HEALTH AND HUMAN PERFORMANCE, B.A.

Program Learning Outcomes

All Health and Human Performance majors will be able to:

1. Speak and write effectively to a target audience on essential information in human movement/health and human performance.
2. Critically evaluate and integrate new information into professional practice to solve relevant health or fitness problems.
3. Assess fitness and human movement to determine risk for injury and develop programs to improve human performance.
4. Describe the mechanisms (i.e. metabolic, physiologic, biomechanical, and developmental) by which physical activity aids in health promotion, performance enhancement and disease prevention.
5. Demonstrate preparedness to serve others in various fitness or health care settings through their selected vocation and calling.

Concentrations

- Exercise and Sport Science (p. 1)
- Pre-Allied Health (p. 2)

Exercise and Sport Science Concentration

Code	Title	Units
Lower-Division Requirements		
BIO 1030 and BIO 1030L	Human Anatomy and Physiology I (FE) and Human Anatomy and Physiology I Laboratory (FE)	4
BIO 1040 and BIO 1040L	Human Anatomy and Physiology II and Human Anatomy and Physiology II Laboratory	4
KIN 1001	Orientation to Kinesiology	1
KIN 2080 and KIN 2080L	Care and Prevention of Athletic Injuries and Care and Prevention of Athletic Injuries Lab	3
KIN 2000	Optimal Health (FE)	2
or KIN 2030	Lifestyle as Medicine (FE)	
Choose one (1) of the following:		5
CHE 1003 and CHE 1003L	Introduction to General, Organic, and Biological Chemistry (FE) and Introduction to General, Organic, and Biological Chemistry Lab (FE)	
CHE 1052 and CHE 1052L	General Chemistry I (FE) and General Chemistry I Lab (FE)	
Lower-Division Electives		
Exercise and Sport Science:		
Choose one (1) course from the following:		2-3
KIN 2001	Fundamentals of Fitness Assessment and Development	
KIN 2020	Team Sports Fundamentals and Strategies (FE)	
KIN 2025	Individual and Dual Sports Fundamentals and Strategies (FE)	
NUT 2025	Fundamentals of Nutrition	
Pre-Allied Health:		
Choose one (1) course from the following:		2-4
BIO 2010 and BIO 2010L	Cell Biology and Biochemistry (FE) and Cell Biology and Biochemistry Laboratory (FE)	
BIO 2020 and BIO 2020L	Microbiology of Infectious Diseases and Microbiology of Infectious Diseases Laboratory	
CHD 1050	Human Development	
KIN 2001	Fundamentals of Fitness Assessment and Development	
PHY 1044 and PHY 1044L	General Physics I (FE) and General Physics I Lab (FE)	
PHY 1054 and PHY 1054L	General Physics II (FE) and General Physics II Lab (FE)	
PSY 1003	General Psychology (FE)	
Upper-Division Requirements		
KIN 3001 and KIN 3001L	Fitness Assessment and Exercise Prescription and Fitness Assessment and Exercise Prescription Lab	4
KIN 3012	Motor Learning and Motor Development	3
KIN 3025	Structural Kinesiology	2
KIN 3027	Applied Biomechanics	2
KIN 3030	Nutrition for Exercise and Sport Performance	3
KIN 3040 and KIN 3040L	Physiology of Exercise and Physiology of Exercise Lab	4
KIN 3070	Praxis of Strength Training and Conditioning	3
KIN 4040	Measurement, Statistics, and Evaluation of Human Performance	3
or MTH 2003	Introduction to Statistics	
KIN 4095	Kinesiology Capstone	1
Concentration Courses		
Choose a minimum of eleven (11) units that are not counting in the major requirements above:		
KIN 4080	Leadership in the Fitness Professions (required)	3
Choose 8-9 units from the following:		8-9
ANA 4000	Clinical Anatomy	
or ANA 5000	Clinical Anatomy	
ANA 4002	Gross Anatomy of the Musculoskeletal System	
BUS 3013	Business Communications	
EDU 3002	Foundations of Education and Learning Theory	
EDU 3006	Principles of Language Acquisition	
EDU 4004	Foundations of Special Education	
KIN 1002	Emergency Medical Technician - Basic	
KIN 1003	Emergency Medical Technician Laboratory - Basic	
KIN 2050	Medical Terminology	
KIN 3008	Methods of Teaching Physical Education	
KIN 3027L	Biomechanics Laboratory	
KIN 3075	Movement Interventions and Corrective Exercise	
KIN 3085	Pathology of Injury and Illness	
KIN 4010	Therapeutic Exercise	
KIN 4030	Clinical Exercise Physiology	
KIN 4084	Practicum in Kinesiology	
KIN 4088	Internship in Kinesiology	
KIN 4090	Special Studies in Kinesiology	

