

**Department of Kinesiology  
APC Proposals**

**ACTION ITEMS/SUBSTANTIVE CHANGES INCLUDE:**

**I. List proposal(s) with a one line abstract:**

*Proposal I:*  
To add the Exercise and Sport Science major (EXSS).

*Proposal II:*  
To delete the Physical Education major.

*Proposal III:*  
To add EXS 330: Nutrition for Exercise and Sport Performance (3) as an upper-division requirement to the Exercise and Sport Science (EXSS) major and the Athletic Coaching Minor.

*Proposal IV:*  
To add EXS 350: Fitness Assessment and Exercise Prescription (3) and EXS 350L: Fitness Assessment and Exercise Prescription Laboratory (1) as requirements and co-requisites to the EXSS major.

*Proposal V:*  
To add KIN 340L: Physiology of Exercise Laboratory (1) to the EXSS major.

*Proposal VI:*  
To combine PED 210 (2): Team Sports Fundamentals (GE) and 212 (2): Team Sports Strategies (GE) into PED 220 (2): Team Sports Fundamentals and Strategies (GE).  
*\*Net decrease of 2 units*

*Proposal VII:*  
To combine PED 211 (2): Individual and Dual Sports I (GE) and PED 213 (2): Individual and Dual Sports II (GE) into PED 230 (2): Individual and Dual Sports (GE).  
*\*Net decrease of 2 units*

*Proposal VIII:*  
To delete the following courses (19 units) from the catalog:  
Delete PED 210 (2) Team Sports Fundamentals  
Delete PED 211 (2) Individual and Dual Sports I  
Delete PED 212 (2) Team Sports Strategies  
Delete PED 213 (2) Individual and Dual Sports II  
Delete PED 301 (2) Contemporary Health Issues  
Delete PED 303 (2) Sports Officiating (alternate)  
Delete PED 330 (3) History and Trends of Physical Education (alternate)

Delete PED 416 (3) Methods of Teaching Secondary Physical Education  
Delete PED 450 (3) Psychology & Sport Performance for Coaches and Athletes (alternate)  
Delete PED 484 Practicum in Physical Education (1-3)  
Delete PED 488 Internship in Physical Education (1-3)

*Proposal IX:*

To add the following courses as options for the lower division elective units (2-3) within the Exercise and Sport Science major:

KIN 201: Fundamentals of Fitness Assessment and Development (2) (alternate)  
FCS 225: Fundamentals of Nutrition (3)  
PED 220: Team Sports Fundamentals and Strategies (2) *GE*  
PED 225: Individual and Dual Sports (2) *GE*

*Proposal X:*

To add the following courses as options for the upper division elective units (6) within the Exercise and Sport Science major:

KIN 308: Methods of Teaching Physical Education (3)  
KIN 430: Clinical Exercise Physiology (3)  
ATR 385: Pathology of Injury and Illness (3)  
PED 350: Foundations and Techniques of Coaching (4)  
ATR 410: Therapeutic Exercise (3)  
FCS 305: Life Cycle Nutrition (4)  
FCS 315: Personal, Family & Community Health (3)  
PSY 308: Developmental Psychology-Birth through Adolescence (3)  
EDU 304: Legal, Ethical & Wesleyan Perspectives on Education (3)  
EDU 402: Research-Based Learning Theory (3)

*Note: School of Ed is proposing to combine EDU 304 and 402 into EDU 302 (Foundations of Education and Learning Theory so this verbage will likely change.*

*Proposal XI:*

To change the name of the Exercise Science major to Applied Health Science.

*Proposal XII:*

To increase the upper division elective requirement in Applied Health Science by 3 units.

*Proposal XIII:*

To add EXS 330 - Health, Nutrition and Sport Performance (3) to the Athletic Coaching Minor.

*Note: this change is necessitated by the university requirement of 12 UD units for minors.*

*Proposal XIV:*

To rework the catalog copy for the Athletic Training Major, Athletic Coaching minor and General Education to reflect the substantive changes in proposals III, VI, VII and VIII (*see Appendix C*).

## II. Rationale:

1. How has assessment data informed the proposed change and how recently has your department or school completed a program review? For example, have alumni, outside reviewers, etc., suggested improvements?

### **General Rationale and Overview:**

Our department is in the final stage of the Program Review which began in Fall 2012. Kinesiology is one of two departments (Psychology) to apply the new Program Review Guidelines to our review.

The entire Kinesiology Program Review self study can be found here: [Kinesiology Evidence 2011-2012 Program Review.pdf](#)

The Kinesiology assessment plan and activities can be found here: [Assessment Plan](#)

The self study involved a complete analysis of department and program learning outcomes and a thorough review of our existing curriculum; it involved all Kinesiology faculty members, a survey of 9 comparator and aspirant schools, and participation by current students and alumni. The program review also contains the comments of the PR Committee and will include the input of multiple external reviewers. For these reasons, we have not provided extensive reference to other programs in this rationale since external benchmarking was accomplished here: [Benchmarking Survey](#).

*Rationale for Proposals I-X:* As the result of the department Program Review we are proposing to phase out the Physical Education major and add a major in Exercise and Sport Science (EXSS) for the following reasons:

- The complexion of student interests has changed quite dramatically in the department over the past 5-10 years. Traditionally, we have prepared students in teaching, coaching, athletic training and pre-allied healthcare, but students are now increasingly interested in the fitness, wellness and disease prevention professions. These students are not ideally served by either the current Physical Education or Exercise Science curricula. While the PE major is too rigid and narrowly focused on teaching and coaching, the Exercise Science major is too heavy in the sciences and other prerequisites for graduate school in allied health care (i.e., physical therapy, physician assistant, chiropractic, etc.)
- The Physical Education major at PLNU has decreased by over 50% in the past 5 years. Only 1-3 freshmen have declared PE as a major each of the past 5 years; this likely reflects the poor job market for physical educators in California and the West.
- The exercise, health and fitness professions are projected for large growth. According to the Bureau of Labor Statistics (BLS), 17 of the top 30 fastest growing occupations are in these health-related professions. Additionally, the BLS projects that employment in these fields will increase by an average of 22% over the next 10 years, almost double the rate of other industries.

- We conducted a benchmarking survey with 9 comparator institutions and the trend in decreased PE majors is consistent across comparator schools in California: 60% of comparators either have decreased enrollment or do not offer a physical education program, and 100% of the schools offering curricula in exercise, health and fitness have had increased student enrollment in the past 3 years (>25%).  
*\*\*Note:* Most comparator schools that offer such curriculum do so in either a department or major named “Exercise and Sport Science” (EXSS).
- We have surveyed our current students and roughly 25% of our current pre-allied health (“Exercise Science”) majors reported that they would change majors to EXSS if this major was offered at PLNU (this represents at least 30 students).  
*\*\*Note:* to avoid confusion in program names, we are proposing to change the name of the current Exercise Science major to Applied Health Science (see Proposal IX).
- We have worked with the School of Education and TEC\* to form a clearer and more streamlined pathway for our students into the SOE to pursue a teaching credential and/or Masters of Education.
- As part of our curricular revision, we propose to reduce department load by a net of 7 units (eliminate 19 units from PE major and add 12 units to the EXSS major).

