

# Department of KINESIOLOGY

## Faculty Members:

Larry McClements, M.A.  
Thomas Visker, D.P.E.

David Wiederrecht, M.A.

## Majors:

Exercise Science  
Sport Management (Interdisciplinary)

Health/Physical Education  
Sport Studies

## Mission Statement

The mission of the kinesiology department is to instill in its students an appreciation of and a commitment to the stewardship of the physical dimension of the whole person. We also seek to equip our students with a faith-directed understanding of human movement to be used in service to God and others as knowledgeable, competent, and caring professionals.

## Coaching Endorsement

Core Requirements			HOURS
KINE	131	First Aid/CPR	0.5
KINE	269	Athletic Training	2
KINE	368	Psychology of Sport & Exercise	3
KINE	462	Physiology of Exercise, or	3
KINE	463	Kinesiology	(3)
<b>Electives from:</b>			<b>9.5</b>
(Minimum of 7 hours)			
KINE	358	Coaching of Gymnastics	(2)
KINE	359	Analysis of Coaching Individual Sports	(2)
KINE	360	Analysis of Coaching Baseball	(2)
KINE	361	Analysis of Coaching Basketball	(2)
KINE	362	Analysis of Coaching Soccer	(2)
KINE	363	Analysis of Coaching Softball	(2)
KINE	364	Analysis of Coaching Track	(2)
KINE	365	Analysis of Coaching Volleyball	(2)
KINE	464	Practicum in Physical Education	(1-4)
			<b>16.5</b>

## Exercise Science Major

Exercise science majors have access to modern laboratories with scientific and technological equipment that rival those found in the most advanced university laboratories. Students receive hands-on training in how to conduct fitness, including measuring body composition, muscular strength and endurance flexibility, and cardiovascular endurance. You may also choose to receive valuable practical experience working with athletic trainers for Bethel's nationally recognized sports programs.

Many exercise science graduates choose to attend graduate school in such fields as exercise physiology or nutrition management. Others attend professional school in medicine, physical or occupational therapy and ultimately find careers at physical therapy and sports medicine clinics, physician's offices, rehabilitation centers, colleges and universities, and professional sports organizations. You may also use your exercise science degree to prepare you to become a certified personal trainer.

# KINESIOLOGY

<b>General Education</b>			<b>HOURS</b>
COMM	171	Speech Communication	3
ENGL	101	Written Communication II	3
ENGL	102	Written Communication III	3
PSYC	182	General Psychology	3
SOC	151	Principles of Sociology	3
BIBL	215	Old Testament Literature	3
BIBL	216	New Testament Literature	3
		Foreign Language (two semesters)	6
		History Elective	3
		Art/Drama/Music	3
		Literature	3
BIOL	214	Human Anatomy & Physiology I	4
MATH	111	Basic Probability & Statistics	3
PHIL	150	Logic & Critical Thinking	2
PHIL	250	Introduction to Philosophy	3
THEO	110	Exploring the Christian Faith	3
PHIL	452	Senior Experience	1
KINE	252	Fitness/Wellness	1
KINE	117	On the Ball Training, or	1
KINE	124	Aerobics, or	(1)
KINE	128	Physical Fitness, or	(1)
KINE	135	Weight Training	(1)
			<b>54</b>

<b>Major</b>			
BIOL	215	Human Anatomy & Physiology II	4
CHEM	150	Introduction to General, Organic & Biochemistry, or	4
CHEM	163	General Chemistry I	(4)
KINE	131	First Aid/CPR	0.5
KINE	166	Foundations of Physical Education	2
KINE	169	Conditioning & Individual Sports	2
KINE	268	Introduction to Health	3
KINE	269	Athletic Training	3
KINE	282	Applied Nutrition	3
KINE	243	History & Philosophy of Kinesiology or	3
KINE	340	Sociology of Sport	(3)
KINE	349	Motor Learning	2
KINE	368	Psychology of Sport & Exercise	3
KINE	461	Assessment in Human Performance	3
KINE	462	Physiology of Exercise	3
KINE	463	Kinesiology	3
KINE	464	Practicum in Kinesiology	3
			<b>41.5</b>

Electives needed to complete the degree 28.5

**Note:** It is recommended that students who major in Exercise Science as part of a pre-professional program such as pre-medicine, pre-physical therapy and pre-occupational therapy also complete the courses listed below.

