

Kinesiology Major

Mission

“Shaping difference makers who care for the whole person.”

Our mission in the Bachelor of Science in Kinesiology (<https://www.apu.edu/bas/programs/kinesiology-major>) program is to shape difference makers who care for the whole person—body, mind, and spirit. We believe that exercise, movement, and sport help people thrive by improving health, fitness, and quality of life across the lifespan. To achieve our goals, we equip lifelong learners who are academically engaged, relationally focused, vocationally aware, and wellness oriented using approaches that are discipline based and grounded within a Christian worldview.

Concentrations

Health Professions

The health professions concentration is designed for students interested in pursuing physical therapy, occupational therapy, athletic training, chiropractic, physician’s assistant, and other allied health graduate programs. Students are also prepared to enter academic graduate programs (master’s and doctoral) in exercise physiology, biomechanics, and other subdisciplines of kinesiology. Students gain practical, hands-on training in kinesiology, including 100 hours of supervised internships and a strong theoretical foundation in the sciences, which may fulfill graduate school prerequisites. See concentration requirements in the table below.

Applied Exercise Science

The applied exercise science concentration prepares students to obtain positions as fitness professionals, strength and conditioning specialists, wellness directors, or exercise physiologists, and/or to pursue graduate education in cardiac rehabilitation, exercise physiology, kinesiology, nutrition, sports psychology, or allied health professions (additional prerequisite courses may be necessary). Through applied and hands-on coursework, students learn to assess, design, and implement evidence-based fitness programs for clients to achieve optimal health and performance. Students also are supervised during 150+ hours of internship experience at the university’s fitness center and in the community at one of our preapproved sites. Many students are successful at finding employment in the industry prior to graduation. See concentration requirements in the table below.

Physical Education

The physical education concentration prepares individuals to teach physical education in schools using curricula based on movement science principles. Program content is aligned with two sets of standards: those of the California Commission on Teacher Credentialing (CCTC) (<https://www.ctc.ca.gov>), and the Content Standard in Physical Education of the National Association for Sport and Physical Education (NASPE). The knowledge and skills needed to be an effective and innovative teacher are gained through immersion in service-learning experiences within public and private schools throughout the program. See concentration requirements in the table below.

Azusa Pacific University is the only private Christian university in California with a Single Subject Approved Program in Physical Education. PE concentration students who graduate with a cumulative 2.75 GPA are waived from taking the required California Subject Examination for Teachers (CSET) in Physical Education for credentialing. Prerequisites for the teaching credential may be completed during the undergraduate program or along with a master’s degree in physical education (<http://catalog.apu.edu/graduateprofessional/behavioral-applied-sciences/exercise-sports-science/#graduateprogramstext>). To see a list of these prerequisites, and for more information on teaching credentials, see the information provided by the Division of Teacher Education (<http://catalog.apu.edu/graduateprofessional/education/teacher-education>).

Academic Standards

Students are required to complete 120 units in order to obtain an undergraduate degree at Azusa Pacific. For some students, the combination of units from the concentration and general education courses will not meet the minimum number of units for graduation, so students may need to complete additional coursework. This can be accomplished by completing a minor in a field of interest, or by taking elective courses within, or outside of, the department.

For students to progress through the curriculum, they must earn a grade of C- or higher in each course in the major and maintain a cumulative GPA of 2.5 or higher in all college coursework leading to the Bachelor of Science in Kinesiology. Students are also required to follow the proper course sequencing and meet all prerequisites prior to completing the succeeding courses in the curriculum. The curriculum is designed to be completed in four academic years. Visit the Department of Kinesiology website (<http://www.apu.edu/bas/exercisesport>) to download a 4-year academic plan for your chosen concentration.

Certifications

Students seeking certification in the exercise science profession are subject to each association’s guidelines and standards to be eligible for each certification. Students are encouraged to sit for the NASM (<https://www.nasm.org>) Certified Personal Trainer (CPT) examination after completing KIN 242 in their sophomore year, and the NASM Corrective Exercise Specialist (CES) and/or NSCA (<https://www.nasca.com>) Certified Strength and

Conditioning Specialist (CSCS) examinations after completing the related 300-level coursework. Students are responsible for all the associated fees and costs for the desired certification(s).