*\*Note: For students desiring to teach Physical Education, the curriculum for teacher credentialing and/or masters degree will continue to be housed in the School of Education. Because we no longer meet the California Standards for Physical Education, students will be encouraged to take the CSET for PE.*

The new Exercise and Sport Science major will have two concentrations: *Fitness Professional* and *Physical Education & Sport Performance*. The Fitness Professional concentration will prepare students in Exercise Physiology, Cardiac Rehabilitation, Strength Training & Conditioning, Personal Training, and Group fitness & wellness; the Physical Education and Sport Performance concentration will prepare students for coaching and teaching physical education.

Please note that proposals VI & VII have implications for general education. We propose to consolidate 8 units in PED 200-series courses which have traditionally served to prepare students in the California state standards who plan to teach Physical Education. These courses also meet the GE physical activity requirement. We propose to consolidate the 8 units into 4. The newly created classes, PED 220: Team Sports Fundamentals and Strategies (2) and PED 225: Individual and Dual Sports (2), will deliver essential content to students in the EXSS major and the Athletic Coaching Minor, and also will provide options for GE credit .

Also note that we consulted with the departments of Family and Consumer Sciences, Psychology and the School of Education, and also with the Teacher Education Committee. Each academic unit supports the proposed new major. We also created a clearer path for students to pursue a teaching credential and/or take the CSET exam for the PE subject matter competence. Students pursuing teaching will be advised toward

additional content areas such as General Science or Health Science.

*Rationale for Proposal XI:*

As a result of the department program review, and in speaking frequently with our constituencies (prospective students, their families, our PLNU academic community and the community at large), we realize that Exercise Science does not adequately describe curriculum designed to prepare students in pre-allied health disciplines. It is unclear to our constituents as they seek to locate the major at PLNU that can provide academic preparation for graduate studies in Physician Assistant, Physical Therapy, Podiatry, Chiropractic, and Occupational Therapy. Our data include the hundreds of prospective students who cannot intuitively locate the major in web or printed materials.

We have monitored national trends on the major's name through the guilds and have polled comparator schools. Applied Health Science describes the spirit and practice of what we have been doing in preparing students for graduate school through basic and applied sciences with the intent of providing a prerequisite foundation for advanced studies.

*Rationale for Proposal XII:*

The current major requires one 3 unit upper division elective from an array of major courses in Kinesiology, Chemistry, Biology, and Psychology. Students select that elective based upon graduate school admission requirements.

Because we are proposing that PED 300 be changed to PED 200 (see Proposal VI under non-substantive changes), the Exercise Science major will fall below the university requirement of 24 UD units. This necessitates the addition of units to the major to be in compliance with university policy.

Also, data from the alumni survey, graduate school admission requirements and professional guild recommendations clearly indicate that required clinical internship experiences with academic weighting helps to ensure that students move toward cognitive processes of application, analysis and evaluation. We encourage students to consider one or two such elective experiences via the KPE 488 Internship in Kinesiology or other upper division electives commensurate with graduate school imperatives.

*Rationale for Proposal XIII:*

Because we are proposing that PED 300 be changed to PED 200, the Athletic Coaching minor will fall below the university requirement of 12 UD units. This necessitates the addition of units to the minor to be in compliance with university policy.

2. What are comparable universities and colleges doing?

*Proposals I-X*

We conducted a benchmarking survey with 9 comparator institutions and the trend in decreased PE majors is consistent across comparator schools in California: 60% of comparators either have decreased enrollment or do not offer a physical education program, and 100% of the schools offering EXSS curricula have had increased student

enrollment in the past 3 years (>25%). Here is the entire External Benchmarking Survey: [Kinesiology Evidence 2011-2012 Benchmarking Survey with Summary.pdf](#)

Based on the results of the survey, we concluded the following:

1. Consistent with PLNU, comparator schools are experiencing dramatic growth in their pre-Allied Healthcare programs, moderate growth in their Athletic Training programs, and a moderate decline in their Physical Education programs.
2. Concurrent with the trends in #1, PLNU and our comparators are experiencing a growth in enrollment in EXSS-related curricula.

### *Proposals XI*

After polling comparator schools regarding the name of their major comparable to our current “Exercise Science” major, we determined the need to change the name to “Applied Health Sciences”. At the majority of 4 year universities the major name “Exercise Science” connotes studies specific to and weighted toward fitness, exercise physiology, biomechanics, sport psychology and motor learning. Therein lays the confusion for our constituency. In Proposals I-VII, we describe the proposed new major (EXSS) designed specifically toward these disciplines; whereas “Applied Health Science” will prepare students in physical therapy, physician assistant, chiropractic, etc. The name Applied Health Science is a recognized name by current guild standards of the American College of Sports Medicine as well as by comparator and aspirant schools such as Azusa Pacific University, Wheaton College, Arizona State University and Indiana University.

### *Proposal XII*

Comparator schools (Westmont, Wheaton, APU) require at least 2 upper division electives in their comparable majors.

3. Is the change related to stipulations imposed by outside accrediting agencies (addressing standards, etc.)?

### *Proposals I-X*

No accreditation stipulations are imposed. However, we will utilize the knowledge, skills and abilities (KSAs) of the American College of Sports Medicine to guide the development of our EXSS curriculum. The ACSM does not impose these standards on institutions but suggests that they be used as guidelines.

### *Proposals XI & XII*

There is no outside accrediting body for the sub disciplines of Applied Health Science.

4. How does the proposed change relate to the mission of the university?

### *Proposals I – X*

We contend that the proposed curriculum in Exercise and Sport Science will contribute toward the development of students as whole persons: it will engage and challenge students’ minds by

instilling in them the foundational sciences that inform the health and fitness professions; it will form their character as they are influenced toward Biblical stewardship principles via their physical bodies (i.e., healthful eating and promotion of physical activity); and it will encourage service as students prepare to educate and serve the public by preventing disease, and teaching the public the positive benefits of fitness and healthy living.

5. How does the change accommodate the department or school's learning outcomes for the major, minor, concentration, etc.? For instance, does the change help balance out the curriculum, or does it fill in a missing gap that would help strengthen the program? Does it add breadth or depth, etc.?

The department has not historically had a direct curricular route for students who desire careers in the fitness professions. Because the current Exercise Science, Athletic Training and Physical Education majors are too rigid for these students, the Exercise and Sport Science curriculum fills a missing gap in our curriculum. This curriculum adds depth and breadth in clinical exercise physiology, fitness assessment and exercise prescription for the growing fitness professions. The curriculum speaks to a significant need for such professionals to confront the growing national challenges of obesity, diabetes, heart disease and other factors which increase morbidity and prevent ideal health.

