

# Department of Kinesiology

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## Courses

### **FFL 108, Fitness for Life: Walking/Jogging, 1 Unit**

This course teaches the "fitness for life" concept through walking and jogging. May be repeated for credit. *Meets the General Education Requirement: Fitness for Life/Varsity Sport.*

### **FFL 115, Fitness for Life: Recreational Games, 1 Unit**

This course teaches the fitness-for-life concept through recreational games such as cornhole, spikeball, bocce, etc., emphasizing the development of skills specifically for various recreational games. The rules, tactics, and offensive and defensive strategies of the games are also covered. Specific conditioning drills are incorporated into each class to develop muscular endurance and strength, and the recruitment of fast-twitch muscle fibers needed to play recreational games. This course may be repeated for credit. *Meets the General Education Requirement: Fitness for Life/Varsity Sport.*

### **FFL 116, Fitness for Life: Weight Training, 1 Unit**

This course teaches the "fitness for life" concept through weight training, with different sections offered for athletes and nonathletes. May be repeated for credit. *Meets the General Education Requirement: Fitness for Life/Varsity Sport.*

### **FFL 121, Fitness for Life: Dance for the Theater, 2 Units**

This course teaches the skill of movement and dance as it relates to actors, including proficiency in various styles of dance that are most common in musical theater; learning dance terminology necessary for a working actor; gaining flexibility and dexterity to enhance stage performance; understanding what is required at a professional theater audition; and moral issues pertaining to presenting theater dance to an audience. It also teaches "fitness for life" concepts through various dance and aerobic conditioning exercises. May be repeated for credit. *Meets the General Education Requirement: Fitness for Life/Varsity Sport.*

### **FFL 122, Fitness for Life: Hiking, 1 Unit**

This course teaches the "fitness for life" concept through hiking local trails, and includes instruction in trail first aid and emergency preparedness. Students provide their own transportation to local hiking trails. May be repeated for credit. *Meets the General Education Requirement: Fitness for Life/Varsity Sport.*

### **FFL 125, Fitness for Life: Yoga, 1 Unit**

This course teaches the "fitness for life" concept through yoga, and includes instruction in mind-body awareness, body-weight-bearing exercises, torso stability, and intermediate balance. Students learn strength, flexibility, and relaxation through a series of postures and breathing techniques. May be repeated for credit. *Meets the General Education Requirement: Fitness for Life/Varsity Sport.*

### **FFL 131, Fitness for Life: Kinesiology, 1 Unit**

This course gives kinesiology students the opportunity to experience structured exercise programming and develop the tools essential for adopting and maintaining healthy exercise behavior (e.g., goal setting, action planning, self-monitoring). Emphasis is on developing students' confidence in the performance of fundamental exercises that promote physical fitness, including flexibility, muscular endurance/strength/power, and cardiorespiratory endurance. *Meets the General Education Requirement: Fitness for Life/Varsity Sport.*

### **ATHL 301, Varsity Baseball: Men, 1-2 Units**

Students receive advanced preparation in baseball strategy, fundamentals, and techniques for intercollegiate competition (varsity athletes only). *Meets the General Education Requirement: Fitness for Life/Varsity Sport.*

### **ATHL 302, Varsity Basketball: Men, 1-2 Units**

Students receive advanced instruction and intensive training in the fundamentals of basketball. Individual and team play, strategy, and offensive and defensive formations are utilized in men's intercollegiate basketball (varsity athletes only). *Meets the General Education Requirement: Fitness for Life/Varsity Sport.*

### **ATHL 303, Varsity Track and Field: Men and Women, 1-2 Units**

Students train and work out two hours daily in various track and field events and compete in intercollegiate track and field meets (varsity athletes only). *Meets the General Education Requirement: Fitness for Life/Varsity Sport.*

### **ATHL 304, Varsity Cross Country: Men and Women, 1-2 Units**

Students receive instruction, practice, and training in distance running for intercollegiate competition (varsity athletes only). *Meets the General Education Requirement: Fitness for Life/Varsity Sport.*

### **ATHL 305, Varsity Tennis: Men and Women, 1-2 Units**

Students are instructed in the mechanics of the game to suit the individual. Supervised practice, lectures, and intercollegiate competition are included (varsity athletes only). *Meets the General Education Requirement: Fitness for Life/Varsity Sport.*

