

# Kinesiology and Athletics

FACULTY: Daman Hagerott (Chair), Sean Bushey, Chris Casey, Tom Dodd, Mike Ediger, Warren Friedrichs, Helen Higgs, Melinda Larson, Scott McQuilkin, Russell Richardson, John Tully, Jo Wagstaff, Rodney Wecker, Kirk Westre, Toby Schwarz. COACHES: Sean Bushey (men's soccer, women's soccer), Tom Dodd (swimming), Teresa Hansen (softball), Helen Higgs (women's basketball), Steve Rupe (volleyball), Toby Schwarz (cross-country, track and field), Mike Shanks (men's tennis), John Tully (football), Jo Wagstaff (women's tennis), Keith Ward (baseball)

## Requirements for a Health, Fitness, and Physical Education Major, B.A. (49)

Both tracks require the following core courses: .....	43
BI 220 Human Anatomy and Physiology I .....	4
BI 221 Human Anatomy and Physiology II .....	4
KIN 270 Emergency Response .....	2
KIN 279 Foundations of Health, Fitness and Physical Education .....	2
KIN 320* Structural and Mechanical Kinesiology .....	4
KIN 322 Philosophical and Psychological Aspects of Coaching .....	3
KIN 326W* Exercise Physiology .....	3
KIN 330 Adaptive Physical Education .....	2
KIN 344 Curriculum and Methods: Elementary Health, Fitness & PE .....	2
KIN 351 Curriculum and Methods: Secondary Health, Fitness & PE .....	2
KIN 361 Community Health .....	2
KIN 362 Personal Health .....	2
KIN 400 Tests and Measurements .....	2
KIN 420 Administration and Legal Aspects of Health, Fitness & PE .....	2
KIN 433 Principles of Conditioning and Nutrition .....	2
KIN 465 Motor Development and Learning .....	2
KIN 498 Senior Seminar .....	2
Complete one of the following tracks: .....	6
*Prerequisites: BI 220, 221 Anatomy and Physiology I, II	

**Track I: Teaching (Certification in Health & Fitness) (49)**

Required core courses: ..... 43

Three of the following: ..... 3

    KIN 264 Professional Activities I

    KIN 265 Professional Activities II

    KIN 266 Professional Activities III

    KIN 267 Professional Activities IV

    KIN 268 Professional Activities V

    KIN 269 Professional Activities VI

KIN 481 Field Experience: Health, Fitness & PE ..... 3  
 (If student teaching is at secondary level, KIN 481 should be at elementary level and vice versa. KIN 481 may be met by EDU 368, Intercultural Field Experience.)

**Track II: Non-Teaching (49)**

Required core courses: ..... 43

KIN390 Internship in area of professional interest ..... 3

KIN490 Internship in area of professional interest ..... 3

**Requirements for Sports Medicine/  
 Athletic Training Major, B.A. (45)**

This is a limited-enrollment major. Applicants for admission to the sports medicine/athletic training major are evaluated on the following criteria:

1. cumulative GPA of 2.75 or higher
2. completion of KIN 270 and KIN 271 with a grade of at least a "B" in each course
3. formal application
4. submission of two letters of recommendation
5. ability to work effectively with others
6. primary focus in sports medicine
7. interview (if necessary)

Technical standards for admission into the Sports Medicine/Athletic Training Education Program can be obtained on our website at [www.whitworth.edu](http://www.whitworth.edu) and in our Student Athletic Trainer Handbook.

Prerequisites prior to admission to the program:

KIN 270 Emergency Response ..... 2

KIN 271 Introduction to Athletic Training ..... 2

Courses to be completed after admission to sports medicine major:

BI 220 Human Anatomy and Physiology I ..... 4

BI 221 Human Anatomy and Physiology II ..... 4

KIN 320 Structural and Mechanical Kinesiology ..... 4

KIN 322 Philosophical/Psychological Aspects of Coaching ..... 3

KIN 326W Exercise Physiology ..... 3

KIN 332 Pathophysiology and Modalities in Athletic Training ..... 2

KIN 333 Organization and Administration of Athletic Training ..... 2

KIN 334W Physical Exam of the Lower Extremities in Athletic Training ..... 3

KIN 335 Physical Exam of the Upper Extremities in Athletic Training ..... 3

KIN 336 Medical Issues in Athletic Training ..... 2

KIN 362 Family Health ..... 2

KIN 432 Therapeutic Exercise ..... 2

KIN 433 Principles of Conditioning and Nutrition ..... 3

4 credits of clinical experience ..... 4

    KIN 281 Clinical Experience I

    KIN 382 Clinical Experience II

    KIN 383 Clinical Experience III

    KIN 484 Clinical Experience IV

Recommended:

