

# Kinesiology

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## The Kinesiology Curriculum

### Physical Education, Exercise Science, and Public Health

Emphasizing the positive impact of physical activity on health, society, and quality of life, the mission of the Department of Kinesiology is to create and disseminate knowledge, engage in community service, and prepare caring and competent physical education, exercise science, and public health professionals. Putting theory into practice, all students in the department gain real-world understanding through a variety of service, research, practicum, internship and student-teaching experiences. With this, every effort is made in the professional courses to correlate the theory of general education as it applies to the Physical Education Teacher K-12, Exercise Science, and Public Health majors.

The curriculum provides a strong and relevant foundation for continued study in graduate schools in such areas as physical therapy, occupational therapy, athletic training, strength & conditioning, physical education, health education, public health, special education, adapted physical activity, curriculum and instruction, supervision and administration, sport and exercise psychology, exercise physiology, sports medicine, physician assistant, and other education/health-related professions.

**Kinesiology students may choose one of three majors: Physical Education Teacher K-12, Exercise Science, or Public Health.**

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## Physical Education Teacher K-12

The mission of the Physical Education program is to create and disseminate knowledge, engage in community service, and prepare caring and competent physical education teaching professionals. The Physical Education Teacher K-12 major is designed to specifically prepare teachers and leaders for elementary and secondary schools. Physical education majors will develop the knowledge and skills necessary for success on state certification exams, in professional practice teaching K-12 physical education, and during post-graduate work associated with the physical education discipline including physical education, health education, special education, adapted physical activity, curriculum and instruction, supervision and administration, and other education related fields. The

program is approved by the New York State Education Department (NYSED). Program completion leads to NYSED teaching certification in Physical Education K-12. NYSED has certification reciprocity agreements with many other states. The program is also accredited by the Association for Advancing Quality in Educator Preparation (AAQEP).

### Physical Education – Program Learning Goals

1. *Content Knowledge.* Students will be able to demonstrate an understanding of the underlying scientific foundations of physical education and its applications to planning, teaching, and evaluation. This includes critically evaluating scholarly work related to exercise science and demonstrating the ability to make practical applications based on this research.
2. *Pedagogical Knowledge and Skills.* Students will be able to demonstrate pedagogical knowledge in the physical education discipline and the skills to apply this knowledge to positively impact all learners. With this, students will be able to plan, implement, and assess a variety of developmentally appropriate psychomotor, cognitive, and affective learning experiences aligned with professional standards to address the diverse needs of all learners.
3. *Cultural, Historical, and Philosophical Dimensions.* Students will be able to demonstrate an understanding of the cultural, historical, and philosophical dimensions of physical education and its applications to planning, professional practice, and evaluation. Within this, and consistent with our Lasallian mission, students will be able to demonstrate an appreciation of cultural diversity along with the ability to make ethical decisions based on this knowledge.
4. *Physical Activity in Health, Wellness, and Quality of Life.* Students will be able to demonstrate an understanding of the relationship between physical activity participation and health, wellness, and quality of life.
5. *Professional Responsibility.* Students will be able to demonstrate professional responsibility and the disposition to grow professionally consistent with state and national organizations associated with the physical education teaching discipline. This goal includes demonstrating physical literacy with knowledge, skills, and competency in movement performance and health-enhancing fitness as described in National Standards & Grade-Level Outcomes for K-12 Physical Education.

## Physical Education Teacher K-12 - Curriculum/ Courses

*Physical Education majors must achieve a grade of “C” or better in all KIN courses.*

*The below plan of study grid is a general guide to completing the major but there are some courses that are offered both in the fall and spring semesters and provide additional options.*

### First Year

Fall	Credits	Spring	Credits
KIN 100		2 KIN 229	2
KIN 110		3 RELS 110	3
KIN 246		2 SPCH 204	3
ENGL 110		3 MATH 151 or MATH 230	3

BIOL 103	2 Language	3
BIOL 183	1 KIN 121 (Fee Required)	3
Language	3	
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<b>16</b>		<b>17</b>