Additional Information

Students are required to obtain CPR and First Aid certifications during the completion of PE 138 or KIN 220. CPR certification must be CPR/AED for Professional Rescuers and Health Care Providers (American Red Cross) or Basic Life Support (BLS) for Health Care Providers (American Heart Association). First Aid certification must be completed through the American Red Cross. No completely online courses are permitted for CPR or First Aid.

CPR and First Aid certifications must be current prior to beginning any department-supervised internships or service-learning experiences. Students are also responsible for the transportation costs associated with required internship experiences in the major. All students are subject to other policies and procedures related to the major as determined by the program director and the Department of Kinesiology.

Program Learning Outcomes

Students who complete this program will be able to:

PLO 1: Demonstrate an understanding of our Biblical responsibility regarding the care of the human body.

PLO 2: Demonstrate proficiency in principles of kinesiology.

PLO 3: Design and implement exercise programs for a variety of populations and settings.

PLO 4: Evaluate movement patterns and physical fitness using effective assessment techniques.

PLO 5: Analyze issues in exercise science using an evidence-based approach.

PLO 6: Explain how psychosocial factors influence personal health, wellness, and performance.

PLO 7: Interact professionally with a variety of constituents, such as students, clients, patients, and colleagues.

Requirements

Health Professions Concentration

Code	Title	Units
KIN 102	Foundations of Kinesiology	2
KIN 220	Emergency Care and Clinical Skills	3
KIN 290	Human Movement Science	3
KIN 306	Sociological and Psychological Aspects of Physical Activity and Sport	3
or PSYC 330	Sports Psychology	
or PSYC 360	Abnormal Psychology	
KIN 360	Nutrition for Exercise and Sport Science	3
KIN 363	Physiology of Exercise	4
KIN 364	Kinesiology	4
KIN 366	Care and Prevention of Athletic Injuries	3
or KIN 372	Corrective Exercise Strategies	
or KIN 380	Concepts of Performance Enhancement	
KIN 473	Fitness and Exercise Prescription	4
KIN 478	Senior Preparation in Kinesiology	3
KIN 490	Writing 3: Research Methods in Kinesiology ¹	3
KIN 495	Internship in Exercise Science ²	2
BIOL 101	Fundamentals of Biology ³	4
or BIOL 151	General Biology I	
BIOL 230	Human Anatomy and Physiology I	4
or BIOL 250	Human Anatomy	
BIOL 231	Human Anatomy and Physiology II ³	4
or BIOL 251	Human Physiology	
CHEM 101	Introduction to Chemistry ³	4
or CHEM 151	General Chemistry I	

FFL 131	Fitness for Life: Kinesiology ⁴	1
MATH 130	Introduction to Statistics ⁵	3
PSYC 110	General Psychology ⁶	3
or PSYC 290	Human Growth and Development	
WRIT 241	Writing 2: Physical Activity and Health Promotion ⁷	3
Select two of the following: ⁸		8
BIOL 151	General Biology I ³	
BIOL 152	General Biology II	
BIOL 220	General Microbiology	
BIOC 360	Principles of Biochemistry	
CHEM 151	General Chemistry I ³	
CHEM 152	General Chemistry II	
CHEM 251	Organic Chemistry - Theory I	
CHEM 252	Organic Chemistry: Theory II	
PHYC 151	Physics for Life Sciences I ³	
PHYC 152	Physics for Life Sciences II	
Total Units		71

- 1 Meets the General Education Writing 3 requirement.
- 2 Meets the General Education Integrative and Applied Learning requirement.
- 3 Meets the General Education Natural Science requirement.
- 4 Meets the General Education Physical Education requirement.
- 5 Meets the General Education Quantitative Literacy requirement.
- 6 Meets the General Education Social Science requirement.
- 7 Meets the General Education Writing 2 requirement.
- 8 Foundational science courses taken during the first year in our course sequence cannot be used for this category. However, a student can take a higher-level course in the same area of study. Example #1: BIOL 101 in first year and BIOL 151 as elective. Example #2: BIOL 151 in first year and BIOL 152 as elective.