The Learning over Time model that has been very successful in the Athletic Training Education Program will be emulated with the EXSS major. It is a model of a *cohesive curriculum* in which students progress from didactic experiences to lab settings where they practice and refine skills, and then to practicum and internship experiences for concept mastery and clinical proficiency. We intentionally chose to require two courses in practicum/internship while most other programs require only one course of field experience. This will serve as a point of distinction in which our faculty can guide students in the disciplines of their future profession. The requirements will also allow Kinesiology faculty and students to develop a more robust intramurals program, faculty and staff fitness classes, health and fitness screenings, and community fitness programs. We anticipate that students will design and co-lead these programs. The internships in coaching will continue to offer our EXSS majors and Athletic Coaching minors experience in this area.

#### *Proposals XI*

The proposed name change to Applied Health Science provides clarity as to the essence of the major and thus promotes clear delineation as to the academic major choices available in the Kinesiology Department

#### *Proposal XII*

The proposed change adds breadth and depth to the major and some measure of autonomy to students as they prepare for the graduate school admission and advanced studies. The additional upper division units helps to balance the lower division requirements which are quite high (30 and potentially 32 units due to the required lower division science courses) and the upper division requirements. The proposal to renumber the Optimal Health course to a lower division designation results in this major be below the required 24 upper division

6. What impact will it have on the size of the major, minor, etc.?

The proposed major in Exercise and Sport Science will replace the Physical Education major. We created efficiencies that resulted in an overall reduction of 7 units in the department (i.e., eliminated 19 units from PE major and added 12 units to the EXSS major). The rest of the major comes from existing courses within Kinesiology, Biology, Chemistry, Family and Consumer Sciences, Psychology and the School of Education.

The EXSS major will have an impact on CHE 103 and 152 enrollments because students will have the option of taking *either* CHE 103 or 152 depending on their career direction. We project that enrollment in CHE 152 will decrease by 10-15 students and will increase in CHE 103 by the same amount as students migrate to CHE 103 from the more difficult 152. This is because under the current Exercise Science major, students are required to take CHE 152, and in the EXSS major they will have the option of CHE 152 or 103.

*Proposals XI*

In as much as prospective students will find the major more efficiently, more students could conceivably be successfully recruited. The major size will not be substantially affected by this proposal. The credit hour size of the major is unaffected by the proposal.

*Proposal XII*

The credit hour size of the major will increase by 3 units. The proposal would result in a major of 47-48 units in addition to the General Education requirements.

7. Will the change(s) be sustainable with human and financial resources?

Yes, the changes will save financial resources. The 19 units eliminated from the PE major are partially offset by the addition of 12 units of new courses in the Exercise and Sport Science major. The remaining 7 units will be reduced by a combination of decreased adjunct faculty loads (4 units) and natural retirement of department faculty (3 units).

8. How does the proposal(s) address the PLNU strategic plan?

*Proposals I-X*

The EXSS curriculum is the direct result of implementing the university-wide strategic prioritization process. The Kinesiology faculty analyzed the current curriculum to determine its appropriateness to our mission; we discussed 5-year enrollment trends in the department majors; we surveyed our students as well as comparator schools to determine trends in the discipline; and we consulted with industry professionals to identify professional trends in Kinesiology. The resulting proposals are the byproduct of all of these activities and reflect the core tenets of the university plan to provide access to an education that prepares students for relevant future careers, to seek agility in our delivery of curriculum, and to base all of this on sound accountability practices resulting from program review.

9. State other rationale that you deem appropriate.

*Proposal XI-XIV*

No new courses will be created under these proposals.

**III. Tentative Syllabus/Course Learning Outcomes:** If you are proposing new courses, please include a tentative syllabus with course learning outcomes.

**Syllabi: See Appendix D**

**Outcomes: See Appendix D**

**IV. Catalog Copy:** What will these changes look like in the catalog?

**A. New Courses:**

<p>Catalog Copy (Present)  <i>Because of the numerous changes, please see Appendix A (p. 19) for Present Catalog Copy of Physical Education, B.A.</i></p>	<p>Catalog Copy (New)  <i>Because of the numerous changes, please see Appendix A (p. 19) for New Catalog Copy of Exercise and Sport Science, B.A.</i></p>
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Old Descriptions	New Descriptions
<p><b>PED 210 - Team Sports Fundamentals (GE)(2)</b>            Basic, beginning skills and knowledge of softball, basketball, soccer, volleyball, and flag football. Meets the general education requirement as an activity course.</p> <p><b>PED 211 – Individual and Dual Sports 1 (GE)(2)</b>            Skills, strategies, rules and etiquette of racquetball, tennis, badminton, track and field. Meets the general education requirement as an activity course.</p> <p><b>PED 212 - Team Sports Strategies (GE) (2)</b>            Team play and prerequisite knowledge and performance of whole sport participation. Meets the general education requirement as an activity course.</p> <p><b>PED 213 – Individual and Dual Sports 2 (GE)(2)</b>            Skills, strategies, rules and etiquette of outdoor education, tumbling, dance, combatives, and swimming. Meets the general education requirement as an activity course</p>	<p><b>PED 220 Team Sports Fundamentals and Strategies (GE) (2)</b>            Development and practical application of skills, play, and strategy of team sports from a participation and coaching perspective. Content includes baseball/softball, basketball, football, soccer, and volleyball. In addition to play, students will develop and manage an athletic team, including tactical and technical instruction, game management, and understanding game officiating.</p> <p><b>PED 225 Individual and Dual Sports (GE) (2)</b>            An introduction to the knowledge, skills and progressions involved in teaching and participating in functional fitness activities. Emphasis will be placed on teaching and assessing movement progressions involved with individual and dual sports.</p>

<p><b>New Courses:</b></p>	<p><b>EXS 201 – Fundamentals of Fitness Assessment and Development (2)</b>            Fundamental knowledge needed to assess and implement health and fitness programs. Students will assess the five health-related components of physical fitness: body composition, muscular strength, muscular endurance, flexibility and cardiorespiratory fitness.</p> <p><b>EXS 330 - Nutrition for Exercise and Sport</b></p>
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	<p><b>Performance (3)</b>  This course provides essential knowledge in the roles of nutrients to improve and sustain optimal performance in sport and exercise. Specific emphasis will be placed on understanding the functions of macro and micronutrients in the body which fuel energy systems, prevent injury, enhance recovery and optimize health. Current research and practices will be incorporated that use nutritional intervention to improve performance.  <i>Prerequisite: PED 200 or consent of instructor</i></p> <p><b>EXS 350: Fitness Assessment and Exercise Prescription (3)</b>  In-depth study of the principles and techniques used to assess health and physical fitness and to design and prescribe exercise programs and physical activities. Students will acquire the knowledge and skills necessary to address the fitness needs of apparently healthy populations, those with medical considerations, and athletic populations. <i>Prerequisite: EXS 340, Co-requisite: EXS 350L</i></p> <p><b>EXS 350L - Fitness Assessment and Exercise Prescription Lab (1)</b>  This lab is co-requisite to EXS 302 and will provide practical experiences in fitness assessment and exercise prescription. <i>Co-requisite: EXS 350</i></p> <p><b>EXS 340L –Physiology of Exercise Lab (1)</b>  This lab is co-requisite to EXS 340 and will provide practical experiences in assessing human physiological responses to exercise and training.</p>
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**B. New Majors and Minors**

Program Name and introductory text: *Please also see Appendix A for entire catalog copy*

Exercise and Sport Science (B.A.)  
47-49 units (58-60 total units, -11 for GE courses)

Program Learning Outcomes:

*Students who complete the program in Exercise and Sport Science will be able to:*

- Describe the metabolic, physiologic, biomechanical, and developmental mechanisms by which participation in physical activity aids in health promotion and disease prevention.
- Communicate the health benefits associated with physical activity and the health consequences associated with

inactivity.

