

Initial Report

Last Modified: 10/03/2013

1. Gender:

#	Answer	Response	%
1	Male	31	30%
2	Female	73	70%
	Total	104	100%

Statistic	Value
Min Value	1
Max Value	2
Mean	1.70
Variance	0.21
Standard Deviation	0.46
Total Responses	104

2. When did you enter PLNU?

#	Answer	Response	%
1	1995-99	4	4%
2	2000-04	23	22%
3	2005-09	71	68%
4	2010 and after	6	6%
	Total	104	100%

Statistic	Value
Min Value	1
Max Value	4
Mean	2.76
Variance	0.38
Standard Deviation	0.62
Total Responses	104

3. When was your bachelor's degree completed?

#	Answer	Response	%
1	1995-99	0	0%
2	2000-04	7	7%
3	2005-09	28	27%
4	2010 and after	69	66%
	Total	104	100%

Statistic	Value
Min Value	2
Max Value	4
Mean	3.60
Variance	0.38
Standard Deviation	0.62
Total Responses	104

4. Major: (check all that apply)

#	Answer	Response	%
1	Athletic Training	30	29%
2	Exercise Science	68	66%
3	Physical Education	6	6%
4	Other (specify)	0	0%

Other (specify)

Statistic	Value
Min Value	1
Max Value	3
Total Responses	103

5. What was your status when entering college?

#	Answer	Response	%
1	Directly from high school	86	83%
2	Transfer from Community College	8	8%
3	Transfer from a 4-year institution	10	10%
4	Nontraditional student (entered college after working, after raising a family, etc...)	0	0%
	Total	104	100%

Statistic	Value
Min Value	1
Max Value	3
Mean	1.27
Variance	0.39
Standard Deviation	0.63
Total Responses	104

6. If you went to graduate school, how many years after leaving PLNU did you begin graduate school?

#	Answer	Response	%
1	Started immediately after graduation	23	39%
2	1 year	13	22%
3	2 years	13	22%
4	3-5 years	9	15%
5	6-10+ years	1	2%
	Total	59	100%

Statistic	Value
Min Value	1
Max Value	5
Mean	2.19
Variance	1.36
Standard Deviation	1.17
Total Responses	59

7. What degrees/certifications, credentialing or board certifications have you earned? (choose all that apply)

#	Answer	Response	%
1	I am currently in graduate school	26	37%
2	MPT/DPT	11	15%
3	ATC	23	32%
4	PA-C	1	1%
5	MA/MS	10	14%
6	DC	0	0%
7	MD/DO	0	0%
8	Ph.D.	0	0%
9	Teaching Credential	6	8%
10	CSCS	5	7%
11	Other	22	31%

Other
Personal training
EMT
Emt-b
RYT and ACSM-HFS
Currently pursuing BSN
CBEST
CPT and PES from NASM
MSN
EdD
Professional Baseball
EMT, FMSC
Paramedic
CMT
OTC
NASM-CPT,CES
Year off :) before MD
I start Graduate School in January
PTA
EMT/RN
LAT
MPH
MEd

Statistic	Value
Min Value	1
Max Value	11
Total Responses	71

8. Are you currently employed?

#	Answer		Response	%
1	Yes, full-time, in the same general area I studied at PLNU		31	30%
2	Yes, full-time, but not in the area I studied at PLNU		22	21%
3	Yes, part-time, in the same general area I studied at PLNU		20	19%
4	Yes, part-time, but not in the area I studied at PLNU		12	12%
5	No, I'm unemployed by my choice (e.g. raising children or taking care of family member)		7	7%
6	No, but I am looking for work		5	5%
7	No, and I am not looking for work		7	7%
	Total		104	100%

Statistic	Value
Min Value	1
Max Value	7
Mean	2.86
Variance	3.31
Standard Deviation	1.82
Total Responses	104

9. What category best describes your current job?

#	Answer	Response	%
1	Physical therapy	26	26%
2	Athletic training	14	14%
3	Teaching	15	15%
4	Coaching	9	9%
5	Fitness professions (personal training, strength and conditioning, etc.)	7	7%
6	Physician Assistant	2	2%
7	Other healthcare (medicine, chiropractic, nursing) Please specify:	12	12%
8	Other	37	37%