### **ATHL 308, Varsity Basketball: Women, 1-2 Units**

Advanced instruction and intensive training in the fundamentals of basketball are offered. Individual and team play, strategy, and offensive and defensive formations are utilized in intercollegiate competition (varsity athletes only). *Meets the General Education Requirement: Fitness for Life/Varsity Sport.*

### **ATHL 309, Varsity Volleyball: Women, 1-2 Units**

Students participate in intercollegiate competition with intense instruction in fundamentals, theory, and practice of the strategies of offensive and defensive play (varsity athletes only). *Meets the General Education Requirement: Fitness for Life/Varsity Sport.*

### **ATHL 310, Varsity Soccer: Men, 1-2 Units**

Students receive advanced preparation in strategy, fundamentals, and techniques for intercollegiate competition (varsity athletes only). *Meets the General Education Requirement: Fitness for Life/Varsity Sport.*

### **ATHL 311, Varsity Soccer: Women, 1-2 Units**

Students receive advanced preparation in strategy, fundamentals, and techniques for intercollegiate competition (varsity athletes only). *Meets the General Education Requirement: Fitness for Life/Varsity Sport.*

### **ATHL 312, Varsity Softball: Women, 1-2 Units**

Students receive advanced preparation in strategy, fundamentals, and techniques for intercollegiate competition (varsity athletes only). *Meets the General Education Requirement: Fitness for Life/Varsity Sport.*

### **ATHL 313, Varsity Swimming and Diving: Women, 1-2 Units**

Students receive instruction, practice, and training in swimming and diving for intercollegiate competition (varsity athletes only). *Meets the General Education Requirement: Fitness for Life/Varsity Sport.*

### **ATHL 314, Varsity Water Polo: Women, 1-2 Units**

Advanced instruction and intensive training in the fundamentals of water polo are offered, including individual and team play, strategy, and offensive and defensive formations in preparation for intercollegiate competition (varsity athletes only). *Meets the General Education Requirement: Fitness for Life/Varsity Sport.*

### **ATHL 315, Varsity Acrobatics and Tumbling, 1-2 Units**

Students receive advanced instruction and training in tumbling, stunting, and dance, including preparing for intercollegiate competition; may be repeated for credit (varsity athletes only). *Meets the General Education Requirement: Fitness for Life/Varsity Sport.*

### **ATHL 316, Varsity Cheer, 1 Unit**

Students participate in intercollegiate activities with intense instruction in fundamentals, theory, and practice of the strategies for collegiate cheer. Varsity athletes only. *Meets the General Education Requirement: Fitness for Life/Varsity Sport.*

### **KIN 102, Foundations of Kinesiology, 2 Units**

This course introduces the student to the professions of kinesiology by reviewing the historical foundations of the profession and defining the roles and responsibilities of the exercise scientist. Students learn about relevant professional associations and career opportunities in the field of kinesiology. A discussion of the Azusa Pacific University kinesiology curriculum is included with the goals, objectives, and requirements of the program as well as the expectations of kinesiology students.

### **KIN 242, Fundamental Principles of Fitness, 3 Units**

This foundation course will investigate fitness principles for improving cardio-respiratory endurance, strength, flexibility, body composition and overall physical wellness. The course will prepare students with the knowledge, skills and abilities necessary to develop, implement and manage basic fitness programs for physical education students and health fitness clients.

Special Fee Applies

**Corequisite:** BIOL 231 or BIOL 251

### **KIN 270, Human Motor Control, Learning, and Development, 3 Units**

This course focuses on the physiological and psychological mechanisms underlying the control and learning of human movement throughout the life span. Students apply theoretical concepts of learning to develop age-appropriate movement programs, and measure outcomes through performance examinations.

**Corequisite:** BIOL 230, BIOL 250, or FFL 131. Department consent required for majors outside of the Department of Kinesiology.

### **KIN 275, Biomechanics of Human Movement, 3 Units**

This course examines biomechanical principles applied to physical activity, sport, and rehabilitative settings. Students utilize quantitative and qualitative techniques using kinematic and kinetic methodologies to apply the physics of motion to the human body.

