

DEPARTMENT OF KINESIOLOGY

Purposes

- To prepare students for careers in physical therapy, physician assistant, medicine, occupational therapy, athletic training, teaching, coaching, and fitness and wellness occupations.
- To provide students the opportunity to participate in a program designed to aid in the development of physical efficiency, healthful living, social cooperation and individual activity for the enjoyable and intelligent use of leisure time.
- To introduce students to the potential benefits of a stimulating systemic exercise program.

Tradition of Excellence

The Department of Kinesiology offers students many unique opportunities. Students participate with experienced and nationally recognized professors in a dynamic, hands-on educational experience. The faculty gives the students a deep insight into the area of health, sports medicine, physical fitness, strength and conditioning, and teaching or coaching making the program perfect for a variety of interests. In addition, the Health and Human Performance major can lead students into our accelerated 3+2 athletic training dual degree program. Students complete a B.A. in Health and Human Performance and also earn their Master of Science in Athletic Training through our program. As part of the educational program, students participate in practical laboratory and internship programs guided by practicing clinicians, observation and participation in hospitals and physical therapy centers, observation of surgery and special lecture series with medical doctors and other medical experts. The kinesiology laboratories also serve as a hallmark of excellence with state of the art gross anatomy, biomechanics, exercise physiology, and sports science laboratories students will be trained by experts in each field using advanced equipment.

Career Opportunities

Graduates of the Department of Kinesiology are prepared for a variety of opportunities that await them after leaving PLNU. Many students go on to graduate schools in physical therapy, athletic training, physician assistant, exercise physiology and medical school. Other students become teachers and/or coaches. Still others go on to work as program directors at hospitals and sports clinics. With the experiences and education found at PLNU, the opportunities in fields related to Kinesiology become reality.

Faculty

Chair - Brandon Sawyer, Ph.D.

Arnel Aguinaldo, Ph.D.
Concordia University Chicago

Brent Alvar, Ph.D., Program Director MS in Kinesiology
Arizona State University

Ted Anderson, Ph.D.
Texas A&M University

Jerry Arvin, M.S.
Butler University

Nicole Cosby, Ph.D., Program Director MS in Athletic Training
University of Virginia

Ann Davis, M.Ed.
National University

Susan Ganz, Ph.D.
University of New Mexico

Jacob Goodin, Ph.D.
Eastern Tennessee State University

Richard Hills, M.A.
San Diego State University

Heidi Lynch, Ph.D.
Arizona State University

Jessica Matthews, D.B.H., Program Director MS in Kinesiology, Integrative Wellness
Arizona State University

Ryan Nokes, Ph.D.
Rocky Mountain University

Brandon Sawyer, Ph.D.
Arizona State University

To view requirements for majors, minors, and certificates, see the Degree Program Information (<https://pointloma-public.courseleaf.com/prior-catalogs/2022-2023/tug-catalog/degree-program-information/>) page.

- Applied Health Science, B.S. (<https://pointloma-public.courseleaf.com/prior-catalogs/2022-2023/tug-catalog/colleges-schools-departments/chs/kin/applied-health-science-bs/>)
- Health and Human Performance, B.A. (<https://pointloma-public.courseleaf.com/prior-catalogs/2022-2023/tug-catalog/colleges-schools-departments/chs/kin/health-human-performance-ba/>)

Athletic Training

ATR 5000 Seminar in Athletic Training (1 Unit)

This course is designed to introduce the athletic training student to the athletic training program and the resources available during their 1st and 2nd year experience. During this course students will be exposed to the resources in the PLNU library as well as professional development tools (Myers Briggs/Strengths Quest.) Selected topics pertinent to the field of athletic training and applicable to all levels of the athletic training major are presented. Course includes student presentations, guest speakers, faculty speakers, and topics that are not covered in other courses in the curriculum.

Also offered as ATR 6000.