PHP 2001	Preparation for Health Professions Schools I	
PHP 2002	Preparation for Health Professions Schools II	
PSY 3008	Developmental Psychology - Birth Through Adolescence	
SOC 4070	Medical Sociology	
Total Units		**59-63**

Pre-Allied Health Concentration

Code	Title	Units
Lower-Division Requirements		
BIO 1030 and BIO 1030L	Human Anatomy and Physiology I (FE) and Human Anatomy and Physiology I Laboratory (FE)	4
BIO 1040 and BIO 1040L	Human Anatomy and Physiology II and Human Anatomy and Physiology II Laboratory	4
KIN 1001	Orientation to Kinesiology	1
KIN 2080 and KIN 2080L	Care and Prevention of Athletic Injuries and Care and Prevention of Athletic Injuries Lab	3
KIN 2000	Optimal Health (FE)	2
or KIN 2030	Lifestyle as Medicine (FE)	
Choose one (1) of the following:		5
CHE 1003 and CHE 1003L	Introduction to General, Organic, and Biological Chemistry (FE) and Introduction to General, Organic, and Biological Chemistry Lab (FE)	
CHE 1052 and CHE 1052L	General Chemistry I (FE) and General Chemistry I Lab (FE)	
Lower-Division Electives		
Exercise and Sport Science:		
Choose one (1) course from the following:		2-3
KIN 2001	Fundamentals of Fitness Assessment and Development	
KIN 2020	Team Sports Fundamentals and Strategies (FE)	
KIN 2025	Individual and Dual Sports Fundamentals and Strategies (FE)	
NUT 2025	Fundamentals of Nutrition	
Pre-Allied Health:		
Choose one (1) course from the following:		2-4
BIO 2010 and BIO 2010L	Cell Biology and Biochemistry (FE) and Cell Biology and Biochemistry Laboratory (FE)	
BIO 2020 and BIO 2020L	Microbiology of Infectious Diseases and Microbiology of Infectious Diseases Laboratory	
CHD 1050	Human Development	
KIN 2001	Fundamentals of Fitness Assessment and Development	
PHY 1044 and PHY 1044L	General Physics I (FE) and General Physics I Lab (FE)	
PHY 1054 and PHY 1054L	General Physics II (FE) and General Physics II Lab (FE)	
PSY 1003	General Psychology (FE)	
Upper-Division Requirements		
KIN 3001 and KIN 3001L	Fitness Assessment and Exercise Prescription and Fitness Assessment and Exercise Prescription Lab	4
KIN 3012	Motor Learning and Motor Development	3
KIN 3025	Structural Kinesiology	2
KIN 3027	Applied Biomechanics	2
KIN 3030	Nutrition for Exercise and Sport Performance	3
KIN 3040 and KIN 3040L	Physiology of Exercise and Physiology of Exercise Lab	4
KIN 3070	Praxis of Strength Training and Conditioning	3
KIN 4040	Measurement, Statistics, and Evaluation of Human Performance	3
or MTH 2003	Introduction to Statistics	
KIN 4095	Kinesiology Capstone	1
Concentration Courses		
Choose a minimum of eleven (11) units that are not counting in the major requirements above:		
KIN 3027L	Biomechanics Laboratory (required)	1
KIN 3075	Movement Interventions and Corrective Exercise (required)	2
Choose 8-9 units from the following:		8-9
ANA 4000	Clinical Anatomy	
or ANA 5000	Clinical Anatomy	
ANA 4002	Gross Anatomy of the Musculoskeletal System	
ATR 5000	Seminar in Athletic Training	
ATR 5005	Research Methods and Statistical Techniques for Clinical Decision Making in Sports Medicine	
ATR 5087	Evidence-Based Orthopedic Assessment of the Lower Extremity	
ATR 5087L	Evidence-Based Orthopedic Assessment of the Lower Extremity Laboratory	
ATR 5088	Evidence-Based Orthopedic Assessment of the Spine and Upper Extremities	
ATR 5088L	Evidence-Based Orthopedic Assessment of the Spine and Upper Extremities Laboratory	
ATR 5090	Clinical Internship I	
ATR 5091	Clinical Internship II	
BIO 2010	Cell Biology and Biochemistry (FE)	
BIO 2010L	Cell Biology and Biochemistry Laboratory (FE)	
BIO 2020	Microbiology of Infectious Diseases	
BIO 2020L	Microbiology of Infectious Diseases Laboratory	
BUS 3013	Business Communications	
CHD 1050	Human Development	
KIN 1002	Emergency Medical Technician - Basic	
KIN 1003	Emergency Medical Technician Laboratory - Basic	
KIN 2050	Medical Terminology	
KIN 3008	Methods of Teaching Physical Education	
KIN 3085	Pathology of Injury and Illness	
KIN 3087	Assessment of Lower Extremity Pathology	
KIN 3088	Assessment of Head, Spinal, and Upper Extremity Pathology	
KIN 4010	Therapeutic Exercise	
KIN 4088	Internship in Kinesiology	