**Second Year**

<b>Fall</b>	<b>Credits</b>	<b>Spring</b>	<b>Credits</b>
KIN 213		3 KIN 101	2
EDUC 202 or EDUC 303		3 KIN 217	3
BIOL 207		3 KIN 337	2
BIOL 287		1 EDUC 201	3
PSYC 203		3 BIOL 208	3
REL Elect (200 level)		3 BIOL 288	1
		ART Elective	3
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<b>16</b>			<b>17</b>

**Third Year**

<b>Fall</b>	<b>Credits</b>	<b>Spring</b>	<b>Credits</b>
KIN 113		2 KIN 309	2
KIN 306		3 KIN 315	0
KIN 307		0 KIN 305	3
KIN 331		2 KIN 413	3
KIN 423		3 KIN 422	3
EDUC 301		3 EDUC 311	3
EDUC 408		3 EDUC 360	3
		Educating All Students (EAS) Certification Exam upon completion of EDUC 301, EDUC 408, KIN 213, & KIN 305	
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<b>16</b>			<b>17</b>

**Fourth Year**

<b>Fall</b>	<b>Credits</b>	<b>Spring</b>	<b>Credits</b>
KIN 418		2 KIN 209	1
SOC 201		3 KIN 415 (*)	3
ENGL Elect (Lit)		3 KIN 416 (*)	3
Rel Elect (300 level)		3 KIN Elective	2
PHIL Elect		3 Elective	3
		Content Specialty Test (CST) Certification Exam	
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<b>14</b>			<b>12</b>

**Total Credits: 125**

\* Prerequisite KIN 213 & KIN 305; Applicants for Supervised Practice Teaching (KIN 415 and KIN 416) must have senior status, at least a 2.75 index overall, a C or better in

all KIN and 300 and 400 level BIOL courses, and meet standards established for the profession. Application deadlines for student Teaching, first Monday in March for Fall semester; first Monday in October for Spring semester.

## Criteria for Formal Admission to Teacher Education in Physical Education

1. Receive a grade of C+ or better in ENGL 110. Students who receive a grade of C or C- must take ENGL 210 as a follow-up to ENGL 110. Students who receive a grade of D or lower must retake ENGL 110 .
2. Successfully complete the Freshman and Sophomore Science Sequence, and MATH 230 or MATH 151 with a grade of "C" or better.
3. Successfully complete KIN 110 with a grade of "C" or better. SAVE and Child Abuse requirements are contained within this course.
4. Successfully complete the Kinesiology Majors Skills Camp (KIN 121) with a grade of "C" or better and a grade point average of 2.75 or better.
5. Successfully complete EDUC 201 and EDUC 202 with a grade of "C" or better and a grade point average of 2.75 or better.
6. Successfully complete KIN 213, KIN 217, and the Sophomore Skills Sequence with a grade of "C" or better and a grade point average of 2.75 or better.
7. Have both an overall Grade Point Average and academic concentration average of 2.75 or better with a "C" or better in all academic concentration coursework.
8. Receive a majority vote from Kinesiology faculty and exhibit professional behavior as defined by program faculty and stated on course syllabi.

**Formal admission into the teacher education program.** Students applying for formal admission into teacher education can receive one of three responses:

- **Unconditional** admittance into the program. If the student successfully meets all criteria he/she is formally admitted into the program and may proceed with the program of studies.
- **Conditional** admittance into the program. If the student has met most of the criteria and will be eligible for unconditional admittance by the end of the following semester (fifth semester) he/she may continue in the program and enroll in kinesiology or education courses for that semester. At the end of the conditional semester, the student automatically advances to unconditional admittance if all criteria are met. If the conditions are not met, the student will not be allowed to take additional upper division kinesiology or education courses until unconditional status is achieved. The student must reapply if unconditional status is not met by the end of the conditional semester.
- **Denied** for admittance into the program. If a student has a number of deficiencies which will take longer than one semester to correct, his/her application will be denied. The student will not be allowed to continue with kinesiology or education classes until conditional admittance is achieved. When conditional admittance status is achieved, the student must meet the criteria listed under conditional admittance. The student in

this category must reapply for admission to teacher education in physical education when he/she can document having met the criteria for admission.