- One supporting counseling class
- PY 101      Introductory Psychology
- KIN 338      Study Tour Preparation/Japan
- KIN 339      Seminar in Sports Medicine/Japan
- KIN 400      Tests and Measurements
- KIN 465      Motor Learning

**Requirements for Physical Education as a Minor or Supporting Endorsement in Health & Fitness (36)**

BI 220	Human Anatomy and Physiology I .....	4
BI 221	Human Anatomy and Physiology II .....	4
KIN 270	Emergency Response .....	2
KIN 320*	Structural and Mechanical Kinesiology .....	4
KIN 326W*	Exercise Physiology .....	3
KIN 330	Adaptive Physical Education .....	2
KIN 344	Curriculum & Methods: Elementary Health, Fitness & PE .....	2
KIN 351	Curriculum and Methods: Secondary Health, Fitness & PE .....	2
KIN 361	Community Health .....	2
KIN 362	Personal Health .....	2
KIN 400	Tests and Measurements .....	2
KIN 420	Administration and Legal Aspects of Health, Fitness & PE .....	2
KIN 433	Principles of Conditioning and Nutrition .....	3
KIN 465	Motor Development and Learning .....	2

**Varsity Sports (1)**

For participants in men's and women's sports at the intercollegiate level

- PE 101      Varsity Baseball
- PE 102      Varsity Basketball
- PE 103      Varsity Football
- PE 105      Varsity Tennis
- PE 106      Varsity Track and Field
- PE 107      Varsity Swimming
- PE 108      Varsity Softball
- PE 109      Varsity Cross-country
- PE 110      Varsity Volleyball
- PE 111      Varsity Soccer
- PE 117      Cheer Leadership

**Physical Activity Courses (1)**

- PE 113,213      Beginning, Intermediate Basketball
- PE 115      Bowling
- PE 119 I      Ice Skating
- PE 122,222      Beginning, Intermediate Tennis
- PE 124      Weight Training
- PE 125      Golf
- PE 128      Sports Conditioning
- PE 129,229      Beginning, Intermediate Badminton
- PE 130      Soccer
- PE 131      Softball/Flag Football
- PE 132      Fitness Programs
- PE 133,233      Beginning, Intermediate Volleyball
- PE 134      Jogging
- PE 138,178      Karate, Karate II
- PE 141      Water Aerobics
- PE 143,243      Beginning, Intermediate Ballet
- PE 147      Scuba Diving

PE 148	Cross-Country Skiing
PE 149	Swimming for Fitness
PE 153, 253	Ballroom Dancing
PE 155	Kayaking
PE 159	Snow Skiing and Boarding
PE 164	Pickleball
PE 166	Aerobics (not repeatable)

**PE 175 Survey of Physical Education Activities 3**

Course includes individualized fitness assessment, personalized program development, and exposure to leisure and lifetime wellness activities as they relate to the Continuing Studies student. Also includes a personalized aerobic component and nutritional considerations. For Continuing Studies students only.

PE 184	Introduction to Sacred Movement
PE 185	Sacred Movement Meditations
PE 230	Intermediate Soccer
PE 250	Lifesaving
PE 251	Water Safety Instruction

**Kinesiology Courses**

**KIN 196 Topics in Kinesiology 1-3**

Selected lower-division topics in physical education. Periodic offering.

**KIN 264 Professional Activities I 1**

Volleyball, track and field. Spring semester, even years.

**KIN 265 Professional Activities II 1**

Softball, aerobics, new games. Fall semester, even years.

**KIN 266 Professional Activities III 1**

Football, weight-lifting. Spring semester, odd years.

**KIN 267 Professional Activities IV 1**

Racket sports. Fall semester, odd years.

**KIN 268 Professional Activities V 1**

Basketball, soccer. Spring semester, even years.

**KIN 270 Emergency Response 2**

First aid and safety procedures. Emergency Response and CPR certificates from the Red Cross awarded to those who qualify. Lab fee. Fall and spring semesters, Jan Term.

**KIN 271 Introduction to Athletic Training 2**

Survey of the profession of athletic training. Injury prevention, assessment, treatment, taping and rehabilitation of common athletic injuries will be presented. Lab fee. Spring semester.

**KIN 279 Foundations of Health, Fitness, and Physical Education 2**

Historical survey of physical education from ancient to modern times. Basic principles of modern physical education and their relationship to present-day programs. Biological, psychological, cultural factors. Fall semester.

**KIN 281 Clinical Experience I 1**

Clinical experience in athletic training. Fall and spring semesters.

**KIN 320 Structural and Mechanical Kinesiology 4**

A study of human motion, emphasizing analysis of joint and muscular action and the application of biomechanical principles for sport skills common to physical education and athletics. Prerequisites: BI 220, BI 221, and KIN 326. Spring semester.

