

# DEPARTMENT OF KINESIOLOGY

*Mission: The mission of the Department of Kinesiology is to prepare students through personalized education in a Christ-centered, Spirit-empowered environment with the knowledge, skills, and ability to enter the professional field, or for further graduate study in kinesiology and allied health programs.*

## Program Learning Outcomes

### Program Student Learning Outcomes:

Graduates from the program will demonstrate the following:

1. The ability to identify critical issues relevant to the field of Kinesiology and the ability educate others about the relevance of these issues to their overall health.
2. The ability to administer assessments and interpret movement and performance data from lab, clinical, and field experiences to create effective, scientifically based physical activity and sport programs that address individual, community, and socio-cultural needs.
3. The ability to explain, identify, and/or demonstrate the theoretical and/or scientific principles that can be used to address issues or problems in the sub-disciplines in kinesiology.
4. The ability to conduct and critique research using theoretical and applied knowledge.
5. The ability to demonstrate relevant, marketable knowledge, skills, and dispositions to successfully enter the work force, graduate programs, and the lifelong learning process.

## Programs

### Majors:

- Kinesiology B.S. with a Concentration in Health and Human Performance (<https://catalog.vanguard.edu/stem/undergraduate/kinesiology/kinesiology-bs-health-human-performance/>)
- Kinesiology B.S. with a Concentration in Pre-Health Professions (<https://catalog.vanguard.edu/stem/undergraduate/kinesiology/kinesiology-bs-prehealth/>)

### Minors:

- Kinesiology Minor (<https://catalog.vanguard.edu/stem/undergraduate/kinesiology/kinesiology-minor/>)

## Courses

### Kinesiology

#### KINE-133C Musical Theatre Dance I 1 Credit

An introduction to dance for musical theatre. Dance styles covered will include tap, jazz, and musical theatre movement. This course is cross-listed with THEA-133C and fulfills the KINE-146C Activity Core Curriculum requirement.

#### KINE-135 Theatre Movement 2-3 Credits

An introduction to the study of stage movement. Includes exercises and techniques to insure flexibility, meaningful aesthetic stage movement and physicality utilizing the Laban and Alexander techniques.

#### KINE-145C Lifetime Fitness/Wellness Lect 1 Credit

Students will gain an understanding of physical conditioning and wellness pertaining to the five components of health-related fitness. Students will develop an understanding of lifestyle related diseases and behavior modification techniques. In addition, there will be opportunities to participate in a variety of movement experiences and assessment laboratories related to fitness. It is recommended to take both lecture and activity within the same academic year.  
Terms Typically Offered: Fall and Spring.

#### KINE-146C Lifetime Fitness/Well Activity 1 Credit

Course may include any of the following topics: conditioning, exercise and nutrition, weight lifting, creative aerobics, badminton, beginning/intermediate tennis, racquetball, bowling, golf, bicycling, disk activities, volleyball, basketball, soccer, softball, baseball, beginning/advanced taekwondo, surfing, hip-hop/funk, swing dance, core strengthening, kickboxing or other special topics of physical activity. Activity course meets the core activity requirement. Activity course may also be repeated for elective credit. Lab fee for some courses.

#### KINE-148C Lifetime Fitness and Wellness Lecture 3 Credits

This course presents information and activities which emphasize wellness, fitness and exercise and their relationship to health. This course also explores how health, fitness and faith interconnect. Lectures and a variety of accompanying laboratory activities help students make informed decisions about fitness, exercise, and health and contribute to the development of self-directed physical activity and lifetime wellness. Regular participation in physical activity is a component of the course. A fitness tracker either wearable or with a phone app will be required

#### KINE-150 Biophysical Foundations of Kinesiology 3 Credits

Biophysical Foundations of Kinesiology is intended for entry-level students with an interest in human movement and physical activity. It provides a rigorous introduction to the biophysical foundations of kinesiology including applications of basic science to professional and clinical settings. Students will become familiar with the field of kinesiology, and how this field may serve as preparation for a wide range of professional pursuits, including post-graduate occupations, professional programs of study in medicine and allied health fields, and as a basis for kinesiology research careers. Key concepts concerning the anatomical, mechanical, physiological, and neurological basis of human movement will be taught.

