KINESIOLOGY (KINS)

KINS 8040 ADVANCED STATISTICS (3 credits)
This course will be a study in the statistical methods commonly used in descriptive and experimental research in physical education and exercise science. Application, particularly regarding the purpose, selection, and interpretation of statistical procedures will be emphasized. (Cross-listed with KINS 9041).
Prerequisite(s)/Corequisite(s): HPER 8030/HEKI 8030 or HPER 9031/HEKI 9031 or equivalent

KINS 8076 OPTIMIZING SPORTS PERFORMANCE (3 credits)
The course is designed for coaches, athletes and physically active people, and allied health professionals. Course content emphasizes integration of several disciplines in sports medicine aimed at preparing one for optimal sports performance. Topics include peaking, detraining, overuse injury, efficiency, special foods and nutritional requirements, genetics and trainability, and designing of multi-year training schedules. (Cross-listed with KINS 4070).
Prerequisite(s)/Corequisite(s): BMCH 4630 with a grade of C- or better and PE 4940/KINS 4930 with a grade of C- or better.

KINS 8086 CLINICAL EXERCISE PHYSIOLOGY (3 credits)
This course will offer students the knowledge, skills, and abilities to take the American College of Sports Medicine's health fitness instructor certification exam. This course will emphasize health risk assessment, exercise testing, and exercise prescription for healthy and clinical populations. (Cross-listed with KINS 4080).
Prerequisite(s)/Corequisite(s): PE 2210 or KINS 2210 with a grade of C- or better, BMCH 2500 with a grade of C- or better or BIOL 2840 with a grade of C- or better and PE 4940 or KINS 4940 with a grade of C- or better.

KINS 8120 CURRENT TOPICS IN WEIGHT MANAGEMENT (3 credits)
This course will focus on current issues related to weight management. Candidates will review the guidelines for physical activity and nutrition, apply them to current reading material sold in book stores, and develop a best practice for weight management using what they have learned.
Prerequisite(s)/Corequisite(s): Not open to non-degree graduate students.

KINS 8130 IMPLEMENTING PHYSICAL ACTIVITY IN DIVERSE POPULATIONS (3 credits)
This course will focus on information necessary to assess, design, implement, and evaluate the need for and effectiveness of physical activity interventions in diverse populations, races, and ethnicities. These populations will include: African American, Native American, Hispanic, Asian American, Pacific Islanders, and Caucasian. Additionally, candidates will complete a health and physical activity service learning project in which they will work with diverse populations in the community. (Cross-listed with KINS 9131).
Prerequisite(s)/Corequisite(s): PE 3900/KINS 3900 or PE 8905/KINS 8905 or PE 8700/KINS 8700 or HED 8600/PHHB 8600. Not open to non-degree graduate students.

KINS 8140 PHYSICAL ACTIVITY ASSESSMENT AND HEALTH RELATED RESEARCH (3 credits)
This course will cover the broad scope of research on physical activity and public health. Emphasis will be placed on the application of physical activity assessment techniques. (Cross-listed with KINS 9141).

KINS 8176 MOTOR ASSESSMENT AND PRESCRIPTION (3 credits)
An in-depth survey of motor and fitness assessment instruments for use with pre-school, elementary, and secondary school students. The use of test scores for diagnosis and prescription of physical education activities for special populations will be addressed. This course will enhance the skills of the teacher to orchestrate the learning environment for students with special needs. (Cross-listed with KINS 4170)
Prerequisite(s)/Corequisite(s): PE 4150 or KINS 4150

KINS 8186 PRACTICUM IN PHYSICAL EDUCATION FOR THE DISABLED CHILD (3 credits)
This course is designed as a practicum with theoretical and practical experience in addressing the motor needs of young disabled children in a physical education setting. This course will enhance the skills of the teacher to orchestrate the learning environment for students with special needs. (Cross-listed with KINS 4180).
Prerequisite(s)/Corequisite(s): PE 4170/KINS 4170 or PE 8176/KINS 8176, and permission of instructor

