

ECU COURSE CATALOG

2025-2026 KINESIOLOGY COURSES

KIN-1963 Introduction to Kinesiology 3 Credits

AN ORIENTATION COURSE DESIGNED TO ACQUAINT MAJORS AND MINORS WITH THE ORIGIN, SCOPE, DEVELOPMENT, AND PURPOSE OF THE KINESIOLOGY DISCIPLINE. THE COURSE WILL PROVIDE KNOWLEDGE CONCERNING FUTURE DIRECTIONS AND CAREER POSSIBILITIES.

KIN-2122 Choices in Wellness 2 Credits

A STUDY OF CONCEPTS FROM THE BIOLOGICAL, SOCIAL, AND BEHAVIORAL SCIENCES AS THEY RELATE TO LIFESTYLE CHOICES OF WELLNESS. EMPHASIS IS ON INTEGRATION OF KNOWLEDGE, ATTITUDES, AND APPROPRIATE PRACTICES RELATED TO SELF-DIRECTED POSITIVE HEALTH BEHAVIORS.

KIN-2131 Intercollegiate Sports 1 Credit

VARSITY LEVEL COMPETITION OF THE SPORT IN SEASON. MEETS FIVE DAYS A WEEK. Course will be graded P(Pass) or NP(NoPass).

KIN-2183 Basic Nutrition 3 Credits

PRINCIPLES OF NUTRITION APPLIED TO PERSONAL FOOD CHOICES AND HEALTH.

KIN-2223 Sports Nutrition 3 Credits

THIS COURSE EXAMINES THE ROLE OF NUTRITION AS IT RELATES TO ATHLETES AND OTHERS INVOLVED IN ACTIVE LIFESTYLES. SPECIFICALLY, NUTRITION IS EXAMINED AS IT RELATES TO ATHLETIC PERFORMANCE, DISEASE PREVENTION/TREATMENT, AND VARIOUS SPORT-SPECIFIC NUTRITIONAL REQUIREMENTS, AND SPECIAL POPULATIONS.

KIN-2273 First Aid 3 Credits

IMMEDIATE AND TEMPORARY TREATMENT FOR ACCIDENTAL INJURIES, SUDDEN ILLNESS, TRAUMATIC SHOCK AND THERMAL BURNS. MAJOR EMPHASIS IS PLACED ON CPR, ARTIFICIAL RESPIRATION, TRANSPORTING INJURED PERSONS FROM ONE LOCATION TO ANOTHER, IMMOBILIZATION OF SUSPECTED FRACTURES AND POISON CONTROL. ALSO INCLUDED, MENTAL HEALTH CONSIDERATIONS AS RELATED TO SICKNESS, INJURY AND STRESS MANAGEMENT.

KIN-2413 Applied Anatomy 3 Credits

STUDY OF THE STRUCTURE OF THE HUMAN BODY WITH LIMITED PHYSIOLOGICAL APPLICATIONS FOR EACH ANATOMICAL SYSTEM. SPECIAL EMPHASIS IS PLACED ON THE ANATOMICAL SYSTEMS CONTRIBUTING TO MOVEMENT AND ENERGY PRODUCTION.

KIN-2433 Theory of Coaching 3 Credits

STUDY OF THE TECHNIQUES OF COACHING MODERN-DAY SPORTS.

KIN-2713 Care and Prevention of Athletic Injuries 3 Credits

BASIC INSTRUCTION IS GIVEN IN THE CARE, PREVENTION, ASSESSMENT AND MANAGEMENT OF COMMON INJURIES AND ILLNESSES. ADDITIONAL MEDICAL CONCERNS ARE ADDRESSED AS THEY RELATE TO ATHLETIC PARTICIPATION. THIS INCLUDED TOPICS SUCH AS ILLNESS, DISEASE, LEGAL ISSUES, ETC. THIS COURSE SERVES AS AN OVERVIEW AND INTRODUCTION TO BASIC ATHLETIC TRAINING PRINCIPLES.

KIN-3103 Technology in Kinesiology 3 Credits

A KINESIOLOGY APPROACH TO THE CONCEPTS, TERMS, AND TRENDS IN COMPUTING. HARDWARE AND SOFTWARE USED IN THE FIELD OF KINESIOLOGY WILL BE INTERWOVEN WITH DATABASE, SPREADSHEET, WORD PROCESSING, NETWORK, AND INTERNET SKILLS. THE COURSE EQUIPS STUDENTS TO USE VARIOUS FORMS OF TECHNOLOGY IN THE FIELD OF KINESIOLOGY.