Co-Requisite: KINE-150L

#### KINE-150L Biophysical Foundations of Kinesiology Lab 1 Credit

Biophysical Foundations of Kinesiology is intended for entry-level students with an interest in human movement and physical activity. The course focuses on laboratory experiences within each area; the anatomical; mechanical, physiological, and neurological basis of human movement. Lab Fee.

Co-Requisite: KINE-150

**KINE-160 Intercollegiate Athl: Baseball 1 Credit**

This course provides college credit for participating in intercollegiate athletics and the responsibilities that come with being a Vanguard University student athlete. Substitution of this class for the University's activity requirement is not permitted. No more than four (4) hours of KINE-160-179; 181-182; 184; 186-189 can be counted toward the degree. Terms Typically Offered: Spring.

**KINE-161 Intercollegiate Athl: Basketball-Men 1 Credit**

This course provides college credit for participating in intercollegiate athletics and the responsibilities that come with being a Vanguard University student athlete. Substitution of this class for the University's activity requirement is not permitted. No more than four (4) hours of KINE 160-179; 181-182; 184; 186-189 can be counted toward the degree. Terms Typically Offered: Fall and Spring.

**KINE-162 Intercollegiate Athl: Basketball-Women 1 Credit**

This course provides college credit for participating in intercollegiate athletics and the responsibilities that come with being a Vanguard University student athlete. Substitution of this class for the University's activity requirement is not permitted. No more than four (4) hours of KINE 160-179; 181-182; 184; 186-189 can be counted toward the degree. Terms Typically Offered: Fall and Spring.

**KINE-163 Intercollegiate Athl: Soccer-Men 1 Credit**

This course provides college credit for participating in intercollegiate athletics and the responsibilities that come with being a Vanguard University student athlete. Substitution of this class for the University's activity requirement is not permitted. No more than four (4) hours of KINE 160-179; 181-182; 184; 186-189 can be counted toward the degree. Terms Typically Offered: Fall.

**KINE-164 Intercollegiate Athl: Volleyball-Women 1 Credit**

This course provides college credit for participating in intercollegiate athletics and the responsibilities that come with being a Vanguard University student athlete. Substitution of this class for the University's activity requirement is not permitted. No more than four (4) hours of KINE 160-179; 181-182; 184; 186-189 can be counted toward the degree. Terms Typically Offered: Fall.

**KINE-165 Intercollegiate Athl: Volleyball-Men 1 Credit**

This course provides college credit for participating in intercollegiate athletics and the responsibilities that come with being a Vanguard University student athlete. Substitution of this class for the University's activity requirement is not permitted. No more than four (4) hours of KINE 160-179; 181-182; 184; 186-189 can be counted toward the degree. Terms Typically Offered: Spring.

**KINE-166 Intercollegiate Athl: Softball-Women 1 Credit**

This course provides college credit for participating in intercollegiate athletics and the responsibilities that come with being a Vanguard University student athlete. Substitution of this class for the University's activity requirement is not permitted. No more than four (4) hours of KINE 160-179; 181-182; 184; 186-189 can be counted toward the degree. Terms Typically Offered: Spring.

**KINE-167 Intercollegiate Athl: Cross Country-Men 1 Credit**

This course provides college credit for participating in intercollegiate athletics and the responsibilities that come with being a Vanguard University student athlete. Substitution of this class for the University's activity requirement is not permitted. No more than four (4) hours of KINE 160-179; 181-182; 184; 186-189 can be counted toward the degree. Terms Typically Offered: Fall.

**KINE-168 Intercollegiate Athl:cross Country-Women 1 Credit**

This course provides college credit for participating in intercollegiate athletics and the responsibilities that come with being a Vanguard University student athlete. Substitution of this class for the University's activity requirement is not permitted. No more than 4 hours of KINE 160-178 can be counted toward the degree. Terms Typically Offered: Fall.