KINS 8206 PLANNING WORKSITE WELLNESS PROGRAMS (3 credits)
This course will focus on the planning of quality worksite wellness programs utilizing standards established by the Association for Worksite Health Promotion. Steps in the planning process such as needs assessment, strategic planning, implementation, and evaluation will be taught with special application to the worksite. Critical issues involving worksite programs also will be addressed such as upper management support, program standards, corporate culture, competencies for worksite health promotion professionals, economic benefits, behavioral theories, legal issues, and the integration of worksite wellness programs and health core. (Cross-listed with KINS 4200).
Prerequisite(s)/Corequisite(s): Junior standing.

KINS 8210 EMERGENCY MANAGEMENT OF INJURY AND ILLNESS (2 credits)
The purpose of this course is to prepare students to respond to emergent conditions that affect patients involved in physical activity. Students will learn to recognize the signs and symptoms of acute injury and illness, assess patients using evidence-based methods, apply appropriate treatments, make appropriate referral decisions, and implement effective prevention strategies to reduce the risk of injury and illness.
Prerequisite(s)/Corequisite(s): Admission to the Master of Arts in Athletic Training program. Not open to non-degree graduate students.

KINS 8240 SPORT IN AMERICAN CULTURE (3 credits)
Sport in American culture is a study of sport from a theoretical perspective. The relationship between sport and sub-cultures (to include disadvantaged American cultures), economics, global influences, and technology will be analyzed.

KINS 8266 INCLUDING INDIVIDUALS WITH DISABILITIES IN PHYSICAL EDUCATION (3 credits)
This course is for physical education, health education, special education and therapeutic recreation candidates interested in the inclusion of children with disabilities in physical education environments. (Cross-listed with KINS 4260).
Prerequisite(s)/Corequisite(s): PE 3060/KINS 3060 or PE 4000/KINS 4000 and PE 4150/KINS 44150

KINS 8280 CURRICULUM IN PHYSICAL EDUCATION (3 credits)
A study of the foundations for curriculum development. Special consideration is given to curriculum change, curriculum patterns and programs in physical education which will meet a culturally diverse, global society.

KINS 8310 ATHLETIC TRAINING TECHNIQUES (2 credits)
Overview course including basic components of the athletic training profession including the prevention, recognition, evaluation and immediate care of athletic injuries. Medical terminology, tissue healing, taping procedures, and professional considerations will be covered.
Prerequisite(s)/Corequisite(s): Admission to the Master of Arts in Athletic Training. Not open to non-degree graduate students.
KINS 8316 LOWER EXTREMITY EVALUATION (3 credits)
This course is designed to provide the candidate with knowledge and skill in the area of advanced athletic injury assessment. The candidate will be exposed to current methodology in the field of orthopedic assessment, pathophysiology of orthopedic injury, and application of current research in injury evaluation. The candidate will receive practical experience in the management of athletic injuries. This course will focus on the lower back, hip, and lower extremities. (Cross-listed with KINS 4310).
Prerequisite(s)/Corequisite(s): PE 8326/KINS 8326 and PE 8710/KINS 8710. Not open to non-degree graduate students.

KINS 8320 EVIDENCE-BASED PRACTICE IN SPORTS MEDICINE (3 credits)
This course is designed to provide the student with knowledge and skill in the area of developing clinical research questions, assessing research study designs, understanding statistical analyses, interpreting peer-reviewed manuscripts, and the incorporation of research into clinical practice. Students in this course will learn to understand the role of evidence based / practice in clinical decision making.