Other healthcare (medicine, chiropractic, nursing) Please specify:	Other
	PT Aide/ATC
	Law Enforcement
	Full time student
	physical therapy aide
	DPT student
	Graduate assistant
	mom
	Research
	Professional Baseball
	Public health
	administration
	Food production
	DPT grad school
	Starbucks
	Retail manager
	Account Management
	Student
	Nanny
	Travel aid
	School
	graduate school
	Higher Education Administration
	Marketing
	Future PA
	grad student
	Customer service
	customer service
	Orthopaedic Physician Assistant Student
	medical student
	Applied Mathematics
	In the oil field service industry
	Currently in Medical School
	tutoring and teaching
	student!
Office Manager, Chiropractic office	
Nurse Practitioner	
laboratory	
Chiropractic	
Emergency Medicine	
Paramedic	
Physician extender	
Intern in Operating Room	
PT Aide	
Chiropractic Assistant	
physical therapy aide	
CNA	

Statistic	Value
Min Value	1
Max Value	8
Total Responses	100

10. Which statement best describes how you regard your current job?

#	Answer	Response	%
1	Job with little upward mobility	14	15%
2	Job with potential for advancement	14	15%
3	Job with exciting career potential	31	33%
4	My ideal job in the preferred setting	19	20%
5	Other (specify)	17	18%
	Total	95	100%

Other (specify)

Working abroad for 1 year before grad school
 On path to BSN, RN
 PT Student
 Graduate assistant: experience
 i want to be teaching
 Would be my ideal job if there was a teaching component involved
 job to exist
 Still in grad school
 Putting me through Graduate school
 Student
 In grad school
 Just an Intern haha
 Job for fun before I start Graduate School
 job before grad school
 medical student - no job
 GA looking for a job after graduation in a collegiate setting

Statistic	Value
Min Value	1
Max Value	5
Mean	3.12
Variance	1.66
Standard Deviation	1.29
Total Responses	95

11. Please describe the use of the course work in your major to your current job:

#	Answer	Response	%
1	My current job directly uses my major	52	51%
2	My job is in a related field to my major	20	20%
3	My current job is not related to my major	23	23%
4	I am not employed outside the home	6	6%
	Total	101	100%

Statistic	Value
Min Value	1
Max Value	4
Mean	1.83
Variance	0.96
Standard Deviation	0.98
Total Responses	101

12. If you are currently in graduate school, in what area are you specializing?

#	Answer	Response	%
1	Physical Therapy	9	24%
2	Physician Assistant	5	14%
3	Athletic Training/Sports Medicine	5	14%
4	Exercise Physiology	2	5%
5	Education	3	8%
6	Medicine	3	8%
7	Chiropractic	0	0%
8	Other (specify)	10	27%
	Total	37	100%

Other (specify)
Nursing
Nursing
Nursing
Sports Management
Sport Management
Nursing
Nurse Practitioner
Nursing
Public Health

Statistic	Value
Min Value	1
Max Value	8
Mean	4.19
Variance	7.77
Standard Deviation	2.79
Total Responses	37

13. If you applied to graduate school, were you accepted by one or more of the schools the first time you applied?

#	Answer	Response	%
1	yes	44	68%
2	No	21	32%
	Total	65	100%

Statistic	Value
Min Value	1
Max Value	2
Mean	1.32
Variance	0.22
Standard Deviation	0.47
Total Responses	65

14. In the past two years, about how often have you:

#	Question	Daily	Most days	Some days	Rarely	Never	Not applicable	Total Responses	Mean
1	Exercised aerobically for at least 30 minutes?	32	47	23	2	0	0	104	1.95
2	Eaten a healthy, balanced diet?	31	62	10	1	0	0	104	1.82
3	Served others through your profession?	57	31	9	5	0	2	104	1.71
4	Served others in activities outside your profession (i.e., volunteer work, church activities, etc.)?	13	21	58	12	0	0	104	2.66

Statistic	Exercised aerobically for at least 30 minutes?	Eaten a healthy, balanced diet?	Served others through your profession?	Served others in activities outside your profession (i.e., volunteer work, church activities, etc.)?
Min Value	1	1	1	1
Max Value	4	4	6	4
Mean	1.95	1.82	1.71	2.66
Variance	0.61	0.40	1.06	0.71
Standard Deviation	0.78	0.63	1.03	0.84
Total Responses	104	104	104	104

15. Please tell us if your Kinesiology course work enhanced your ability to:

#	Question	Very much enhanced	Much enhanced	Enhanced	Not enhanced	Total Responses	Mean
1	Think logically and critically	59	26	18	1	104	1.63
2	Write effectively in the discipline	37	32	29	4	102	2.00
3	Communicate effectively in the discipline (i.e. oral presentations, proposals)	46	36	17	3	102	1.77
4	Utilize the best current evidence to benefit my clients, patients and the community	43	40	15	4	102	1.80
5	Grow in personal wholeness (physical fitness/wellness, emotional health)	66	22	13	2	103	1.52

