

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.

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 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 responsibility and the dispositions 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.

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	Management of Behavior and Learning for At-Risk and Disabled	3

Total Credits

14

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.* Student will be able to demonstrate professional behavior consistent with the exercise science discipline including an 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	Calculus for the Life Sciences I (First Year)	3
or MATH 100	Pre-Calculus Mathematics	
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
Total Credits		25

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 113 First Year - Fall and BIOL 112/BIOL 114 First Year - Spring.

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
Total Credits		15

* 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
Total Credits	15

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 113 First Year - Fall and BIOL 112/BIOL 114 First Year - Spring.

BIOL 111	General Biology I (First Year - Fall)	4
BIOL 113		0
BIOL 112	General Biology II (First Year - Spring)	4
BIOL 114		0
Additional credits in Biology that satisfy Biology B.S. major requirements *		7
Total Credits		15

* Approval of the Chair of the Biology Department required.

Public Health

The mission of the Public Health program is to educate students on the core principles of public health knowledge to address health outcomes of the population through equity, policy and action. Public Health majors will develop the knowledge and skills necessary for success in professional positions and post-graduate work associated with the public health disciplines. The program provides a solid foundation for continued graduate school study in public health, community health, environmental health, health care administration, biostatistics, epidemiology, health policy and management, health promotion, and other health-related professions.

Public Health – Program Learning Goals

1. *Historical and Theoretical Foundations.* Students will acquire knowledge of the history of public health, epidemiology, biostatistics, environmental health sciences, management, social and behavioral sciences, and academic & research ethics, and the ability to apply that knowledge for the assessment, promotion, and protection of human health.
2. *Quantitative Tools and Evidence-Based Methods.* Students will acquire knowledge of the appropriate quantitative tools and evidence-based methods to determine appropriate use of data to identify and address issues concerning population health and disease.

3. *Determinants of Health*. Students will acquire knowledge of determinants of health and their contribution to health disparities.

Physical Education Teacher K-12 Major Requirements

Physical Education - Curriculum/Courses

First Year

Fall	Credits	Spring	Credits
KIN 100		2 KIN 229	2
KIN 110		3 RELS 110	3
KIN 246		2 SPCH 204	3
BIOL 103		3 MATH 151 or MATH 230	3
BIOL 104		0 Language	3
ENGL 110		3 KIN 121	3
Language		3	
	16		17

Second Year

Fall	Credits	Spring	Credits
KIN 213		3 KIN 101	2
BIOL 207		4 KIN 217	3
BIOL 209		0 KIN 337	2
EDUC 202 or EDUC 303		3 BIOL 208	4
PSYC 203		3 BIOL 210	0
REL Elect (200 level)		3 EDUC 201	3
		ART Elective	3
	16		17

Third Year

Fall	Credits	Spring	Credits
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	
	16		17

Fourth Year

Fall	Credits	Spring	Credits
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	
		14	12

Total Credits: 125

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

- * School of Education & Health students only; all others need permission from Kinesiology Department Chair.
- ** Permission from the Chair of the Department of Kinesiology is required to register for all majors other than Exercise Science and Physical Education Teacher Preparation.
- *** Prerequisite KIN 213 & KIN 305; Applicants for Supervised Practice Teaching 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.

Exercise Science Major Requirements

Exercise Science - Curriculum/Courses

First Year

Fall	Credits	Spring	Credits
BIOL 131		4 BIOL 132	4
BIOL 133		0 BIOL 134	0
KIN 110		3 KIN 121	3
KIN 246		2 ENGL 110	3
CMPT 155		3 RELS 110	3
SOC 201		3 Elective	3
	15		16

Second Year

Fall	Credits	Spring	Credits
BIOL 207		4 KIN 217	3
BIOL 209		0 BIOL 208	4
KIN 102		2 BIOL 210	0
KIN 231		2 PSYC 203	3
SPCH 204		3 REL Elect (200 level)	3

Elective	3 Elective	3
MATH 151 or MATH 230	3	
	17	16

Third Year

Fall	Credits	Spring	Credits
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
	17		17

Fourth Year

Fall	Credits	Spring	Credits
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	
	13		13

Total Credits: 124

Exercise Science majors must achieve a grade of "C" or better in all KIN courses.

- * School of Education & Health students only; all others need permission from Kinesiology Department Chair.
- ** Permission from the Chair of the Department of Kinesiology is required to register for all majors other than Exercise Science and Physical Education Teacher Preparation.
- *** 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.

Public Health Major Requirements

Health Care Services Administration Concentration - Curriculum/Courses

First Year

Fall	Credits	Spring	Credits
BIOL 131		4 BIOL 132	4
BIOL 133		0 BIOL 134	0
ENGL 110		3 CMPT 155	3
MATH 151		3 KIN 110	3
PSYC 203		3 SOC 201	3
RELS 110		3 ENGL Elect	3
	16		16

Second Year

Fall	Credits	Spring	Credits
PHP 206		3 PHP 205	3
BIOL 207		4 BIOL 208	4
ECON 203		3 BIOL 210	0
BIOL 209		0 MGMT 201	3
BIOL 221		3 SPCH 204	3
MATH 230		3 REL Elect (200 level)	3
	16		16

Third Year

Fall	Credits	Spring	Credits
PHP 201		3 PHP 392	3
PHP 318		3 PHP 427	3
PHP 410		3 KIN 430	3
PHP 412		3 SOC 204	3
PHP 420		3 RHS 471	3
	15		15

Fourth Year

Fall	Credits	Spring	Credits
PHP 418		3 PHP 425	4
KIN 209		1 MGMT 320	3
PSYC 374		3 RHS 481	3
RELS 373		3 Elective	3
Elective	3		
	13		13

Total Credits: 120

Community Health Concentration - Curriculum/Courses

First Year

Fall	Credits	Spring	Credits
PHP 206		3 BIOL 132	4
BIOL 131		4 BIOL 134	0
BIOL 133		0 CMPT 155	3
ENGL 110		3 KIN 110	3
RELS 110		3 SOC 201	3
MATH 151		3 ENGL Elect	3
	16		16

Second Year

Fall	Credits	Spring	Credits
PHP 318		3 PHP 205	3
BIOL 207		4 BIOL 208	4
BIOL 209		0 BIOL 210	0
BIOL 221		3 KIN 304	3
PSYC 203		3 SPCH 204	3
MATH 230		3 REL Elect (200 level)	3
	16		16

Third Year

Fall	Credits	Spring	Credits
PHP 201		3 PHP 392	3
PHP 302		3 PHP 410	3
PHP 420		3 PHP 412	3
KIN 209		1 PHP 427	3
RHS 481		3 SOC 204	3
Elective		3	
	16		15

Fourth Year

Fall	Credits	Spring	Credits
PHP 418		3 PHP 416	3
PSYC 374		3 PHP 425	4
RELS 373		3 KIN 430	3
Elective		3 Elective	3
	12		13

Total Credits: 120

Public Health majors must achieve a grade of "C" or better in all PHP courses.