ATR 5005 Research Methods and Statistical Techniques for Clinical Decision Making in Sports Medicine (3 Units)

This course will explore the variety in research design and statistics commonly used in clinical research, further developing student analytical skills needed to support professional evidence-based practice in athletic training. Students will evaluate the merit and relevance of published research to the practice of athletic training from the perspective of experimental methodology and design. This course also provides an overview of statistics including descriptive and inferential statistics and one-way ANOVA. Students should have a basic understanding of conducting library and Internet information searches prior to taking this course. Students will select a topic of interest related to athletic training, conduct a review of the literature, define a research question, and prepare and present a report to their peers. Students will complete Collaborative Institutional Training Initiative (CITI training).

Also offered as ATR 6005.

ATR 5087 Evidence-Based Orthopedic Assessment of the Lower Extremity (3 Units)

This course addresses evaluation techniques and care for musculoskeletal injuries to the lower extremities for graduate-level athletic training students. The student must integrate knowledge of anatomical structures, physiology principles, and evaluative techniques to provide a basis for evidence based critical decision-making in an injury management environment.

Also offered as ATR 6087.

Concurrent: ATR 5087L

ATR 5087L Evidence-Based Orthopedic Assessment of the Lower Extremity Laboratory (1 Unit)

This course is designed to provide students with a comprehensive hands on approach to injury evaluation and assessment of lower extremity pathologies. During this lab students will learn and begin to develop a systematic approach to injury evaluation. Students will learn special testing and injury evaluation techniques.

Also offered as ATR 6087L.

Concurrent: ATR 5087

ATR 5088 Evidence-Based Orthopedic Assessment of the Spine and Upper Extremities (3 Units)

This course addresses evaluation techniques and care for musculoskeletal injuries to the upper extremities and spine for graduate-level athletic training students. The student must integrate knowledge of anatomical structures, physiology principles, and evaluative techniques to provide a basis for decision-making using the current evidence in an injury management environment.

Also offered as ATR 6088.

Concurrent: ATR 5088L

ATR 5088L Evidence-Based Orthopedic Assessment of the Spine and Upper Extremities Laboratory (1 Unit)

This course is designed to provide students with a comprehensive hands on approach to injury evaluation and assessment of upper extremity and spinal pathologies. During this lab students will learn and begin to develop a systematic approach to injury evaluation. Students will learn special testing and injury evaluation techniques.

Also offered as ATR 6088L.

Concurrent: ATR 5088

ATR 5090 Clinical Internship I (3 Units)

This course is the first of five required athletic training clinical education courses. Athletic training students will be evaluated on clinical integration proficiency of knowledge, skills, and abilities including: general health and fitness assessment; environmental conditions assessment; recognition of emergencies and acute injury care; and professional communication and documentation strategies. Additionally, students will be expected to build upon their acquired knowledge to actively engage in facilitated integration of skills and abilities covered in the curriculum. Students will be assigned to clinical education experiences under the direct supervision of a preceptor. Students will explore evidence-based practice and reflect upon their clinical experiences to facilitate critical thinking and clinical decision making skills development. Students must complete a minimum of 200 and a maximum of 500 clinical hours.

Also offered as ATR 6090.

"C" Designation is for California Internships. "E" Designation is for Out of State Internships.

ATR 5091 Clinical Internship II (3 Units)

This course is the second of five required athletic training clinical education courses. Athletic training students will be evaluated on clinical integration proficiency of knowledge, skills, and abilities including: taping, wrapping, bracing, protective equipment fitting; clinical assessment, diagnosis and therapeutic intervention of the lower extremity and spine; and professional communication and documentation strategies. Additionally, students will be expected to build upon their acquired knowledge to actively engage in facilitated integration of skills and abilities covered in the curriculum. Students will be assigned to clinical education experiences under the direct supervision of a preceptor. Students will explore evidence-based practice and reflect upon their clinical experiences to facilitate critical thinking and clinical decision making skills development.

Also offered as ATR 6091.

"C" Designation is for California Internships. "E" Designation is for Out of State Internships.

