

APPLIED KINESIOLOGY (APK)

APK 2930 - Selected Topics: Human Perform (1-4 Credits)

Current concepts, selected problems or issues pertaining to Human Performance are examined by pre-program majors. Topics vary according to recent developments in Human Performance.

APK 3125 - Fitness Assess/Ex Prescription (3 Credits)

Examination of physical fitness assessment techniques, procedures and protocols, including how to prescribe exercise for apparently healthy populations and special populations.

Corequisite(s): APK 3125L

Attribute(s): SRVC - Service Learning Component

APK 3125L - Fitness Assessment Lab (2 Credits)

APK 3125L is the accompanying laboratory course to APK 3125. In this course students practice skills utilized to assess and provide guidelines for physical fitness.

Corequisite(s): APK 3125

APK 3132C - Personal Fitness & Wellness (3 Credits)

A study of personal fitness and wellness concepts. Students evaluate their own personal fitness level and provide opportunities to develop and improve their personal fitness and wellness lifestyle.

APK 3141C - Anat and Biomech Human Mvmt 1 (4 Credits)

Students explore the six foundational sciences of human structure and function. Content focuses on the study of the anatomical, biochemical, behavioral, biomechanical, physiological and developmental aspects of movement science.

APK 3142C - Anat and Biomech Human Mvmt 2 (4 Credits)

Sciences of human structure and function. Content builds on prior course and focuses on study and application of anatomical, biomechanical/ kinesiological, and physiological aspects of movement science.

Prerequisite(s): APK 3141C

APK 3312 - Pharm & Ergo Aids Sport & HP (3 Credits)

Examines the function of pharmacological and ergogenic aids as they relate to exercise and injury management. Integrates the knowledge, skill and professional responsibility within pharmacologic and ergogenic aid application.

APK 3931 - Selected Topics: Human Perform (1-4 Credits)

Current concepts, selected problems or issues pertaining to Human Performance are examined by program majors. Topics vary according to recent developments in Human Performance.

APK 4050 - Evidence Based Practice (3 Credits)

This course provides an introduction to critical thinking, information literacy, research design, statistical reasoning, and interpretation of the medical literature. Topics include protection of human subjects, the research question, research methods, issues of measurement, models of experimental and non-experimental designs, and an overview of parametric and on-parametric statistics. The topics provide a basis for understanding and interpreting the literature for use in evidence-based practice.

Attribute(s): CLWS - Coll Lvl English Lang Writing, CLWS - Coll Lvl English Lang Writing

APK 4112 - Sport & Human Exer Psychology (3 Credits)

Students explore in detail concepts related to the psychological aspects surrounding sport and human performance. This course explores psychological concepts and principles from an applied perspective to human performance and sport. Additional Information: Students will have the opportunity to practice skills related to psychological constructs of physical fitness program design and human performance.

Prerequisite(s): PSY 2012

Attribute(s): SUSC - Sustainability Component

APK 4120 - Clinical Exercise Physiology (3 Credits)

Study of exercise physiology in populations that are diagnosed with cardiac, pulmonary, metabolic and musculoskeletal diseases.

Prerequisite(s): PET 3627C

APK 4123 - Human Perf and Energy Supplies (2-3 Credits)

Examination of relationship between macronutrients, micronutrients, metabolic intermediates to human performance.

Prerequisite(s): APK 4137 and APK 4137L

APK 4137 - Exercise and Sport Physiology (4 Credits)

Students explore in detail the acute and chronic responses to exercise. This course will explore metabolic, neuromuscular, respiratory and cardiovascular physiological concepts and principles with practical application to human performance and sport.

Prerequisite(s): APK 3142C

Corequisite(s): APK 4137L

APK 4137L - Exercise and Sport Phys Lab (2 Credits)

Students explore in detail the acute and chronic responses to exercise. Course explores metabolic, neuromuscular, respiratory and cardiovascular physiological concepts and principles with practical application to human performance and sports.

Prerequisite(s): APK 3142C

Corequisite(s): APK 4137

APK 4138 - Methods of RT & Conditioning (3 Credits)

Examination of methods on developing muscular fitness for health and skill-related fitness. Course also explores advanced physical fitness conditioning techniques for apparently health populations and special populations.

Prerequisite(s): APK 3125 and APK 3125L

Corequisite(s): APK 4138L

APK 4138L - Method Resistance Training Lab (2 Credits)

APK 4138L is the accompanying laboratory course to APK 4138. In this course students practice skills utilized to assess and provide guidelines for advanced physical fitness and human performance programs.

Prerequisite(s): APK 3125 and APK 3125L

Corequisite(s): APK 4138

APK 4930 - PDS II Prep for Entering (2 Credits)

Investigates the aspects of entering health and wellness professions including preparation for the national examinations, licensure, negotiating employment, career development and consultation.

APK 4941L - Experiential Learning I (5 Credits)

Community-based experience providing an opportunity for the student to apply previously learned concepts and skills.

Prerequisite(s): PET 3627C and APK 4137

Attribute(s): WBLI - Work based learning indicator

APK 4948L - Experiential Learning II (5 Credits)

Course synthesizing knowledge and skills gained throughout the exercise science program in a community-based experience. Explore the exercise science professional's role within interdisciplinary work environment during a 16 week experiential learning opportunity. Additional information: students work under the supervision of a community professional. Practice settings and course activities vary and are negotiated between the student and course faculty.

Prerequisite(s): APK 4941L

Attribute(s): WBLI - Work based learning indicator

APK 4951 - Capstone in Exercise Science (3 Credits)

The capstone project provides students with the opportunity to explore a topic in Exercise Science through focused study and applied research under the direction of a faculty member.

Prerequisite(s): APK 4941L