### Minor in Adapted Physical Education

All physical education and exercise science majors are eligible for a minor in Adapted Physical Education upon completion of these courses with a grade of C or higher in each course.

KIN 423	Adapted Physical Activity	3
KIN 424	Adapted Exercise & Sport	3
KIN 421	Therapeutic Recreation	2
EDUC 301	Nature and Needs of Students with Disabilities	3
EDUC 408	Classroom & Instructional Management for Diverse Learners	3
<b>Total Credits</b>		<b>14</b>

## Exercise Science

The mission of the Exercise Science program is to create and disseminate knowledge, engage in community service, and prepare caring and competent exercise science professionals. Exercise science majors will develop the knowledge and skills necessary for success in professional positions and post-graduate work associated with the exercise science and kinesiology disciplines. The program provides a solid foundation for continued graduate school study in physical therapy, occupational therapy, exercise physiology, athletic training, adapted physical activity, sport and exercise psychology, public health, health promotion/community health, sports medicine, and other health-related/medical professions. Exercise Science courses also contribute to the requirements for certification as an Exercise Specialist from the American College of Sports Medicine and/or as a Certified Strength and Conditioning Specialist from the National Strength and Conditioning Association.

### Exercise Science – Program Learning Goals

1. *Scientific Foundations of Exercise Science.* Students will be able to demonstrate an understanding of the underlying scientific foundations of exercise science and its applications to planning, professional practice, and evaluation. This includes critically evaluating scholarly work related to exercise science and demonstrating the ability to make practical applications based on this research.
2. *Observe, Analyze, and Evaluate Human Movement.* Students will be able to observe, analyze, and evaluate human movement and apply appropriate instructional intervention. With this, students will demonstrate the ability to plan, implement, and assess a variety of developmentally appropriate physical activity experiences.
3. *Cultural, Historical, and Philosophical Dimensions.* Students will be able to demonstrate an understanding of the cultural, historical, and philosophical dimensions of exercise science and its applications to planning, professional practice, and

evaluation. Within this, and consistent with our Lasallian mission, students will be able to demonstrate the appreciation of cultural diversity along with the ability to make ethical decisions based on this knowledge.

4. *Physical Activity in Health, Wellness, and Quality of Life.* Students will be able to demonstrate an understanding of the relationship between physical activity participation and health, wellness, and quality of life.
5. *Professional Responsibility.* Students will be able to demonstrate professional behavior consistent with the exercise science discipline including adherence to professional ethics and service to others; and an appreciation and commitment to physical activity practice.

### **Preparation for Graduate Study in Physical Therapy, Occupational Therapy, and Other Health Professions**

Students preparing for professional school admission in physical therapy, occupational therapy, and other health professions should major in Exercise Science and plan courses in consultation with their Kinesiology faculty advisor and/or the Chair of Kinesiology.

Prerequisites for graduate study may include, but may not be restricted to, the following elective courses:

MATH 155 or MATH 100	Calculus for the Life Sciences I (First Year) Pre-Calculus Mathematics	4
MATH 230	Elementary Statistics (First Year)	3
PHYS 105	Principles of Physics I (Second Year - Fall)	4
PHYS 195	Principles of Physics I Lab	0
PHYS 106	Principles of Physics II (Second Year - Spring)	4
PHYS 196	Principles of Physics II Lab	0
CHEM 101	General Chemistry I (Third Year - Fall)	3
CHEM 103	General Chemistry Laboratory I	1
CHEM 102	General Chemistry II (Third Year - Spring)	3
CHEM 104	General Chemistry Laboratory II	1
PSYC 421	Psychopathology (Fourth Year - substitute for KIN 303)	3
<b>Total Credits</b>		<b>26</b>

Exercise Science majors interested in the premedical professions (e.g., Physician's Assistant, Sports Medicine) are advised to substitute Principles of Biology (BIOL 115-118) with General Biology (BIOL 111-114) and register in BIOL 111/BIOL 191 First Year - Fall and BIOL 112/BIOL 192 First Year - Spring.