Statistic	Think logically and critically	Write effectively in the discipline	Communicate effectively in the discipline (i.e. oral presentations, proposals)	Utilize the best current evidence to benefit my clients, patients and the community	Grow in personal wholeness (physical fitness/wellness, emotional health)
Min Value	1	1	1	1	1
Max Value	4	4	4	4	4
Mean	1.63	2.00	1.77	1.80	1.52
Variance	0.64	0.81	0.69	0.69	0.62
Standard Deviation	0.80	0.90	0.83	0.83	0.79
Total Responses	104	102	102	102	103

16. Indicate how much you think your experience in Kinesiology enhanced the following values.

#	Question	Very much enhanced	Much enhanced	Enhanced	Not enhanced	Total Responses	Mean
1	A commitment to Christ and His calling	42	31	23	7	103	1.95
2	Appreciation for the gift of the human body by maintaining physical fitness and healthy eating	63	25	12	2	102	1.54
3	Integrating compassionate care and Christian faith with my professional practice	57	27	17	2	103	1.65
4	Engagement in service to others from various backgrounds	46	28	23	6	103	1.89
5	Appreciation for the health consequences associated with inactivity	59	28	14	1	102	1.58

Statistic	A commitment to Christ and His calling	Appreciation for the gift of the human body by maintaining physical fitness and healthy eating	Integrating compassionate care and Christian faith with my professional practice	Engagement in service to others from various backgrounds	Appreciation for the health consequences associated with inactivity
Min Value	1	1	1	1	1
Max Value	4	4	4	4	4
Mean	1.95	1.54	1.65	1.89	1.58
Variance	0.91	0.61	0.68	0.90	0.58
Standard Deviation	0.95	0.78	0.82	0.95	0.76
Total Responses	103	102	103	103	102

17. If you were a major in Athletic Training:

#	Question	Outstanding	Well	OK	Poorly	Very Poorly	Total Responses	Mean
1	How well did the Athletic Training undergraduate curriculum at PLNU prepare you for work in Athletic Training or related fields?	21	7	1	0	0	29	1.31
2	How well did the Athletic Training curriculum prepare your for graduate school?	13	5	0	1	0	19	1.42
3	How well did the Athletic Training undergraduate curriculum prepare your for the BOC exam?	19	7	0	0	0	26	1.27

Statistic	How well did the Athletic Training undergraduate curriculum at PLNU prepare you for work in Athletic Training or related fields?	How well did the Athletic Training curriculum prepare your for graduate school?	How well did the Athletic Training undergraduate curriculum prepare your for the BOC exam?
Min Value	1	1	1
Max Value	3	4	2
Mean	1.31	1.42	1.27
Variance	0.29	0.59	0.20
Standard Deviation	0.54	0.77	0.45
Total Responses	29	19	26

18. If you were a major in Exercise Science:

#	Question	Outstanding	Well	OK	Poorly	Very Poorly	Total Responses	Mean
1	How well did the undergraduate Exercise Science curriculum at PLNU prepare you for work in the field?	24	31	5	1	0	61	1.72
2	How well did the Exercise Science undergraduate curriculum prepare you for graduate school?	22	21	2	0	0	45	1.56

Statistic	How well did the undergraduate Exercise Science curriculum at PLNU prepare you for work in the field?	How well did the Exercise Science undergraduate curriculum prepare you for graduate school?
Min Value	1	1
Max Value	4	3
Mean	1.72	1.56
Variance	0.47	0.34
Standard Deviation	0.69	0.59
Total Responses	61	45

19. If you were a major in Physical Education:

#	Question	Outstanding	Well	OK	Poorly	Very Poorly	Total Responses	Mean
1	How well did the undergraduate Physical Education curriculum at PLNU prepare you for work in the field?	2	3	2	0	0	7	2.00
2	How well did the Physical Education undergraduate curriculum prepare you for graduate school?	2	2	2	0	0	6	2.00
3	How well did the Physical Education curriculum prepare you for teaching?	2	2	3	0	0	7	2.14

Statistic	How well did the undergraduate Physical Education curriculum at PLNU prepare you for work in the field?	How well did the Physical Education undergraduate curriculum prepare you for graduate school?	How well did the Physical Education curriculum prepare you for teaching?
Min Value	1	1	1
Max Value	3	3	3
Mean	2.00	2.00	2.14
Variance	0.67	0.80	0.81
Standard Deviation	0.82	0.89	0.90
Total Responses	7	6	7

20. If your selection was anything other than outstanding and well, please indicate what the department could have done to better prepare you in this area:

Text Response

Having more options for internships/externships or a course that did more hands on basically a clinical aspect that got us into rehab, hospitals.

