

Department of KINESIOLOGY

Faculty Members:

Rachel Lindvall, M.S.

Larry McClements, M.A.

Majors:

Exercise Science

Health/Physical Education

Sport Management (Interdisciplinary)

Sport Studies

Department Mission:

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.

Department Distinctives:

Health and Physical Education- Students must be accepted into the college of education, pass teaching certification examinations and successfully complete fifteen weeks of student teaching.

Exercise Science

Exercise science majors have access to laboratories with scientific and technological equipment to aid in the learning. Experiential learning while assessing health and skill related physical fitness assists students for real world measurement and evaluation. Students have the opportunity to rate and rank movement while using the Functional Movement Screen.

This degree is a solid foundation for graduate studies in exercise physiology, nutrition, performance enhancement, higher education, and physical or occupational therapy. Possible careers include biomechanics, cardiac rehabilitation, clinical exercise physiologist, dietitian/ sport dietitian, health promotion/ wellness coach, occupational therapist, personal trainer, physical therapist, physician assistant, and strength and conditioning coach/director.

Exercise Science

Bethel Core			HOURS
BIBL	215	Old Testament Literature	3
BIBL	216	New Testament Literature	3
BIOL	214	Human Anatomy & Physiology I	4
COMM	171	Speech Communication	3
ENGL	101	Written Communication II	3
ENGL	102	Written Communication III	3
		Art/Drama/Music	3
		Foreign Language 2 semesters, or	6
		1 semester at 200 (Intermediate) level	(3)
		History Elective	3
KINE	252	Fitness/Wellness	1
KINE	117	On the Ball Training, or	1
KINE	124	Aerobics, or	(1)
KINE	128	Physical Fitness, or	(1)

			HOURS
KINE	135	Weight Training	(1)
		Literature	3
MATH	111	Basic Probability & Statistics	3
PHIL	250	Introduction to Philosophy	3
PHIL	452	Senior Experience	1
PSYC	182	General Psychology	3
SOC	151	Principles of Sociology	3
THEO	110	Exploring the Christian Faith	<u>3</u>
			49-52
Major Courses			
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	Introduction of Kinesiology	3
KINE	268	Introduction to Health	3
KINE	269	Athletic Training	3
KINE	282	Applied Nutrition	3
KINE	350	Psychosocial Dimension of Kinesiology	3
KINE	349	Motor Learning	3
KINE	461	Assessment in Human Performance	3
KINE	462	Physiology of Exercise	3
KINE	463	Kinesiology	3
KINE	465	Internship in Kinesiology	3
KINE	355	Exercise Training Techniques & Programming	<u>3</u>
			41.5
Electives needed to complete the degree			26.5-29.5
Total credits			120

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	126	General Biology II	4
CHEM	164	General Chemistry II	4
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	<u>4</u>
			20

Health and Physical Education

ALL GRADES

The teacher education program emphasizes age-appropriate, hands-on learning experiences that promote practices for a healthy lifestyle with movement experiences that can be enjoyed throughout life. Upon completion of this program students will be certified to teach both health and physical education in grades preschool through twelfth in Indiana. Possible careers include adaptive physical education, community health instructor, health teacher, health and physical education teacher, outdoor education leader, physical education teacher, and coaching.

Bethel Core			HOURS
BIBL	215	Old Testament Literature	3
BIBL	216	New Testament Literature	3
BIOL	115	Human Biology	4
COMM	171	Speech Communication	3
ENGL	101	Written Communication II	3
ENGL	102	Written Communication III	3
		Art/Drama/Music	3
		Foreign Language 2 semesters, or	6
		1 semester at 200 (Intermediate) level	(3)
		History Elective	3
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)
		Literature	3
MATH	111	Basic Probability & Statistics	3
PHIL	250	Introduction to Philosophy	3
PHIL	452	Senior Experience	1
PSYC	182	General Psychology	3
SOC	151	Principles of Sociology	3
THEO	110	Exploring the Christian Faith	3
			49-52

Major Courses

KINE	131	First Aid/CPR	0.5
KINE	166	Introduction of Kinesiology	3
KINE	168	Team Sports	3
KINE	169	Conditioning & Individual Sports	3
KINE	250	Rhythmic Activities	1
KINE	251	Introduction to Gymnastics	1
KINE	253	Elementary Health & P.E. Methods	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	350	Psychosocial Dimension of Kinesiology	3
KINE	351	Developmental Differences	3
KINE	460	Administration & Organization of PE & Recreation	3
KINE	461	Assessment in Human Performance	3
KINE	462	Physiology of Exercise	3
KINE	463	Kinesiology	3
			46.5