### **Exercise Science - Curriculum/Courses**

*Exercise Science majors must achieve a grade of "C" or better in all KIN courses. The below plan of study grid is a general guide to completing the major but there are some courses that are offered both in the fall and spring semesters and provide additional options.*

**First Year**

<b>Fall</b>	<b>Credits</b>	<b>Spring</b>	<b>Credits</b>
KIN 110		3 KIN 121	3
BIOL 131		3 BIOL 132	3
BIOL 181		1 BIOL 182	1
KIN 246		2 ENGL 110	3
CMPT 155		3 RELS 110	3
SOC 201		3 Elective	3
	<b>15</b>		<b>16</b>

**Second Year**

<b>Fall</b>	<b>Credits</b>	<b>Spring</b>	<b>Credits</b>
KIN 102		2 KIN 217	3
BIOL 207		3 PSYC 203	3
BIOL 287		1 BIOL 208	3
KIN 231		2 BIOL 288	1
SPCH 204		3 REL Elect (200 level)	3
Elective		3 Elective	3
MATH 151 or MATH 230		3	
	<b>17</b>		<b>16</b>

**Third Year**

<b>Fall</b>	<b>Credits</b>	<b>Spring</b>	<b>Credits</b>
BIOL 221		3 KIN 309	2
KIN 306		3 KIN 315	0
KIN 307		0 KIN 318	2
KIN 430		3 KIN 413	3
KIN Elective		2 KIN 419	2
ENGL Elect (Lit)		3 KIN Elective	2
Elective		3 Electives	6
	<b>17</b>		<b>17</b>

**Fourth Year**

<b>Fall</b>	<b>Credits</b>	<b>Spring</b>	<b>Credits</b>
KIN 209		1 KIN 414	3
KIN 303 or PSYC 421		3 KIN 424	3
KIN 418		2 KIN 443	2
KIN 421		2 Rel Elect (300 level)	3
KIN 445		2 KIN Elective	2
KIN 428 (*)		3	
	<b>13</b>		<b>13</b>

**Total Credits: 124**

\*Applicants for Professional Practicum must have senior status, an overall index of at least 2.75, and meet standards established for the profession. Applicants must consult

with Department Chair a full semester before placement. Placement interviews may be required. Practicum assignment must be confirmed the semester before the practicum experience.

### Minor in Psychology

Exercise Science majors may earn a minor in Psychology by completing 15 credits in Psychology courses planned in consultation with and approval of the Chair of the Psychology. In addition to Introduction to Psychology I (PSYC 203), suggested courses most aligned with the Exercise Science major include: Motivation & Emotion (PSYC 333), Lifespan Development (PSYC 334), Health Psychology (PSYC 341), Abnormal Psychology (PSYC 421), Physiological Psychology (PSYC 435), and Sensation & Perception (PSYC 467).

PSYC 203	Introduction to Psychology	3
Additional credits in Psychology *		12
<b>Total Credits</b>		<b>15</b>

\* Approval of the Chair of the Psychology Department required.

### Minor in Business

Exercise Science majors may earn a minor in Business by completing 15 credits in Business courses with permission from the Assistant Dean of Education & Health. The minor in Business requires the completion of the following course sequence:

ACCT 201	Principles of Accounting I	3
ECON 203	Microeconomics	3
MGMT 201	Introduction to Management (Economics Elective)	3
MKTG 201	Essentials of Marketing	3
Business Elective (with proper prerequisites)		3
<b>Total Credits</b>		<b>15</b>

### Minor in Biology

Exercise Science majors may earn a minor in Biology by completing 15 credits in Biology courses planned in consultation with and approval of the Chair of the Biology Department. Eight of these credits must be the General Biology sequence (BIOL 111-114). The remaining credits must be chosen from courses that satisfy Biology B.S. major requirements. Exercise Science majors interested in the Biology minor are advised to substitute Principles of Biology (BIOL 115-118) with General Biology (BIOL 111-114) and register in BIOL 111/BIOL 191 First Year - Fall and BIOL 112/BIOL 192 First Year - Spring.

