



# The Department of **KINESIOLOGY**

"More than 25 years ago, I came to Point Loma with a hope. A hope that I would find an institution of higher learning that did more than just speak of high ideals. I found a place that came closer to providing an education that balanced the mind, body and spirit better than perhaps any in the country."

~ James G. Craker, Professor Emeritus of Physical Education and Track Coach

Page **87**

## **OBJECTIVES**

- To provide students the opportunity to participate in a program designed to aid in the development of physical efficiency, healthful living, social cooperation and individual activity for the enjoyable and intelligent use of leisure time;
- To introduce students to the potential benefits of a stimulating systematic exercise program;
- To prepare students for careers in teaching, therapeutic science, athletic training, and recreation-oriented community service programs.

## **TRADITION OF EXCELLENCE...**

The Department of Kinesiology offers students many unique opportunities. Students participate with experienced and nationally recognized professors in a dynamic, hands-on educational experience. The faculty gives the students a deep insight into the area of sport and physical education, making the program perfect for a variety of interests. As part of the educational program, students participate in practical laboratory and internship programs, observation and participation in hospitals and physical therapy centers, observation of surgery and special lecture series with medical doctors and other medical experts.

## **STEP INTO YOUR FUTURE...**

Graduates of the Department of Kinesiology are prepared for a variety of opportunities that await them after leaving PLNU. Many students go on to graduate schools in physical therapy, physical education, exercise and physiology and medical school. Other students become elementary teachers or coaches. Still others go on to work as program directors at hospitals and sports clinics. With the experiences and education found at PLNU, the opportunities in fields related to Kinesiology become reality.

## **FACULTY**

- Ted Anderson, Ph.D.  
*Texas A&M University*
- Jerry Arvin, M.S.  
*Butler University*
- Ben Foster, M.A.  
*San Diego State University*
- Susan Ganz, M.S.  
*Austin Peay State University*
- Richard Hills, M.A.  
*San Diego State University*
- Stephanie Kerr, M.S.  
*Washington State University*
- Leon Kugler, Ph.D.  
*University of Toledo*
- Carroll Land, Ph.D.  
*University of Southern California*
- Patsy Livingston, M.A.  
*San Jose State University*
- Jacklyn Lowe, M.S.  
*University of Oregon*
- Jeff Sullivan, M.A.  
*San Jose State University*
- William Westphal, M.Ed.  
*Occidental College*
- Arthur Wilmore, M.A.  
*California Polytechnic State University*
- Barbara Wnek, M.A.  
*San Diego State University*

# Athletic Training MAJOR

## LOWER-DIVISION REQUIREMENTS

COURSE #	TITLE	UNITS
CHE 103	Intro to General, Organic, and Biological Chemistry <b>OR</b>	
CHE 152	General Chemistry	4-5
BIO 130	Human Anatomy and Physiology I	.4
BIO 140	Human Anatomy and Physiology II	.4
KPE 101	Orientation to Kinesiology, Physical Education, Athletic Training	1
KPE 280	Intro to Athletic Training	.2
KPE 280-L	Intro to Athletic Training lab	.1
ATR 102	Risk Management and Emergency Response	.2
ATR 293	Clinical Practicum I	.3
ATR 294	Clinical Internship I	.3
	<b>TOTAL</b>	<b>.29</b>

## UPPER-DIVISION REQUIREMENTS

COURSE #	TITLE	UNITS
KPE 312	Motor Learning and Motor Development	.3
KPE 325	Structural Kinesiology	.2
KPE 327	Applied Biomechanics	.2
KPE 340	Physiology of Exercise	.3
KPE 440	Measurement, Statistics and Evaluation of Human Performance	.3
ATR 385	Pathology of Injury and Illness	.4
ATR 387	Assessment of Lower Extremity Pathology	.3
ATR 388	Assessment of Head, Spinal and Upper Extremity Pathology	.3
ATR 393	Clinical Practicum II	.3
ATR 394	Clinical Internship II	.3
ATR 410	Therapeutic Exercise	.3
ATR 415	Therapeutic Modalities and Pharmacology	.3
ATR 460	Management of Allied Health Care	.3
ATR 493	Clinical Preceptorship	.3
	<b>TOTAL</b>	<b>.40</b>

