

Exercise Science *Major*

LOWER-DIVISION REQUIREMENTS

COURSE #	TITLE	UNITS
CHE 152	General Chemistry I	4
CHE 153	General Chemistry II	4
BIO 210	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		
TOTAL		34

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	3
• One upper-division elective in the Department of Kinesiology		
TOTAL		27-28

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		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 290 (3) CLINICAL INTERNSHIP I

Instruction, practice, and supervision in the clinical aspects of Athletic Training by a Certified Athletic Trainer/Clinical Instructor in an off-campus setting. This is an equipment-intensive course. Special Fee.

Prerequisites: Admission to ATEP.

ATR 291 (3) CLINICAL INTERNSHIP II

Instruction and supervision in the clinical aspects of Athletic Training by a Certified Athletic Trainer/Clinical Instructor. This is a lower-extremity focused course. Special Fee.

Prerequisites: Admission to ATEP and consent of instructor.

ATR 385 (3) 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 are studied. Mastering clinical note taking and clinical role playing in lab setting 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 are studied. Clinical note taking must be mastered. Clinical role playing in lab setting allows students to practice neuromusculoskeletal injury assessment.

ATR 390 (3) CLINICAL PRACTICUM I

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 291.

ATR 391 (3) CLINICAL PRACTICUM II

Clinical experience in a collegiate setting under the supervision of a Certified Athletic Trainer/Clinical Instructor. Emphasis is on therapeutic modalities and nutrition. Special Fee.

Prerequisite: Athletic Training 390 and consent of instructor.

ATR 410 (3) THERAPEUTIC EXERCISE

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

ATR 415 (4) 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 (2) CLINICAL PRECEPTORSHIP I

Advanced clinical experience in orthopedic surgery and sports medicine clinic under the supervision of an orthopedic surgeon and Certified Athletic Trainer/Clinical Instructors. General medical emphasis.

ATR 494 (1) CLINICAL PRECEPTORSHIP II

Advanced clinical experience in family medicine. Includes capstone clinical experience and mock certification examination. General medical emphasis.

Prerequisite: Admission to the ATEP.

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 is able to 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 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. Offered 2007-08.

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. Offered 2007-08.

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. Kinesiatics, 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. Offered 2006-07.

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

KPE 484 (1-3) PRACTICUM IN KINESIOLOGY

An on-campus experience in which the student works with a faculty member to gain experience in the field of Kinesiology. May be repeated for up to six units.

Prerequisite: Consent of department chair.

KPE 488 (1-3) INTERNSHIP IN KINESIOLOGY

An off-campus experience under supervision of a faculty member in which the student gains experience in the field of Kinesiology. May be repeated for up to six units.

Prerequisite: Consent of department chair.

KPE 490 (1-3) SPECIAL STUDIES IN KINESIOLOGY

An intensive study by an individual or group under the direction of a faculty member of a topic in Kinesiology not otherwise studied in the curriculum. Intended for junior or senior students in strong academic standing. May be repeated up to six units.

Prerequisite: Consent of instructor and departmental chair.

KPE 491 (1-3) RESEARCH IN KINESIOLOGY

Independent investigation under faculty supervision of a specific problem in the field of kinesiology. Intended for junior or senior students in strong academic standing. May be repeated for up to six units.

Prerequisite: Consent of department 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 with the approval of the department chair.

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.

PED 141 (1) ADVANCED SWIMMING–GE

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

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.

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 are 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. Offered 2006-07.

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. Offered 2006-07.

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 or 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. Offered 2006-07.

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. Offered 2007-08.

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 are applied to the specific sport interests of each student. Offered 2007-08.

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

Application of exercise science concepts 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. Offered 2006-07.

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. Offered 2007-08.

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. May be repeated 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. May be repeated for a maximum of six units.

Prerequisite: Physical Education 350 or consent of instructor.