- Critically evaluate and integrate new information into professional practice in order to solve relevant health problems.
- Speak and write effectively to a target audience on the prevention and intervention of relevant health problems.
- Serve various populations, integrating compassionate care and the Christian faith with their professional practice.

Lower Division Requirements and Unit Numbers for Majors. All Requirements for Minors or Concentrations. **(New requirements in red.)**

#### Lower Division Requirements

- [KIN 101 - Orientation to Kinesiology](#) (1)
- [KPE 280 - Introduction to Athletic Training](#) (2)
- [KPE 280-L - Introduction to Athletic Training Lab](#) (1)
- [BIO 130 - Human Anatomy and Physiology I \(GE\)](#) (4)
- [BIO 140 - Human Anatomy and Physiology II](#) (4)
- [CHE 103 - Introduction to General, Organic, and Biological Chemistry \(GE\)](#) (5)
- **OR CHE 152 – General Chemistry (4)**
- **[PED 200 - Optimal Health \(GE\)](#) (2)**
- [ATR 102 - Risk Management and Emergency Response](#) (2)
- **OR either Certification in First Aid and CPR or complete a D.O.T.-Compliant EMT Basic course**

**Lower Division Elective:** Choose 1 course (2-3 units) from the following-

- **EXSS 201 – Fundamentals of Fitness Assessment and Development (2) (alternate)**
- **PED 220 - Team Sports Fundamentals and Strategies (2) GE**
- **PED 225 - Individual and Dual Sports (2) GE**
- **FCS 225 – Fundamentals of Nutrition (3)**

**Total Lower Division Units**

**22-24**

Upper Division Requirements and Unit Numbers for Majors. **(New classes in red.)**

#### Upper Division Requirements

- EXS 312 – Motor Learning and Motor Development (3)
- EXS 325 – Structural Kinesiology (2)
- EXS 327 – Applied Biomechanics (2)
- **EXS 330 - Health, Nutrition and Sport Performance (3) (alternate yr course)**
- EXS 340 – Physiology of Exercise (3)
- **EXS 340 L – Physiology of Exercise Lab (1)**
- **EXS 350 - Fitness Assessment and Exercise Prescription (3)**
- **EXS 350L - Fitness Assessment and Exercise Prescription Lab (1)**
- **EXS 370 - Praxis of Strength Training, Conditioning and Kinesiatrics (3)**
- EXS 480 - Leadership in the Health and Fitness Professions (3)
- KIN 440 – Measurement, Statistics and Evaluation of Human Performance (3)

*At least 3 units are required in Practicum and Internship*

- KIN 484 – Practicum in Kinesiology (1-2)
- KIN 488 – Internship in Kinesiology (1-2)

**Upper-Division Electives**

- Choose six (6) units from one of the following areas of concentration:  
 \*May choose other courses as approved by department chair.

**Fitness Professional (options)**

- KIN 430: Clinical Exercise Physiology (3)
- ATR 385: Pathology of Injury and Illness (3)
- FCS 305: Life Cycle Nutrition (4)
- FCS 315: Personal, Family & Community Health (3)
- ATR 410: Therapeutic Exercise (3)

**Physical Education & Sport Performance (options)**

- KIN 308: Methods of Teaching Physical Education (3)
- PED 350: Foundations and Techniques of Coaching (4)
- PSY 308: Develop Psych-Birth through Adolesc (3)
- FCS 315: Personal, Family & Community Health (3)
- FCS 305: Life Cycle Nutrition (4)
- EDU 304: Legal, Ethical & Wesleyan Persp on Educ (3)
- EDU 402: Research-Based Learning Theory (3)

**Total Upper Division Units**

**36**

**Elective Options (New requirements in red.)**

8-9 units total electives (2-3 lower division and 6 upper division)

Lower Division Elective: Choose 1 course (2-3 units) from the following-

- **EXS 201: Fundamentals of Fitness Assessment and Development (2) (alternate yr course)**
- **FCS 225: Fundamentals of Nutrition (3)**
- **PED 220 - Team Sports Fundamentals and Strategies (2) GE**
- **PED 225 - Individual and Dual Sports (2) GE**

Upper Division Elective: Choose six (6) units from one of the areas of concentration.

**Total Required Elective Units**

**8-9**

**Names and Course Titles of Concentration #1 (if any—use additional boxes for each concentration.)**

Titles of Concentrations:

1. Fitness Professional
2. Physical Education and Sports Performance

**Total Required Concentration Units**

**6**

**Total Program Units**

**47-49**

Notes (if any) to be included at the bottom of new program catalog copy:

**V. Recorded Department/School Vote:**

Please state the number and percentage of department school faculty who voted for the proposal. If other departments are affected, please inform the committee how those departments voted.

The department voted on these proposals on 10/17/12  
The vote total was 12-0 in favor of the proposals.

**VI. Library Impact:**

What new library acquisitions, if any, will be needed to support the proposed changes? (If none, please state that.) Please consult the check off list at the end of the template.

None

**VII. Technological Impact:**

What additional or new software, hardware, lab space or tech supported space will be needed to support the proposed changes? (If none, please state that.) For hybrid, online or video conferencing proposals, please answer questions at the end of the template.

None

**VIII. WASC Credit Hour Standards:**

As of spring 2013, all courses within the Kinesiology department meet the standards as set by the United States Department of Education with regard to the credit hour definition. Therefore, all Kinesiology courses within the proposed Exercise and Sport Science major meet the following minimum requirements for direct instructional hours:

- 1 credit hour =750 minutes instructional time
- 2 credit hours=1,500 minutes
- 3 credit hours=2,250 minutes
- 4 credit hours=3000 minutes
- 5 credit hours=3750 minutes

**IX. Final Summary: Review course and staffing impact with your College Dean or appropriate administrator.**

**Total course additions: 6**

**Total course deletions: 8**

**Total unit additions: 12**

**Total unit deletions: 19**

**Rotation of courses or deletion of sections to accommodate additions: none**

**Staffing impact/increase or decrease: -7 units**

**NON ACTION OR PROCEDURAL CHANGES:** These changes will not go to the faculty floor for a vote. These are changes that include: revision of course descriptions including title, number or prerequisites, alternate year listing in the Catalog and the cross listing of courses.