Special Fee Applies

**Prerequisite:** C- or higher in BIOL 230 or BIOL 250

## **KIN 306, Sociological and Psychological Aspects of Physical Activity and Sport, 3 Units**

Students explore the sociological and the psychological issues related to physical activity and sport. Special emphasis is on the study of sport in North America and its implications within American society. Topics of study include motivation, goal setting, burnout, anxiety and arousal, aggression and ethics as related to physical activity and sport.

**Prerequisite:** C- or higher in PSYC 110 or PSYC 290

## **KIN 360, Nutrition for Exercise and Sport Science, 3 Units**

This course focuses on optimal nutrition for exercise and athletics, with an emphasis on the energy, nutrient, mineral, and fluid needs of the physically active. Course material covers promoting health in all types of athletes through whole-food recommendations and eating strategies, and emphasizes practical applications and immediate strategies for coaching (self and others). Students explore clinical signs associated with nutrition deficiencies, as well as issues related to disorders among the physically active, and become proficient at using current nutrition education tools and evaluating intake and physical activity output using a computerized diet analysis program. Special topics include motivational interviewing and assessing client readiness for change, practicality of eating during training and events, strategies for sport-specific body composition, and creating client educational tools.

**Prerequisite:** C- or higher in BIOL 231 or BIOL 251

## **KIN 363, Physiology of Exercise, 4 Units**

This course focuses on the effects of exercise on human physiology and bioenergetics. The physiological changes and adaptations that exercise causes in the cardiovascular, pulmonary, neuromuscular, and endocrine systems are investigated in detail, as is the relationship between nutrition, body composition, and exercise. The laboratory component explores the assessment of resting metabolic rate, energy expenditure, body composition, cardio-respiratory function, maximum oxygen uptake, lactate threshold, strength and flexibility, and other physiological responses to exercise.

Special Fee Applies

**Prerequisite:** C- or higher in BIOL 231 or BIOL 251; C- or higher in KIN 290 (or KIN 270 and KIN 275). Department consent required for majors outside of the Department of Kinesiology.

## **KIN 364, Kinesiology, 4 Units**

This course examines the structural and functional mechanics of human movement through an in-depth study of kinesiological principles. Techniques of posture and gait evaluation, as well as fundamentals of body mechanics, are covered, along with how to detect and correct basic musculoskeletal anomalies. A laboratory component is included.

**Prerequisite:** C- or higher in BIOL 231 or BIOL 251; C- or higher in KIN 290 (or KIN 270 and KIN 275). Department consent required for majors outside of the Department of Kinesiology.

## **KIN 366, Care and Prevention of Athletic Injuries, 3 Units**

This course presents the methods used in the recognition, evaluation, and care of athletic injuries. Techniques in taping, prevention, and rehabilitation of injuries are studied.

**Prerequisite:** C- or higher in BIOL 231 or BIOL 251

## **KIN 372, Corrective Exercise Strategies, 3 Units**

This course provides corrective exercise strategies to prevent or reduce injury and afford optimal tissue recovery in the physically active. Principles of tissue inhibition, lengthening, activation, and human movement integration are explored. Strategies in advanced kinetic chain assessment, flexibility, neuromuscular retraining, and balance and stability exercises are incorporated. In addition, scientific evidence supporting injury prevention programs are discussed. This course provides information to prepare students for professional certifications through the National Academy of Sports Medicine (NASM).

**Prerequisite:** C- or higher in KIN 363 and KIN 364

## **KIN 380, Concepts of Performance Enhancement, 3 Units**

This course will examine advanced methods for enhancing human performance. Students will gain a theoretical understanding of the acute and chronic adaptations that occur in response to various anaerobic and aerobic training techniques. Students will also be given the opportunity to gain practical experience developing, implementing, and supervising strength and condition programs for both teams and individual athletes. Areas of emphasis include periodization, movement-based programming, and experience with non-traditional implements. This course is designed to enhance students' current level of knowledge in preparation for the nationally accredited Certified Strength and Conditioning Specialist (CSCS) Exam.

**Prerequisite:** C- or higher in KIN 363 and KIN 364

## **KIN 395, Fitness Management, 3 Units**

This course addresses the organizational and administrative aspects of fitness instruction to the physically active. Students study issues such as record keeping, facility design and maintenance, public relations and marketing, and legal and ethical issues related to health care.