N/A

N/A

I think the department needs to change the physical education major to Kinesiology. I find that many people do not think physical education is about the body, and is strictly about playing sports. I feel my educational background is misunderstood and not respected. I would love to see this change and be able to change my diploma. I know the change was discussed at one time.

N/A

N/A

The department did a great job. I was not mature and disciplined enough at the time to take full advantage of the education given.

I would have liked the opportunity to explore different job opportunities within and even outside the field, more hands on experience and realistic expectations

more hands on real experience

Better internship opportunities for insight into the field of physical therapy.

I honestly cherished my experiences at the kines dept at PLNU. I feel like I was way more prepared and knowledgeable in my field of strength and conditioning than co-workers from all sorts of different schools. The practicality and intimacy of the classes was definitely helpful.

N/A

The fail rate for the BOC exam should have been motivating but instead it discouraged my outlook.

I am in medical school, and the only thing thus far that Kinesiology itself has prepared me for is the muscle section in anatomy and some injury knowledge (thanks to structural kinesiology and intro to athletic training). But this is not the major's fault and I had a good experience as a Kinesiology major.

It is just hard to answer these questions since I now work in the field of applied math. I did work as personal trainer for a short while, and my exercise science degree definitely helped me in knowledge and applications, as well as relating to clients.

Statistic	Value
Total Responses	15

21. What skills learned and courses taken in the Kinesiology department were particularly helpful once you entered the work force?

Text Response

Upper and lower extrem, modalities

Learning to deal with a variety of professionals/coaches/parents in clinical rotations

Terminology in the field, great understanding of human anatomy.

Commitment to physical activity and overall wellness.

Intro to Athletic Training, Structural Kinesiology, Pathologies

Colloquy and clinical work helped enhance my patient interaction skills

Pre-reqs, advance exercise physiology, stats.

Documentation, communication and oral skills, diagnosis, and systematic evaluation

Patient evaluation, hands on diagnostic methods, recognition of injury and illness in a clinical setting

TherEx with Jeff was extremely helpful, as was Measurement, Stats & Eval with Kug, and Motor Development/Motor Learning with Anderson. Pathology of Injury and Illness was also extremely helpful in learning the language of the profession.

Foundational courses and human anatomy and phys as well as exercise science

The clinical portions were extremely helpful. Often, I refer back to my experiences in the training room and on the field. The more hands on, the more I learned.

Biomechanics, structural kinesiology, exercise physiology

To be honest, almost all of my classes have been helpful. They have allowed me to explain things to patients better, and also to help with their treatment when necessary.

I worked as an aide for a year and a half before starting grad school and my knowledge of anatomy and physio definitely helped. But above all else was the ability to communicate with patients and quickly assess what needed to be done to safely and efficiently help them continue with the program their PT had prescribed for them. The courses that focused on direct patient to practitioner contact were immesnsely helpful!

Clinical hours in the Point Loma athletic training clinic, as well as internships with Physicians, and PAs.

Structural kinesiology, strength and conditioning, biomechanics, athletic training

Therapeutic Exercise, Pathology

Biomechanics, Exercise Physiology, Measurements and Statistics, Strength and Conditioning(CSCS)

Working in an exercise/personal fitness job, I utilize maintaining healthy and correct positioning and biomechanics for every patient/client. I have always enjoyed this area of the kinesiology field.

Anatomy and Physiology

I think all my courses were useful. Unfortubately there are limited jobs and I have not been able to use my PE Degree.

My sports psychology course as well as the coaching course are still classes that I refer back to in my current career as a professor and Head coach at the collegiate level.

For me being a professional athlete, learning about the body and how it works (exercises to keep it healthy & help it recover from injury) & how combining that with proper nutrition and faith can make not only a great athlete but person and role model.

My preceptorship at Oasis probably helped me the most. The hands-on experience and surgical observations taught me much about the human body. All of the athletic training courses, in general, were outstanding in preparing me for a career in healthcare.

Effective Communication and presentations of biomechanics. Anatomy and physiology,

microbiology, and biochemistry

The practicum and evaluation courses in the Athletic Training Education Program have been extremely helpful during my career. I learned the foundational practices and procedures for my work as an Athletic Trainer. I have been very pleased with my undergraduate preparation.

The honors research program gave me a lot of critical thinking, writing, and presentation skills. I will always be grateful for the mentorship and attention I had at PLNU.

A&P!!! Exercise phys, intro to athletic training, pathology,

The therapeutic exercise course and lower and upper extremity assessment classes have been very helpful personally and with peers.