**I. List proposals with a one line abstract.**

- Proposal I: Change KPE 470: Praxis of Strength Training, Conditioning and Kinesiatrics to EXSS 370: Praxis of Strength Training and Conditioning.
- Proposal II: Change KPE 101, 280, 280 L, 312, 325, 327, 340, 430, 440, 484, 488, 490, & 491 to KIN 101, 280, 280 L, 312, 325, 327, 340, 430, 440, 484, 488, 490, 491.
- Proposal III: Change PED 308: Physical Education for Children to KIN 308: Methods of Teaching Physical Education.
- Proposal IV: Change PED 480: Leadership in Physical Education-Related Programs to EXS 480: Leadership in the Fitness Professions.
- Proposal V: Change PED 301: Contemporary Health Issues to EXSS 201: Fundamentals of Fitness Assessment and Development
- Proposal VI: Change PED 300: Optimal Health to PED 200: Optimal Health
- Proposal VII: Change KPE 430: Advanced Exercise Physiology to KIN 430: Clinical Exercise Physiology.

**II. List current descriptions and new descriptions side by side.**

<p>Current Descriptions <i>Proposal I.</i></p> <p><b>KPE 470: Praxis of Strength Training, Conditioning and Kinesiatrics (3)</b> This course provides an in-depth study of the principles and techniques used to assess health and physical fitness and to design and prescribe exercise programs and physical activities. Students will acquire the knowledge and skills necessary to sit for the NSCA’s. Prerequisite: KPE 340.</p>	<p>New Descriptions</p> <p><b>EXS 370: Praxis of Strength Training and Conditioning (3)</b> This course provides an in-depth study of the principles and techniques used to assess health and physical fitness and to design and prescribe exercise programs and physical activities. Students will acquire the knowledge and skills necessary to sit for the NSCA’s certification exam. Prerequisite: EXS 340.</p>
<p><i>Proposal II.</i> No change in description, only title change from KPE to KIN for all courses.</p>	

<p><i>Proposal III.</i>  <b>PED 308: Physical Education for Children (3)</b>  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. Prerequisite(s): PED 100 or PED 300 or FCS 315.</p>	<p><b>KIN 308: Methods of Teaching Physical Education (3)</b>  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 outside observation hours. Prerequisite(s): PED 100 or PED 300 or FCS 315.</p>
<p><i>Proposal IV.</i>  <b>PED 480: Leadership in Physical Education-Related Programs.</b> General organizational leadership principles and their application to the organization and administration of physical education, exercise science, athletics, and athletic training.</p>	<p><b>EXS 480: Leadership in the Fitness Professions.</b> General organizational leadership principles and their application to the organization and administration of the fitness, coaching and physical education professions.</p>
<p><i>Proposal V.</i>  <b>PED 301: Contemporary Health Issues.</b>  Development of health concepts and teaching techniques in the areas of mental health, substance abuse, communicable disease, and self defense.</p>	<p><b>EXS 201: Fundamentals of Fitness Assessment and Development.</b> Fundamental knowledge needed to assess and implement health and fitness programs. Students will assess the five health-related components of physical fitness: body composition, muscular strength, muscular endurance, flexibility and cardiorespiratory fitness.</p>

### III. Rationale.

<p><b>Rationale</b>  <i>Proposal I:</i>  The EXS description is more appropriate given the change to Exercise and Sport Science major. Also, the change from a 400-level to 300-level course reflects the learning progression that students will follow: students will take EXS 370 prior to the KIN 484/488 internship or practicum in strength training and conditioning.</p> <p><i>Proposal II-IV:</i>  The proposed nomenclature for department courses will follow a consistent pattern where the KIN prefix will denote core Kinesiology courses taken by all majors within the department, EXS will denote Exercise and Sport Science courses, and PED will continue to denote physical education GE options. PED courses will also be options that students can take within the <i>Physical Education and Sport</i> concentration. We are proposing to delete many of the PED courses which were requirements for the Physical Education major. Finally, the KPE prefix will be deleted from all courses in the catalog since the department is no longer named Kinesiology and Physical Education.</p>
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**Proposal III:**

PED 308: Physical Education for Children has historically served Liberal Studies majors and will continue to do so. In addition to these students, the KIN 308: Methods of Teaching Physical Education course will also serve students preparing to teach secondary physical education. We are proposing to delete PED 416 (3) Methods of Teaching Secondary Physical Education due to low enrollment and substitute KIN 308 for Kinesiology students preparing to teach PE.

*Proposal V:*

In reviewing the curriculum of comparator schools, many offered introductory courses in the fundamentals of exercise testing, prescription and fitness program development. This course is similar to but not identical to our PED 301: Contemporary Health Issues. We propose to amend the content to include fundamental knowledge needed to assess fitness, and to develop and implement fitness programs.

*Proposal VI:*

In working through the matriculation process with transfer students, we have discovered that a number of lower-division courses at comparator schools meet the same general requirements and learning objectives of our current PED 300 course. Also, as we developed the curriculum map for the proposed Exercise and Sport Science major, a logical progression of curriculum was evident in which PED 200 will serve as the foundation to upper division courses including EXS 230: Nutrition for Exercise and Sport Performance and EXS 350: Fitness Assessment and Exercise Prescription.

*Proposal VII:*

The proposed name change reflects ACSM guild standards for course content to include Exercise Physiology for specialized populations such as those with obesity, diabetes, metabolic syndrome, etc.

# Appendix A: Catalog Copy for Proposals I-X

## Current Physical Education Major

### Physical Education, B.A. [~~DELETE~~]

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#### Program Learning Outcomes

*Students who complete the program in Physical Education will be able to:*

1. Perceive the importance of healthy lifestyle choices.
2. Demonstrate a lifestyle of healthful eating.
3. Demonstrate a lifestyle of physical activity.
4. Apply Biblical stewardship principles via their physical bodies.
5. Function appropriately in a variety of physical education environments.
6. Demonstrate a lifestyle of service to others.
7. Demonstrate preparation for graduate study and/or careers that utilize health, wellness, physical fitness professionals, and physical educators.