### Recommended Electives for Pre-Professional Programs

BIOL	210	Zoology	4
CHEM	164	General Chemistry II	4

			<b>HOURS</b>
CHEM	460	Biochemistry	4
PHYS	121	General Physics I	4
PHYS	122	General Physics II	4
PSYC	288	Life Span Development	3
PSYC	481	Abnormal Psychology	4
			<u>20</u>

## **Health/Physical Education Major**

### **ALL GRADES**

Our teacher education program emphasizes age-appropriate, hands-on learning experiences that promote practices for a healthy lifestyle with activities and sports that can be enjoyed throughout life. Upon completion of this program you will be certified to teach both health and physical education in grades K-12.

#### **General Education**

COMM	171	Speech Communication	3
ENGL	101	Written Communication II	3
ENGL	102	Written Communication III	3
PSYC	182	General Psychology	3
SOC	151	Principles of Sociology	3
BIBL	215	Old Testament Literature	3
BIBL	216	New Testament Literature	3
		Foreign Language (two semesters)	6
HIST	246	Introduction to World Civilization	3
LIT		Literature	3
FA	170	Perspectives in Fine Arts	3
BIOL	115	Human Biology	4
MATH	111	Basic Probability & Statistics	3
PHIL	150	Logic & Critical Thinking	2
PHIL	250	Introduction to Philosophy	3
THEO	110	Exploring the Christian Faith	3
PHIL	452	Senior Experience	1
KINE	252	Fitness/Wellness	1
KINE	117	On the Ball Training, or	1
KINE	124	Aerobics, or	(1)
KINE	128	Physical Fitness, or	(1)
KINE	135	Weight Training	(1)
			<u>54</u>
<b>Major</b>			
KINE	131	First Aid/CPR	0.5
KINE	166	Introduction to Kinesiology	2
KINE	168	Team Sports	3
KINE	169	Conditioning & Individual Sports	3
KINE	243	History & Philosophy of Kinesiology or	3
KINE	340	Sociology of Sport	(3)
KINE	250	Rhythmic Activities	1
KINE	251	Introduction to Gymnastics	1
KINE	253	Elementary Health & P.E. Methods	2
KINE	268	Introduction to Health	3
KINE	269	Athletic Training	3
KINE	281	Substance Abuse	2
KINE	282	Applied Nutrition	3
KINE	349	Motor Behavior	3

			<b>HOURS</b>
KINE	351	Developmental Differences	3
KINE	368	Psychology of Sport & Exercise	3
KINE	460	Admin. & Organization of PE & Recreation	3
KINE	461	Assessment in Human Performance	3
KINE	462	Physiology of Exercise	3
KINE	463	Kinesiology	<u>3</u>
			<b>47.5</b>
<b>Professional Education</b>			
EDUC	102	Foundations of Education	2
EDUC	204	Diversity in the Classroom	2
EDUC	205	Educational Pedagogy I with Lab	3
EDUC	305	Educational Pedagogy II with Lab	3
EDUC	308	Teaching Diverse Learners	2
PSYC	287	School Age Growth & Development	3
SCED	441	Secondary Health & PE Methods	3
SCED	449	Secondary Student Teaching	8
ELED	427	Elementary Student Teaching	4
EDUC	441	Professional Education Seminar	<u>0-2</u>
			<b>30-32</b>

See *TEACHER EDUCATION* (page 81) for program admission and other information.