Applied Exercise Science Concentration

Code	Title	Units
KIN 102	Foundations of Kinesiology	2
KIN 220	Emergency Care and Clinical Skills	3
KIN 242	Fundamental Principles of Fitness	3
KIN 290	Human Movement Science	3
KIN 306	Sociological and Psychological Aspects of Physical Activity and Sport	3
or PSYC 330	Sports Psychology	
KIN 360	Nutrition for Exercise and Sport Science	3
KIN 363	Physiology of Exercise	4
KIN 364	Kinesiology	4
KIN 366	Care and Prevention of Athletic Injuries	3
or KIN 372	Corrective Exercise Strategies	
or KIN 380	Concepts of Performance Enhancement	
or KIN 473	Fitness and Exercise Prescription	
KIN 395	Fitness Management	4
KIN 478	Senior Preparation in Kinesiology	3
KIN 490	Writing 3: Research Methods in Kinesiology ¹	3
KIN 495	Internship in Exercise Science ²	2
PSYC 110	General Psychology ³	3
or PSYC 290	Human Growth and Development	
BIOL 230	Human Anatomy and Physiology I	4
or BIOL 250	Human Anatomy	
BIOL 231	Human Anatomy and Physiology II ⁴	4

or BIOL 251	Human Physiology	
FFL 131	Fitness for Life: Kinesiology ⁵	1
WRIT 241	Writing 2: Physical Activity and Health Promotion ⁶	3
Total Units		55

- ¹ Meets the General Education Writing 3 requirement.
- ² Meets the General Education Integrative and Applied Learning requirement.
- ³ Meets the General Education Social Science requirement.
- ⁴ Meets the General Education Natural Science requirement.
- ⁵ Meets the General Education Physical Education requirement.
- ⁶ Meets the General Education Writing 2 requirement.

Physical Education Concentration

Code	Title	Units
PE 138	Introduction to Physical Education	2
PE 237	Methods of Teaching Rhythmic and Multicultural Activities	3
PE 250	Methods of Teaching Individual Sports	2
PE 251	Methods of Teaching Contemporary Activities	3
PE 252	Methods of Teaching Team Sports	3
PE 320	History and Principles of Physical Education	3
PE 321	Organization and Administration of Physical Education, Athletics, and Recreation	3
PE 450	Physical Education in Elementary Schools, K-6	3
PE 451	Methods in Physical Education: 7-12 ¹	3
PE 452	Adapted Physical Education	3
PE 475	Tests and Measurements in Physical Education and Sports	3
PE 478	Senior Preparation in Physical Education	2
KIN 242	Fundamental Principles of Fitness	3
KIN 290	Human Movement Science	3
KIN 306	Sociological and Psychological Aspects of Physical Activity and Sport	3
KIN 363	Physiology of Exercise	4
KIN 364	Kinesiology	4
KIN 490	Writing 3: Research Methods in Kinesiology ²	3
EDLS 200	Introduction to Teaching as a Profession K-12 ³	4
or EDLS 202	Introduction to Teaching as a Profession (7-12)	
BIOL 230	Human Anatomy and Physiology I	4
BIOL 231	Human Anatomy and Physiology II ⁴	4
FFL 131	Fitness for Life: Kinesiology ⁵	1
PSYC 290	Human Growth and Development ⁶	3
WRIT 241	Writing 2: Physical Activity and Health Promotion ⁷	3
Total Units		72

- ¹ Meets the General Education Integrative and Applied Learning requirement.
- ² Meets the General Education Writing 3 requirement.
- ³ Meets the General Education Civic Knowledge and Engagement requirement.
- ⁴ Meets the General Education Natural Science requirement.
- ⁵ Meets the General Education Physical Education requirement.
- ⁶ Meets the General Education Social Science requirement.
- ⁷ Meets the General Education Writing 2 requirement.