- KIN 322 Philosophical and Psychological Aspects of Coaching** 3  
An overview of the application of philosophical and psychological principles to coaching so that the coach is better prepared to develop the maximum potential in athletes. Fall semester.
- KIN 326W Exercise Physiology** 3  
The study of theory and practical application of exercise as it applies to the human body. Prerequisites BI 220 and BI 221. Lab fee. Fall semester.
- KIN 330 Adaptive Physical Education and Recreation** 2  
A study of teaching activities that must be directed toward or modified for special groups. Jan Term.
- KIN 332 Pathophysiology and Modalities in Athletic Training** 2  
Analysis of the physiological response to injury and the effects of therapeutic modalities and rehabilitation on damaged tissues. Lab fee. Jan Term.
- KIN 333 Organization and Administration of Athletic Training** 2  
This course is designed to expose students to the organization and administration concepts of athletic training. Content includes management, leadership, legalities, historical perspectives, motivation and technology. Lab fee. Spring semester.
- KIN 334W Physical Exam. of the Lower Extremities in Athletic Training** 3  
Intense in-depth study of the lower extremities including physical examination, injury recognition, treatment, taping, bracing and rehabilitation. Lab fee. Fall semester.
- KIN 335 Physical Exam. of the Upper Extremities In Athletic Training** 3  
Intense in-depth study of the trunk, head, face and upper extremities, including physical examinations, injury recognition, emergency treatment, taping, bracing and rehabilitation. Lab fee. Spring semester.
- KIN 336 Medical Issues in Athletic Training** 2  
This course addresses current medical issues that pertain to athletic training. Content includes sports pharmacology, physiological considerations, common illnesses and special concerns. Spring semester.
- KIN 338 Sports Medicine Study Tour: Preparation** 1
- KIN 339 Seminar in Sports Medicine: Japan** 3
- KIN 344 Curriculum and Methods: Elementary Health, Fitness and Physical Education** 2  
Curriculum and methods for teaching physical education and health education in the elementary school. Current methods and materials used in developing the elementary curriculum and in teaching the appropriate activities for each grade level. Class management, class discipline and directed teaching are practiced. Fall and spring semesters and Jan Term.
- KIN 351 Curriculum and Methods: Secondary Health, Fitness and Physical Education** 2  
Practical applications of educational theory and sports content. Emphasis on preparation of resource units and directed teaching. Spring semester.
- KIN 361 Community Health** 2  
Current issues in health, including the health-care system and wellness and illness. Spring semester.
- KIN 362 Personal Health** 2  
Current issues related to substance use and abuse, sexuality and life cycles. Fall semester.

<b>KIN 382 Clinical Experience II</b>	<b>1</b>
Clinical experience in athletic training. Fall and spring semesters.	
<b>KIN 383 Clinical Experience III</b>	<b>1</b>
Clinical experience in athletic training. Fall and spring semesters.	
<b>KIN 396 Topics in Physical Education</b>	<b>1-3</b>
Selected upper-division topics in physical education. Periodic offering.	
<b>KIN 400 Tests and Measurements</b>	<b>2</b>
Selection, administration, interpretation and application of tests of fitness, skills and knowledge. Development of computer software proficiency as it relates to the evaluation of tests designed to analyze human movement. Fall semester.	
<b>KIN 420 Administration and Legal Aspects of Health, Fitness, and Physical Education</b>	<b>2</b>
Administrative policies and practices as they relate to program development, budget, facilities, equipment, personnel management and public relations in directing physical education, intramural and interscholastic sports programs. Fall semester.	
<b>KIN 430 Sports and Society</b>	<b>3</b>
Interrelationships of sports with other aspects of culture. Role of sports in American society. Spring semester.	
<b>KIN 432 Therapeutic Exercise</b>	<b>2</b>
Instruction on the effective application of therapeutic exercise in order to achieve symptom-free movement and function. Content includes basic principles of exercise, therapeutic effects of exercise, functional evaluation of performance, goniometric measurements and manual muscle testing. Fall semester.	
<b>KIN 433 Principles of Conditioning and Nutrition</b>	<b>3</b>
Development of proficiency in the theory, design, and implementation of conditioning programs. Instruction will include nutritional considerations and ergogenic aids for physical conditioning. Fall semester. Prerequisite: KIN 320 and KIN 326W.	
<b>KIN 465 Motor Development, Control and Learning</b>	<b>2</b>
Theories and principles of motor activity and motor responses. Spring semester.	
<b>KIN 484 Clinical Experience IV</b>	<b>1</b>
Clinical experience in athletic training. Fall and spring semesters.	
<b>KIN 498 Senior Seminar</b>	<b>2</b>
Integration of theory courses into the entire field of physical education as well as into the Christian liberal arts tradition. Spring semester.	

### Directed Studies

Independent Studies (191, 291, 391, 491); Readings (386, 486); Internships (290, 490); Field Studies (280, 480); and Teaching Assistantships (395, 495). See Page 169 for details.