

KINESIOLOGY (KIN)

KIN C033N **18 Hours (18 lecture hours)**

Injury Prevention for Esports

Grading Mode: P/NP/SP Non-Credit

This course examines the physical injuries that esports players may develop while gaming. Students will learn about extremity disorders, overuse injuries, the ergonomics of a proper gaming setup, and simple exercises to minimize physical injury. Noncredit. Pass/No Pass/Satisfactory Progress. (NOT DEGREE APPLICABLE.)

KIN C034N **18 Hours (18 lecture hours)**

Psychology for Esports

Grading Mode: P/NP/SP Non-Credit

This course examines how psychological factors, such as stress, performance anxiety, communication, and team dynamics affect gaming performance. This course will help give players the tools to minimize the psychological barriers associated with gaming. Noncredit. Pass/No Pass/Satisfactory Progress. (NOT DEGREE APPLICABLE.)