching Principles Certification exam. (NOTE: Passing the certification exam is part of the requirement for obtaining the Bronze Level ASEP Coaching Certification.)
- KIN 221 Care and Prevention of Athletic Injuries (2-2)** 3 crs.
Provides students with the basic principles in the prevention and care of injuries related to sport activities. This course teaches students who plan to coach how to make the correct decisions during athletic play and provides them with the latest first aid protocols. The course meets the requirements for the American Sport Education Program (ASEP) Sport First Aid course. Students have the opportunity to take the ASEP test upon successful completion of the course. The course includes sports first aid, taping and padding techniques, the fitting of protective equipment and the role of coaches, parents, administrators, health care workers, fitness specialists and athletes in injury prevention and care. An introduction to the athletic training profession will also be covered.
- KIN 222 Sports Officiating (2-0)** 2 crs.
Provides comprehensive instruction on rules and officiating techniques in interscholastic sports. Students will also have the necessary preparation for the Illinois High School Athletic Association certification exam as well as other certifying agencies. Officiating opportunities are provided in college intramural and intercollegiate athletic programs. Some sports covered--but not limited to--are basketball, baseball and volleyball.
- KIN 223 Sports Psychology (3-0)** 3 crs.
Provides an overview of sport and exercise psychology by focusing on human behavior in certain types of situations in sport and exercise settings. Examines what motivates people, how they regulate their thoughts, feelings and emotions and how their behaviors can become more effective. Also teaches students how to apply these psychological concepts.
- KIN 224 Sociology of Sport (3-0)** 3 crs.
Provides students with a global and issue-oriented approach to the study of how sport has evolved and influenced us in our society. Examines topics which include--but are not limited to--the effects of sport involvement on socialization; sports and children; violence in sports; gender and sports; race, religion and ethnicity and sports; and sports and the media.
- KIN 225 Sports Nutrition (3-0)** 3 crs.
Provides in-depth study of the physiological principles behind sports nutrition as it relates to the influence of nutrition on exercise performance, exercise training and recovery. (Also listed as DIT 225. Credit will be given for either DIT 225 or KIN 225, but not both.)
- KIN 230 Exercise Science (3-0)** 3 crs.
Provides an understanding of the physiological response and adaptation to exercise and other environmental stresses. Topics related to neuromuscular adaptation, metabolism, cardiorespiratory physiology, and hormonal responses will be examined. In addition, the physiological effects of age, gender, body composition, and the environment on human performance will be discussed.
Prerequisite: Placement into ENG 101. For placement options, please visit http://goforward.harpercollege.edu/registration/testing/pdf/ENG_Placement_Grid_17_18.pdf
- KIN 231 Fitness Assessment and Programming (2-2)** 3 crs.
Provides students with a study of the basic scientific components of physical fitness. Includes the measurement of different indices of fitness common to corporate, clinical, and lab settings. Addresses principles of exercise programming. Test results are used in developing individualized exercise prescriptions to improve cardiorespiratory fitness, muscular fitness, body composition, and flexibility.
Prerequisite: Prior or concurrent enrollment in KIN 230 with a grade of C or better.
- KIN 234 Personal Training Practicum (2-3)** 3 crs.
Provides students experience with practical application of knowledge and hands-on skills in working with a diverse clientele. Students will conduct fitness assessments, design exercise programs, instruct clients in safe and effective program implementation, and evaluate the effectiveness of exercise regimens specific to client needs in a supervised fitness setting. The course includes a campus-based lecture series that provides review and supplemental knowledge of the personal training profession, with an emphasis on national certification exam preparation. Valid Heartsaver First Aid CPR AED certification through the American Heart Association is required to participate in this course.
Prerequisite: KIN 231 with a grade of C or better.
- KIN 236 Functional Anatomy (3-0)** 3 crs.
Examines the structural and functional components of the human musculoskeletal system as it relates to normal and abnormal movement. Addresses joint structure and function, forces that effect motion and the resultant kinematics. Emphasis is on musculoskeletal anatomy.
Prerequisite: Placement into ENG 101. Also BIO 135, BIO 160 or equivalent is recommended. https://www.harpercollege.edu/registration/testing/pdf/ENG_Placement_Grid.pdf

KIN 250 Topics in Kinesiology (1-0 to 3-0) 1-3 crs.

Provides students with an opportunity to examine different topics that fall under the kinesiology field. Content will change from semester to semester. This course may be taken twice up to a maximum of 6 credit hours.