**KINE-170 Intercollegiate Athl: Track-Men 1 Credit**

This course provides college credit for participating in intercollegiate athletics and the responsibilities that come with being a Vanguard University student athlete. Substitution of this class for the University's activity requirement is not permitted. No more than four (4) hours of KINE 160-179; 181-182; 184; 186-189 can be counted toward the degree. Terms Typically Offered: Spring.

**KINE-171 Intercollegiate Athl: Track-Women 1 Credit**

This course provides college credit for participating in intercollegiate athletics and the responsibilities that come with being a Vanguard University student athlete. Substitution of this class for the University's activity requirement is not permitted. No more than four (4) hours of KINE 160-179; 181-182; 184; 186-189 can be counted toward the degree. Terms Typically Offered: Spring.

**KINE-172 Intercollegiate Athl: Soccer-Women 1 Credit**

This course provides college credit for participating in intercollegiate athletics and the responsibilities that come with being a Vanguard University student athlete. Substitution of this class for the University's activity requirement is not permitted. No more than four (4) hours of KINE 160-179; 181-182; 184; 186-189 can be counted toward the degree. Terms Typically Offered: Fall.

**KINE-176 Intercollegiate Athl:Champions/Character Character 1 Credit**

This course is based upon the NAIA Champions of Character Program and is designed to assist the student-athlete in developing skills in the areas of academics, personal growth, career choice, and commitment to service. This course will help enhance the student-athlete's transition into Vanguard University Athletics and increase their understanding of the responsibilities of being a student-athlete. Enrollment is limited to members of athletic teams and is intended to be taken during the athlete's first semester at the University. Substitution of this class for the University's activity requirement is not permitted. Terms Typically Offered: Fall.

**KINE-181 Intercollegiate Athl: Golf-Men 1 Credit**

This course provides college credit for participating in intercollegiate athletics and the responsibilities that come with being a Vanguard University student athlete. Substitution of this class for the University's activity requirement is not permitted. No more than four (4) hours of KINE-160-179; 181-182; 184; 186-189 can be counted toward the degree. Terms Typically Offered: Fall.

**KINE-182 Intercollegiate Athl: Golf-Women 1 Credit**

This course provides college credit for participating in intercollegiate athletics and the responsibilities that come with being a Vanguard University student athlete. Substitution of this class for the University's activity requirement is not permitted. No more than four (4) hours of KINE-160-179; 181-182; 184; 186-189 can be counted toward the degree. Terms Typically Offered: Fall.

**KINE-184 Intercollegiate Athl: Stunt 1 Credit**

This course provides college credit for participating in intercollegiate athletics and the responsibilities that come with being a Vanguard University student athlete. Substitution of this class for the University's activity requirement is not permitted. No more than four (4) hours of KINE 160-179; 181-182; 184; 186-189 can be counted toward the degree. Terms Typically Offered: Spring.

**KINE-185 Psychological and Sociocultural Foundations of Kinesiology 3 Credits**

This course is intended for entry level students with an interest in human movement and physical activity. The focus of this course is on exploring the sociological and psychological perspectives of participation in physical activity across the lifespan.

**KINE-186 Intercollegiate Athl: Wrestling-Men 1 Credit**

This course provides college credit for participating in intercollegiate athletics and the responsibilities that come with being a Vanguard University student athlete. Substitution of this class for the University's activity requirement is not permitted. No more than four (4) hours of KINE 160-179; 181-182; 184; 186-189 can be counted toward the degree. Terms Typically Offered: Spring.

**KINE-189 Intercollegiate Athl: Beach Vlybl-Women 1 Credit**

This course provides college credit for participating in intercollegiate athletics and the responsibilities that come with being a Vanguard University student athlete. Substitution of this class for the University's activity requirement is not permitted. No more than four (4) hours of KINE 160-179; 181-182; 184; 186-189 can be counted toward the degree. Terms Typically Offered: Spring.

**KINE-215 Responding to Emergencies 2 Credits**

An advanced First Aid class with an in-depth introduction to responding to a variety of emergency situations. It will provide the student with a complete understanding and knowledge of not only the skills and actions in an emergency situation, but also the physiology, reasoning, and knowledge behind the skills. ARC certification is obtained with the completion of this course. Lab Fee.