## RECOMMENDED COURSES

COURSE #	TITLE	UNITS
PED 300	Optimal Health	.2
PED 470	Praxis of Strength Training, Conditioning and Kinesiatrics	.3

## ACCREDITATION OF THE ATHLETIC TRAINING EDUCATION PROGRAM

The Athletic Training major has received from the NATA-JRC the status of Program Candidacy. The major will be reviewed for accreditation in 2002-03. Accreditation is not guaranteed in the application but is highly valued and planned for by the Point Loma Nazarene University Athletic Training Education Program.

## ADMISSION TO THE ATHLETIC TRAINING EDUCATION PROGRAM (ATEP)

Students must apply for admission to the major. Space in the sophomore, junior and senior level courses is limited, and admission to the Athletic Training major is competitive. Selections for participation in the sophomore level ATEP are made after the end of the Spring Semester for the following Fall Semester.

## ELIGIBILITY

Students are eligible to be considered for the Point Loma Nazarene University ATEP when the following criteria are met:

- Submission of an ATEP Application for Admission\* by the first Friday in March
- Submit three letters of recommendation on the ATEP form\*
- Complete all educational competencies required in Kinesiology and Physical Education 280, 280L and Athletic Training 102 and achieve grade of B- or better\*\*
- Have a minimum grade-point average of 2.500\*\*
- Complete a minimum of 36 hours of clinical observation supervised by a PLNU Athletic Training Clinical Instructor
- Meet the Technical Standards for Admission\*\*\* to and Completion of the ATEP at PLNU as measured and documented by the faculty in Kinesiology and Physical Education 280, 280L, Athletic Training 102
- Agree to and sign the PLNU Mission Statement Code of Conduct
- Complete an interview with the ATEP Admissions Committee

\*Available on the PLNU ATEP website:

[www.ptloma.edu/KPE/ATEP/curr.htm](http://www.ptloma.edu/KPE/ATEP/curr.htm)

\*\*Probationary admission status will be considered under special circumstances

\*\*\*Technical standards are published in the Athletic Training Handbook and at [www.ptloma.edu/KPE/ATEP/curr.htm](http://www.ptloma.edu/KPE/ATEP/curr.htm)

## SELECTION

- The ATEP Admissions Committee, comprised of all ATEP faculty members and one student from each of the three student cohorts, rate each applicant on the following: quality of application, letters of recommendation, interview, clinical observation experience, grades in required courses, cumulative GPA, and completion of Technical Standards assessment and Code of Conduct endorsement.
- Ten students are selected for admission to the ATEP in May and begin the program in August of the following academic year. These students are deemed the cohort of the year they are projected to graduate.

**HEALTH STATUS**

- Students admitted to the ATEP must have current immunizations and tests required by the ATEP. Forms are available on the ATEP website: [www.ptloma.edu/KPE/ATEP/curr.htm](http://www.ptloma.edu/KPE/ATEP/curr.htm)
- Annual tuberculin tests are required prior to each new academic year

**PROBATIONARY ADMISSION STATUS**

Should an applicant not meet the required pre-requisite course grades or cumulative GPA requirement, he/she may apply to the program and be considered for a probationary admission status if all other admission criteria are met. Students admitted to the ATEP on probationary status must meet the requirements for retention in the ATEP as outlined below or that student will not continue in the program.

**RETENTION**

All students admitted to the ATEP must maintain the following minimum standards to remain in good standing in the program:

- Maintain a 2.500 cumulative GPA
- Adhere to and exhibit high levels of performance on the Technical Standards and enthusiastically adhere to and promote the Mission of the PLNU ATEP
- Earn not less than a C in the following courses: Athletic Training 293, 294, 385, 387, 388, 393, 394, 410, 415, 460, 493

**PROGRAM PROVISIONS**

- Students are required to commute to off-campus internships via their own transportation arrangements.
- Students are required to purchase and wear clothing that identifies them as a Student Athletic Trainer from PLNU on an annual basis.
- To complete the ATEP course of study requires a minimum of three academic years.