KIN-3233 Adapted Physical Education 3 Credits

A CLASS TO PREPARE PHYSICAL EDUCATION MAJORS IN PLANNING ACTIVITIES AND PHYSICAL EDUCATION PROGRAMS FOR HANDICAPPED STUDENTS. IT INCLUDES CHARACTERISTICS OF DIFFERENT HANDICAPPING CONDITIONS AND SUGGESTIONS FOR CORRECTIVE THERAPY.

KIN-3303 Fundamentals of Sports Administration 3 Credits

INTRODUCTION TO THE CONCEPTS, ASPECTS, AND PHILOSOPHIES OF MANAGING SPORT, FITNESS AND RECREATIONAL ORGANIZATIONS.

KIN-3353 Research and Evaluation in Kinesiology 3 Credits

THIS COURSE IS DESIGNED TO PROVIDE AN UNDERSTANDING IN THE PROCESS OF SELECTION, ADMINISTRATION, AND INTERPRETATION OF ASSESSMENT INSTRUMENTS AS THEY RELATE TO KINESIOLOGY.

KIN-3552 Methods of Elementary Physical Education 2 Credits

METHODS AND PROCEDURES FOR TEACHING AGE APPROPRIATE PHYSICAL EDUCATION ACTIVITIES TO ELEMENTARY STUDENTS WITH CONSIDERATION FOR MATURATION AND INDIVIDUAL DIFFERENCES. NOTE-DEGREE CREDIT NOT ALLOWED IN BOTH 3433 AND 3552.

KIN-3563 Health Promotion 3 Credits

BASIC INTRODUCTION TO THE PRINCIPLES OF HEALTH PROMOTION. SPECIFIC TOPICS WILL INCLUDE DISEASE PREVENTION, RISK REDUCTION, WELLNESS, RISK APPRAISAL AND RISK REDUCTION, BEHAVIOR CHANGE THEORIES, PROGRAM PLANNING AND MANAGEMENT, HOLISTIC HEALTH/WELLNESS, AND OTHERS.

KIN-3613 Motor Learning 3 Credits

AN EXPLORATION OF LEARNING THEORY AS IT RELATES TO MOVEMENT SKILLS, THE INTERACTION OF COGNITIVE, AFFECTIVE AND PSYCHOMOTOR LEARNING DOMAINS, THE APPLICATION OF LEARNING THEORIES TO THE SKILLS OF PHYSICAL EDUCATION, RECREATION AND ATHLETICS.

KIN-3623 Community Recreation 3 Credits

A STUDY OF THE ORGANIZATION OF COMMUNITY RECREATION PROGRAMS WITH AN EMPHASIS ON LEADERSHIP, PERSONNEL, FACILITIES, AND FINANCE.

KIN-3723 Biomechanics 3 Credits

SCIENTIFIC STUDY OF HUMAN MOVEMENT, ANALYSIS OF FUNDAMENTAL MOVEMENTS AND THE MECHANICAL PRINCIPLES THAT APPLY TO HUMAN MOTION, APPLICATION TO TEACHING MOVEMENT SKILLS. Required Previous or Concurrent: KIN-3613 or KIN-3612

KIN-3733 Physiology of Exercise 3 Credits

A GENERAL STUDY OF THE BIOENERGETICS OF MUSCULAR WORK, NEUROMUSCULAR STRUCTURE FUNCTION, AND CONTROL, CARDIORESPIRATORY FUNCTION AND CONTROL, PHYSICAL TRAINING, AND NUTRITION AND EXERCISE PERFORMANCE. Required Previous or Concurrent: KIN-3723

KIN-3883 Legal Aspects of Kinesiology 3 Credits

EXPLORES THE LAW AND HOW IT IMPACTS THE FIELD OF KINESIOLOGY. EXAMINATION OF TOPICS INCLUDES THE AMERICAN LEGAL SYSTEM, INDIVIDUAL COURSES OF ACTION, LEGAL ISSUES COMMONLY FOUND WITHIN KINESIOLOGY, UNDERSTANDING THE CONCEPTS OF ETHICS, NEGLIGENCE AND RISK MANAGEMENT STRATEGIES TO REDUCE LEGAL LIABILITY.

KIN-4153 Organization and Administration 3 Credits

AN OVERVIEW TO PREPARE THE STUDENT FOR THE ROLES AND RESPONSIBILITIES OF ADMINISTRATION INCLUDING BASIC MANAGEMENT PRINCIPLES, PERSONNEL, AND BUDGET.