KINS 8326 UPPER EXTREMITY EVALUATION (3 credits)
This course is designed to provide the candidate with knowledge and skill in the area of advanced athletic injury assessment. The candidate will be exposed to current methodology in the field of orthopedic assessment, pathophysiology of orthopedic injury, and application of current research in injury evaluation. The candidate will receive practical experience in the management of athletic injuries. This course will focus on the head, neck, thorax, and upper extremities. (Cross-listed with KINS 4320).
Prerequisite(s)/Corequisite(s): PE 8316/KINS 8316, PE 8336/KINS 8336 and PE 8720/KINS 8720. Not open to non-degree graduate students.

KINS 8336 ATHLETIC THERAPEUTIC MODALITIES (3 credits)
This course will cover the theory, physiology and application of physical agents used in the treatment of injuries and illness. Students will gain practical experience utilizing selected agents to treat injuries and illnesses. (Cross-listed with KINS 4330).
Prerequisite(s)/Corequisite(s): PE 8326/KINS 8326 and PE 8710/KINS 8710. Not open to non-degree graduate students.

KINS 8346 REHABILITATION TECHNIQUES IN ATHLETIC TRAINING (3 credits)
The use of basic theories and principles of athletic injury rehabilitation including therapeutic exercise and the use of physical agents. The development of rehabilitation programs including hands-on practical application. (Cross-listed with KINS 4340).
Prerequisite(s)/Corequisite(s): Written Permission Required

KINS 8356 ORGANIZATION AND ADMINISTRATION OF ATHLETIC TRAINING (3 credits)
Administration of athletic training programs including the use of records and forms, budgets, facility design and legal concerns. (Cross-listed with KINS 4350).
Prerequisite(s)/Corequisite(s): PE 3430/KINS 3430, PE 4320/KINS 4320

KINS 8360 ADVANCED ORTHOPEDIC & MEDICAL ASPECTS OF ATHLETIC TRAINING (3 credits)
This course will enhance the candidate’s knowledge of orthopedic aspects and general medical conditions of the athlete. Involves lecture, directed observation, experiential learning, literature review and hands-on experience. Local medical professionals will be providing instruction and supervision within their specialties. The candidate will be exposed to advanced evaluation and treatment skills, including imaging techniques, surgical procedures, rehabilitation and athletic training management.
Prerequisite(s)/Corequisite(s): PE 8316/KINS 8316 and PE 8326/KINS 8326

KINS 8370 ANALYZING PHYSICAL EDUCATION TEACHING & SPORT INSTRUCTION (3 credits)
This course will examine the teaching and coaching in physical education and sport. It will identify assessment techniques utilized in teaching and coaching behavior research as well as typical prescriptions in an effort to improve one’s performance.
Prerequisite(s)/Corequisite(s): Graduate standing

KINS 8460 OCCUPATIONAL BIOMECHANICS (3 credits)
The course will address the biomechanical basis of human performance in work places and provide candidates with information in the application of biomechanics, engineering for designing industrial tools, equipment, products, and jobs that take into consideration human physical capabilities and limitations.
Prerequisite(s)/Corequisite(s): PE 4630/KINS 4630 or equivalent and PE 2880. Not open to non-degree graduate students.

KINS 8506 BEHAVIORAL ASPECTS OF COACHING (3 credits)
This course is designed to provide the physical education teacher and athletic coach with an overview of the behavioral aspects of coaching athletes. The course will provide information which will enable the coach to enhance as well as orchestrate performance of elementary, junior high, senior high, college, and post-college athletes. (Cross-listed with KINS 4500).

KINS 8700 PSYCHOLOGY OF PHYSICAL ACTIVITY (3 credits)
The central purpose of this course is to examine the psychological antecedents and consequences of exercise and physical activity behaviors. The course will focus on traditional theories/principles of psychology as they relate to various physical activity settings. (Cross-listed with KINS 9701).
Prerequisite(s)/Corequisite(s): Undergraduate or graduate course in either: PE 3900/KINS 3900 or PE 4500/KINS 4500 or PE 8506/KINS 8506 or equivalent; or instructor permission.