Kinesiology

KIN 1000 Fitness Through Movement (FE) (2 Units)

Development of personal fitness through assessment, theory, and practice; introduces principles of conditioning, nutrition, and stress management leading to a lifetime of fitness and desirable health attitudes and practices.

KIN 1001 Orientation to Kinesiology (1 Unit)

An introductory course dealing with the expectations, opportunities, and the nature of the professions for which students of the department might prepare. Topics addressed include essential computer skills, library and internet search techniques, ethics, issues for women and men in the work place, trends in sport coaching, officiating, sports medicine and physical education, professional organizations, and personal accountability.

KIN 1002 Emergency Medical Technician - Basic (4 Units)

Introduces techniques of emergency care as outlined by the Emergency Medical Services Education Standards (NAEMSES). Provides the theoretical portion of the EMS standards, designed to prepare graduates to work in prehospital care (ambulance, firefighter) and emergency departments at EMT basic level.

KIN 1003 Emergency Medical Technician Laboratory - Basic (4 Units)

Provides lecture and laboratory activities to attain competency at the EMT-Basic level. Includes competency-based skills training, community experience to observe and assess patients in a hospital emergency department (ED) and ride-along experiences with a Basic Life Support (BLS) ambulance crew.

Pre or Corequisite(s): KIN 1002

KIN 1010 Martial Arts and Self Defense (FE) (1 Unit)

An introductory course for the general student covering mixed martial arts (karate/tae kwon do, jujitsu/aikido) and self defense.

KIN 1011 Beginning Soccer (FE) (1 Unit)

This course will cover the basic beginning concepts of soccer. It will also enhance the importance of healthy stewardship of personal health.

KIN 1012 Yoga Sculpt (FE) (1 Unit)

Development of personal fitness through a variety of activities including yoga, pilates, core stability ball, light weights, resistance bands, and mat work.

KIN 1013 Yoga (FE) (1 Unit)

This course explores fundamental yoga and mindfulness practices suitable for all-levels of experience. Students will be guided through physical yoga postures from various styles of yoga practice to improve flexibility, strength, and balance. Additionally, students will explore mindful breathing techniques and meditation practices to reduce stress and enhance overall health and well-being.

KIN 1014 Cheerleading (FE) (1 Unit)

May be repeated up to a total of four (4) units.

Prerequisite(s): Consent of instructor.

KIN 1015 Adapted Physical Activity (FE) (1 Unit)

Individually-tailored exercise program for those students physically unable to enroll in the regular physical activity courses. Introduces concepts of physical fitness, basic physiology, nutrition, and proper body mechanics.

May be repeated up to a total of two (2) units.

Prerequisite(s): Physician's referral and approval of the department chair.

KIN 1016 High Intensity Functional Training (FE) (1 Unit)

Development of skills and knowledge pertaining to strength, endurance, and flexibility while participating in higher-intensity functional movements through the use of body weight exercises, weights, medicine balls, and more.

KIN 1017 Contemporary Dance (FE) (1 Unit)

This course is designed to give students exposure to multiple forms of contemporary dance. Forms that may be explored include: hip hop, zumba, bollywood, salsa, and others depending on instructor expertise.

KIN 1018 Southern California Hiking (FE) (1 Unit)

Course is designed to give lifetime fitness opportunities to university students. Students will meet the 10,000 steps/week goal via trail and road walking during class time and weekend hikes. Fitness concepts including nutrition, long term goal setting, mindfulness, and mental health issues will be addressed. Spiritual aspects to mind-body overall health focus will be emphasized.

KIN 1019 Core and Cardio Training (FE) (1 Unit)

This class is a variety of workouts aimed at combining core strengthening and cardiovascular endurance activities that will help increase one's stamina, heart health, and boost metabolism. Meets in Golden Gym.

KIN 1020 Beginning Tennis (FE) (1 Unit)

Fundamental techniques, rules, court play, and etiquette.