KIN-4223 Strength and Conditioning 3 Credits

STUDENTS WILL LEARN PRINCIPLES OF DESIGNING AND IMPLEMENTING STRENGTH AND CONDITIONING PROGRAMS FOR CLIENTS RANGING FROM THE PHYSICALLY ACTIVE TO THE COMPETITIVE ATHLETE. STUDENTS WILL GAIN KNOWLEDGE, EXPERTISE AND SPECIFIC TECHNIQUES CHARACTERISTIC OF SAFE AND EFFECTIVE STRENGTH AND CONDITIONING PROGRAMS. EMPHASIS WILL BE PLACED ON PROGRAMMING NEEDS OF INDIVIDUALS ACROSS GENDER, AGE, AND PHYSICAL FITNESS STATUS.

KIN-4253 Management of Tournaments and Competitive Sports Events 3 Credits

A COMPREHENSIVE STUDY OF THE ORGANIZATION OF TOURNAMENTS AND MEETS. THIS COURSE OFFERS THE OPPORTUNITY TO BECOME INVOLVED IN THE DIRECT ORGANIZATION AND COMMUNICATION WITH HIGH SCHOOLS CONDUCTING PROGRAMS GERMANE TO THIS PHASE OF PUBLIC SCHOOL EDUCATION.

KIN-4284 Practicum 4 Credits

A STRUCTURED PRACTICAL EXPERIENCE IN EXERCISE SCIENCE, RECREATION, OR ATHLETIC TRAINING. THE ASSIGNMENT WILL BE UNDER THE SUPERVISION OF A KINESIOLOGY DEPARTMENT FACULTY MEMBER.

KIN-4543 Advanced Theory of Coaching 3 Credits

AN INTENSIVE STUDY OF MODERN TECHNIQUES OF COACHING.

KIN-4593 Psychology of Sports 3 Credits

THIS COURSE EXAMINES PSYCHOLOGICAL THEORIES AND RESEARCH RELATED TO SPORT AND EXERCISE BEHAVIOR. THE COURSE IS DESIGNED TO INTRODUCE STUDENTS TO THE FIELD OF SPORT AND EXERCISE PSYCHOLOGY BY PROVIDING A BROAD OVERVIEW OF THE MAJOR TOPICS IN THE AREA.

KIN-4623 Exerercise Testing and Prescription 3 Credits

THIS COURSE REVIEWS THE ESTABLISHED LINK BETWEEN FITNESS AND HEALTH. SKILLS AND CONCEPTS ARE TAUGHT THAT ENABLE THE LEARNER TO CHOOSE AND PERFORM APPROPRIATE PHYSICAL ASSESSMENTS FOR THE FOUR PRIMARY AREAS OF FITNESS AND PRESCRIBE APPROPRIATE EXERCISE REGIMENS BASED ON THE RESULTS AND KNOWLEDGE OF THE NEEDS OF VARIOUS POPULATIONS. Required Previous or Concurrent: KIN-3733

KIN-4981 Seminar in Kinesiology 1 Credit

DIRECTED GROUP STUDY ON SPECIAL SUBJECT OR PROBLEM.

KIN-4982 Seminar in Kinesiology 2 Credits

DIRECTED GROUP STUDY ON SPECIAL SUBJECT OR PROBLEM.

KIN-4983 Seminar in Kinesiology 3 Credits

DIRECTED GROUP STUDY ON SPECIAL SUBJECT OR PROBLEM.

KIN-4984 Seminar in Kinesiology 4 Credits

DIRECTED GROUP STUDY ON SPECIAL SUBJECT OR PROBLEM.

KIN-4991 Individual Study in Kinesiology 1 Credit

DIRECTED INDIVIDUAL STUDY ON SPECIAL SUBJECT OR PROBLEM.

KIN-4992 Individual Study in Kinesiology 2 Credits

DIRECTED INDIVIDUAL STUDY ON SPECIAL SUBJECT OR PROBLEM.

KIN-4993 Individual Study in Kinesiology 3 Credits

DIRECTED INDIVIDUAL STUDY ON SPECIAL SUBJECT OR PROBLEM.

KIN-4994 Individual Study in Kinesiology 4 Credits

DIRECTED INDIVIDUAL STUDY ON SPECIAL SUBJECT OR PROBLEM.

KIN-5303 Sports Administration 3 Credits

INTRODUCTION TO THE CONCEPTS, ASPECTS, AND PHILOSOPHIES OF MANAGING SPORT, FITNESS, AND RECREATIONAL ORGANIZATIONS.

KIN-5313 Sport Facility Management 3 Credits

PLANNING, DESIGN, MANAGEMENT AND UPKEEP OF FACILITIES SUCH AS GYMNASIUMS, FIELDS, COURTS, AND AQUATIC CENTERS.