KINS 8710 CLINICAL PRACTICUM IN ATHLETIC TRAINING I (1 credit)
Clinical Practicum in Athletic Training I is the first course in the Clinical Practica series for students admitted to the Master of Arts in Athletic Training Program. Students will perform required clinical experiences under the supervision of a licensed athletic trainer in order to improve clinical and decision-making skills.
Prerequisite(s)/Corequisite(s): Admission to the MA in Athletic Training program, instructor permission, & compliance with published Athletic Training Program Technical Standards for Admission. Co-requisite: PE 8326/KINS 8326. Not open to non-degree graduate students.

KINS 8720 CLINICAL PRACTICUM IN ATHLETIC TRAINING II (1 credit)
Clinical Practicum in Athletic Training II is the second course in the Clinical Practica series for students admitted to the Master of Arts in Athletic Training Program. Students will perform required clinical experiences under the supervision of a licensed athletic trainer in order to improve clinical and decision-making skills.
Prerequisite(s)/Corequisite(s): Admission to MA in Athletic Training, PE 8710/KINS 8710, instructor permission, & compliance w/published Athletic Training Program Technical Standards for Admission. Co-reqs: PE 8316/KINS 8316 & PE 8336/KINS 8336. Not open to non-degree graduate students.

KINS 8730 CLINICAL PRACTICUM IN ATHLETIC TRAINING III (1 credit)
Clinical Practicum in Athletic Training III is the third course in the Clinical Practica series for students admitted to the Master of Arts in Athletic Training Program. Students will perform required clinical experiences under the supervision of a licensed athletic trainer in order to improve clinical and decision-making skills.
Prerequisite(s)/Corequisite(s): Admission to MA in Athletic Training, PE 8720/KINS 8720, instructor permission, & compliance w/published Athletic Training Program Technical Standards for Admission. Co-reqs: PE 8346/KINS 8346 & PE 8356/KINS 8356. Not open to non-degree graduate students.
KINS 8740 CLINICAL PRACTICUM IN ATHLETIC TRAINING IV (1 credit)
Clinical Practicum in Athletic Training IV is the fourth course in the Clinical Practica series for students admitted to the Master of Arts in Athletic Training Program. Students will perform required clinical experiences under the supervision of a licensed athletic trainer in order to improve clinical and decision making skills.
Prerequisite(s)/Corequisite(s): Admission to the MA in Athletic Training, PE 8730/KINS 8730 instructor permission, and compliance with published Athletic Training Program Technical Standards for Admission. Co-req: PE 8966/KINS 8966. Not open to non-degree graduate students.

KINS 8800 RISK MANAGEMENT FOR HEALTH FITNESS PROFESSIONALS (3 credits)
A study of risk management for health fitness professionals with a focus on minimizing liability exposures for health fitness facilities and their personnel. Principles of risk management such as the assessment of liability exposures, the development and implementation of risk management strategies, and the evaluation of these strategies will be explored as well as the law as it pertains to health fitness liability. Candidates will develop the knowledge and skill to manage high quality health fitness programs in various settings.
Prerequisite(s)/Corequisite(s): PE 4010/KINS 4010 or PE 8016/KINS 8016

KINS 8856 CARDIOVASCULAR DISEASE PREVENTION AND REHABILITATION (3 credits)
The purpose of this course is to provide candidates with an introduction to the theories and practices involved in all phases of cardiac rehabilitation. (Cross-listed with KINS 4850).
Prerequisite(s)/Corequisite(s): PE 8946 or KINS 8946

KINS 8865 SCIENTIFIC ASPECTS OF STRENGTH DEVELOPMENT (3 credits)
This course is designed to explore the nature of muscular strength development, to investigate the physiological basis of physical conditioning, and to provide teachers, coaches and trainers with practical experience in designing specialized conditioning programs for a variety of sports and cultures.