**TRANSFER STUDENTS**

- All courses accepted in transfer from other institutions of higher learning must be equivalent in content and credit to PLNU courses. Course syllabi must be provided the ATEP Director for course equivalency determinations.
- Transfer students must meet all educational competencies and clinical proficiencies for courses previously taken.

**NATIONAL CERTIFICATION**

- Upon completion of the baccalaureate degree in Athletic Training and 1500 hours of clinical experience, students are eligible to apply for and take the NATA-BOC certification examination. When the Student Athletic Trainer passes the national examination he/she becomes a Certified Athletic Trainer.

## Exercise Science MAJOR

**LOWER-DIVISION REQUIREMENTS**

COURSE #	TITLE	UNITS
CHE 152	General Chemistry I	4
CHE 153	General Chemistry II	4
BIO 110	Cell Biology and Biochemistry	4
BIO 130	Human Anatomy and Physiology I	4
BIO 140	Human Anatomy and Physiology II	4
BIO 220	Microbiology of Infectious Diseases	5
FCS 225	Fundamentals of Nutrition	3
KPE 101	Orientation to Kinesiology, Physical Education, Athletic Training	1
KPE 280	Intro to Athletic Training	2
PSY 103	General Psychology	3
• Certification in First Aid and CPR		

**UPPER-DIVISION REQUIREMENTS**

COURSE #	TITLE	UNITS
PSY 321	Abnormal Psychology	3
PED 300	Optimal Health	2
KPE 312	Motor Learning and Motor Development	3
KPE 325	Structural Kinesiology	2
KPE 327	Applied Biomechanics	2
KPE 340	Physiology of Exercise	3
KPE 430	Advanced Exercise Physiology	3
KPE 440	Measurement, Statistics and Evaluation of Human Performance	3
ATR 385	Pathology of Injury and Illness	4
• One upper-division elective in the Department of Kinesiology		
TOTAL		28-29

## Physical Education MAJOR

**LOWER-DIVISION REQUIREMENTS**

COURSE #	TITLE	UNITS
BIO 130	Human Anatomy and Physiology I	4
BIO 140	Human Anatomy and Physiology II	4
CHE 103	Intro to General, Organic, and Biological Chemistry	5
ATR 102	Risk Management and Emergency Response	2
<b>OR</b>		
Certification in First Aid and CPR		
KPE 101	Orientation to Kinesiology, Physical Education, Athletic Training	1
KPE 280	Intro to Athletic Training	2
KPE 280-L	Intro to Athletic Training Lab	1
PED 210	Team Sports Fundamentals	2
PED 211	Individual and Dual Sports I	2
PED 212	Team Sports Strategies	2
PED 213	Individual and Dual Sports II	2
TOTAL		26-27

## UPPER-DIVISION REQUIREMENTS

COURSE #	TITLE	UNITS
PED 300	Optimal Health	2
PED 301	Contemporary Health Issues	2
PED 303	Sports Officiating	2
PED 330	History and Trends of Physical Education	3
PED 350	Foundations and Techniques of Coaching	4
PED 480	Leadership in Physical Education-Related Programs	3
KPE 312	Motor Learning and Motor Development	3
KPE 325	Structural Kinesiology	2
KPE 327	Applied Biomechanics	2
KPE 340	Physiology of Exercise	3
KPE 440	Measurement, Statistics and Evaluation of Human Performance	3
• Six additional upper-division units in Kinesiology, Physical Education, and Athletic Training		
TOTAL		35

## Pre-Physical Therapy and Allied Health Program

See Pre-Professional and Cooperative Programs.