Professional Education

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 Exceptional Learners	2
EDUC	455	Student Teaching 1	8
EDUC	456	Student Teaching II	4

			HOURS
PSYC	287	School Age Growth & Development	3
SCED	441	Secondary Health & PE Methods	3
EDUC	441	Professional Education Seminar	<u>0-2</u>
			30-32
Total credits			125.5-130.5

See *TEACHER LICENSURE* (page 95) for program admission and other information.

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, communications, human resources, marketing and management. Through internship experience, students have the opportunity to apply the knowledge gained in their coursework to real life situations. Possible careers include athletic administration, facility director, health club management, health promotion director, intramural director (college and university), recreation director, sports management, sports marketing, sports ministry, and YMCA & YWCA director.

Bethel Core

BIBL	215	Old Testament Literature	3
BIBL	216	New Testament Literature	3
COMM	171	Speech Communication	3
ENGL	101	Written Communication II	3
ENGL	102	Written Communication III	3
		Art/Drama/Music	3
		Foreign Language 2 semesters, or	6
		1 semester at 200 (Intermediate) level	(3)
		History Elective	3
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)
		Literature	3
		College level Mathematics	3
PHIL	250	Introduction to Philosophy	3
PHIL	452	Senior Experience	1
PSYC	182	General Psychology	3
		Science with Lab	4
SOC	151	Principles of Sociology	3
THEO	110	Exploring the Christian Faith	<u>3</u>
			49-52

Major Courses

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
COMM	251	Introduction to Public Relations	3

			HOURS
KINE	166	Introduction of Kinesiology	3
KINE	350	Psychosocial Dimension of Kinesiology	3
KINE	459	Sport Management	3
KINE	460	Administration & Organization of PE & Recreation	3
KINE	470	Internship in Sport Management	<u>9</u>
			48
Electives needed to complete the degree			20-23
Total credits			120

Sport Management Minor

KINE	166	Introduction to Kinesiology	3
KINE	350	Psychosocial Dimensions of Kinesiology	3
KINE	459	Sport Management	3
KINE	460	Administration & Organization of PE & Recreation	3
KINE	470	Internship in Sport Management	<u>6</u>
Total credits			18

Sport Studies Major

The sport studies major prepares you to be a “generalist” in kinesiology. Students have the ability to ‘pick and choose’ classes and experiences to acquire the skills to specialize in specific areas of kinesiology. Possible careers include camp counselor/director, coaching, equipment/ apparel team sales, facility director, health promotion/wellness coach, parks and recreation, senior fitness director, sports information director, sports ministry, strength and conditioning coach/director- CERT.

Bethel Core			
BIBL	215	Old Testament Literature	3
BIBL	216	New Testament Literature	3
BIOL	115	Human Biology	4
COMM	171	Speech Communication	3
ENGL	101	Written Communication II	3
ENGL	102	Written Communication III	3
		Art/Drama/Music	3
		Foreign Language 2 semesters, or	6
		1 semester at 200 (Intermediate) level	(3)
		History Elective	3
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)
		Literature	3
		College level Mathematics	3
PHIL	250	Introduction to Philosophy	3
PHIL	452	Senior Experience	1
PSYC	182	General Psychology	3
SOC	151	Principles of Sociology	3
THEO	110	Exploring the Christian Faith	<u>3</u>
			49-52

KINESIOLOGY

Major Courses			HOURS
KINE	131	First Aid/CPR	0.5
KINE	166	Introduction of Kinesiology	3
KINE	168	Team Sports	3
KINE	169	Conditioning & Individual Sports	3
KINE	268	Introduction to Health	3
KINE	269	Athletic Training	3
KINE	349	Motor Behavior	3
KINE	350	Psychosocial Dimension of Kinesiology	3
KINE	355	Exercise Training Techniques & Programming	3
KINE	460	Administration & Organization of PE & Recreation	3
KINE	461	Assessment in Human Performance	3
KINE	462	Physiology of Exercise	3
KINE	463	Kinesiology	3
KINE	465	Internship in Kinesiology	<u>6</u>
			42.5
		Electives needed to complete the degree	25.5-28.5
		Total credits	120