

SPRING 2023 KIN ELECTIVES

FOR QUESTIONS ABOUT THE COURSES BELOW, PLEASE CONTACT THE INSTRUCTOR LISTED IN UNCGENIE.

KIN 230 | 3CH **online*

Psychological Skills for Optimal Performance

Course description: Overview of sport psychology principles applied to sport and exercise activities. Includes experience in psychological skills training.

Restrictions to enroll: None

KIN 231 | 2CH

Recreational Games

Course description: Analysis of the nature and categorization of a selection of recreational games across the lifespan, with emphasis on skill development and tactical decision-making.

Restrictions to enroll: None

KIN 307 | 3CH

Observation and Analysis of Fundamental Movement

Course description: Selected physical activities with special emphasis on movement observation and analysis. Fieldwork with children emphasized.

Restrictions to enroll: None

KIN 352 | 3CH **online, synchronous, time TBD*

Philosophy of Sport

Course description: Overview of philosophical concerns related to study of sport and sport experiences, examined with use of current sport philosophy literature.

Restrictions to enroll: None

KIN 419 | 2CH

Mentoring in Community Youth Development Programs

Course description: Service learning experience mentoring an elementary or middle school youth in a community youth sport program. On campus seminars required.

Restrictions to enroll: None

KIN 420 | 3CH

Physical Activity Programs for Underserved Youth

Course description: Overview of community-based programs designed to meet the needs of underserved youth; roles of universities and community agencies in such programs; development of leadership skills.

Restrictions to enroll: None

KIN 441 | 3CH

Foundational Skills in Sports Medicine

Course description: Development of foundational skills and techniques for medical health professionals. Emphasis on functional palpation, sport specific movement analysis, and understanding of orthopedic pathologies.

Prerequisite to enroll: Completed KIN 291 (or BIO 271)

KIN 466 | 3CH

Practicum in the HOPE Program

Course description: Practical experience working with a wide variety of individuals in the HOPE program designing and implementing exercise programs in a supervised setting. Emphasis on applying knowledge in a hands-on environment and building professional skills including: interpersonal, communication, leadership, and adaptability.

Prerequisite to enroll: Completed KIN 379

KIN 479 | 3CH **online, first half semester*
Exercise and Older Adults

Course description: Basic principles underlying exercise/aging. The delivery of exercise information and the conduct of exercise programs for older adults.

Restrictions to enroll: Must be Junior or Senior (or permission of instructor)

KIN INTERNSHIPS

KIN 471 | 1CH

Internship Preparation in Kinesiology

Course description: Professional preparation, planning, and placement for supervised internship experience.

KIN 496 | 3 OR 6CH

Kinesiology Internship

Course description: A supervised field experience in qualified agencies. Application process is required for permission to register. Course involves specific assignments, supervision, seminars on campus, and evaluation of student's performance.

KIN 471 to KIN 496 sequence

There is an application process for KIN 471. Students must complete KIN 496 in the semester immediately following KIN 471. Students who enroll in KIN 471 during the Spring 2023 semester can elect to complete KIN 496 in either Summer 2023 or Fall 2023. Visit the [Community Engagement: Internships](#) page for more information about internships and to access the application form.

Students interested in getting course credit for an internship can choose a 3 credit hour internship (around 150 hours at a site) or a 6 credit hour internship (around 300 hours at a site.) Keep in mind that you may want to have a very light course load during your internship semester to ensure success in your courses and your internship.

Restrictions to enroll: Must be a Junior or Senior and be approved through the application process. The application deadline for priority consideration is **Monday, October 17, 2022.**

SPORT COACHING MINOR*

KIN 477 | 3CH

Coaching Practicum in a Selected Sport

Course description: Opportunity for prospective coach to assume various responsibilities in coaching a selected sport under the guidance of a qualified coach.

Restrictions to enroll: Upper-level **Sport Coaching minors** who have completed *all other* [Sport Coaching courses](#)

**KIN 477 will fulfill both Sport Coaching minor requirements -AND- can be used to fulfill Kinesiology elective credits for the BS in Kinesiology degree.*