KIN-5323 Legal Aspects of Sport 3 Credits

THIS COURSE IS DESIGNED TO GIVE EACH STUDENT IN SPORTS ADMINISTRATION AN INTRODUCTION TO LEGAL IMPLICATIONS AND AN UNDERSTANDING OF HOW LEGAL CONCEPTS IMPACT DECISION MAKING.

KIN-5353 Ethics in Sports Administration 3 Credits

THIS COURSE WILL PROVIDE THE STUDENT WITH A THEORETICAL BASE AND SYSTEMATIC REASONING TOOLS TO ADDRESS ETHICAL DILEMMAS IN A THOUGHTFUL, REFLECTIVE MANNER. FOCUS WILL BE PLACED ON SPECIFIC ISSUES RELATED TO SPORTS SUCH AS RESPECT, FAIR PLAY, HONESTY, SPROTSMANSHIP, AND RESPONSIBILITY.

KIN-5413 Principles of Sport Finance 3 Credits

THIS COURSE IS DESIGNED TO EXAMINE FINANCIAL CONCEPTS IN SPORT WITH EMPHASIS ON VARIOUS TYPES OF BUDGETS, COST CONTROL MEASURES, PLANNING AND MONITORING VARIOUS ACCOUNT TYPES, AND CREATING ANNUAL REPORTS.

KIN-5423 Marketing and Event Management 3 Credits

BASIC CONCEPTS OF MARKETING AND MANAGEMENT OF SPORT AND SPORTING EVENTS AND VENUES, PROMOTION, FACILITY MAINTENANCE, FUND RAISING AND OTHER INCOME SOURCES, LICENSING, JOINT VENTURE AGREEMENTS AND CORPORTATE SPONSORSHIP WILL BE EXAMINED.

KIN-5513 Leadership and Personnel Management 3 Credits

THIS COURSE EXAMINES ISSUES OF MANAGEMENT AND ORGANIZATIONAL BEHAVIOR WITHIN SPORTS ADMINISTRATION, WITH SPECIFIC REFERENCE TO ISSUES OF STAFFING, MOTIVATION, AND COMMUNICATION. INTRODUCES LEADERSHIP THEORY, AS WELL AS THE TOOLS AND TECHNIQUES FOR ITS PRACTICAL APPLICATIONS, INCLUDING HOW TO MOST EFFECTIVELY APPLY LEADERSHIP THEORY ON A DAILY BASIS WITHIN A SPORTS ORGANIZATION.

KIN-5533 Sports in American Society 3 Credits

THIS COURSE EXAMINES THE INFLUENCE OF THE SOCIAL CONTEXT ON SPORT, THE INFLUENCE OF SOCIETY ON SPORT, AND HOW SPORT AFFECTS THE SOCIAL WORLD WE LIVE IN. SPECIAL EMPHASIS WILL BE ON HOW SPORT INTERACTS WITH GENDER, RACE/ETHNICITY/CULTURE, SOCIOECONOMIC CLASS, MEDIA RELATIONS, VIOLENCE, DEVIANCE, AND SEXUALITY.

KIN-5613 Practicum in Sports Administration 3 Credits

MINIMUM OF 100 HOURS OF ON-THE-JOB LEARNING EXPERIENCE, RELATED TO STUDENTS' CAREER INTEREST. THE INTERNSHIP WILL BE SPECIFIED BY THE EMPLOYER/SUPERVISOR WITH CONSENT OF THE INSTRUCTOR AND PROGRAM DIRECTOR. PROVIDES EXPERIENTIAL LEARNING DURING WHICH THE STUDENT WORKS UNDER DIRECT SUPERVISION. THE STUDENT IS IMMERSSED IN A VARIETY OF INTENSIVE WORK ASSIGNMENTS, INCLUDING: WEEKLY JOURNALS, WRITTEN REPORTS, AND VARIOUS PRESENTATIONS. THE STUDENT WILL BE EVALUATED BY BOTH THE EMPLOYER/SUPERVISOR AND

KIN-5981 Seminar in Kinesiology 1 Credit

DIRECTED INTENSIVE STUDY ON SELECTED PROBLEM OR SPECIAL TOPIC.

KIN-5982 Seminar in Kinesiology 2 Credits

DIRECTED INTENSIVE STUDY ON SELECTED PROBLEM OR SPECIAL TOPIC.

KIN-5983 Seminar in Kinesiology 3 Credits

DIRECTED INTENSIVE STUDY ON SELECTED PROBLEM OR SPECIAL TOPIC.

