

# KINESIOLOGY (KIN)

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## KIN 100 - Physical Fitness I (1 Credit)

*0 lecture, 2 lab, 2 total contact hours*

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 and 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.

**Typically offered:** Fall, Spring, Summer

## KIN 101 - Physical Fitness II (1 Credit)

*0 lecture, 2 lab, 2 total contact hours*

Provides a continuation of 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.

**Typically offered:** Fall, Spring, Summer

## KIN 106 - Pilates (1 Credit)

*0 lecture, 2 lab, 2 total contact hours*

Employs a system of movements to increase range of motion, balance, strength and awareness of the mind/body connection. This course may be repeated up to a maximum of two credit hours. 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.

**Typically offered:** Fall, Spring

## KIN 107 - Yoga I (1 Credit)

*0 lecture, 2 lab, 2 total contact hours*

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.

**Typically offered:** Fall, Spring, Summer

## KIN 111 - Basic Weight Training (1 Credit)

*0 lecture, 2 lab, 2 total contact hours*

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.

**Typically offered:** Fall, Spring, Summer

## KIN 112 - Intermediate Weight Training (1 Credit)

*0 lecture, 2 lab, 2 total contact hours*

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, contra-indicated 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.

**Typically offered:** Fall, Spring, Summer

## KIN 113 - Advanced Weight Training (1 Credit)

*0 lecture, 2 lab, 2 total contact hours*

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.

**Typically offered:** Fall, Spring, Summer

## KIN 114 - Sport Performance Fitness (1 Credit)

*0 lecture, 2 lab, 2 total contact hours*

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.

**Typically offered:** Fall, Spring, Summer

## KIN 139 - Physical Activity Topics (0.5-1 Credits)

*0 lecture, 1 - 2 lab, 1 - 2 total contact hours*

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.

**Typically offered:** Fall, Spring, Summer

## KIN 140 - Modern Dance (1 Credit)

*0 lecture, 2 lab, 2 total contact hours*

Explores movement potential, increases technical proficiency and broadens rhythm background; skill in technique and composition stressed. This course may be taken twice for credit.

**Typically offered:** Fall, Spring

## KIN 142 - Introduction to Ballet (1 Credit)

*0 lecture, 2 lab, 2 total contact hours*

Provides instruction for students with little or no previous training in ballet. This course may be taken twice for credit.

**Typically offered:** Fall, Spring

**KIN 143 - Jazz Dance (1 Credit)***0 lecture, 2 lab, 2 total contact hours*

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.

**Typically offered:** Fall, Spring**KIN 162 - Judo and Self-Defense (1 Credit)***0 lecture, 2 lab, 2 total contact hours*

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. Advanced students will be instructed on Randori and preparation for competition. This course may be taken four times 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.

**Typically offered:** Fall, Spring**KIN 170 - Basketball (1 Credit)***0 lecture, 2 lab, 2 total contact hours*

Provides instruction in the basic skills, rules, scoring and terminology for the sport of basketball. Students will have the opportunity to practice their skills in game situations. 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.

**Typically offered:** Fall**KIN 171 - Volleyball (1 Credit)***0 lecture, 2 lab, 2 total contact hours*

Provides instruction in the basic skills, rules, scoring and terminology for the sport of volleyball. Students will have the opportunity to practice their skills in game situations. This course may be taken twice for credit.

**Typically offered:** Fall, Spring**KIN 179 - Wrestling (1 Credit)***0 lecture, 2 lab, 2 total contact hours*

Provides instruction in basic collegiate wrestling techniques. Emphasis is on offensive and defensive moves, strategy and physical conditioning. Students will have the opportunity to practice the skills that they have learned in a competitive situation. 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.

**Typically offered:** Fall, Spring**KIN 180 - Fencing (1 Credit)***0 lecture, 2 lab, 2 total contact hours*

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.

**Typically offered:** Fall, Spring**KIN 181 - Boxing (1 Credit)***0 lecture, 2 lab, 2 total contact hours*

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

**Typically offered:** Fall, Spring**KIN 183 - Baseball (1 Credit)***0 lecture, 2 lab, 2 total contact hours*

Provides instruction in the fundamental skills, rules, scoring, and terminology for baseball. Includes practice drills, safety standards, and conditioning. Students will have the opportunity to practice their skills in game situations. 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.

**Typically offered:** Fall, Spring**KIN 184 - Soccer (1 Credit)***0 lecture, 2 lab, 0 clinical/other, 2 total contact hours*

Provides instruction in the basic skills, rules, scoring, and terminology for soccer. Students will have the opportunity to practice their skills in game situations. 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.