KINS 8900 MANAGEMENT & LEADERSHIP SKILLS FOR FITNESS WELLNESS MANAGERS (3 credits)
This course is a study of management and leadership skills necessary for the successful management of fitness and wellness facilities and programs. Candidates will develop knowledge and practical skills in the areas of personnel and financial management, marketing, and operating policies procedures as well as develop a personal leadership philosophy based on sound principles of leaders.
Prerequisite(s)/Corequisite(s): PE 4010/KINS 4010 or PE 8016/KINS 8016 or ACSM Health Fitness Certification.

KINS 8910 INTERNSHIP IN EXERCISE SCIENCE (3 credits)
This course is an off-campus, supervised, educational work experience of at least 150 clock hours at an approved worksite offering programs and experiences in fitness development or health promotion. Candidates must have current CPR certification.
Prerequisite(s)/Corequisite(s): The prerequisites for this course include 90 hours completed, 2.5 GPA, PE 4900/KINS 4900 and permission of instructor.

KINS 8950 ADVANCED EXERCISE PHYSIOLOGY (3 credits)
A detailed analysis of selected topics including acute and chronic effects of exercise on metabolic, pulmonary, and cardiovascular function; and sports nutrition. Current research findings and methodology will be emphasized. (Cross-listed with KINS 9951).
Prerequisite(s)/Corequisite(s): PE 4940/KINS 4940 or equivalent

KINS 8966 TOPICS IN SPORTS MEDICINE (3 credits)
This course covers selected topics regarding the science and medicine of sports participation. Some areas to be covered include the medical supervision of the athlete, special populations, conditioning, environmental concerns and sports nutrition. (Cross-listed with KINS 4960).
Prerequisite(s)/Corequisite(s): PE 8346/KINS 8346, PE 8356/KINS 8356, and PE 8730/KINS 8730, or Instructor consent

KINS 9040 PHYSICAL ACTIVITY EPIDEMIOLOGY (3 credits)
This course will cover the broad scope of the issues related to epidemiological methods that are relevant to the study of physical activity populations. It is intended to enhance students’ ability to understand and apply epidemiological methods to physical activity related research.
Prerequisite(s)/Corequisite(s): PE 8130/KINS 8130 and PE 8040/KINS 8040 or related course, or permission by the instructor. Not open to non-degree graduate students.

KINS 9041 ADVANCED STATISTICS (3 credits)
This course will be a study in the statistical methods commonly used in descriptive and experimental research in physical education and exercise science. Application, particularly regarding the purpose, selection, and interpretation of statistical procedures will be emphasized. (Cross-listed with KINS 8040).
Prerequisite(s)/Corequisite(s): HPER 8030/HEKI 8030 or HPER 9031/HEKI 9031 or equivalent

KINS 9131 IMPLEMENTING PHYSICAL ACTIVITY IN DIVERSE POPULATIONS (3 credits)
This course will focus on information necessary to assess, design, implement, and evaluate the need for and effectiveness of physical activity interventions in diverse populations, races, and ethnicities. These populations will include: African American, Native American, Hispanic, Asian American, Pacific Islanders, and Caucasian. Additionally, candidates will complete a health and physical activity service learning project in which they will work with diverse populations in the community. (Cross-listed with KINS 8130).
Prerequisite(s)/Corequisite(s): PE 3900/KINS 3900 or PE 8905/KINS 8905 or PE 8700/KINS 8700 or HED 8600/PHHB 8600. Not open to non-degree graduate students.

KINS 9141 PHYSICAL ACTIVITY ASSESSMENT AND HEALTH RELATED RESEARCH (3 credits)
This course will cover the broad scope of research on physical activity and public health. Emphasis will be placed on the application of physical activity assessment techniques. (Cross-listed with KINS 8140).