**KINE-217 Outdoor/Recreational Experience 1 Credit**

This course encourages the student to identify and demonstrate an understanding of the value, meaning, and benefits of outdoor recreation and to explore a variety of outdoor adventure experiences. Lab fee.

**KINE-218 Injury Recognition and Management 3 Credits**

This course is lecture/lab based and will build on the student's background in human anatomy. Areas of focus include injury recognition, signs and symptoms of injuries specific to body parts, prevention and treatment of orthopedic injuries, wound management, splinting, and supportive taping techniques. Lab fee

**KINE-221 Movement Anatomy 3 Credits**

This course is a study of the structure of the human body with particular emphasis on the skeletal and muscular systems and their function in the mechanics of human movement. Prerequisite: BIOL-204, BIOL-204L

**KINE-231 Global Games/Recreatn/Activit 3 Credits**

This class will provide students with an exposure to games, sports, and recreational activities from cultures around the world. The student will also be exposed to a variety of teaching methodologies including peer instruction and demonstration, cooperative learning groups, and participation in activities. This course is only offered even years in the Fall.

**KINE-235 Medical Terminology 2 Credits**

This course introduces the student to the basic rules for interpreting, constructing, and spelling medical terms. Topics include structure; recognition; analysis; definitions; spelling; pronunciation, and a combination of medical terms from prefixes, suffixes, roots, and combining forms. The course is organized by body systems with an emphasis on anatomy and physiology, pathological conditions, and diagnostic treatments and procedures.

**KINE-242 Motor Behavior Across the Lifespan 3 Credits**

This class will examine the basic principles of motor learning, motor control and motor development as they relate to human voluntary movement. Applications of principles through observations and assessment of motor behavior, from learning to performance, as well as motor development through the lifespan will be covered.

**KINE-258 Sociology of Sport & Human Movement 3 Credits**

This course is cross listed with SOC-258. This class will examine the historical and contemporary interpretations of the role of play, games, sports, dance, fitness, and recreation in a variety of cultures. This class will also address sociocultural issues such as gender, socioeconomic status, race and ethnicity in sport. This course is only offered odd years in the Fall.

Terms Typically Offered: Fall, odd years.

**KINE-260 Principles of Therapeutic Rehabilitation 3 Credits**

This class will examine how to assist a patient in healing from acute injuries by reducing swelling and pain, improving range of motion, strength and balance. Fundamentals of healing chronic injuries will also be incorporated. This course will include the physiological basis of using basic therapeutic modalities. This course will also include applied learning and techniques.

**KINE-291 Special Topic: 1 Credit**

Study of a special topic in kinesiology. May be repeated for credit.

**KINE-292 Special Topic: 2 Credits**

Study of a special topic in kinesiology. May be repeated for credit.

**KINE-293 Special Topic: 3 Credits**

Study of a special topic in kinesiology. May be repeated for credit.

**KINE-314A Upper Extremity Injury Assmt 2 Credits**

This course is a combination of lecture and hands-on lab. It will build on the student's prior knowledge of anatomy and injury recognition. The focus of this course is to assist the student in developing a systematic, thorough method of injury assessment including the development of a medical history, palpation points, range of motion tests, manual muscle tests, neurological tests, and special tests. This course will focus on the assessment of the head, cervical and thoracic spine, shoulder, elbow, wrist, and hand.

Prerequisite: KINE-218

**KINE-314B Lower Extremity Injury Assmnt 2 Credits**

This course is a combination of lecture and hands-on lab. It will build on the student's prior knowledge of anatomy and injury recognition. The focus of this course is to assist the student in developing a systematic, thorough method of injury assessment including the development of a medical history, palpation points, range of motion tests, manual muscle tests, neurological tests, and special tests. The area of focus is the development of a systematic method of injury assessment. This course will focus on the assessment of the lumbar spine, hip and pelvis, knee, lower leg, ankle, and foot.

**KINE-321 Principles of Coaching 3 Credits**

Analysis of the art of coaching, studying: motivation, communication, discipline, morale, and personality traits of individuals, and organizational and administrative procedures involved in scheduling, equipment purchasing and maintenance, and public relations.