KIN 1021 Advanced Tennis (FE) (1 Unit)

Development of the advanced skills of the approach shot, net play, varied serves, and spins. Participation in singles and doubles strategies and competition.

Prerequisite(s): Consent of instructor.

KIN 1022 Pickleball (FE) (1 Unit)

This is a beginning pickleball course in which students will develop the basic skills to play the game of pickleball. These will include: safety, etiquette, rules, scoring, forehand and backhand groundstrokes, volleys, serves, lobs, overheads, dink shots, proper footwork, basic strategies and court positioning for singles and doubles play. Basic fitness and training principles will be discussed as applicable to the sport of pickleball.

KIN 1030 Beginning Volleyball (FE) (1 Unit)

An introduction to the fundamental skills for effective play and an understanding of the rules of the game.

KIN 1035 Badminton (FE) (1 Unit)

An introduction to the basic techniques, strategies, and rules for singles and doubles play.

KIN 1040 Beginning Swimming (FE) (1 Unit)

Fundamental swim strokes, skills, and safety techniques geared toward developing fitness.

Fee: Special fee.

KIN 1041 Advanced Swimming (FE) (1 Unit)

Training techniques in competitive swimming. Starts, turns, conditioning, stroke mechanics.

Prerequisite(s): KIN 1040 or consent of instructor.

Fee: Special fee.

KIN 1044 Beginning Surfing (FE) (1 Unit)

Instruction and participation in the basic skills of surfing and rough water safety.

KIN 1048 Boot Camp Fitness (Aerobics) (FE) (1 Unit)

Boot Camp Fitness class combines the cardiovascular, musculoskeletal and neuromuscular systems that will include workouts such as: circuit, HIIT, Tabata, Medicine ball, some choreography aerobic dance, functional training using dumbbells, resistance bands, stability balls, ViPre, sand bags and more all set to inspirational music. Meets in Golden Gym.

KIN 1055 Weight Training (FE) (1 Unit)

Development of skills and knowledge pertaining to building strength, endurance, and flexibility through the use of weights.

KIN 1060 Golf (FE) (1 Unit)

An introduction to basic skill techniques, rules, safety, and etiquette leading to a practical golf course experience.

Fee: Special fee.

KIN 1068 Outdoor Adventures (FE) (1 Unit)

Instruction in the necessary skills and use of proper equipment for safe, enjoyable wilderness outings. Concepts of survival, route-finding, leadership and trip planning for backpacking, rock climbing, and whitewater rafting are part of the student's experience.

Fee: Special fee for transportation and food.

KIN 1070 Varsity Basketball: Men (FE) (1 Unit)

May be repeated up to four (4) units.

KIN 1071 Varsity Basketball: Women (FE) (1 Unit)

May be repeated up to four (4) units.

KIN 1072 Varsity Tennis: Men (FE) (1 Unit)

May be repeated up to four (4) units.

KIN 1073 Varsity Tennis: Women (FE) (1 Unit)

May be repeated up to four (4) units.

KIN 1075 Varsity Track and Field: Women (FE) (1 Unit)

May be repeated up to four (4) units.

KIN 1076 Varsity Golf (FE) (1 Unit)

May be repeated up to four (4) units.

KIN 1077 Varsity Baseball (FE) (1 Unit)

May be repeated up to four (4) units.

KIN 1078 Varsity Softball (FE) (1 Unit)

May be repeated up to four (4) units.

KIN 1080 Varsity Soccer: Men (FE) (1 Unit)

May be repeated up to four (4) units.

KIN 1081 Varsity Volleyball (FE) (1 Unit)

May be repeated up to four (4) units.

KIN 1083 Varsity Cross Country: Women (FE) (1 Unit)

May be repeated up to four (4) units.

KIN 1084 Varsity Soccer: Women (FE) (1 Unit)

May be repeated up to four (4) units.

KIN 2000 Optimal Health (FE) (2 Units)

Students are encouraged to take charge of their own lives in terms of attitude, exercise, and nutrition-fostering new habits in these areas and developing an understanding of health as more than the absence of disease.