KINS 9300 SYSTEMATIC REVIEW AND META-ANALYSIS (3 credits)
This course is designed to introduce students to the process of completing systematic reviews and meta-analyses. The objective of the course is to provide students with a foundation of the requisite skills necessary to perform a quantitative and qualitative synthesis of the literature within their area of interest.
Prerequisite(s)/Corequisite(s): HEKI 8030 or equivalent research methods course.

KINS 9701 PSYCHOLOGY OF PHYSICAL ACTIVITY (3 credits)
The central purpose of this course is to examine the psychological antecedents and consequences of exercise and physical activity behaviors. The course will focus on traditional theories/principles of psychology as they relate to various physical activity settings. (Cross-listed with KINS 8700).
Prerequisite(s)/Corequisite(s): Undergraduate or graduate course in either: PE 3900/KINS 3900 or PE 4500/KINS 4500 or PE 8506/KINS 8506 or equivalent; or instructor permission.
KINS 9810  HIGHER EDUCATION TEACHING SEMINAR (3 credits)
The seminar is designed to prepare students for entry into a higher education teaching career. This seminar requires doctoral students to teach an undergraduate or graduate lecture course relevant to their field of preparation. The seminar includes an examination of the roles, responsibilities, and privileges associated with teaching in higher education.
Prerequisite(s)/Corequisite(s): Admittance to the UNO Doctoral Program in Exercise Science and successful completion of 24 hours of doctoral coursework and approval from advisor. Not open to non-degree graduate students.

KINS 9820  SERVICE EXPERIENCE IN HIGHER EDUCATION (3 credits)
This seminar will allow students the opportunity to gain valuable knowledge of the service expectations of faculty in higher education settings. The seminar will focus on service opportunities within the university, within the profession and within the community. Participants in the seminar will complete appropriate service activities.
Prerequisite(s)/Corequisite(s): Admittance to the UNO Doctoral program in Exercise Science, successful completion of 24 hours of doctoral coursework, and approval from advisor. Not open to non-degree graduate students.

KINS 9910  DOCTORAL SEMINAR (3 credits)
The major goal of this course is to teach the graduate student how to write manuscripts/grants and be an effective academician with strong ethics. The outcome of this course is for the student to produce a manuscript based on data acquired in the laboratory from the ideas developed in the seminar or submit a grant that will support the research ideas developed in at least one semester. The material covered is intended to equip students with the skills necessary to be successful in their academic careers with emphasis given on writing scientific papers. (Cross-listed with BMCH 9910).
Prerequisite(s)/Corequisite(s): Admission into the PhD program. Not open to non-degree graduate students.

KINS 9951  ADVANCED EXERCISE PHYSIOLOGY (3 credits)
A detailed analysis of selected topics including acute and chronic effects of exercise on metabolic, pulmonary, and cardiovascular function; and sports nutrition. Current research findings and methodology will be emphasized. (Cross-listed with KINS 8950).
Prerequisite(s)/Corequisite(s): PE 4940/KINS 4940 or equivalent

KINS 9960  ADVANCED EXERCISE PHYSIOLOGY II (3 credits)
The focus of this course is a detailed analysis of the mechanisms responsible for acute and chronic responses to exercise at the cellular and molecular level. Current and historical research will be emphasized.
Prerequisite(s)/Corequisite(s): PE 8950/KINS 8950 or PE 9951/ KINS 9951. Not open to non-degree graduate students.

KINS 9990  DISSERTATION (1-15 credits)
The course provides doctoral candidates in Exercise Science with a process to complete a dissertation research plan. The course learning activities will focus on the completion of a candidate’s dissertation. The course is designed to allow advanced doctoral candidates to demonstrate technical mastery of the discipline and to advance knowledge by completing an investigation. (Cross-listed with BMCH 9990)
Prerequisite(s)/Corequisite(s): Admittance to the UNO Doctoral Program in Exercise Science, successful completion of doctoral coursework & comprehensive exams, approval of the dissertation supervisory committee chair & advancement to candidacy. Not open to non-degree graduate students.