## Athletic Training COURSES

### ATR 102 (2) RISK MANAGEMENT AND EMERGENCY RESPONSE

Prevention, recognition, and management of health emergencies.

*Corequisite: Kinesiology and Physical Education 101.*

### ATR 293 (3) CLINICAL PRACTICUM I

Instruction, practice, and supervision in the clinical aspects of Athletic Training by a Certified Athletic Trainer/Clinical Instructor in a collegiate setting. Special Fee.

*Prerequisites: Admission to A.T.E.P.*

### ATR 294 (3) CLINICAL INTERNSHIP I

Instruction and supervision in the clinical aspects of Athletic Training by a Certified Athletic Trainer/Clinical Instructor in an off campus setting. Special Fee.

*Prerequisites: Admission to A.T.E.P.*

### ATR 385 (4) PATHOLOGY OF INJURY AND ILLNESS

An in-depth study of the etiological factors and care of injury and illness. Mechanisms of injury, pathology of illness, topographical appearance, imaging technology for assessment, implications for return to activity and long term health sequelae serve as the matrix for study of pathology. Psychology of injury and illness is studied.

### ATR 387 (3) ASSESSMENT OF LOWER EXTREMITY

#### PATHOLOGY

Through the systematic application of the HIPS method of assessment injuries of the pelvis and lower extremity will be studied. Clinical note taking will be mastered. Clinical role playing in lab setting will allow students to practice neuromusculoskeletal injury assessment.

### ATR 388 (3) ASSESSMENT OF HEAD, SPINAL, AND UPPER EXTREMITY PATHOLOGY

Through the systematic application of the HIPS method of assessment injuries of the axial skeleton, central nervous system, thorax, abdomen, and the upper extremity will be studied. Clinical note taking will be mastered. Clinical role playing in lab setting will allow students to practice neuromusculoskeletal injury assessment.

### ATR 393 (3) CLINICAL PRACTICUM II

Advanced practice and supervision in the clinical aspects of Athletic Training by a Certified Athletic Trainer/Clinical Instructor in a collegiate setting. Special Fee.

*Prerequisite: Athletic Training 293.*

### ATR 394 (3) CLINICAL INTERNSHIP II

Clinical experience in an off campus clinical setting(s) under the supervision of a Certified Athletic Trainer/Clinical Instructor. Special Fee.

*Prerequisite: Athletic Training 294.*

### ATR 410 (3) THERAPEUTIC EXERCISE

Theory and practice of active therapeutic techniques including manual, William's, and McKenzie therapies, proprioceptive neuromuscular facilitation and progressive resistance.

### ATR 415 (3) THERAPEUTIC MODALITIES AND

#### PHARMACOLOGY

Use, physiological effects and contraindications of thermal, electrical, acoustic, and cryogenic modalities. Study of drug classifications and medico-legal aspects of therapeutic and pharmacological treatments. Special Fee.

### ATR 460 (3) MANAGEMENT OF ALLIED HEALTH CARE

Leadership theory and practices in allied health care. Trends in national and international health care.

### ATR 493 (3) CLINICAL PRECEPTORSHIP

Advanced clinical experience in an athletic training milieu under the supervision of a Certified Athletic Trainer/Clinical Instructor.

## Kinesiology and Physical Education COURSES

### KPE 101 (1) ORIENTATION TO KINESIOLOGY, PHYSICAL EDUCATION, ATHLETIC TRAINING

An introductory course dealing with the expectations, opportunities, and the nature of the professions for which students of the department might prepare. Topics addressed include essential computer skills, library and internet search techniques, ethics, issues for women and men in the work place, trends in sport coaching, officiating, sports medicine and physical education, professional organizations, and personal accountability.

### KPE 280 (2) INTRODUCTION TO ATHLETIC TRAINING

Recognition and initial care of commonly occurring injuries to active people. Objective methods of determining if a person can continue to play following injury or if referral to medical care is required. Special fee.