KIN 2001 Fundamentals of Fitness Assessment and Development (2 Units)

Fundamental knowledge needed to assess and implement health and fitness programs. Students will assess and develop the five health-related components of physical fitness: body composition, muscular strength, muscular endurance, flexibility and cardiorespiratory fitness.

KIN 2020 Team Sports Fundamentals and Strategies (FE) (2 Units)

Development and practical application of skills, play, and strategy of team sports from a participation and coaching perspective. Content includes baseball/softball, basketball, football, soccer, and volleyball. In addition to play, students will develop and manage an athletic team, including tactical and technical instruction, game management, and understanding game officiating.

KIN 2025 Individual and Dual Sports Fundamentals and Strategies (FE) (2 Units)

An introduction to the knowledge, skills, and progressions involved in teaching and participating in functional fitness activities. Emphasis will be placed on teaching and assessing movement progressions involved with individual and dual sports.

KIN 2030 Lifestyle as Medicine (FE) (2 Units)

This course empowers students to optimize health and well-being through the power of their own lifestyle behaviors. With a whole person approach to wellness and a focus on the six pillars of lifestyle medicine - regular physical activity, plant-predominant diet, stress management, restorative sleep, avoidance of risky substance use and cultivating positive social connection - students will be equipped with evidence-based approaches to prevent and manage chronic diseases in their families, communities, and their own lives.

KIN 2050 Medical Terminology (2 Units)

This course focuses on the principles of medical word building using root words, prefixes, and suffixes to help students develop medical vocabulary used in health care settings. The course includes common terms, definitions, and pronunciations for each body system, including pathology, pharmacology, radiography, laboratory tests, and surgical procedures.

KIN 2080 Care and Prevention of Athletic Injuries (2 Units)

Recognition and initial care of commonly occurring injuries to active people. Objective methods of determining if a person is able to continue to play following injury or if referral to medical care is required.

Fee: Special fee.

KIN 2080L Care and Prevention of Athletic Injuries Lab (1 Unit)

Skill acquisition in the techniques and procedures required of the Athletic Training clinician. Laboratory instruction on techniques of strapping, binding, and wound management.

Required of Athletic Training majors.

Corequisite(s): KIN 2080

Fee: Special fee.

KIN 3001 Fitness Assessment and Exercise Prescription (3 Units)

In-depth study of the principles and techniques used to assess health and physical fitness and to design and prescribe exercise programs and physical activities. Students will acquire the knowledge and skills necessary to address the fitness needs of apparently healthy populations, those with medical considerations, and athletic populations.

Prerequisite(s): Junior or Senior standing.

Corequisite(s): KIN 3001L

Fee: Special fee.

KIN 3001L Fitness Assessment and Exercise Prescription Lab (1 Unit)

Practical laboratory experiences in fitness assessment and exercise prescription.

Corequisite(s): KIN 3001

Fee: Special fee.

KIN 3008 Methods of Teaching Physical Education (3 Units)

Development of competencies in teaching motor skills, social skills, and fitness through games, sports, and movement experiences. Organization of teaching units, classroom management, and selection of methods and materials for preschool and elementary grades. Includes outside observation hours.

Prerequisite(s): KIN 1000 or KIN 2000 or SWF 3015

KIN 3012 Motor Learning and Motor Development (3 Units)

Motor Development: A study of motor, physical, and neuromuscular development from prenatal periods to old age. Motor Learning: A study of factors involved in the learning and performance of motor skills. Laboratory experiences included.

Prerequisite(s): Junior or Senior standing.

KIN 3025 Structural Kinesiology (2 Units)

In-depth study of the structure and function of neuro-musculo-skeletal components of the human body in motion.

Laboratory experiences included.

Prerequisite(s): BIO 1030 or consent of instructor.