**Prerequisite:** C- or higher in BIOL 231 or BIOL 251, and KIN 242.

## **KIN 424, Disability, Movement, and Inclusive Engagement, 3 Units**

Students in this course explore the phenomenon of disability from a Christian perspective for the purposes of civic engagement and church-based ministry. Contrasting models of disability are examined for alignment with Biblical teachings. Inclusive physical activity is studied and applied as a means of social inclusion and civic engagement. A service-learning component is included. *Meets the General Education Requirement: Civic Knowledge and Engagement.*

### **KIN 473, Fitness and Exercise Prescription, 4 Units**

This course covers the basic knowledge, skills, and abilities that fitness professionals must possess to work with medical and special populations. The course will focus on evaluating health behaviors and risk factors, conducting fitness assessments, constructing appropriate exercise prescriptions, and motivating individuals to modify negative health habits and maintain positive lifestyle behaviors for health promotion.

**Prerequisite:** C- or higher in KIN 363 and KIN 364

### **KIN 478, Senior Preparation in Kinesiology, 2 Units**

This course is a culminating seminar for graduating seniors in kinesiology. Strategies for professional growth and development are examined, as well as current issues and future trends related to the variety of professional opportunities in the field of kinesiology.

**Corequisites:** KIN 490 and senior standing.

### **KIN 490, Writing 3: Research Methods in Kinesiology, 3 Units**

The focus of the course is on the critical reading of kinesiology literature, the interpretation of research, and the analysis of research methodology appropriate in the field. This course is designed to enhance students' abilities to be consumers of research information, participants in the research process, and communicators of research results. Students are required to conduct a research project and write a comprehensive research report, including introduction, literature review, methods, results, discussion, and conclusions. Discussions also focus on current knowledge and future trends in kinesiology, as seen in the literature. *Meets the General Education Requirement: Writing 3: Writing in the Disciplines.*

**Prerequisite:** C- or higher in KIN 363, KIN 364, Writing 2

### **KIN 495, Internship in Exercise Science, 1-4 Units**

This course helps students to apply their knowledge, skills, and abilities in a practical setting. Students use an integrated approach to the assessment, development, implementation, and management of exercise and fitness programs under the direction of an approved exercise science professional. Each unit requires 50 clock hours of internship experience. This course may be repeated for credit (2 units are required for the major). *Meets the General Education Requirement: Integrative and Applied Learning.*

**Prerequisite:** C- or higher in KIN 363 and KIN 364

### **KIN 497, Readings, 1-3 Units**

This course is a program of study concentrating on assigned readings, discussions, and writing arranged between, and designed by, a student of upper-division standing and a full-time faculty member. An independent study fee is assessed for each enrollment in this course.

**Prerequisite:** Instructor consent

### **KIN 498, Directed Research, 1-4 Units**

This course provides instruction in research design and technique, and gives students experience in the research process. Each 1-unit expectation encompasses no fewer than 30 hours of work with accompanying reading, log, writing, and seminar presentation within the department or in a university research symposium. No more than 1 unit may be used to fulfill the preparatory readings requirement. An independent study fee is assessed for each enrollment in this course.

**Prerequisite:** Junior or senior standing and instructor consent.

### **KIN 499, Thesis/Project, 1-4 Units**

This is a senior-level capstone type of independent study/research experience, involving the student in a unique project with a sophisticated level of research, synthesis, analysis, and communication. Each 1-unit expectation encompasses no fewer than 30 hours of work with accompanying readings, log, instructor discussions, and writing of summary analysis and conclusions. The thesis or project may result in a formal thesis, a published article, or electronic media. No more than 1 unit may be used to fulfill the preparatory readings requirement. An independent study fee is assessed for each enrollment in this course.

**Prerequisite:** Junior or senior standing, Writing 3, and instructor consent.

### **PE 450, Physical Education in Elementary Schools, K-6, 3 Units**

This course prepares students to teach physical education to children in grades K-6. It uses a development approach and stresses exploratory methods of teaching young children a variety of games, dance, self-testing, movement exploration, lifetime fitness, and health-related fitness activities. The course emphasizes lesson plan development, writing clear objectives, and developing effective classroom management skills.