The knowledge of pathophysiology and the ability to work with a differential diagnosis on a variety of injuries was one aspect that has specifically benefited me in my current profession as a paramedic. It has also been an asset with the public, family, and friends by being equipped with the ability to answer competently about medical injuries and conditions.

Communication skills, important training skills and knowledge to work with all age groups for all programs

Communication skills, important training skills and knowledge to work with all age groups for all programs

Honor's Project

Hands on experience with the athletes.

Upper and lower extremity with Dr Kugler were my favorite. Kines was also important. I use similar teaching methods even today thanks to him!

I took PED for Elementary Kids just for fun and ended up teaching in elementary school for a few years and it was very helpful to have taken that class with Patsy.

Structural kinesie Applied biomechanics

My verbal and written (emails to clients and co-workers, and blogs for my company) communication skills are the most significantly improved skills that I noticed due to the courses. I am very confident in my knowledge of exercise related subject matters and my ability to get my point across.

I feel that PLNU did a superb job in preparing me for PT school. I feel that I've been better prepared for PT school than my fellow classmates.

Athletic taping from intro to athletic training. Medical vocabulary. Learning muscle movements in dynamic ways. Statistics

ther-ex modalities/pharm upper and lower extremity

I have never been employed in a field related to Kinesiology. However, my experience at PLNU and in the KPEAT Department provided me with many of the skills I employ today. I believe that my critical thinking ability, time management skills, attention to detail, work ethic, and desire to help others can each be attributed to my experience at Point Loma.

The clinicals were very beneficial and have helped me work in the field I am in. I work as an athletic trainer and working with the Point Loma high school athletes has helped me work with the athletes I work with now. Many, if not all, the classes I have taken in undergrad has helped me tremendously.

Structural kinesiology and therapeutic exercise

Biomechanics and praxis of strength and conditioning

Upper/lower extremities, motor development

Therapeutic Exercise

Literature searching. Article critique and reviews.

ANATOMY! CPR!

all athletic training courses.

Ther ex Biomechanics Strength and Conditioning Ther modalities

Presentations given in classes taught us how to talk to a variety of people, from colleagues to future patients. I personally have been able to use most of the content from most of my classes

in my profession - especially in regards to food and vitamin recommendations, and helping patients understand pathology of injuries, etc.

Everything!

Critical thinking, clinical reasoning/decision making, functional exercise, patient/athlete specific rehab

Exercise Physiology (from Brandon)

Exercise science

na

As a personal trainer, anatomy and phys and the healthy lifestyle courses.

One of my favorite classes was Pathology of infectious diseases. This class allowed me to think critically and practice skills That helped with patient interaction. I also enjoyed Emergency Response freshman year because I was able to learn the basics of first aid, CPR, and other important information that gave me the foundation for medicine. My experience as a Kinesiology major (Exercise Science) impacted my life greatly, and I am very excited to continue my education learning to serve those in medical need with a compassionate heart.

Therapeutic Exercise, Biomechanics, Athletic Training Intro, Measurement and Evaluatioj, Motor development

Ths program taught me how to build professional and yet personal relationships with my athletes and colleagues in order to best serve them and love them and share the gospel with them while still doing well in my job.

Anatomy and physiology, all of my upper division courses, therapeutic exercise, biomechanics, exercise physiology, pharmacology and modalities, upper extremity, lower extremity, intro to athletic training

critical thinking, oral presentations and research, psychology classes and how to work with people

I didn't end up going in the Kinesiology direction, but the departments concept of looking at people as a whole rather than just as an injury or as a damaged patient has been beneficial in all aspects of my life.

Clinical hours; small class sizes (I know that's not a class, but I see more and more value in this as I continue to work)

Anatomy & Physiology, Structural Kinesiology, Intro to Athletic Training, Exercise Physiology

All of my coursework in my major directly applies to my current job as an athletic trainer. Whether it was Evaluation of Upper or Lower Extremity, Administration in Athletic Training, Therapeutic Modalities and Therapeutic Exercise, Exercise Physiology, Structural Kinesiology, or Motor Development I am constantly using what I learned in these courses. My internships in Athletic Training were particularly helpful due to the hands on experience that is so vital to our profession. I also enjoyed working outside the college to glean from the surrounding settings an overall well-rounded experience to prepare me for my future career.

Classes were not particularly helpful for the work field but prepared me well for my studies in graduate school including exercise physiology, pathology, anatomy and physiology (although taken outside of the department).

Statistic	Value
Total Responses	69

22. Are there skills, courses, or programs that you wish the Kinesiology department had offered? Or should we explore offering certain programs?

