



# Kinesiology

## *Purposes*

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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.

## *Career Opportunities*

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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.

## *Majors*

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Athletic Training  
Exercise Science  
Physical Education

## *Faculty*

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Ted Anderson, Ph.D., Chair  
*Texas A&M University*

Jerry L. Arvin, M.S.  
*Butler University*

Nicole L. Baker, M.A.  
*San Jose State University*

Ann E. Davis, M.Ed.  
*National University*

Ben E. Foster, M.A.  
*San Diego State University*

Susan E. Ganz, Ph.D.  
*University of New Mexico*

Richard M. Hills, M.A.  
*San Diego State University*

Leon M. Kugler, Ph.D.  
*University of Toledo*

Carroll B. Land, Ph.D.  
*University of Southern California*

Alan G. Nakamura, M.A.  
*Azusa Pacific University*

Shane H. Peterson, M.A.  
*Azusa Pacific University*

Jeffery A. Sullivan, Ph.D.  
*San Jose State University*

William B. Westphal, M.Ed.  
*Occidental College*

Arthur J. Wilmore, M.A.  
*California Polytechnic 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 290   | Clinical Internship I   | 3     |
| ATR 291   | Clinical Internship II  | 3     |
|           | TOTAL   | 24-25 |

## 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                             | 3     |
| ATR 387  | Assessment of Lower Extremity Pathology                     | 3     |
| ATR 388  | Assessment of Head, Spinal, and Upper Extremity Pathology   | 3     |
| ATR 390  | Clinical Practicum I  | 3     |
| ATR 391  | Clinical Practicum II                                       | 3     |
| ATR 410  | Therapeutic Exercise  | 3     |
| ATR 415  | Therapeutic Modalities and Pharmacology                     | 4     |
| ATR 460  | Management of Allied Health Care                            | 3     |
| ATR 493  | Clinical Preceptorship I                                    | 2     |
| ATR 494  | Clinical Preceptorship II                                   | 1     |
|          | TOTAL   | 41    |

## 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 ATEP is accredited by the Commission on Accreditation of Allied Health Education Programs.

## 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 during the spring 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 competencies required in Kinesiology and Physical Education 280 Introduction to Athletic Training and the companion laboratory Kinesiology and Physical Education 280L and achieve a grade of B- or better.
- Complete all competencies in Athletic Training 102 Risk Management and Emergency Response and achieve a grade of B- or better.
- Completion of 36 hours of observation in the PLNU Athletic Training Clinic verified by a PLNU ATC. Transfer students may do their observation in another Athletic Training setting, with hours verified by an ATC who must have their signature notarized
- Have a minimum grade point average of 2.500\*\*
- Submit a PLNU physical examination form\*, see under Health Status below
- Meet and certify understanding of the Technical Standards for Admission to the ATEP.
- Agree to and sign the PLNU Mission Statement Code of Conduct
- Submit immunization record\*
- Complete an interview with the ATEP Admissions Committee

\*Available on the PLNU ATEP website:  
[www.ptloma.edu/KPE/athletic/curr.htm](http://www.ptloma.edu/KPE/athletic/curr.htm)

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

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**SELECTION**

- The ATEP Admissions Committee, comprised of 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.
- Students are selected for admission to the ATEP in April 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**

- Submit a PLNU physical examination form completed by a physician or physician assistant stipulating the candidate is physically able to perform the duties of an Athletic Training student.
- Students must have current immunizations prior to beginning their sophomore clinical courses. Immunization reporting form is available on the ATEP web site:  
*www.ptloma.edu/Kinesiology/ATEP/curr.htm.*

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**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.

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**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 a grade of C or better in the following courses: Athletic Training 290, 291, 385, 387, 388, 390, 391, 410, 415, 460, 493, 494

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**PROGRAM PROVISIONS**

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

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**TRANSFER STUDENTS**

Transfer students may apply and gain admission to the ATEP under the following conditions:

- Completion of the degree in Athletic Training following admission to Point Loma Nazarene University and the ATEP requires a minimum of three years.
- All prerequisite course work required for admission to the ATEP completed at another institution prior to matriculation to PLNU must be judged to be equivalent to PLNU courses. Transfer students must demonstrate they have met the educational competencies required in those three classes by submitting the following to the ATEP director by the third Friday in February: 1) Official transcripts demonstrating completion of the three prerequisite courses with grades of B- or better, 2) Catalog copy of the three course descriptions, and 3) Contact information for the faculty who taught each of the courses.

Any certified Athletic Training Clinician may verify the 36 hours of required observation in an Athletic Training setting. If the verifying ATC is not an employee of PLNU, a notary public must authenticate the signature. The log of hours and the ATC verification of those hours must be presented with the ATEP application on the form found on the ATEP Web site.

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**NATIONAL CERTIFICATION**

- Upon completion of the baccalaureate degree in Athletic Training, 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 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    |
| <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                              |   | .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.*