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Kinesiology

Saint Mary's College of California

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KINESIOLOGY

FACULTY

Chi-An Emhoff, PhD, Associate Professor, Chair

Robin Dunn, PhD, Assistant Professor

Craig Johnson, PhD, Associate Professor

Deane Lamont, PhD, Professor

Derek Marks, PhD, Associate Professor

Steve Miller, PhD, Associate Professor

Claire Williams, PhD, Associate Professor

LEARNING OUTCOMES

Department of Kinesiology undergraduates will be able to demonstrate:

- a knowledge of the field's subdisciplines, their theoretical and knowledge bases, and major research foci and implications.
- the ability to analyze, interpret, synthesize, and integrate scholarly material.
- critical thinking through high level written and verbal communication.
- knowledge of the human body and its relevance to physical activity and health.
- knowledge of and ability to effectively utilize contemporary information literacy practices.
- the ability to engage in cogent, in-depth dialogue concerning the value of the field to contemporary society through analyses of historical and current issues and problems.
- professional decision making skills grounded in sound philosophical and theoretical principles.
- an understanding and respect for the value of individuals, communities, and perspectives of difference.

MAJOR REQUIREMENTS

The Kinesiology major at Saint Mary's College is a four-year course of study leading to either a Bachelor of Arts or a Bachelor of Science depending on the student's area of interest. The major requires rigorous study of the human being in motion. We examine the whole person—anatomically, physiologically, biomechanically, psychologically, sociologically, and historically—across the lifespan. Our domains are health, sport, and physical activity. Students select one area within which to study: Sport and Recreation Management (Bachelor of Arts), Health Promotion (Bachelor of Arts), or Exercise Science (Bachelor of Science). Students may not transfer more than two upper-division courses from another institution for credit in the Kinesiology major. Online courses are generally not accepted for credit in the major.

A minimum 2.0 GPA within the major is required for graduation.

Any course listed in this department with a prerequisite assumes a grade of C- or better in the prerequisite course.

SPORT AND RECREATION MANAGEMENT

This emphasis serves students interested in leadership roles in the fields of sport, fitness, and athletics. Coursework provides the philosophical grounding and administrative skills necessary for success in these domains.

Students in the Sport and Recreation Management track are required to complete the following coursework:

LOWER DIVISION

Kinesiology 10, 12, 15, 20

Accounting 1

Economics 3

UPPER DIVISION

Kinesiology 105, 108, 111, 112, 114, 195

Business Administration 120, 130

Economics 180

Psychology 180

Math is a Saint Mary's College core curriculum requirement. The Department of Kinesiology highly recommends that students with an emphasis in Sport and Recreation Management complete **Math 4: Introduction to Probability and Statistics**.

HEALTH PROMOTION

This emphasis prepares students with interests in the field of public health, health education and promotion, and wellness. Course work has been designed to meet the four Critical Component Elements for undergraduate health education programs.

Students in the Health Promotion track are required to complete the following coursework:

LOWER DIVISION

Kinesiology 10, 14, 15

UPPER DIVISION

Kinesiology 108, 118, 127, 195, and two of the following: 106, 111, 112, 114, TRS 142 Medical Ethics

A minimum of six additional 1.0 unit upper-division courses are required. Students will select two courses from each of the three foci: Environmental Health, Health & Human Diversity, and Health Communication & Advocacy. The courses have been identified from relevant academic units including Anthropology, Communication, Economics, Environmental & Earth Science, Political Science, Psychology, and Sociology. Coursework samples are available from the Department of Kinesiology.

Math is a Saint Mary's College core curriculum requirement. The Department of Kinesiology highly recommends that students with an emphasis in Health Promotion complete **Math 4: Introduction to Probability and Statistics**.

Curriculum Kinesiology

EXERCISE SCIENCE

This emphasis provides students with a broad knowledge base, critical thinking and communication skills, and practical experience in the exercise sciences. The interdisciplinary coursework, in addition to labs, research, and practicum experiences, educates students to become effective and socially responsible contributors to the scientific community and subject population. This curriculum also prepares students to pursue professional certifications, professional and graduate programs, and advanced careers in the field. Exercise Science majors are prominent in the wellness, sport, and fitness industries; health care settings, such as injury prevention and exercise rehabilitation; and as trainers and coaches for individual and team athletes.