KIN 3027 Applied Biomechanics (2 Units)

Quantitative and qualitative assessments of human movement through the use of kinematic and kinetic means. Students apply the physics of motion to the understanding and teaching of movement in the physical activity and rehabilitative contexts.

Corequisite(s): KIN 3025

KIN 3027L Biomechanics Laboratory (1 Unit)

This class is designed to allow students to analyze human movement using laboratory and clinically based measures. This course will focus on the development of techniques of human movement analysis from structural and functional points of view. It will incorporate principles of mechanics as they apply to the analysis of human motion based on the anatomical, neuromuscular and mechanical principles learned in biomechanics class.

Pre or Corequisite(s): KIN 3027

KIN 3030 Nutrition for Exercise and Sport Performance (3 Units)

This course provides essential knowledge in the roles of nutrients to improve and sustain optimal performance in sport and exercise. Specific emphasis will be placed on understanding the functions of macro and micronutrients in the body which fuel energy systems, prevent injury, enhance recovery and optimize health. Current research and practices will be incorporated that use nutritional intervention to improve performance.

Prerequisite(s): KIN 2000, KIN 3030, or consent of instructor.

KIN 3040 Physiology of Exercise (3 Units)

A study of the effects of vigorous physical activity upon the systems of the body; development of an understanding of factors which constitute training of the human body for high levels of health and physical performance.

Laboratory experiences included.

Prerequisite(s): BIO 1040 or consent of instructor.

Fee: Special fee.

KIN 3040L Physiology of Exercise Lab (1 Unit)

Practical experiences in assessing human physiological responses to exercise and training.

Corequisite(s): KIN 3040

KIN 3050 Foundations and Techniques of Coaching (3 Units)

An overview of coaching aspects including psychology of coaching, administrative coaching skills, and technical strategies of team sports. Includes sport-specific training in: basketball, softball/baseball, and volleyball.

Prerequisite(s): KIN 2020 or consent of instructor.

KIN 3070 Praxis of Strength Training and Conditioning (3 Units)

This course provides an in-depth study of the principles and techniques used to assess health and physical fitness and to design and prescribe exercise programs and physical activities. Students will acquire the knowledge and skills necessary to sit for the NSCA's certification exam or another fitness related certification exam (e.g. ACSM, ACE, NASM).

Prerequisite(s): KIN 3040

KIN 3075 Movement Interventions and Corrective Exercise (2 Units)

This course will provide an integrated approach to restoring and maximizing the human movement system. This course is designed to prepare the student to help clients/patients improve quality of movement. Through a practical and hands on approach students will learn how to analyze the functional aspect of human movement and identify impairments in the human movement system (postural abnormalities and muscular imbalances). Students will also learn how to prescribe functional exercises to correct faulty movement patterns in order to prevent client/patient injuries and improve performance.

Prerequisite(s): BIO 1030 and BIO 1040

Corequisite(s): KIN 3027

KIN 3085 Pathology of Injury and Illness (3 Units)

An in-depth study of the etiological factors and care of injury and illness. Mechanisms of injury, pathology of illness, topographical appearance, imaging technology for assessment, implications for return to activity and long term health sequelae serve as the matrix for study of pathology. Psychology of injury and illness is studied.

Prerequisite(s): BIO 1040

KIN 3087 Assessment of Lower Extremity Pathology (3 Units)

Through the systematic application of the HIPS method of assessment injuries of the pelvis and lower extremity are studied. Mastering clinical note taking and clinical role playing in lab setting allow students to practice neuromusculoskeletal injury assessment.

KIN 3088 Assessment of Head, Spinal, and Upper Extremity Pathology (3 Units)

Through the systematic application of the HIPS method of assessment injuries of the axial skeleton, central nervous system, thorax, abdomen, and the upper extremity are studied. Clinical note taking must be mastered.

Clinical role playing in lab setting allows students to practice neuromusculoskeletal injury assessment.

KIN 4010 Therapeutic Exercise (3 Units)

Theory and practice of active therapeutic techniques including manual, William's, and McKenzie therapies, proprioceptive neuromuscular facilitation and progressive resistance.