## **Health/Physical Education Major**

### **GRADES 7-12**

Our teacher education program emphasizes age-appropriate, hands-on learning experiences that promote practices for a healthy lifestyle with activities and sports that can be enjoyed throughout life. Upon completion of this program you will be certified to teach both health and physical education in grades 7-12.

#### **General Education**

COMM	171	Speech Communication	3
ENGL	101	Written Communication II	3
ENGL	102	Written Communication III	3
PSYC	182	General Psychology	3
SOC	151	Principles of Sociology	3
BIBL	215	Old Testament Literature	3
BIBL	216	New Testament Literature	3
		Foreign Language (two semesters)	6
HIST	246	Introduction to World Civilization	3
LIT		Literature	3
FA	170	Perspectives in Fine Arts	3
BIOL	115	Human Biology	4
MATH	111	Basic Probability & Statistics	3
PHIL	150	Logic & Critical Thinking	2
PHIL	250	Introduction to Philosophy	3
THEO	110	Exploring the Christian Faith	3
PHIL	452	Senior Experience	1
KINE	252	Fitness/Wellness	1
KINE	117	On the Ball Training, or	1
KINE	124	Aerobics, or	(1)
KINE	128	Physical Fitness, or	(1)
KINE	135	Weight Training	<u>(1)</u>
			<b>54</b>

<b>Major</b>			<b>HOURS</b>
KINE	131	First Aid/CPR	0.5
KINE	166	Introduction to Kinesiology	2
KINE	168	Team Sports	3
KINE	169	Conditioning & Individual Sports	3
KINE	243	History & Philosophy of Kinesiology or	3
KINE	340	Sociology of Sport	(3)
KINE	268	Introduction to Health	3
KINE	269	Athletic Training	3
KINE	281	Substance Abuse	2
KINE	282	Applied Nutrition	3
KINE	349	Motor Behavior	3
KINE	351	Developmental Differences	3
KINE	368	Psychology of Sport & Exercise	3
KINE	460	Admin. & Organization of PE & Recreation	3
KINE	461	Assessment in Human Performance	3
KINE	462	Physiology of Exercise	3
KINE	463	Kinesiology	<u>3</u>
			<b>43.5</b>
<b>Professional Education</b>			
EDUC	102	Foundations of Education	3
EDUC	204	Diversity in the Classroom	3
EDUC	205	Educational Pedagogy I with Lab	3
EDUC	305	Educational Pedagogy II with Lab	3
EDUC	308	Teaching Diverse Learners	2
PSYC	285	Adolescent Growth & Development	2
SCED	441	Secondary Health & PE Methods	3
SCED	449	Secondary Student Teaching	8
EDUC	441	Professional Education Seminar	<u>0-2</u>
			<b>25-27</b>

Electives needed to complete the degree 0-1.5

## **Sport Management Interdisciplinary Major**

The sport management major is designed for students who have an interest in the day-to-day operations of the sport industry. This interdisciplinary major includes coursework in accounting, advertising, communications, human resources, marketing and management. Through practicums and internships, students have the opportunity to apply the knowledge gained in their coursework to real life situations.

<b>General Education</b>			
COMM	171	Speech Communication	3
ENGL	101	Written Communication II	3
ENGL	102	Written Communication III	3
PSYC	182	General Psychology	3
SOC	151	Principles of Sociology	3
BIBL	215	Old Testament Literature	3
BIBL	216	New Testament Literature	3
		Foreign Language (two semesters)	6
		History Elective	3
		Art/Drama/Music	3
		Literature	3
BIOL	115	Human Biology	4

			<b>HOURS</b>
MATH	111	Basic Probability & Statistics	3
PHIL	150	Logic & Critical Thinking	2
PHIL	250	Introduction to Philosophy	3
THEO	110	Exploring the Christian Faith	3
PHIL	452	Senior Experience	1
KINE	252	Fitness/Wellness	1
KINE	117	On the Ball Training, or	1
KINE	124	Aerobics, or	(1)
KINE	128	Physical Fitness, or	(1)
KINE	135	Weight Training	(1)
			<b>54</b>