KIN-5984 Seminar in Kinesiology 4 Credits

DIRECTED INTENSIVE STUDY ON SELECTED PROBLEM OR SPECIAL TOPIC.

KIN-5991 Individual Study in Kinesiology 1 Credit

DIRECTED INTENSIVE STUDY ON DEFINITE PROBLEM OR SPECIAL SUBJECT, BASED ON APPROVED OUTLINE OR PLAN, CONFERENCES, ORAL AND WRITTEN REPORTS.

KIN-5992 Individual Study in Kinesiology 2 Credits

DIRECTED INTENSIVE STUDY ON DEFINITE PROBLEM OR SPECIAL SUBJECT, BASED ON APPROVED OUTLINE OR PLAN, CONFERENCES, ORAL AND WRITTEN REPORTS.

KIN-5993 Individual Study in Kinesiology 3 Credits

DIRECTED INTENSIVE STUDY ON DEFINITE PROBLEM OR SPECIAL SUBJECT, BASED ON APPROVED OUTLINE OR PLAN, CONFERENCES, ORAL AND WRITTEN REPORTS.

KIN-5994 Individual Study in Kinesiology 4 Credits

DIRECTED INTENSIVE STUDY ON DEFINITE PROBLEM OR SPECIAL SUBJECT, BASED ON APPROVED OUTLINE OR PLAN, CONFERENCES, ORAL AND WRITTEN REPORTS.

KIN-H3563 Honors-Health Promotion 3 Credits

BASIC INTRODUCTION TO THE PRINCIPLES OF HEALTH PROMOTION. SPECIFIC TOPICS WILL INCLUDE DISEASE PREVENTION, RISK REDUCTION, WELLNESS, RISK APPRAISAL AND RISK REDUCTION, BEHAVIOR CHANGE THEORIES, PROGRAM PLANNING AND MANAGEMENT, HOLISTIC HEALTH/WELLNESS, AND OTHERS.

KIN-H3613 Honors-Motor Learning 3 Credits

AN EXPLORATION OF LEARNING THEORY AS IT RELATES TO MOVEMENT SKILLS, THE INTERACTION OF COGNITIVE, AFFECTIVE AND PSYCHOMOTOR LEARNING DOMAINS, THE APPLICATION OF LEARNING THEORIES TO THE

SKILLS OF PHYSICAL EDUCATION, RECREATION AND ATHLETICS. Required Previous or Concurrent: KIN-2413

KIN-H3723 Honors-Biomechanics 3 Credits

SCIENTIFIC STUDY OF HUMAN MOVEMENT, ANALYSIS OF FUNDAMENTAL MOVEMENTS AND THE MECHANICAL PRINCIPLES THAT APPLY TO HUMAN MOTION, APPLICATION OF TEACHING MOVEMENT SKILLS. Required Previous or Concurrent: KIN-3613 or KIN-3612

KIN-H3733 Honors-Physiology of Exercise 3 Credits

A GENERAL STUDY OF THE BIOENERGETICS OF MUSCULAR WORK, NEUROMUSCULAR STRUCTURE FUNCTION, AND CONTROL, CARDIORESPIRATORY FUNCTION AND CONTROL, PHYSICAL TRAINING, AND NUTRITION AND EXERCISE PERFORMANCE. Required Previous or Concurrent: KIN-3723

KIN-H4153 Honors-Organization and Admin 3 Credits

AN OVERVIEW TO PREPARE THE STUDENT FOR THE ROLES AND RESPONSIBILITIES OF ADMINISTRATION INCLUDING BASIC MANAGEMENT PRINCIPLES, PERSONNEL, AND BUDGET.

KIN-H4284 Honors-Practicum 4 Credits

A STRUCTURED PRACTICAL EXPERIENCE IN EXERCISE SCIENCE, RECREATION, OR ATHLETIC TRAINING. THE ASSIGNMENT WILL BE UNDER THE SUPERVISION OF A KINESIOLOGY DEPARTMENT FACULTY MEMBER.

KIN-H4623 Honors-Exercise Testing & Prescription 3 Credits

THIS COURSE REVIEWS THE ESTABLISHED LINK BETWEEN FITNESS AND HEALTH. SKILLS AND CONCEPTS ARE TAUGHT THAT ENABLE THE LEARNER TO CHOOSE AND PERFORM APPROPRIATE PHYSICAL ASSESSMENTS FOR THE FOUR PRIMARY AREAS OF FITNESS AND PRESCRIBE APPROPRIATE EXERCISE REGIMENS BASED ON THE RESULTS AND KNOWLEDGE OF THE NEEDS OF VARIOUS POPULATIONS. Required Previous or Concurrent: KIN-3733