

Department of Kinesiology

The Department of Kinesiology (<https://www.apu.edu/bas/kinesiology/>) equips undergraduate and graduate students who are academically engaged, relationally centered, vocationally aware, and wellness oriented, using approaches that are discipline based and grounded in a Christian worldview.

Accreditation

- All Azusa Pacific University programs are accredited by the WASC Senior College and University Commission (WSCUC). (<https://www.wscuc.org/>)
- The Master of Arts in Physical Education and Single Subject Teaching Credential program, the Master of Arts in Physical Education with an Added Authorization in Adapted Physical Education program, and the Adapted Physical Education Added Authorization program are accredited by the California Commission on Teacher Credentialing (CTC) (<https://www.ctc.ca.gov/>). Additionally, the Master of Arts in Physical Education and Single Subject Teaching Credential program is accredited by the Council for the Accreditation of Educator Preparation (CAEP) (<https://caepnet.org/>).

Programs

Major

- Kinesiology (BS) (<http://catalog.apu.edu/academics/college-nursing-health-sciences/school-health-sciences/kinesiology/kinesiology-bs/>)

Minor

- Adapted Physical Activity (<http://catalog.apu.edu/academics/college-nursing-health-sciences/school-health-sciences/kinesiology/adapted-physical-activity-minor/>)

Master's

- Master of Science in Physical Education (Online) (<http://catalog.apu.edu/academics/college-nursing-health-sciences/school-health-sciences/kinesiology/physical-education-ms/>)
- Master of Arts in Physical Education and Single Subject Teaching Credential (<http://catalog.apu.edu/academics/college-nursing-health-sciences/school-health-sciences/kinesiology/physical-education-single-subject-teaching-credential-ma/>)
- Master of Arts in Physical Education with an Added Authorization in Adapted Physical Education (<http://catalog.apu.edu/academics/college-nursing-health-sciences/school-health-sciences/kinesiology/physical-education-added-authorization-adapted-physical-education-ma/>)

Authorization

- Adapted Physical Education Added Authorization (<http://catalog.apu.edu/academics/college-nursing-health-sciences/school-health-sciences/kinesiology/adapted-physical-education-added-authorization/>)

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.

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.

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.

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.

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.

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.

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.

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

Students receive advanced preparation in baseball strategy, fundamentals, and techniques for intercollegiate competition (varsity athletes only).

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).

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).

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).

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).

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).

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).

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

Students receive advanced preparation in strategy, fundamentals, and techniques for intercollegiate competition (varsity athletes only).

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

Students receive advanced preparation in strategy, fundamentals, and techniques for intercollegiate competition (varsity athletes only).

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

Students receive advanced preparation in strategy, fundamentals, and techniques for intercollegiate competition (varsity athletes only).

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).

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).

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).

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.

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

Students in this course examine 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.

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, with special emphasis on the study of sport in North America and its implications within American society. Other topics 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

Students in this course examine 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, and C- or higher in 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

Students in this course examine advanced methods for enhancing human performance, gaining a theoretical understanding of the acute and chronic adaptations that occur in response to various anaerobic and aerobic training techniques. Students also have the opportunity to gain practical experience developing, implementing, and supervising strength and conditioning programs for teams and individual athletes. Areas of emphasis include periodization, movement-based programming, and experience with nontraditional implements. This course enhances students' 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.

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.

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

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

This course gives students an opportunity 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).

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 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 599, Readings in Physical Education, 1-3 Units

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