**Major**

ACCT	203	Fundamentals of Accounting I	3
ACCT	204	Fundamentals of Accounting II	3
BADM	121	Introduction to Business	3
BADM	221	Business Law	3
BADM	222	Business Communication	3
BADM	321	Principles of Management	3
BADM	322	Principles of Marketing	3
BADM	334	Human Resource Management	3
BADM	424	Introduction to Advertising	3
COMM	251	Introduction to Public Relations	3
ECON	229	Principles of Macroeconomics, or	3
ECON	230	Principles of Microeconomics	(3)
KINE	131	First Aid/CPR	0.5
KINE	166	Foundations of Physical Education	2
KINE	269	Athletic Training	3
KINE	243	History & Philosophy of Kinesiology	3
KINE	340	Sociology of Sport	3
KINE	459	Sport Management	3
KINE	460	Admin. & Organization of PE & Recreation	3
KINE	464	Practicum in Kinesiology	3
KINE	470	Internship in Sport Management	3
			<b>56.5</b>

Electives needed to complete the degree 13.5

**Sport Management Minor**

KINE	131	First Aid/CPR	0.5
KINE	166	Foundations of Kinesiology	2
KINE	243	History & Philosophy of Sport	3
KINE	269	Athletic Training	3
KINE	340	Sociology of Sport	3
KINE	459	Sport Management	3
KINE	460	Admin. & Organization of PE & Recreation	3
KINE	464	Practicum in Kinesiology	3
KINE	470	Internship in Sport Management	3
			<b>23.5</b>

**NOTE:** The primary user of this minor is intended to be Business Administration majors who must select a minor or concentration area to go with their major.

**Sport Studies Major**

The sport studies major prepares you to be a “generalist,” who has the skills to manage sports and recreation programs offered by public departments, non-profit organizations, health clubs, churches, community youth programs and recreational businesses, among others.

<b>General Education</b>			<b>HOURS</b>
COMM	171	Speech Communication	3
ENGL	101	Written Communication II	3
ENGL	102	Written Communication III	3
PSYC	182	General Psychology	3
SOC	151	Principles of Sociology	3
BIBL	215	Old Testament Literature	3
BIBL	216	New Testament Literature	3
		Foreign Language (two semesters)	6
		History Elective	3
		Art/Drama/Music	3
		Literature	3
BIOL	115	Human Biology	4
MATH	111	Basic Probability & Statistics	3
PHIL	150	Logic & Critical Thinking	2
PHIL	250	Introduction to Philosophy	3
THEO	110	Exploring the Christian Faith	3
PHIL	452	Senior Experience	1
KINE	252	Fitness/Wellness	1
KINE	117	On the Ball Training, or	1
KINE	124	Aerobics, or	(1)
KINE	128	Physical Fitness, or	(1)
KINE	135	Weight Training	(1)
			<b>54</b>
<b>Major</b>			
KINE	131	First Aid/CPR	0.5
KINE	166	Introduction to Kinesiology	2
KINE	168	Team Sport Skills	3
KINE	169	Conditioning & Individual Sport Skills	3
KINE	243	History & Philosophy of Kinesiology	3
KINE	268	Introduction to Health	3
KINE	269	Athletic Training	3
KINE	340	Sociology of Sport	3
KINE	349	Motor Behavior	3
KINE	368	Psychology of Sport & Exercise	3
KINE	460	Admin. & Organization of PE & Recreation	3
KINE	461	Assessment in Human Performance	3
KINE	462	Physiology of Exercise	3
KINE	463	Kinesiology	3
KINE	464	Practicum in Kinesiology	3
KINE		Electives	6
			<b>47.5</b>
		Electives needed to complete the degree	22.5