BIOL 111	General Biology I (First Year - Fall)	3
BIOL 112	General Biology II (First Year - Spring)	3
BIOL 191	General Biology I Lab	1
BIOL 192	General Biology II Lab	1



Additional credits in Biology that satisfy Biology B.S. major requirements *	7
<b>Total Credits</b>	<b>15</b>

\* Approval of the Chair of the Biology Department required.

## Public Health

The mission of the Public Health program is to educate students in the foundational principles of public health and prepare them for careers aimed at improving the health and well-being of communities and populations. Students will be provided with a comprehensive understanding of public health concepts, theories, and methods through interdisciplinary coursework, practical experiences, and research opportunities. The key areas covered in this degree are epidemiology, environmental health, health policy and management, health education and promotion, and health care administration. An overall goal of this degree is to instill a commitment to social justice and equity by addressing health disparities and promoting health equity among diverse populations.

The program provides a solid foundation for future employment and graduate work. Overall, the mission of our public health program is to produce graduates who are well-equipped to address the complex challenges facing public health today and contribute to creating healthier and more equitable communities.

### Public Health – Program Learning Goals

- 1. Historical and Theoretical Foundations:** Students will demonstrate an understanding of the historical, cultural, and philosophical dimensions of Public Health and its applications to planning, professional practice, and evaluation.
- 2. Community Health/Environmental Health:** Students will demonstrate an understanding of the behavioral, environmental, biological, and socio-economic determinants of health that impact human health and health disparities
- 3. Health Policy and Management:** Students will examine the legal, ethical, economic, and regulatory aspects of public health practice and health policy.
- 4. Epidemiology/Statistics/Determinants of Health:** Students will be introduced to the discipline of epidemiology and its role in public health practice and decision-making. Students will analyze and examine data collection to develop evidence-based methods to approach population and community public health concerns.
- 5. Professional Responsibility/Ethics:** Student will be able to demonstrate professional behavior consistent with department expectations including an adherence to professional ethics, service to others, and an appreciation and commitment to public health practice.

## Public Health - Curriculum/Courses

*Public Health majors must achieve a grade of "C" or better in all KIN/PHP courses. The below plan of study grid is a general guide to completing the major but there are some*

*courses that are offered both in the fall and spring semesters and provide additional options.*

**First Year**

<b>Fall</b>	<b>Credits</b>	<b>Spring</b>	<b>Credits</b>
BIOL 131		3 CMPT 155	3
BIOL 181		1 BIOL 132	3
ENGL 110		3 BIOL 182	1
RELS 110		3 KIN 110	3
MATH 151		3 ENGL Elect	3
SOC 201		3 PHP 206	3
	<b>16</b>		<b>16</b>

**Second Year**

<b>Fall</b>	<b>Credits</b>	<b>Spring</b>	<b>Credits</b>
BIOL 221		3 BIOL 208	3
BIOL 207		3 BIOL 288	1
BIOL 287		1 REL Elect (200 level)	3
SPCH 204		3 KIN 304	3
PHP 318		3 PHP 392	3
PSYC 203		3 RHS 220	3
	<b>16</b>		<b>16</b>

**Third Year**

<b>Fall</b>	<b>Credits</b>	<b>Spring</b>	<b>Credits</b>
PHP 410		3 PHP 427	3
ENSC 101		3 KIN 430	3
SOC 304		3 PSYC 374	3
RHS 471		3 PHP 412	3
MGMT 201		3 RHS 472	3
	<b>15</b>		<b>15</b>

**Fourth Year**

<b>Fall</b>	<b>Credits</b>	<b>Spring</b>	<b>Credits</b>
PHP 418		3 PHP 426	3
REL Elective		3 MGMT 320	3
ECON 203		3 KIN 209	1
RHS 481		3 PHP 416	3
Elective		3 Electives	6
	<b>15</b>		<b>16</b>

**Total Credits: 125**