Students in the Exercise Science track are required to complete the following coursework:

LOWER DIVISION

Kinesiology 10, 15
Biology 10/11, 13/14, 25/26
Chemistry 2/3
Math 4, 13, or 27

UPPER DIVISION

Kinesiology 102, 107, 112, 110/110L, and 117

A minimum of four additional 1.0 unit upper-division courses are required, at least one of which must be **Kinesiology 109, 115/115L, or 122/122L**. One course may be taken from another relevant academic unit such as: Anthropology, Biology, Chemistry, Communication, Politics, Psychology, or Sociology. This class should be relevant to the exercise science emphasis. Coursework samples are available from the Department of Kinesiology.

MINOR REQUIREMENTS

There are three areas of study that lead to a Kinesiology minor:

SPORT & RECREATION MANAGEMENT EMPHASIS

Kinesiology 10, 15, 20, 105, 108, 111, and 114

ATHLETIC TRAINING EMPHASIS

Kinesiology 10, 15, 102, 109, 110, 112, and 122

HEALTH EDUCATION EMPHASIS

Kinesiology 10, 12, 15, 107, 109, 115, 118, and 127

C O U R S E S

LOWER DIVISION ACADEMIC COURSES

10 Introduction to Kinesiology

This course introduces students to the academic discipline and profession of Kinesiology. It examines the historical events, philosophical positions, sociological theories, and contemporary science that concern the human being in motion. Particular attention is devoted to the cultural place and developmental potential of the corporeal actions known as play, game, sport, athletics, and exercise. American health behaviors (especially physical activity and food decisions) and how they relate to major U.S. public health issues are examined. The fundamentals of the major's three tracks—sport and recreation management, health promotion, and exercise science—are introduced and explored. Students will be familiarized with Kinesiology's main subdisciplines, their major research themes, and current career opportunities in the profession and the allied medical field.

12 Fitness and Health Education

Examines the principles of physical fitness and components of personal health. The body's response and adaptation to regular exercise will be discussed; programs will then be designed to improve cardio-respiratory endurance, muscular fitness, flexibility, body composition, and low back health. Key topics in personal health will include: nutrition and weight management, stress, substance abuse, sexually transmitted diseases, aging, and personal safety.

14 Introduction to Health Promotion

Health promotion is a discipline that seeks to improve the health of individuals and communities through education, behavioral change, and environmental improvement. This course provides students with an introduction to the principles of health promotion by exposing students to strategies used to promote health to individuals, to groups in specific settings such as schools and work places, and to entire communities. The course will develop and extend students' understanding of public health principles, human behavior, and determinants of health in order to explore recent advances in the science and art of health promotion. Specific attention is paid to health disparities and determinants of health. Students will be involved in health promotion program development and/or delivery as part of their community engagement project. *This course satisfies the Community Engagement requirement of the Core Curriculum.*

15 Research Methods and Writing in Kinesiology

An introductory survey of tests and measurement techniques utilized in the field's subdisciplines. This course provides students the opportunity to consider fundamental research questions in Kinesiology and explore issues related to evaluation. Investigation into the field's research literature including an analysis of the research methods and statistical tests used is a major focus of the course. *Prerequisite: Kinesiology 10. This course satisfies the Writing in the Disciplines requirement of the Core Curriculum.*

20 Introduction to Sport and Recreation Management

A survey of key topics associated with sport and recreation management during which students will analyze the concepts and methods of administering sport and recreation service organizations. Course components include: A survey of sport management systems in the US, including legislative authorization and controls; strategic management; sport-sales and revenue; sport communication; sport marketing and branding; consumer behavior; and human resource management. This course also includes an integrative, sport management-related field experience. *Prerequisites: Kinesiology 10 and 15—concurrent enrollment in Kinesiology 15 is allowed (or for non-majors, permission of the instructor). This course satisfies the Community Engagement requirement of the Core Curriculum.*