Text Response

Sport psych!

I really wish that physics had been included in the program. It's required by most grad schools, and it would have really helped to have had to take it in conjunction with all of the other classes. Not sure where the department is now but more outside internships with the Olympic Training Center! It was a great experience for me:)

Something more directly tied to personal training both from a fitness routine planning standpoint and nutritional standpoint

Just having more lab type classes and more interactive maybe computer based programs or videos for us visual learners

Find a way to incorporate Physics 1 & 2 into the standard curriculum so that students do not have to take it outside of PLNU.

Human anatomy dissection

More knowledge of nutrition and the effects of certain foods on the body. General health information and disease prevention.

More emphasis on acquiring current research and critically analyzing research articles would be beneficial.

I think students would benefit from a medical terminology course.

Keep emphasizing the importance of professionalism and humility. Upon entering my program, I was amazed at the lack of experience many people had presenting, dressing professionally, and conducting themselves in a constructive and mature manner. This is a make or break kind of thing as I believe your "interview" starts the second school begins. The people around you are going to be colleagues and the professors instructing will indeed be called upon some day to relay their opinions of you to potential employers. It matters!!

Physiology/ Pathophysiology background could be stronger

If we could have spent more time for an exercise physiology lab to understand the equipment more. Adding journal articles to a course so students get used to the literature if they plan to pursue further education.

Pharmacology would have been an excellent course. Anything additional in the modalities or ther-ex fields would have been beneficial to all Kinesiology students (not just ATC).

I think a course of personal training and study for the tests to complete that.

I would make it mandatory for the students to partake in internships at local businesses, sports teams, etc... earlier on in the education progress, as learning hands on will only deepen the retention of knowledge learned in the classroom.

I wish I had more experience in nutrition.

Yes. Public health. Maybe consider exploring the options of introducing this somehow in a major or minor degree program.

I would have appreciated an in-depth manual therapy course.

If the KIN department had more of a lab for exercise physiology I think that I would have been more competitive coming into grad school. It is understandable that there is limited space, but there was a large learning curve as I entered. I did, however, feel that the teaching made up for the lack of laboratory space and experience. The teachers were focused on giving you their attention and doing everything in their ability to help if needed.

National EMT Course. Graduate degree in kinesiology.

Medical terminology

A class specifically focused on rehabilitation for geriatrics.

I would have been very interested in a sport psychology class.
Something more than just the two anatomy classes
Something more than just the two anatomy classes
Applied scientific research
Having athletic training minor in PE bc most high schools require you to teach as well.
I'd be interested to see a masters AT program develop there! It seems entry level masters may become the new minimum standard in the future.
I believe the athletic training program should take away some general education classes and add more premed classes for more opportunity to move forward immediately after graduation into other health/allied health fields.
Medical Terminology. I took this for fun last year and I loved it, I think it would have helped if I had taken it before Anatomy and Microbiology.
I am interested in how ex science majors will find other professions related to the schooling received but not exactly a PT or PAaa
Physics should be embedded within the major since it is required by most PT grad schools
I wish the CSCS course that's offered now was offered when I was there. (Maybe it was and I was too ignorant to realize it)
Can't think of any.
I wish the exercise science program was taught soap note writing and case presentation of patients to a large extent.
nutrition for athletes psychology for athletes
No
Genetics potentially
A Masters Program would be awesome! I would love to come back!!
More opportunities to observe physical therapy clinicians may have been helpful.
EMT course
I wish I had the chance to take the weight training course that allowed you to get trainer certified.
-better statistics class. maybe research methods instead? -possible quant/qual approach with SPSS -my grad school requires us to write in APA. I had no idea what APA was before grad school. -sports management/marketing class? -sports psychology class?
Nutrition for Athletes and a more challenging Exercise Physiology class.
N/A
Not that I can think of now.
I understand now there is a pre-PA route offered via Kines, so that would've been my vote.
I would have personally liked a premedical track if at all possible. I am not sure that it is without taking away from some of the major's upper divisions. Maybe organic chemistry instead of nursing microbiology?
I think a heavier emphasis on interning might be effective. This is how I learned that a career in physical therapy was not for me. It would have been good to learn this earlier if possible. But, that is only a very small critique.
I think as a pre P.A student at the time, I wish there would have been more pathology/disease related classes. I think it would help students who want to go to P.A school or nursing after graduation.
Psychology of Sport/Exercise, International experience (running health/sport clinic in Mexico)
A more comprehensive nutrition program. A sports psychology class.
Gross anatomy with availability of cadavers and brains
The courses and programs offered were great. I was just unsure about what I wanted to do after college.
A nutrition class that includes sports nutrition and review of current literature
I wish I had the chance to take the weight training course that allowed you to get trainer

certified.

