

University of Connecticut ***New*** Winter Course Offerings From the Department of Kinesiology

See all the Department of Kinesiology has to offer!

Open to students in allied health sciences and students interested in athletic training, physical therapy and careers in physical medicine and rehabilitation. Perfect for elective or related course requirements and to broaden your education! Perfect for Pre-AT, Pre-PT, Pre-PA and Pre-Med as well.

Not a Kinesiology Student? No problem! These classes are being offered to all this winter intersession, please see details in course below for permission numbers!!

Winter Intersession 2021

KINS 1160: Courses in Lifetime Sports Program (Distance Learning)

2 course offerings!

1 credit

Need a 1 credit course? Or maybe you want to learn more about weight training or possibly life saving skills like CPR. These are the courses for you!

For CPR/AED and First Aid register for KINS 1160 – Class # 1148

For Free weight Training register for KINS 1160 - Class # 1149

View courses here: <https://wintersession.uconn.edu/winter-2021-courses/course/KINS/1160>

KINS 3545: Resistance Training for Health and Performance

3 credits

Focuses on the knowledge, skills, and understanding of the scientific principles on which to design individualized resistance training programs needed for optimal performance, health improvement, disease treatment, and injury prevention. Presents analysis techniques of human physiology specific to resistance training and performing. Laboratory and field methods to evaluate anaerobic ability, flexibility, muscular strength and power and body composition will be discussed

View KINS 3545 here: <https://wintersession.uconn.edu/winter-2021-courses/course/KINS/3545>

Prerequisites: KINS 4500; ***email Corinne Piorek** Corinne.Piorek@uconn.edu **for permission numbers**

KINS 4500: Exercise Physiology

3 credits

An organ systems approach to optimal human performance including metabolism, energy transfer, nerve transmission, muscle contraction, endocrine control, and cardiopulmonary physiology.

View for KINS 4500 here: <https://wintersession.uconn.edu/winter-2021-courses/course/KINS/4500/>

Prerequisites: PNB 2264 and 2265; ***email Corinne Piorek** Corinne.Piorek@uconn.edu **for permission numbers**

Register today while seats are still available!
For more info contact the course instructor.
Visit us at: <https://kins.uconn.edu/>

*Online? No problem! Our faculty are leading experts in their field and are excited to offer these courses this intersession in the virtual environment.
We hope to see you all in class! Don't hesitate to contact us with questions and visit our website .*