### KPE 280-L (1) INTRODUCTION TO ATHLETIC TRAINING LAB

Skill acquisition in the techniques and procedures required of the Athletic Training clinician. Laboratory instruction on techniques of strapping, binding, and wound management. Required of Athletic Training majors. Special fee. *Corequisite: Kinesiology and Physical Education 280.*

### KPE 312 (3) MOTOR LEARNING AND MOTOR DEVELOPMENT

Motor Development: A study of motor, physical, and neuromuscular development from prenatal periods to old age. Motor Learning: A study of factors involved in the learning and performance of motor skills. Laboratory experiences included.

### KPE 325 (2) STRUCTURAL KINESIOLOGY

In-depth study of the structure and function of neuromusculoskeletal components of the human body in motion. Laboratory experiences included. Offered on a Quad basis.

*Prerequisite: Biology 130 or consent of instructor.*

### KPE 327 (2) APPLIED BIOMECHANICS

Quantitative and qualitative assessments of human movement through the use of kinematic and kinetic means. Students will apply the physics of motion to the understanding and teaching of movement in the physical activity and rehabilitative contexts. Offered on a Quad basis.

*Corequisite: Kinesiology and Physical Education 325.*

### KPE 340 (3) PHYSIOLOGY OF EXERCISE

A study of the effects of vigorous physical activity upon the systems of the body; development of an understanding of factors which constitute training of the human body for high levels of health and physical performance. Laboratory experiences included. Special fee.

*Prerequisite: Biology 140 or consent of instructor.*

### KPE 430 (3) ADVANCED EXERCISE PHYSIOLOGY

Detailed analysis of the effects of exercise on the organ systems of the body. Lecture and laboratory. Special fee. Alt.\*

*Prerequisite: Kinesiology and Physical Education 340.*

### KPE 440 (3) MEASUREMENT, STATISTICS, AND EVALUATION OF HUMAN PERFORMANCE

Study of measurement techniques and instruments, descriptive and inferential statistics and evaluation procedures in human performance. Assessment of cognitive, physical, and motor domains through test construction, administration, and interpretation are the central content areas of the course. An original research proposal including statistical design is required. Alt.\*

### KPE 470 (3) PRAXIS OF STRENGTH TRAINING, CONDITIONING, AND KINESIATRICS

Application of concepts of exercise science in the development and practice of strength training and conditioning programs. Kinesiatrics, movement to enhance athleticism, physical efficiency, and organismic wellness, is practiced. May be used to prepare for national certification in strength and conditioning or fitness and wellness. Alt.+

*Prerequisite: Kinesiology and Physical Education 340 or consent of instructor.*

### KPE 490 (1-3) SPECIAL STUDIES IN KINESIOLOGY, PHYSICAL EDUCATION, AND ATHLETIC TRAINING

Independent study of a selected topic under the direction of a faculty member. Intended for junior or senior students in strong academic standing.

*Prerequisite: Consent of instructor and departmental chair.*

## Physical Education

### COURSES

*Courses numbered 100 to 184 and 300 may be used to meet General Education requirements in physical education. Courses numbered 102 through 168 are designed for the general student body, with the objective of developing a level of skill and understanding of the activity sufficient to enable the student to participate with enjoyment and efficiency in this activity for a lifetime.*

### PED 100 (1) FITNESS THROUGH MOVEMENT - GE

Development of personal fitness through assessment, theory, and practice; introduces principles of conditioning, nutrition and stress management leading to a lifetime of fitness and desirable health attitudes and practices.

### PED 102 (1) SELECTED ACTIVITIES IN PHYSICAL EDUCATION - GE

Development of fundamental skills through participation in selected activities. (Activity not offered in other courses; to be announced in the schedule.) May be repeated once. May have special fee.

**PED 115 (1) ADAPTED PHYSICAL ACTIVITY - GE**

Individually-tailored exercise program for those students physically unable to enroll in the regular physical activity courses. Introduces concepts of physical fitness, basic physiology, nutrition, and proper body mechanics. May be repeated for credit.  
*Prerequisites: Physician's referral and recommended program.*

**PED 120 (1) BEGINNING TENNIS - GE**

Fundamental techniques, rules, court play, and etiquette.