**Prerequisite:** EDLS 200 or EDLS 202, and JR/SR Standing

### **PE 551, Curriculum Theory and Design in Physical Education, 3 Units**

This course offers a practical study of physical education and athletic programs in the K-12 and collegiate setting including the following: a) philosophy, principles, policies, and procedures, and; b) design, management, and implementation in relation to the State Frameworks and Standards. Special emphasis of the course is on the application of a variety of research and instructional strategies in designing a physical education/athletic curriculum at a chosen educational level.

### **PE 555, Sociological and Ethical Issues in Sport, 3 Units**

This course pursues a study of the evolution of sports and its role in American culture. Course topics include sports as a social phenomenon in American culture and ethical issues within the sporting context, including moral reasoning, moral obligation, and fair play in sport. Class topics assist students in evaluating and reinforcing their personal morals, values, and principles as they relate to their professional field.

### **PE 556, Facility and Event Management, 3 Units**

This course will present students with an overview of the design, operations and management of sports facilities and associated special events (both traditional and non-traditional). This course will also provide students with an understanding of managing sports facilities for the community, high school, collegiate, Olympic, and professional levels. Traditional events, non-traditional events, and extreme sports events will be viewed and analyzed.

### **PE 557A, Field Studies/Internships in Sport Management, 2 Units**

The sport industry involves hands-on application, and this fieldwork course enables students to apply their knowledge, skills, and abilities in a practical sport management setting, under the direction and supervision of an approved sport management professional. Each unit requires 33.3 clock hours of internship experience, so students taking PE 557A and 557B (3 units total) must complete 100 internship hours in a managed sport setting.

### **PE 557B, Field Studies/Internships in Sport Management, 1 Unit**

This fieldwork course enables students to apply their knowledge, skills, and abilities in a practical setting. The sport industry is one that is a hands-on, applied industry. As such, one of the most crucial dimensions of any successful sport management degree program is its associated practical/experiential learning opportunities. The goal of the APU Sport Management internship course is to provide students with pre-professional, practical experience within a sport management setting. Students will learn under the direction and supervision of an approved sport management professional. Each unit requires 33.3 clock hours of internship experience. This course requires students to complete 100 internship hours in a managed sport setting.

### **PE 558, Sport Finance, 3 Units**

This course is a survey examination of principles of economics, budgeting, and finance as it applies to the sport industry.

### **PE 560, Sports Medicine, 3 Units**

This course is designed for physical educators and coaches to examine sports injuries and accidents and become competent in prevention, assessment, treatment, and basic rehabilitation techniques.

### **PE 565, Athletics and the Law, 3 Units**

This course includes current legal issues confronting the sport industry and enables coaches, athletic directors, fitness experts, and physical educators to develop risk-management strategies that will assist them in setting guidelines, policies, plans, and procedures.

### **PE 570, Leadership and Administration of Physical Education and Athletic Programs, 3 Units**

This course includes a discussion of management theories, philosophy, program development, operations, budgeting, fundraising, personnel, and staff development for the administration of physical education and athletic programs. Students identify and analyze problems unique to the physical education and athletic professions and implement realistic, objective, and workable action plans.

### **PE 572, Foundations of Sport Management, 3 Units**

This course is an overview of multiple areas relating to sport management. This includes: 1) careers and professional perspective; 2) history of sport management; 3) concepts of communication, leadership and management; 4) athletic governance in the K-12, Jr College/ College and University setting; 5) community, youth and professional sport management; and, 6) marketing and sport tourism.

### **PE 575, Advanced Principles of Physical Conditioning, 3 Units**

This course is designed for physical educators, coaches, athletic trainers, and fitness experts to understand and apply the concepts of cardiovascular exercise, muscular strength, flexibility, nutrition, and body weight as it relates to physical education and athletics.

### **PE 578, Sport Psychology, 3 Units**

This course allows the student to examine psychological theories and research related to sport and exercise behavior. The student is introduced to a broad overview of the major topics in the area with opportunity for research, writing, application, and reflection.

