COURSE DESCRIPTIONS

KHS220 Epidemiological Foundations - 4 credits
This course is designed to provide students with a historical background in epidemiological studies. The course is also designed to expose students to the principles and concepts necessary for understanding the basics of epidemiological activity and classical epidemiological investigations. By applying knowledge from a range of disciplines, epidemiologists are able to more adequately study disease, wellness and other health-related events in populations. The ultimate goal of this course is to stimulate a desire for further education in epidemiological course work. (Prerequisite: KHS110)

KHS300 Applied Nutrition - 4 credits
The study of the interaction of humans with food. Nutritional concepts; current consumer issues in nutrition; nutritional needs through the life cycle; international nutritional concerns and issues are studied.

KHS394 Sports Business - 4 credits
A comprehensive analysis of issues related to sports business. Topics will include finance, accounting and budgeting as it relates to the world of sports business. This course is designed to help shape tomorrow’s leaders in the sport management field.

KHS474 Exercise Physiology - 4 credits
The physiological basis for human performance and the effects of physical activity on the body’s functions are examined in theory and application. Representative experiences include lecture, discussion, group exercises, class teaching, and written projects. (Prerequisite: KHS110)

KHS436 Motor Development, Control & Motor Learning - 4 credits
This course examines the growth and development patterns of the child from infant, adolescence, adulthood, and through late adulthood. The purpose of the course is to enhance student insight into the fundamental role that the motor system plays in the human condition. There are four broad topic areas: 1) nature and mechanisms of the expression and control of motor behavior; 2) concepts, principles and measurement of motor learning; 3) factors that influence skill and proficiency in motor performance; and 4) practical approaches to studying and learning motor skills. Content will follow motor control through motor development across the life span with special emphasis on early childhood development and late adulthood. (Prerequisite: KHS110)

KHS400 Health Psychology - 4 credits
KHS400 Health Psychology is designed to help students learn those skills necessary in forging a bridge between the client-learner’s thoughts, feelings and actions by integrating thought and behavior into one synergistic approach to the delivery of health education that can accommodate the whole person. Cognitive techniques, such as lecture discussion, readings, presentations, collection of data, and specific planning combined with the behavioral components of emotion and action will help in bringing about this synergistic process. (Prerequisites: ED336, KHS 115)

PROGRAM OBJECTIVE
Concordia University's Exercise Science in Kinesiology program will help students:
• Become effective wellness managers and leaders;
• Understand critical factors driving business;
• Apply classroom learning to current fitness and wellness problems and opportunities;
• Develop problem-solving and decision-making skills;
• Develop written and oral communication skills;
• Become innovators in their own field of expertise;
• Develop learner independence and self image;

Outside of the department, students are encouraged to join and attend professional organizations such as the American Alliance for Health, Physical Education, Recreation, and Dance, and the American College of Sports Medicine during their tenure at Concordia.

THE CONCORDIA ADVANTAGE
• Flexible – Online or blended program options
• Accelerated – Complete your program in 24 months or less
• Manageable – Attend class or online discussion just one night a week (always on the same night and time)
• Affordable – Competitively priced programs and convenient payment options
• Collaborative – Experience cohort-based learning with a small group of talented professionals who learn together for the duration of your program
KHS473 Biomechanics – 4 credits
This course examines the physics of human movement. Content areas include the structural mechanics of bone construction, muscle contraction, ligament, and tendon plasticity and elasticity. Sport implement mechanics and the mechanics of environmental conditions (e.g. friction, air, and water resistance) are also explored. Sport performance issues will also be analyzed for mechanical efficiency.

KHS490 Senior Seminar – 1 credit
This capstone course prepares students to chart different paths following graduation with a degree in Kinesiology or physical education: (a) entering the work force in the field of Kinesiology at a bachelors degree level, (b) enter the work force in the field of teacher education at a bachelors degree level, or (c) enter a graduate school. In this course student will develop a resume, request letters of recommendation, complete a professional portfolio, and identify job-searching strategies. (Prerequisite: senior status)

KHS498 Kinesiology Internship – 12 credit
This internship places students directly in a setting where students learn to apply entry-level competencies. The student and advisor collaborate with the on-site supervisor in selecting an appropriate internship site that meets the need of the student, the needs of the internship site and the program needs. (Prerequisites: senior status and advisor approval)

APPLICATION PROCESS
For admission consideration, a student must submit:
1. Bachelor of Arts application
2. Official transcripts from all previous institutions attended
3. Personal statement

TO APPLY
Applications are available at www.csp.edu/apply or by contacting the Office of Admission.

Email application materials to: onlineinfo@csp.edu.

TUITION AND FEES
This is a 41-credit program. For tuition and financial aid information, please call 888-859-0641 or visit online.csp.edu.

TECHNOLOGY REQUIREMENTS
Students use their personal computer in this program. To begin the program, students must meet the requirements listed on the technology agreement. To view this agreement please visit www.csp.edu/Admission/AcceleratedDegree/Documents

FOR MORE INFORMATION:
888-859-0641 • onlineinfo@csp.edu • online.csp.edu