Courses to improve: Optimal Health, Measurement & Statistics Assessment of LE Pathology & Assessment of UE Pathology would be very helpful for Exercise Science Majors & I would suggest that they be strongly recommended to students planning on continuing to graduate school. Also, therapeutic exercise was an elective course for Exercise Science majors, but would have been very helpful in graduate school; therapeutic exercises was one area that I really felt behind the rest of my class in graduate school. Again, If it is going to be an elective course, maybe it can be a "strongly encouraged" elective course?

I suppose I would have liked a better approach to the nutrition aspect of Kinesiology. When I attended we only had to take Optimal Health, and while I learned a lot from that class, I often feel as though I would have benefited from a sports nutrition class where I can better prepare my teams. Also I think a class that emphasizes rehabilitation exercises more than just one semester would be beneficial as it is such a large part of what I do as an athletic trainer. I felt like I needed more preparation in that area. Perhaps the second portion of the class can parlay into those who wish to go into strength and conditioning and receive a CSCS certification. The class could teach a variety of exercises for the body including building strength training programs for each season including the rehab process as well as preventative programs like ACL prevention or even stretching programs. Otherwise I felt like my curriculum was extremely helpful and prepared me very well.

Statistic	Value
Total Responses	59

23. Is there anything else that you would like to tell us?

Text Response

PLNU Kinesiology absolutely shaped the person I am today. It's an excellent department and I'm so glad I got to be apart of it. Even though I didn't choose a related field....it's helped me become a healthy person who takes care of his body and mind and encourages those around me that I love to do the same. God gave us one body and we must take care of it...that was something that is beyond valuable that I took from being in the department that I wouldn't have otherwise taken from my PLNU experience if I would have chosen another major.

Nope I think everything was relevant just wished I had mor opportunity for network and clinical expertise.

I think the ATEP program accurately prepared me for the career I am in now and also opened my eyes to other aspects of health care and why it is important! It also gave me great critical thinking skills that are applicable to my current job.

I so SO appreciate the education I received at PLNU. I am in my first semester of grad school at SDSU and feel leagues ahead of the curve because of my background. Thank you for the standards you hold us to both personally and professionally.

Upon entering graduate school for Physical Therapy, I found I had been introduced to so many concepts and ideas my classmates were not exposed to. I felt I had a huge advantage having gone to PLNU. Not only did I know a lot of practical skills, I knew how to interact well with patients and conduct treatment sessions. PLNU made me a well-rounded professional.

I feel so amazingly lucky to have attended PLNU for my undergraduate education. It prepared me extremely well for my DPT program and I felt as though my preparedness for the rigors of this doctorate were superior and well above that of others in my class. I did not feel as though I needed the kick in the pants as others did in terms of learning how to study and how to apply myself to really dive into the material.

Kinesiology at plnu changed my life! I may not have followed my career goal just yet! But ibfound my husband and we have started our own family! Our growth in Christ since plnu has continued to grow..and I cant wait to use my skills learned through the department later on!

All in all the classes prepared me very well for furthering my education.

The courses I took for my Exercise Science degree prepared me for my graduate study.

NO

I value my education from PLNU. I felt well prepared for grad school and the work force!

Keep caring for your students in times of triumph and defeat as there is always someone in need I compassion

I am pleased with my experience in the Kinesiology department.

Thanks for preparing me to be a grad student and future PT!

I am very pleased and grateful for the education I received through PLNU's kinesiology program.

It is very common for me to apply and reflect on the medical knowledge and Spiritual development that I received through PLNU and especially the Athletic Training Educational Program!

N/A

N/A

Point Loma's Kinesiology department set me up for success- from the curriculum to the faculty that taught it. I got accepted to all of the graduate programs I applied to and I am now living in my dream job. I couldn't have done it without Point Loma.

I cherished my time at PLNU, and am grateful for Dr Kugler encouraging me to consider AT as a profession. I hope to remain connected with the PLNU ATEP and athletics staff.

I didn't even know how much I learned until I applied my knowledge at work. I feel prepared for grad school and whatever lies ahead.

The Kinesiology Dept. was an amazing place that helped me grow in knowledge, that has helped me to further my career and also helped me grow in my faith with the encouragement and love from the professors

Great Job!

This is going to be obvious who it's coming from... But I would like to see more students informed about the option of pursuing a career in Podiatric medicine.

The kinesiology department rocks!!

You guys are awesome!