#### Lower-Division Requirements

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- ~~[PED 210 – Team Sports Fundamentals \(GE\) \(2\)](#)~~ [~~DELETE~~]
- ~~[PED 211 – Individual and Dual Sports I \(GE\) \(2\)](#)~~ [~~DELETE~~]
- ~~[PED 212 – Team Sports Strategies \(GE\) \(2\)](#)~~ [~~DELETE~~]
- ~~[PED 213 – Individual and Dual Sports II \(GE\) \(2\)](#)~~ [~~DELETE~~]
- [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 - Introduction to Athletic Training \(2\)](#)
- [KPE 280-L - Introduction to Athletic Training Lab \(1\)](#)
- [BIO 130 - Human Anatomy and Physiology I \(GE\) \(4\)](#)
- [BIO 140 - Human Anatomy and Physiology II \(4\)](#)
- [CHE 103 - Introduction to General, Organic, and Biological Chemistry \(GE\) \(5\)](#)

**Total: 27 Units**

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#### Upper-Division Requirements

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- [PED 300 - Optimal Health \(GE\) \(2\)](#)
- [PED 301 - Contemporary Health Issues \(2\)](#)
- ~~[PED 303 – Sports Officiating \(2\)](#)~~ [~~DELETE~~]
- ~~[PED 330 – History and Trends of Physical Education \(3\)](#)~~ [~~DELETE~~]
- ~~[PED 350 – Foundations and Techniques of Coaching \(4\)](#)~~ [~~DELETE~~]
- [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 Units**

# Proposed Major: Exercise and Sport Science

## Exercise and Sport Science, B.A.

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### Program Learning Outcomes

*Students who complete the program in Exercise and Sport Science will be able to:*

1. Explain the health benefits associated with physical activity and exercise, as well as the health consequences associated with inactivity.
2. Describe the metabolic, physiologic, biomechanical, and developmental mechanisms by which participation in physical activity aids in health promotion and disease prevention.
3. Critically evaluate and integrate new information into professional practice in order to solve relevant health problems; speak and write effectively to a target audience on the prevention and intervention of such problems.
4. Competently measure and assess fitness, movement skills, physical performance and risk for disease.
5. Design an exercise or strength training program to enhance all components of fitness, promote health and optimize performance.
6. Serve various populations, integrating compassionate care and the Christian faith with their professional practice.

### Lower-Division Requirements

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- [KIN 101 - Orientation to Kinesiology](#) (1)
  - [KIN 280 - Introduction to Athletic Training](#) (2)
  - [KIN 280-L - Introduction to Athletic Training Lab](#) (1)
  - [BIO 130 - Human Anatomy and Physiology I \(GE\)](#) (4)
  - [BIO 140 - Human Anatomy and Physiology II](#) (4)
  - [CHE 103 - Introduction to General, Organic, and Biological Chemistry \(GE\)](#) (5)  
OR CHE 152 – General Chemistry (4)
  - [PED 200 - Optimal Health \(GE\)](#) (2)
  - [ATR 102 - Risk Management and Emergency Response](#) (2) OR either Certification in First Aid and CPR or complete a DOT-Compliant EMT-Basic course\*
- \*Student must provide course completion certificate

**Lower Division Elective:** Choose 1 course (2-3 units) from the following-

- KIN 201 – Fundamentals of Fitness Assessment and Development (2) [ADD]
- PED 220 – Team Sports Fundamentals and Strategies (2) GE [ADD]
- PED 225 – Individual and Dual Sports (2) GE [ADD]
- FCS 225 – Fundamentals of Nutrition (3) [ADD]

**Total Lower Division: 22-24 Units**

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### Upper-Division Requirements

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- EXS 312 – Motor Learning and Motor Development (3)
- EXS 325 – Structural Kinesiology (2)
- EXS 327 – Applied Biomechanics (2)
- EXS 330 – Nutrition for Exercise and Sport Performance (3) [ADD]
- EXS 340 – Physiology of Exercise (3)
- EXS 340 L – Physiology of Exercise Lab (1) [ADD]

- EXS 350 - Fitness Assessment and Exercise Prescription (3) [ADD]
- EXS 350L - Fitness Assessment and Exercise Prescription Lab (1) [ADD]
- EXS 370 - Praxis of Strength Training, Conditioning and Kinesiatrics (3)
- EXS 440 – Measurement, Statistics and Evaluation of Human Performance (3)
- EXS 480 - Leadership in the Health and Fitness Professions (3)

**At least 3 units are required in Practicum and Internship.** KIN 484 and 488 may be repeated for up to four units of credit.

- KIN 484 – Practicum in Kinesiology (1-2)
- KIN 488 – Internship in Kinesiology (1-2)

### Upper-Division Electives

- Choose at least six (6) units from one of the following areas of concentration, or other upper-division units as approved by department chair.

#### Fitness Professional (course options\*)

KIN 430: Clinical Exercise Physiology (3)  
 ATR 385: Pathology of Injury and Illness (3)  
 FCS 305: Life Cycle Nutrition (4)  
 PSY 308: Developmental Psychology-Birth through Adol (3)  
 FCS 315: Personal, Family & Community Health (3)  
 ATR 410: Therapeutic Exercise (3)

#### Physical Education & Sport Performance (course options\*)

KIN 308: Methods of Teaching Physical Education (3)  
 KIN301: Contemporary Health Issues (3)  
 PED 350: Foundations and Techniques of Coaching (4)  
 PSY 308: Developmental Psychology-Birth through Adolesc (3)  
 FCS 315: Personal, Family & Community Health (3)  
 FCS 305: Life Cycle Nutrition (4)  
 EDU 304: Legal, Ethical & Wesleyan Perspectives on Educ (3)  
 EDU 402: Research-Based Learning Theory (3)

**Total Upper Division: 36 units.**

## Exercise and Sport Science (B.A.) 47-49 units

Course #	Course Title	Units
<i>Students will take the following courses and then select one of the two concentrations below:</i>		
<b>Lower Division Requirements</b>		
KIN 101	Orientation to Kinesiology	1
KIN 280	Introduction to Athletic Training	2
KIN 280L	Introduction to Athletic Training Lab	1
ATR 102	Risk Management and Emergency Response*	2
	*OR Certification in First Aid & CPR or EMT-Basic course	
BIO 130	Human Anatomy and Physiology I (GE)	4
BIO 140	Human Anatomy and Physiology II	4
CHE 103 <i>Or</i>	Intro to General, Organic, and Biological Chemistry (GE)	4-5
CHE 152	General Chemistry (GE)	
PED 200	Optimal Health (GE)	2
<b>Lower Division Elective</b>		
<i>Choose 1 course (2-3 units) from:</i>		2-3
PED 220: Team Sports Fundamentals and Strategies (2) GE		
PED 225: Individual and Dual Sports (2) GE		
EXS 201: Fundamentals of Fitness Assessment and Development (2)		
FCS 225: Fundamentals of Nutrition (3)		
<b>TOTAL L.D.</b>		<b>22-24</b>
<b>Upper Division Requirements</b>		
KIN 312	Motor Learning and Motor Development	3
KIN 325	Structural Kinesiology	2
KIN 327	Applied Biomechanics	2
KIN 340	Physiology of Exercise	3
KIN 340L	Physiology of Exercise Lab	1
EXS 330	Nutrition for Exercise and Sport Performance	3
EXS 350	Fitness Assessment and Exercise Prescription	3
EXS 350L	Fitness Assessment and Exercise Prescription Lab	1
EXS 370	Praxis of Strength Training and Conditioning	3
KIN 440	Measurement, Statistics and Evaluation of Human Performance	3
EXS 480	Leadership in the Health & Fitness Professions	3
<b>Professional Experience:</b> <i>At least 3 units are required in Practicum and Internship. KIN 484 and 488 may be repeated for up to three units of credit.</i>		
KIN 484	Practicum in Kinesiology	(1-2)
KIN 488	Internship in Kinesiology	(1-2)
<b>Upper Division Electives</b>		
<i>Choose one concentration. Choose at least six (6) units from one of the following areas of concentration, or other upper-division units as approved by department chair.</i>		6
<b>Fitness Professional (course options)</b> KIN 430: Clinical Exercise Physiology (3) ATR 385: Pathology of Injury and Illness (3) FCS 305: Life Cycle Nutrition (4) FCS 315: Personal, Family & Community Health (3) ATR 410: Therapeutic Exercise (3)	<b>Physical Education and Sport Performance (course options)</b> KIN 308: Methods of Teaching Physical Education PED 350: Foundations and Techniques of Coaching PSY 308: Developmental Psychology-Birth through Adolescence FCS 315: Personal, Family & Community Health FCS 305: Life Cycle Nutrition (4) EDU 304: Legal, Ethical & Wesleyan Perspectives on Education EDU 402: Research-Based Learning Theory	
<b>TOTAL U.D.</b>		<b>36</b>