**PED 121 (1) ADVANCED TENNIS- GE**

Development of the advanced skills of the approach shot, net play, varied serves, and spins. Participation in singles and doubles strategies and competition.

*Prerequisite: Consent of instructor.*

**PED 130 (1) BEGINNING VOLLEYBALL - GE**

An introduction to the fundamental skills for effective play and an understanding of the rules of the game.

**PED 131 (1) ADVANCED VOLLEYBALL - GE**

Review of fundamental skills required for highly competitive play with the addition of advanced strategies and technique.

*Prerequisite: Physical Education 130 or consent of instructor.*

**PED 135 (1) BADMINTON- GE**

An introduction to the basic techniques, strategies, and rules for singles and doubles play.

**PED 140 (1) BEGINNING SWIMMING - GE**

Fundamental swim strokes, skills, and safety techniques geared toward developing fitness. Special fee for pool rental.

**PED 141 (1) ADVANCED SWIMMING - GE**

Training techniques in competitive swimming. Starts, turns, conditioning, stroke mechanics. Special fee for pool rental.

*Prerequisite: Physical Education 140 or consent of instructor.*

**PED 144 (1) BEGINNING SURFING - GE**

Instruction and participation in the basic skills of surfing and rough water safety. Offered on a Quad basis.

**PED 148 (1) AEROBICS - GE**

Sustained, creative calisthenics and exercises performed to musical accompaniment.

**PED 150 (1) BOWLING - GE**

An introduction to basic skill techniques, rules, safety, etiquette, and competitive league experience. Special fee for off-campus rental.

**PED 155 (1) WEIGHT TRAINING - GE**

Development of skills and knowledge pertaining to building strength, endurance, and flexibility through the use of weights.

**PED 160 (1) GOLF - GE**

An introduction to basic skill techniques, rules, safety, and etiquette leading to a practical golf course experience. Special fee.

**PED 168 (1) OUTDOOR ADVENTURES - GE**

Instruction in the necessary skills and use of proper equipment for safe, enjoyable wilderness outings. Concepts of survival, route-finding, leadership and trip planning for backpacking, rock climbing, and whitewater rafting will be part of the student's experience. Special fee for transportation and food. Offered on a Quad basis. *Courses numbered 170 through 184 are designed for participants on Point Loma's intercollegiate athletic teams. Consent of instructor required. May be repeated for credit no more than four times.*

**PED 170 (1) VARSITY BASKETBALL: MEN - GE****PED 171 (1) VARSITY BASKETBALL: WOMEN - GE****PED 172 (1) VARSITY TENNIS: MEN - GE****PED 173 (1) VARSITY TENNIS: WOMEN - GE****PED 174 (1) VARSITY TRACK AND FIELD: MEN - GE****PED 175 (1) VARSITY TRACK AND FIELD: WOMEN - GE****PED 176 (1) VARSITY GOLF - GE****PED 177 (1) VARSITY BASEBALL - GE****PED 178 (1) VARSITY SOFTBALL - GE****PED 180 (1) VARSITY SOCCER: MEN - GE****PED 181 (1) VARSITY VOLLEYBALL - GE****PED 182 (1) VARSITY CROSS COUNTRY: MEN - GE****PED 183 (1) VARSITY CROSS COUNTRY: WOMEN - GE****PED 184 (1) VARSITY SOCCER: WOMEN - GE****PED 210 (2) TEAM SPORTS FUNDAMENTALS**

Basic, beginning skills and knowledge of softball, basketball, soccer, volleyball, and flag football. Meets General Education requirements for majors in physical education.

**PED 211 (2) INDIVIDUAL AND DUAL SPORTS I**

Skills, strategies, rules and etiquette of racquetball, tennis, badminton, track and field. Meets General Education requirements for majors in physical education.