**Typically offered:** Fall, Spring

**KIN 200 - Introduction to the Field of Kinesiology (3 Credits)***3 lecture, 0 lab, 3 total contact hours*

Provides a fundamental introduction to the academic content areas that make up the discipline of kinesiology including: anatomy and physiology, exercise science, biomechanics, motor control and 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 skillsets, with emphasis on development for increased candidacy in academic and/or professional pursuits related to the field of kinesiology.

Start Smart

**Typically offered:** Fall, Spring, Summer**KIN 201 - Instructional Strategies for Physical Education (3 Credits)***3 lecture, 3 total contact hours*

Provides instruction on the growth and development of K-12 children and the planning and organization of elementary physical education programs. (formerly PED 211)

**Typically offered:** Fall**KIN 202 - Standard First Aid and CPR (3 Credits)***2 lecture, 2 lab, 4 total contact hours*

Provides a comprehensive first aid course which is taught under the guidelines of the American Heart Association (AHA). 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). Prepares 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 First Aid—after successful completion of the skills and written tests.

**Typically offered:** Fall, Spring, Summer**KIN 203 - Wellness for Life (3 Credits)***2 lecture, 2 lab, 4 total contact hours*

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.

**Typically offered:** Fall, Spring, Summer**KIN 214 - Exercise Technique and Instruction (2 Credits)***1 lecture, 2 lab, 3 total contact hours*

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. Recommended: KIN 111 (Basic Weight Training) or equivalent experience.

**Typically offered:** Fall**KIN 217 - Fundamental Sport Skills (3 Credits)***3 lecture, 0 lab, 3 total contact hours*

Places an emphasis on movement skill and knowledge for teaching physical education and is aligned with the National Standards for K-12 Physical Education. Students will develop common and specialized knowledge related to the skills needed for teaching sports.

**Typically offered:** Spring, Summer**KIN 218 - Adaptive Physical Education (3 Credits)***3 lecture, 0 lab, 3 total contact hours*

Provides students with the knowledge and skills to create physical education lessons that meet the needs of individuals with disabilities as well as the professional and legal mandates for teaching individuals with disabilities.

**KIN 220 - Introduction to Coaching (3 Credits)***3 lecture, 0 lab, 3 total contact hours*

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 sport 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 requirements for obtaining the Bronze Level ASEP Coaching Certification. (formerly PED 218)

**Typically offered:** Spring**KIN 221 - Care and Prevention of Athletic Injuries (3 Credits)***2 lecture, 2 lab, 4 total contact hours*

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 decision 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 of the athletic training profession will also be covered.

**Typically offered:** Spring, Summer**KIN 222 - Sports Officiating (2 Credits)***2 lecture, 2 total contact hours*

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 intramurals and intercollegiate athletic programs. Some sports covered—but not limited to—include basketball, baseball and volleyball.

**Typically offered:** Spring**KIN 223 - Sports Psychology (3 Credits)***3 lecture, 0 lab, 3 total contact hours*

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.

**Typically offered:** Spring

**KIN 224 - Sociology of Sport (3 Credits)**

*3 lecture, 0 lab, 3 total contact hours*

Provides students with a global and issue-oriented approach to the study of how sport has evolved and influenced us in our society. Students will examine 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 sport and the media.

**Typically offered:** Fall

**KIN 225 - Sports Nutrition (3 Credits)**

*3 lecture, 0 lab, 3 total contact hours*

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. (Same course as DIT 225; credit will be given for one, not both)

**Typically offered:** Spring

**KIN 230 - Exercise Science (3 Credits)**

*3 lecture, 0 lab, 3 total contact hours*

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 <https://www.harpercollege.edu/testing/english-placement-grid.php>

**KIN 231 - Fitness Assessment and Programming (3 Credits)**

*2 lecture, 2 lab, 4 total contact hours*

Provides students with a study of the basic scientific components of fitness. Includes the measurement of different indices of physical 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.

**Typically offered:** Fall

**KIN 234 - Personal Training Practicum (3 Credits)**

*2 lecture, 3 lab, 5 total contact hours*

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 214 and KIN 231 with grades of C or better.

**Typically offered:** Spring

**KIN 236 - Functional Anatomy (3 Credits)**

*3 lecture, 3 total contact hours*

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 <https://www.harpercollege.edu/testing/english-placement-grid.php> Also BIO 135, BIO 260 or equivalent is recommended.

**Typically offered:** Fall, Spring, Summer

**KIN 250 - Topics in Kinesiology (1-3 Credits)**

*1 - 3 lecture, 0 lab, 1 - 3 total contact hours*

Provides students with an opportunity to examine different topics that fall under the kinesiology field. Content will change from semester to semester. A course outline will be available for the topic prior to registration. May be taken twice for up to a maximum of six (6) credit hours.