## Appendix B: Catalog Copy for Proposals XI and XII

### Current Exercise Science, B.A.

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#### Program Learning Outcomes

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*Students who complete the program in Exercise Science will be able to:*

1. Demonstrate cognitive and psychomotor competence in the assessment of structure and function of the body including typical, anomalous, and pathological states.
2. Write technically in the context of the review and synthesis of professional literature.
3. Communicate orally to a target audience in topics of medicine and exercise science.
4. Conceptualize, exhibit, and teach from art they create, reflecting the structure and function of the human body and/or the implements manipulated by or acting upon the body.
5. Demonstrate ethical behavior, whether undergraduate students or alumni through volunteer or professional settings, and treat others as they wish to be treated as per the example of Jesus Christ.
6. Demonstrate preparation to articulate their post-graduate educational and career callings in light of their life purposes.

#### Lower-Division Requirements

---

- [KPE 101 - Orientation to Kinesiology, Physical Education, Athletic Training \(1\)](#)
- [KPE 280 - Introduction to Athletic Training \(2\)](#)
- [BIO 130 - Human Anatomy and Physiology I \(GE\) \(4\)](#)
- [BIO 140 - Human Anatomy and Physiology II \(4\)](#)
- [BIO 210 - Cell Biology and Biochemistry \(GE\) \(4\)](#)
- [BIO 220 - Microbiology of Infectious Diseases \(4\)](#)
- [CHE 152 - General Chemistry I \(GE\) \(4\)](#)
- [CHE 153 - General Chemistry II \(4\)](#)
- [PSY 103 - General Psychology \(GE\) \(3\)](#)
- *Certification in First Aid and CPR*

**Total: 30 Units**

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#### Upper-Division Requirements

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- [ATR 385 - Pathology of Injury and Illness \(3\)](#)
- [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 \(3\)](#)
- [PED 300 - Optimal Health \(GE\) \(2\)](#)
- [PSY 321 - Abnormal Psychology \(3\)](#)

**One additional upper-division elective in the Department of Kinesiology:**

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- [KPE 430 - Advanced Exercise Physiology \(3\) OR](#)

*One of the following:*

---

- [ATR 387 - Assessment of Lower Extremity Pathology \(3\)](#)
- [ATR 388 - Assessment of Head, Spinal, and Upper Extremity Pathology \(3\)](#)
- [ATR 410 - Therapeutic Exercise \(3\)](#)
- [ATR 415 - Therapeutic Modalities and Pharmacology \(4\)](#)
- [KPE 488 - Internship in Kinesiology \(1-3\) 3 Units required](#)
- [BIO 470 - Neuroscience \(3\)](#)
- [PSY 308 - Developmental Psychology – Birth Through Adolescence \(4\)](#)

**Total: 24-25 Units**

# Proposal: Applied Health Science (with changes highlighted)

## Applied Health Science, B.A. [New name]

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### Program Learning Outcomes

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*Students who complete the program in Applied Health Science will be able to:*

1. Demonstrate cognitive and psychomotor competence in the assessment of structure and function of the body including typical, anomalous, and pathological states.
2. Write technically in the context of the review and synthesis of professional literature.
3. Communicate orally to a target audience in topics of medicine and exercise science.
4. Conceptualize, exhibit, and teach from art they create, reflecting the structure and function of the human body and/or the implements manipulated by or acting upon the body.
5. Demonstrate ethical behavior, whether undergraduate students or alumni through volunteer or professional settings, and treat others as they wish to be treated as per the example of Jesus Christ.
6. Demonstrate preparation to articulate their post-graduate educational and career callings in light of their life purposes.

### Lower-Division Requirements

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- [KPE 101 - Orientation to Kinesiology, Physical Education, Athletic Training \(1\)](#)
- [KPE 280 - Introduction to Athletic Training \(2\)](#)
- [BIO 130 - Human Anatomy and Physiology I \(GE\) \(4\)](#)
- [BIO 140 - Human Anatomy and Physiology II \(4\)](#)
- [BIO 210 - Cell Biology and Biochemistry \(GE\) \(4\)](#)
- [BIO 220 - Microbiology of Infectious Diseases \(4\)](#)
- [CHE 152 - General Chemistry I \(GE\) \(4\)](#)
- [CHE 153 - General Chemistry II \(4\)](#)
- [PSY 103 - General Psychology \(GE\) \(3\)](#)
- [PED 200 - Optimal Health \(GE\) \(2\) \[ADD\]](#)
- *Certification in First Aid and CPR*

**Total: 32 Units**

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### Upper-Division Requirements

- 
- [ATR 385 - Pathology of Injury and Illness \(3\)](#)
  - [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 \(3\)](#)
  - [PSY 321 - Abnormal Psychology \(3\)](#)

**Two** additional upper-division electives in the Department of Kinesiology from the following:

- 
- [KIN 430 - Clinical Exercise Physiology \(3\)](#)
  - [ATR 387 - Assessment of Lower Extremity Pathology \(3\)](#)
  - [ATR 388 - Assessment of Head, Spinal, and Upper Extremity Pathology \(3\)](#)
  - [ATR 410 - Therapeutic Exercise \(3\)](#)
  - [ATR 415 - Therapeutic Modalities and Pharmacology \(4\)](#)
  - [KPE 488 - Internship in Kinesiology 3 Units required](#)
  - [BIO 470 - Neuroscience \(3\)](#)
  - [PSY 308 - Developmental Psychology – Birth Through Adolescence \(4\)](#)