KIN 5010	Evidence-Based Practice and Decision Making in Kinesiology
PHP 2001	Preparation for Health Professions Schools I
PHP 2002	Preparation for Health Professions Schools II
PHY 1044	General Physics I (FE)
PHY 1044L	General Physics I Lab (FE)
PHY 1054	General Physics II (FE)
PHY 1054L	General Physics II Lab (FE)
PSY 3008	Developmental Psychology - Birth Through Adolescence
PSY 3021	Abnormal Psychology
SOC 4070	Medical Sociology
Total Units	**59-63**

4-Year Credential Track: Single Subject Teaching Credential

Majors in the Bachelor of Arts and Bachelor of Science degrees complete a minimum of 128 units to graduate. The following majors have the option of choosing the 4-year credential track by fulfilling additional units within the undergraduate degree in fulfillment of the Single Subject California Teaching Credential.

- Art Education, B.A. (https://pointloma-public.courseleaf.com/tug-catalog/colleges-schools-departments/cah/art/art-education-ba/) (Single Subject Art California Teaching Credential)
- Biology, B.A. (https://pointloma-public.courseleaf.com/tug-catalog/colleges-schools-departments/cnss/bio/biology-ba/) (Single Subject Science California Teaching Credential)
- Health and Human Performance, B.A. (p. 1) (Single Subject Physical Education California Teaching Credential)
- French, B.A. (https://pointloma-public.courseleaf.com/tug-catalog/colleges-schools-departments/cah/ljwl/french-ba/) (Single Subject World Languages: French California Teaching Credential)
- History, B.A. (https://pointloma-public.courseleaf.com/tug-catalog/colleges-schools-departments/cah/hps/history-ba/) (Single Subject Social Sciences Teaching Credential)
- Literature-English Education, B.A. (https://pointloma-public.courseleaf.com/tug-catalog/colleges-schools-departments/cah/ljwl/literature-ba/) (Single Subject English Teaching Credential)
- Mathematics, B.S. (https://pointloma-public.courseleaf.com/tug-catalog/colleges-schools-departments/cnss/mics/mathematics-bs/) (Single Subject Mathematics Teaching Credential)
- Music Education, B.A. (https://pointloma-public.courseleaf.com/tug-catalog/colleges-schools-departments/cah/mus/music-education-ba/) (Single Subject Music California Teaching Credential)
- Spanish, B.A. (https://pointloma-public.courseleaf.com/tug-catalog/colleges-schools-departments/cah/ljwl/spanish-ba/) (Single Subject World Languages: Spanish California Teaching Credential)

For the 4-year credential track, the following 3000 or 4000-level credential courses are strategically added to the undergraduate degree course plan. These courses represent the required courses for the California SB2042 Single Subject Teaching Credential. Students desiring to enroll in the 4-year credential track would need to make application to the Teacher Education program before entry in the 3rd credential course, meeting all program, university and state requirements for classroom observations and tests required prior to student teaching. Students will be vetted through a screening process, which may include a faculty interview, prior to being placed in student teaching. Candidates major in the academic discipline of their choice (e.g. Kinesiology) and are co-advised by both departments throughout their undergraduate program.

Candidates may also apply to the School of Education Graduate Program to fulfill the remaining requirements toward the California Teaching Credential(s). Any 4000-level courses cross listed with the 6000-level credential courses cannot be repeated between the undergraduate and graduate programs. At the point that the requirements for the undergraduate degree are fulfilled, the candidate would apply to the Graduate School of education and complete the remaining courses required for the credential post-baccalaureate.

The following courses may be used for the credentialing purposes in the State of California. When taken prior to the posting of a baccalaureate degree, unit values may not be applied toward master's degree courses. Other appropriate master's degree-level courses must be substituted for unit values.