**KINE-322 Measurement in Phy Educ/Recrea 3 Credits**

Incorporates methods of lecture, laboratory, and field experiences in the construction, administration, and application of fitness and motor skills tests used in sports and physical education. Issues of grading and evaluation are also addressed using elementary statistics methods utilizing SPSS-PC and Excel.

**KINE-323 Physiology of Exercise 4 Credits**

A study of the effects of exercise upon the systems and organs of the body. Analysis of these systems and how maximum efficiency in physical performance is achieved. Lecture three hours, laboratory three hours. Lab fee.

**KINE-325 Motor Learning/Human Perform 3 Credits**

This class explores the processes involved in the acquisition of motor actions. Emphasis is placed on how teachers can apply theoretical concepts to more effectively structure lessons. This course is only offered odd years in the Spring.

**KINE-329 Fitness Assessment and Exercise Prescription 3 Credits**

This course is designed to provide the student with the theoretical background and practical experience necessary for the safe and scientific evaluation of physical fitness, particularly as it relates to health and disease and the development of programs for remediation, maintenance and enhancement of motor and health related qualities. Lab fee. Prerequisite: KINE-150, KINE-150L

**KINE-333 Principles of Nutrition and Metabolism 3 Credits**

Introduction to metabolism of protein, fat and carbohydrate; the biological role of vitamins and minerals; nutrient requirements during the life cycle; assessment of dietary intake and nutritional status. The course also discusses the biochemical role of nutrients in maintaining health, and the effects of over- and under-nutrition on disease pathogenesis. The students will also gain an understanding of how nutrition is linked to physical activity and sport performance. Prerequisite: BIOL-304

**KINE-335 Growth/Motor Development 3 Credits**

This course investigates theories of motor development of children, especially K-6. Special emphasis is placed upon sequential motor development patterns, the needs, interests, and abilities of the child in relation to physical, social, cognitive, and emotional domains. In addition, life-span motor development is discussed throughout the course which includes the changes that happen with aging.

**KINE-343 Ldrshp/Mgt of Kinesiology Prog 3 Credits**

This course focuses on the organization, administration, and management of programs within the field of Kinesiology (including physical education, intramural, interscholastic, intercollegiate athletics, athletic training, private sport and fitness, as well as recreation) programs/departments. Course content will emphasize (a) organization and leadership theory and practice, particularly as they relate to policy, politics, and power, (b) the practicalities of program development, management and supervision (i.e. communication, human resources, public relations, financial management, budgeting and purchasing, facilities, and equipment), and (c) issues of law, risk management, professionalism, ethics and philosophy as they relate to the field.

**KINE-345 Sports Nutrition 3 Credits**

This course is designed to address high level sport nutritional issues and, lend understanding to the physiological aspects and lifestyle practices of athletes involved in high-level human performance. Students will be introduced to the field of sports nutrition and the principles of ergogenic aids. The metabolism of nutrients will be emphasized as they pertain to athletic performance, and students will be familiarized with the nutritional practices that optimize athletic performance. In addition, body composition changes desirable to achieve optimal competitive efforts will be discussed.

**KINE-350 Kinesiology Internship 1-5 Credits**

This course provides the student with opportunities to demonstrate competencies developed in previous courses by working in an agency under the supervision of a qualified practitioner. For every 1 credit of KINE 350 registered, the student will engage in 45 hours of internship. Terms Typically Offered: Fall, Spring, and Summer.

**KINE-356 Team & Indiv/Dual Sports Analy 3 Credits**

This course will introduce the instructional process of analyzing and sequencing skill components and performance techniques found within team and individual/dual sports. The course is designed to allow the student to engage in individual and cooperative teaching experiences that utilize multiple instructional strategies. Sport skills addressed may include basketball, volleyball, soccer, flag football, softball, tennis, golf, swimming, track and field.

**KINE-380 Rehabilitation Techniques 3 Credits**

This course is designed to meet the needs of students pursuing careers in physical therapy and athletic training. It is a beginning rehabilitation course for the purpose of instruction in the functional stages of rehabilitation along with teaching the student a variety of rehabilitation techniques specific to each body segment. The course will include lab sessions in rehabilitation techniques.