**PED 212 (2) TEAM SPORTS STRATEGIES**

Team play and prerequisite knowledge and performance of whole sport participation. Alt.+ *Prerequisite: Physical Education 210 or consent of instructor.*

**PED 213 (2) INDIVIDUAL AND DUAL SPORTS II**

Skills, strategies, rules and etiquette of outdoor education, tumbling, dance, combatives, and swimming.

**PED 300 (2) OPTIMAL HEALTH - GE**

Students are encouraged to take charge of their own lives in terms of attitude, exercise, and nutrition-fostering new habits in these areas and developing an understanding of health as more than the absence of disease.

**PED 301 (2) CONTEMPORARY HEALTH ISSUES**

Development of health concepts and teaching techniques in the areas of mental health, substance abuse, communicable disease, and self defense.

**PED 303 (2) SPORTS OFFICIATING**

Rules, mechanics, philosophy, and opportunities in sports officiating in softball/baseball, football, volleyball, basketball, track and field, and soccer. Lecture and practicum format. Alt.+  
*Prerequisite: Physical Education 210, 212 or concurrent enrollment in Physical Education 212 or consent of instructor.*

**PED 308 (3) PHYSICAL EDUCATION FOR CHILDREN**

Development of competencies in teaching motor skills, social skills, and fitness through games, sports, and movement experiences. Organization of teaching units, classroom management, and selection of methods and materials for pre-school and elementary grades. Includes practicums. Offered on a Quad basis.  
*Prerequisite: Physical Education 100 and 300 or Family and Consumer Sciences 315.*

**PED 330 (3) HISTORY AND TRENDS OF PHYSICAL EDUCATION**

A study of philosophical and historical forces which have influenced contemporary physical education and sports programs. Includes the games of various cultures, past and present, and pertinent current issues in physical education and sport. Alt.+

**PED 350 (4) FOUNDATIONS AND TECHNIQUES OF COACHING**

An overview of coaching aspects including psychology of coaching, administrative coaching skills, and technical strategies of team sports. Includes sport-specific training in: basketball, softball/baseball, and volleyball. Alt.\*  
*Prerequisite: Physical Education 210 or consent of instructor.*

**PED 416 (3) METHODS OF TEACHING SECONDARY PHYSICAL EDUCATION**

A study of the philosophical bases, instructional techniques and procedures, and the various elements involved in teaching physical education at the secondary level. Addresses students with special needs and includes classroom teaching methods, field observation, practical application, and the California State Framework in Physical Education.

*Recommendation: Concurrent enrollment in Education 300 or 408 is strongly recommended.*

**PED 450 (3) PSYCHOLOGY AND SPORT PERFORMANCE FOR COACHES AND ATHLETES**

The enhancement of athletic performance and general techniques for coaches of all sports. Principles will be applied to the specific sport interests of each student. Alt.\*

**PED 470 (3) PRAXIS OF STRENGTH TRAINING, CONDITIONING, AND KINESIATRICS**

Application of concepts of exercise science in the development and practice of strength training and conditioning programs. Kinesiatrics, movement used to enhance athleticism, physical efficiency and organismic wellness, is practiced. Intended to prepare students for national certification examinations as strength and conditioning coaches and/or personal fitness trainers. Alt.+

*Prerequisite: Kinesiology and Physical Education 340.*

**PED 480 (3) LEADERSHIP IN PHYSICAL EDUCATION-RELATED PROGRAMS**

General organizational leadership principles and their application to the organization and administration of physical education, exercise science, athletics, and athletic training. Alt.\*

**PED 484 (1-3) PRACTICUM IN COACHING**

An on-campus experience involving observation and/or active coaching experiences under the direction of a PLNU coach. Repeatable for a maximum of six units.

*Prerequisite: Physical Education 350 or consent of instructor.*

**PED 488 (1-3) INTERNSHIP IN COACHING**

An off-campus experience involving observation and/or active coaching with a local athletic team or fitness center. Repeatable for a maximum of six units.

*Prerequisite: Physical Education 350 or consent of instructor.*