I loved my Pathology class and UE class at PLNU, and I'm using what I learned in those classes daily. Thanks! Tim Gross

I appreciated the individual help that was given to students in the kinesiology department.

i love the environment of the ATEP at PLNU. Now being in graduate school, I see how lucky I was at PLNU. The environment was so uplifting and helpful and special.

My experiences, in and out of the classroom, with Leon Kugler, Ted Anderson, and Jeff Sullivan will always stick with me. These three men modeled integrity, compassion, faith, and professionalism to me. And are major influences on how I live my life.

Each one of the professors in the program are wonderful! They respect each student and make the department feel like a family. I care for each one of them and they have impacted my life greatly!!

Dr. Kugler was the most influential and compassionate professor I've ever had.

I love you guys and I miss Point Loma! I am currently working with another PLNU grad, Nicole Wilke, and we talk about what an awesome education PLNU was!

The faculty at PLNU are the most caring people I have ever met. They were instrumental in aiding me to reach my goal of becoming a physical therapist.

Just wanted to especially thank both Dr. Sullivan, and Dr. Anderson for all the help while I was at PLNU.

It's apparent that the Kinesiology program at Point Loma is one of the best. The small class sizes and the professors' genuine interests in the students is what sets it apart from other programs. I think it would be cool to offer a research methods class, and maybe a sports psych or sports management/marketing class. You could even have a combination sports management/marketing class with the business department since obviously it is relevant to anyone in a business major looking for specialize in sports.

Highly recommend Network 9 events, encourage certifications, and think about the possibility of creating a mentorship program in the majors other than AT. It would be a great opportunity to guide younger undergrads in a peer to peer setting as well as prepare them for post-graduation. Although I thoroughly enjoyed my experience in the program and at PLNU I feel I lacked the guidance to propel my career path post graduation.

N/A

Thank you so much for everything you guys have done and are doing! I loved my education and the family I have gained!

I loved every second of the PLNU ATEP!!! It prepared me IMMENSELY for DPT school, I had a huge advantage over not only other students, but other ATEP trained students. It became very clear to me how much the PLNU ATEP stands out in every possible way. Now, working in outpatient ortho/sports as a PT/ATC, I still notice, daily, how much my education at Loma has shaped who I am as a clinician. Not only is the curriculum outstanding, but the faculty was just extraordinary. The small class size and student-centered learning clearly prepared me, and my classmates, for whatever was ahead of us in our careers. I love you guys!! -Jen Crane

God has blessed me through all of you.

I had a great experience at PLNU and loved all of the faculty! They were always so supportive. Thanks!!!

I love the student faculty relationships that are developed as a Kinesiology major. I will truly

miss all my professors.

Thank you

This program is incredible. I felt very well prepared going into UNC's grad program and I felt that the skills I learned and knowledge I gained put me in a very successful place and allowed me to really excel in my current program.

I highly respect the department staff for many reasons, but mostly for their personal commitment to Christ and their personal integrity in how they live their lives loving others

One thing I love about graduate school is how integrated my courses are... by that I mean course material overlaps in classes which allows you to see the ways in which similar concepts relate within different frames of study. I know that is harder to do in undergrad because you have to take so many different types of classes. But I think it would be cool if there was more overlap of course material. Not teaching the same thing in every class but tying things together between subjects, to show the interplay between all of the different concepts you learn.

So happy I went through PLNU ATEP

Just wanted to especially thank both Dr. Sullivan, and Dr. Anderson for all the help while I was at PLNU.

Overall, I loved my time in the PLNU Kinesiology department! The classes and professors were great! I always felt comfortable going to speak to the professors if I was struggling with an educational concept, having difficulty with a course in general, or experiencing personal problems. The professors were all so understanding and supportive about everything and anything! I will always have a special place for the PLNU Kinesiology department in my heart!

I loved my experience at PLNU. The professors challenged us and it was very clear how much they cared about us. I feel fortunate to have had such a great education that prepared me so well for my future as a caretaker for Christ as well as a professional. I enjoyed my small class sizes and the fact that we were not treated like slaves as some other colleges do in Athletic Training. Currently I prepare students for athletic training and I know that PLNU's program is top notch especially in the realm of how to research, work with one another, and write well. My exams always emphasized critical thinking which many of my students struggle to have been taught, but that is so pivotal to success in the real world. Thank you professors and clinical instructors for taking the time to teach me, challenge me, help me to understand, and mostly how to be a caring person who one day will turn around and instruct others. I appreciate you!

Statistic	Value
Total Responses	51

24. Thank you for your help in our evaluation! Please enter your email address here so we can electronically send your itunes redemption code if you qualify.

Text Response

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Statistic	Value
Total Responses	89