**KINE-385 Therapeutic Modalities 2 Credits**

A two-unit upper division course providing the student with information in the physics of modalities. The course will also instruct the student in the purpose, set-up, use, and contraindications of therapeutic modalities.

**KINE-395 ECG and Exercise Testing 3 Credits**

The course is designed to teach the students how to read and interpret an electrocardiogram as well as conduct and evaluate graded exercise tests. This course has great practical application for students who seek to pursue careers that involve exercise stress tests, especially cardiac rehabilitation. Lab fee. Prerequisite: BIOL-304

**KINE-410 Health Education 3 Credits**

The course will cover personal and community health problems, including discussions of hygiene, nutrition, and exercise as they relate to total fitness. The responsibilities of the teacher concerning current health problems, particularly family health, and the effects of narcotics and alcohol on the human body will be emphasized. (Meets the state's requirement for a Professional Clear Credential.)

**KINE-421 Biomechanics 3 Credits**

Provide students with an understanding of mechanical principles of movement and their application to performance. Qualitative and quantitative analyses of movement will be utilized.

**KINE-422 Ethics in Health Care 3 Credits**

This course will introduce the student to the principles of medical ethics for the purpose of preparing the student for the difficult and controversial issues they will have to face in the allied health field. This class will enable the student to understand, consider, and place in the context the critical social, ethical, legal, and regulatory issues in the health care system.

**KINE-430 Principles of Strength & Conditioning 3 Credits**

This course takes a multi-faceted approach to the science of strength training. Topics to be covered include: exercise physiological concepts and applications, testing and evaluation, beginning and advanced flexibility and exercise techniques, program design, periodization, aerobic and anaerobic training considerations, nutrition, performance enhancing substances, exercise prescription for the athlete, and organization and administration of an exercise facility. This course will also provide an opportunity for the student to develop sport specific programs. Ultimately this course should prepare the student to successfully pass the National Strength and Conditioning Associations' exam for the Certified Strength and Conditioning Specialist credential (CSCS).

**KINE-433 Phys Educ/Secondary Schools 3 Credits**

Provides the student with instruction and experience in teaching physical education to the secondary student. Through observation, research, and class lecture/discussion, the students will be equipped to develop and teach physical education curriculum. This course introduces principles that focus on the development of physical, social, emotional, and mental skills for the secondary student.

**KINE-435 Physical Ed for Elem Schools 3 Credits**

This course is designed to teach the student how to incorporate the components of movement, dance, fundamental movement patterns, fitness activities, and social skills into an educational movement program for children, specifically K-6.

**KINE-440 Research/Stats in Kinesiology 3 Credits**

The students are introduced to research design and methods as well as basic statistical procedures for analyzing data. The concepts learned in class are integrated into a data-based kinesiology research project.  
Prerequisite: MATH-168C or MATH-265C

**KINE-443 Sport Psychology 3 Credits**

This course is designed to introduce students to the psychological aspects of sport and physical activity. From the sport perspective, emphasis will be placed on mental preparation of teams and individuals for competition. From the exercise perspective, group dynamics, motivation and exercise adherence will be covered.

**KINE-450C Capstone Kinesiology Senior Project 3 Credits**

This course is designed to integrate the student's faith with their profession. The student will have opportunities to engage other professionals within the field of Kinesiology through guest speakers, and will be given the opportunity to reflect on their own faith journey. Students will also be required to complete a senior research project on the topic of their choice with instructor guidance and permission

**KINE-451 Adapted Phys Activ, Rec & Sport 3 Credits**

Principles and procedures in selecting and sequencing learning activities of school age children with disabilities that require special physical programs or adapted activities in the regular program.

**KINE-455 Kinesiology Teaching Internship 1-3 Credits**

The student will meet regular hours each week for classes and/or meetings that are established at the beginning of the semester with the supervising professor. The intern assists an instructor in planning and conducting a course and/or laboratory sessions. Course can be repeated for a maximum total of 3 units.

**KINE-470 Special Topic: 1-3 Credits**

Study in a special topic in the field of kinesiology. May be repeated for credit.

**KINE-480 Individual Studies 1-3 Credits**

May be repeated for credit.