KIN 4020 Pharmacology (1 Unit)

Study of drug classifications and medico-legal aspects of therapeutic and pharmacological treatments.

KIN 4030 Clinical Exercise Physiology (3 Units)

Detailed analysis of the effects of exercise on the organ systems of the body.

Lecture and laboratory experiences relating to apparently healthy populations as well as those with obesity, diabetes, and metabolic syndrome.

Prerequisite(s): KIN 3040

Fee: Special fee.

KIN 4040 Measurement, Statistics, and Evaluation of Human Performance (3 Units)

Study of measurement techniques and instruments, descriptive and inferential statistics, and evaluation procedures in human performance. Assessment of cognitive, physical, and motor domains through test administration and interpretation are the central content areas of the course with application to sport science, sports medicine, and sport performance.

KIN 4075 Gross Anatomy: Neuromusculoskeletal Dissection of the Spine and Extremities (3 Units)

An intensive study of human neuromusculoskeletal structures through cadaveric dissection. Intended for students in advanced standing so that applied biomechanical functions and clinical ramifications can be examined critically and prospectively.

Prerequisite(s): BIO 1030 and BIO 1040

KIN 4080 Leadership in the Fitness Professions (3 Units)

This course surveys general organizational leadership principles and their application to the organization and administration of the health/fitness, coaching and physical education professions. Emphasis is on business management principles and operational concepts, including organizational structure, facility management, industry standards and guidelines, and personnel management practices.

KIN 4084 Practicum in Kinesiology (1-3 Units)

An on-campus experience in which the student works with a faculty member to gain experience in the field of Kinesiology.

May be repeated for up to a total of six (6) units.

Prerequisite(s): Consent of instructor.

KIN 4088 Internship in Kinesiology (1-3 Units)

An off-campus experience under supervision of a faculty member in which the student gains experience in the field of kinesiology.

May be repeated for up to a total of six (6) units.

Prerequisite(s): Consent of instructor.

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KIN 4090 Special Studies in Kinesiology (1-3 Units)

An intensive study by an individual or group under the direction of a faculty member of a topic in kinesiology not otherwise studied in the curriculum. Intended for junior or senior students in strong academic standing.

May be repeated for up to a total of six (6) units.

Prerequisite(s): Consent of instructor and department chair.

KIN 4091 Research in Kinesiology (1-3 Units)

Independent investigation under faculty supervision of a specific problem in the field of kinesiology. Intended for junior or senior students in strong academic standing.

May be repeated for up to a total of six (6) units.

Prerequisite(s): Consent of department chair.

KIN 4095 Kinesiology Capstone (1 Unit)

This course provides a culminating experience for students in their final year to connect their foundational knowledge in Kinesiology with their deeper vocation and calling. Students will learn to integrate the Christian faith into their professional lives, continue to discern their career calling, and prepare for graduate school or to enter the professional setting by developing cover letter and resume, engaging in networking and mock interviews, presenting a culminating senior project, and becoming professionally socialized.

Prerequisite(s): Senior standing only.

KIN 5010 Evidence-Based Practice and Decision Making in Kinesiology (3 Units)

This course will enable students to practice the judicious use of current best evidence in making decisions about the care of individual patients and clients. Students will learn to integrate the best external evidence with their clinical expertise and patient concerns to: ask a focused question to satisfy the health needs of a specific patient; find the best evidence by searching the literature; critically appraise the literature; apply the results in clinical practice; and evaluate the outcomes in patients.

Online.

Also offered as KIN 6010.

KIN 5075 Gross Anatomy: Neuromusculoskeletal Dissection of the Spine and Extremities (3 Units)

An intensive study of human neuromusculoskeletal structures through cadaveric dissection. Intended for students in advanced standing so that applied biomechanical functions and clinical ramifications can be examined critically and prospectively.

Also offered as KIN 4075 and KIN 6075.

Prerequisite(s): Consent of instructor.