### **PE 580, Wellness and Fitness for Life, 3 Units**

This course is designed for the candidate to understand, practice, and teach the physical, emotional, intellectual, occupational, environmental, social, and spiritual components of health and wellness.

### **PE 582, Seminar in Professional Literature in Physical Education and Sport, 3 Units**

This course pursues a study of literature in physical education and sport and includes various topics and current issues related to the changing profession. The student learns to access APU's online library to retrieve reputable sources in physical education and sport and to research and write using APA standards. The student also engages in critical thinking and reflection exercises with application to physical education and sport.

### **PE 585, Capstone in Physical Education and Sport, 3 Units**

This advanced course enables physical educators and exercise science practitioners to become more informed consumers and analyzers of educational research. Through integrated research activities, educators, coaches, and exercise science professionals locate, value, select, and appropriately apply educational research on a selected topic. Numerous data sources, including academic peer-reviewed literature and other reputable sources of applied information, are analyzed, resulting in an extensive culminating project where a selected topic is thoroughly examined.

### **PE 596, Inclusive Physical Education, 3 Units**

Students in this course engage in advanced study of physical education, including a thorough examination of state and national standards, standards-based curriculum design, and evidence-based pedagogical practices. Throughout the course, the focus is on designing physical education experiences that are equitable and enjoyable for all students, regardless of abilities, to promote lifelong physical activity and health.

### **PE 597, Structural Kinesiology, 3 Units**

This course introduces students to structural kinesiology through an explanation of human movement and human anatomy. Fundamentals of body mechanics are coupled with kinesiological principles for the detection and correction of basic neuromusculoskeletal anomalies.

### **PE 598, Motor Learning, Development, and Control, 3 Units**

This course includes discussion of the relationship between motor development and motor learning and provides a framework for establishing programs that facilitate skill acquisition for learners of all ages. It includes an examination of the development of movement skill in humans from infancy to older adulthood and how differing motor, cognitive, and social abilities affect the learning process of motor skills.

### **PE 599, Readings in Physical Education, 1-3 Units**

This course is an independent study, arranged with a faculty member of the physical education staff.

### **PE 600, Physical Education Teaching Methods for Individuals with Mild to Moderate Disabilities, 3 Units**

Students in this course learn techniques for the development and implementation of physical education programs for individuals with mild to moderate disabilities, which include minor to moderate health impairments, intellectual disabilities, and emotional disturbances. Observation of one mild/moderate adapted physical education class is included.

**Prerequisite:** PE 452

### **PE 602, Physical Education Teaching Methods for Individuals with Severe to Profound Disabilities, 3 Units**

Students in this course learn techniques for the development and implementation of physical education programs for individuals with severe to profound disabilities, which include severe to profound health impairments, intellectual disabilities, and emotional disturbances. Observation of one severe/profound adapted physical education class is included.

**Prerequisite:** PE 452

### **PE 604, Motor Assessment for Students Living with Disabilities, 3 Units**

Students in this course learn techniques for the evaluation and diagnosis of current motor ability levels of individuals with disabilities. Topics include assessment methods and the development and implementation of Individual Education Plans (IEPs) in accordance with state physical education standards.

**Prerequisite:** PE 600, PE 602, and anatomy and physiology

### **PE 605, Management of Adapted Physical Education Programs, 3 Units**

This course prepares adapted physical education specialists to manage adapted PE programs. Topics include modifying traditional PE curricula, performing in-services with the use of technology, understanding service delivery models, understanding the Individuals with Disabilities Education Act, and collaborating with other direct service providers.

**Prerequisite:** PE 452

### **PE 606A, Field Experience in Adapted Physical Education, 1 Unit**

This is the first fieldwork course for adapted physical education authorization candidates, and is for students who hold a current teaching credential. The course includes 35 hours of supervised practice in teaching individuals with disabilities in small to large groups in public or private agencies or schools.

**Prerequisite:** PE 600, PE 602, PE 604, and PE 605

### **PE 606B, Field Experience in Adapted Physical Education, 2 Units**

This is the second field experience course for adapted physical education authorization candidates, and is for students who hold a current teaching credential. The course includes 35 hours of supervised practice in teaching individuals with disabilities in small to large groups in public or private agencies or schools.

**Prerequisite:** PE 600, PE 602, PE 604, and PE 605