Requirements

Code	Title	Units
EDU 3002	Foundations of Education and Learning Theory [1]	3
EDU 3006	Principles of Language Acquisition [1]	3
EDU 4004	Foundations of Special Education [1]	3
EDU 4009	Classroom Assessment and Research Practices	3
EDU 4017	Teaching and Learning Capstone: Contemporary Issues in the Vocation of Education	2
EDU 4020	Literacy Instruction for Secondary Teachers [1]	3
EDU 4021	General Methods for Secondary Teachers [1]	3
EDU 4050	Secondary Clinical Practice I	4
EDU 4055	Secondary Clinical Practice II	4
EDU 40CP3	Secondary Clinical Practice Seminar I	1
EDU 40CP4	Secondary Clinical Practice Seminar II	1
Choose one (1) course from the following based on major:		3
EDU 4033	Methods for Teaching Secondary Mathematics (Mathematics Majors)	
EDU 4034	Methods of Teaching Secondary Science (Biology Major) [2]	
EDU 4035	Methods of Teaching Secondary Social Science (History Majors)	
EDU 4036	Methods for Teaching Secondary Foreign Language (French/Spanish Majors)	
EDU 4037	Methods for Teaching Secondary Visual Arts (Art Education Majors) [3]	
EDU 4038	Methods for Teaching Secondary Physical Education (Exercise and Sports Science Majors)	
EDU 4039	Content-Specific Pedagogy for Secondary Teachers (Music Education Majors) [4]	
Total Units		**33**

1. Requires 20 hours of supervised field experience working with students in a classroom setting.
2. BIO 4063 also satisfies this credential requirement.
3. ART 4055 also satisfies this credential requirement.
4. MUE 4054 also satisfies this credential requirement.

3+2 Master of Science in Athletic Training Track

The 3+2 Master of Science in Athletic Training (3+2 MSAT track) is an accelerated program that allows students to obtain a Bachelor of Arts in Health and Human Performance and a Master of Science in Athletic Training in five years. The 3+2 MSAT track is divided into two components: the pre-professional phase which includes the completion of years 1-3 and the professional phase which includes academic years 4-5. During the professional phase students will compete all of the requirements for the Master of Science in Athletic Training.

Students within the Pre-Allied Health concentration desiring to apply to the 3+2 MSAT track can apply to the program upon successful completion of year 3 and upon meeting all requirements for entry into the program. Students entering the 3+2 MSAT track will earn their Bachelor of Arts in Health and Human Performance upon successful completion of their 4th year and will earn a Master of Science in Athletic Training degree upon successful completion of year 5.

The following 5000-level courses have been strategically added to the undergraduate degree course plan and must be taken during the final year for the Bachelor's degree to be granted. These courses represent the courses taken in the 1st year of the Master of Science in Athletic Training and can be used as upper-division electives within the Health and Human Performance major.

Required Courses to Complete the Pre-professional Phase of the 3+2 MSAT Track

Code	Title	Units
ANA 5002	Gross Anatomy of the Musculoskeletal System	3
ATR 5000	Seminar in Athletic Training	1
ATR 5005	Research Methods and Statistical Techniques for Clinical Decision Making in Sports Medicine	3
ATR 5087	Evidence-Based Orthopedic Assessment of the Lower Extremity	3
ATR 5087L	Evidence-Based Orthopedic Assessment of the Lower Extremity Laboratory	1
ATR 5088	Evidence-Based Orthopedic Assessment of the Spine and Upper Extremities	3
ATR 5088L	Evidence-Based Orthopedic Assessment of the Spine and Upper Extremities Laboratory	1
ATR 5090	Clinical Internship I	3
ATR 5091	Clinical Internship II	3
KIN 5010	Evidence-Based Practice and Decision Making in Kinesiology	3
Total Units		**24**

Once the student has met all of the requirements of the undergraduate degree and is enrolled in their final semester, the student would then apply to the Master of Science in Athletic Training and complete the remaining courses required to complete the program.

Required Courses to Complete the Professional Phase of the 3+2 MSAT Track

Code	Title	Units
ATR 6007	Research Project Seminar	1
ATR 6010	Therapeutic Interventions	3
ATR 6010L	Therapeutic Interventions Laboratory	1
ATR 6011	Advanced Functional Movement Interventions	3
ATR 6015	Therapeutic Agents	2
ATR 6015L	Therapeutic Agents Laboratory	1
ATR 6020	Pharmacology for Allied Health Care Professionals	2
ATR 6050	Psychology of Sport, Injury and Rehabilitation	2
ATR 6065	Leadership and Management in Athletic Training	3
ATR 6085	General Medical Conditions and Medical Terminology	3
ATR 6092	Clinical Preceptorship	3
ATR 6093	Clinical Practicum I	3
ATR 6094	Clinical Practicum II	3
ATR 6099	Athletic Training Capstone	2
KIN 6026	Sport and Exercise Nutrition for Peak Performance	3
Total Units		**35**