

"If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to health."

~ Hippocrates  
c.460-377  
B.C.

# KINESIOLOGY

*Kinesiology*

Ted Anderson, Ph.D., Chair | Golden Gymnasium | 619.849.2244

## *Objectives*

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- 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, coaching, therapeutic science, athletic training, and recreation-oriented community service programs.

## *Tradition of Excellence...*

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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...*

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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 physiology and medical school. Other students become teachers and/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.

## *Major and Minors*

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### *Majors*

Athletic Training  
Exercise Science  
Physical Education

### *Faculty*

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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*

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 <i>OR</i>	
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
	TOTAL	29

## 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
	TOTAL	40

## 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. Notification of accreditation will be announced during the 2003-04 academic year. Accreditation 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 Web site:  
[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.

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**HEALTH STATUS**

- Students admitted to the ATEP must have current immunizations and tests required by the ATEP. Forms are available on the ATEP Web site: [ww.ptloma.edu/KPE/ATEP/curr.htm](http://ww.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 prerequisite 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

**OR**

- 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 .6		
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. and consent of instructor.*

### 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 and consent of instructor.*

### 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.

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