**Total: 25-26 Units Upper Division**

**TOTAL UNITS FOR APPLIED HEALTH SCIENCE: 57-58 (-10 GE) = 47 units**

## Appendix C: Catalog Copy for Proposal XIV

### Current Athletic Coaching Minor

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#### Requirements

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- [KPE 280 - Introduction to Athletic Training \(2\)](#)
- [KPE 280-L - Introduction to Athletic Training Lab \(1\)](#)
- [KPE 470 - Praxis of Strength Training, Conditioning, and Kinesiatrics \(3\)](#)
- [PED 300 - Optimal Health \(GE\) \(2\) \\*](#)
- [PED 350 - Foundations and Techniques of Coaching \(4\)](#)
- [PED 484 - Practicum in Coaching \(1-3\) 3 Units required OR](#)
- [PED 488 - Internship in Coaching \(1-3\) 3 Units required](#)

#### One of the following:

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- ~~[PED 210 - Team Sports Fundamentals \(GE\) \(2\)\\* \[DELETE\]](#)~~
- ~~[PED 211 - Individual and Dual Sports I \(GE\) \(2\)\\* \[DELETE\]](#)~~
- ~~[PED 212 - Team Sports Strategies \(GE\) \(2\)\\* \[DELETE\]](#)~~
- ~~[PED 213 - Individual and Dual Sports II \(GE\) \(2\)\\* \[DELETE\]](#)~~

#### Total: 17 Units

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(includes 4 units that meet general education requirements)

#### Note(s):

---

*\*Satisfies general education requirement*

# Athletic Coaching Minor (with changes highlighted)

## Requirements

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- [KIN 280 - Introduction to Athletic Training \(2\)](#)
- [KIN 280-L - Introduction to Athletic Training Lab \(1\)](#)
- [PED 200 - Optimal Health \(GE\) \(2\) \\*\[CHANGE FROM 300 to 200\]](#)
- [PED 350 - Foundations and Techniques of Coaching \(4\)](#)
- [EXS 330 - Health, Nutrition and Sport Performance \(3\) \[ADD\]](#)
- [KIN 370 - Praxis of Strength Training, Conditioning and Kinesiatrics \(3\)](#)
- [PED 484 - Practicum in Coaching \(1-3\) 3 Units required OR](#)
- [PED 488 - Internship in Coaching \(1-3\) 3 Units required](#)

### One of the following:

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- ~~[PED 210 - Team Sports Fundamentals \(GE\) \(2\)\\* \[DELETE\]](#)~~
- ~~[PED 211 - Individual and Dual Sports I \(GE\) \(2\)\\* \[DELETE\]](#)~~
- ~~[PED 212 - Team Sports Strategies \(GE\) \(2\)\\* \[DELETE\]](#)~~
- ~~[PED 213 - Individual and Dual Sports II \(GE\) \(2\)\\* \[DELETE\]](#)~~
- [PED 220 - Team Sports Fundamentals and Strategies \(2\) GE \[ADD\]](#)
- [PED 225 - Individual and Dual Sports \(2\) GE \[ADD\]](#)

**Total: 20 Units**

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(includes 4 units that meet general education requirements)

**Note(s):**

---

*\*Satisfies general education requirement*

# Athletic Training Major (with changes highlighted)

## Athletic Training, B.A.

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### Program Learning Outcomes

*Students who complete the program in Athletic Training will be able to:*

1. Demonstrate cognitive and psychomotor competence in the 12 content areas of the Athletic Training Educational Competencies.
2. Exhibit advancing clinical proficiency in the practice of athletic training through (1) development in knowledge, psychomotor skills, and clinical reasoning and (2) application of evidence-based decision making.
3. Speak and write coherently on information in athletic training, and communicate it effectively to a target audience.
4. Demonstrate the common values and behaviors of the athletic training profession in a distinctly moral and ethical manner, integrating the Christian faith with clinical practice.
5. Demonstrate preparation to serve a diverse environment through experience with a variety of patient populations and clinical settings and with various allied healthcare professionals.
6. Demonstrate knowledge and skills required of an entry-level Certified Athletic Trainer.
7. Demonstrate preparation for careers that utilize Certified Athletic Trainers or for graduate study and employment in allied healthcare professions.

### Lower-Division Requirements

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- [ATR 102 - Risk Management and Emergency Response](#) (2)
- [ATR 290 - Clinical Internship I](#) (3)
- [ATR 291 - Clinical Internship II](#) (3)
- [KIN 101 - Orientation to Kinesiology, Physical Education, Athletic Training](#) (1)
- [KIN 280 - Introduction to Athletic Training](#) (2)
- [KIN 280-L - Introduction to Athletic Training Lab](#) (1)
- [BIO 130 - Human Anatomy and Physiology I \(GE\)](#) (4)
- [BIO 140 - Human Anatomy and Physiology II](#) (4)
- 
- [CHE 103 - Introduction to General, Organic, and Biological Chemistry \(GE\)](#) (5) *OR*
- [CHE 152 - General Chemistry I \(GE\)](#) (4)

**Total: 24-25 Units**

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## Upper-Division Requirements

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- [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 \(1\)](#)
- [KIN 312 - Motor Learning and Motor Development \(3\)](#)
- [KIN 325 - Structural Kinesiology \(2\)](#)
- [KIN 327 - Applied Biomechanics \(2\)](#)
- [KIN 340 - Physiology of Exercise \(3\)](#)
- [KIN 440 - Measurement, Statistics, and Evaluation of Human Performance \(3\)](#)

**Total: 41 Units**

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## Recommended Courses

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- [PED 200 - Optimal Health \(GE\) \(2\)](#)
- [KIN 370 - Praxis of Strength Training, Conditioning, and Kinesiatrics \(3\)](#)

# Catalog Copy for General Education (with changes highlighted)

## IV. Exploring an Interdependent World

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An introduction to the natural and social sciences as tools for exploring the world, with emphasis on collecting and interpreting empirical data for both theoretical and practical purposes.

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### *B. Physical Fitness and Nutrition [2 courses; 2-4 units]*

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*One of the following courses is required:*

- [PED 100 - Fitness Through Movement \(GE\) \(1\)](#)
  - [PED 200 - Optimal Health \(GE\) \(2\)](#)
  - [FCS 315 - Personal, Family, and Community Health \(GE\) \(3\)](#)
- 

Any one (1) unit activity course numbered [PED 102-PED 184](#) OR one of the following is required:

- ~~[PED 211 – Individual and Dual Sports I \(GE\) \(2\)](#)~~
- ~~[PED 212 – Team Sports Strategies \(GE\) \(2\)](#)~~
- ~~[PED 213 – Individual and Dual Sports II \(GE\) \(2\)](#)~~
- [PED 220 – Team Sports Fundamentals and Strategies \(2\) GE](#)
- [PED 225 – Individual and Dual Sports \(2\) GE](#)