UPPER DIVISION COURSES**102 Structural Biomechanics**

The study of human movement from the point of view of the physical sciences. Fundamentals of human motion are examined from the anatomical, physiological, and biomechanical perspectives with an emphasis on motor skill application. *Prerequisites: Kinesiology 10, 15—concurrent enrollment in Kinesiology 15 is allowed, and Biology 13/14—concurrent enrollment in Biology 13/14 is allowed (or for non-majors, permission of the instructor)*

105 Facility and Event Management

A study of the organization and supervision of recreation facilities as well as the concepts and methods of planning/producing sporting events. Course components include: facility operations and management, policies and procedures, budgeting, staffing, event planning/management, crowd control and security, programming/scheduling, maintenance, and risk management. Trends influencing the design and operations of sport facilities will be discussed. *Prerequisites: Kinesiology 10, 15, and 20 (or for non-majors, permission of the instructor).*

106 Women in Sport

This course will analyze the relationship between gender and sport from multiple perspectives. Emphasis will be placed on exploring the changing roles in sports for women, as well as how past and current beliefs regarding gender equity, health, and women's role in society shape the experiences of women in sports in our society today. Topics will include: the history of women in sport, structural constraints facing women in sport, race and ethnicity, women's health issues, sexuality and homophobia as they pertain to sport, the role of the media, the sporting body, Title IX and career opportunities for women, and the future of sports for women in our society. *Prerequisite: Kinesiology 10 and 15 (or for non-majors, permission of the instructor). Satisfies the American Diversity requirement and the Common Good requirement of the Core Curriculum.*

107 Nutrition for Sport and Physical Activity

Integrates the scientific foundations of nutrition and exercise. Focus is on the application of nutrition principles in order to achieve optimal health and performance. Special topics include optimizing wellness, physical fitness and performance through diet, the use of ergogenic aids, weight loss and gain techniques, eating disorders and sport-specific nutrition planning. *Prerequisite: Kinesiology 10, 15, and Chemistry 2/3 or Biology 25/26 (or for non-majors, permission of the instructor).*

108 Legal and Administrative Issues

Provides each student with a broad analysis of the United States' legal system and to the major cases and laws that make up the legal aspects of sport, recreation, and physical activity. Particular attention will be paid to proactive risk management strategies for teachers, coaches, and administrators that will minimize their organizations' legal liability. Topics include: an overview of the legal system, negligence, intentional torts, risk management, contracts, constitutional law, federal statutes and discrimination, and intellectual property law. *Prerequisites: Kinesiology 10, 15, and 20 (or for non-majors, permission of the instructor).*

109 Care and Prevention of Athletic Injuries

Provides students with a broad foundation of sports medicine concepts. While the focus is on injury prevention, students will develop a greater understanding of the terminology and concepts related to acute injury recognition and the care, evaluation and treatment of common sport and fitness related injuries/conditions. Administration concepts will also be covered. Students will learn to demonstrate various taping applications and practice clinical skills. Students must complete observation hours with local certified athletic trainers. *Course fee \$50. Prerequisites: Kinesiology 10 and 15—concurrent enrollment in Kinesiology 15 is allowed, Biology 13/14—concurrent enrollment in Biology 13/14 is allowed (or for non-majors, permission of the instructor).*

110 Exercise Physiology

A study of physiological parameters and mechanisms that determine the adaptations of the physiological systems of humans in response to exercise (e.g., exercise metabolism, work and fatigue; development of strength and flexibility; cardiorespiratory effects of exercise and training; sport activity in extreme environmental conditions—high altitudes, heat, cold; measurement of factors determining sport fitness). This course includes a three-hour lab in addition to the three hours of lecture. *Prerequisites: Kinesiology 10 and 15 or AHS 100—concurrent enrollment in Allied Health Science 100 is allowed), Biology 13/14 and 25/26 (or for non-majors, permission of the instructor).*

110L Exercise Physiology Laboratory (.25 credit)

Laboratory to accompany KINES 110 Exercise Physiology. One lab per week for three hours. Must be concurrently enrolled in KINES 110. *Lab fee \$100.*

Curriculum Kinesiology

111 History of Sport

Examines the sportive and exercise cultures of selected past societies. We begin by exploring the place of sport and exercise in ancient Sumer, Egypt, Mesoamerica, and (in more depth) Greece and Rome. During the second half of the semester the focus is on sporting experiences in North America. Our investigations center on physical activity among native Americans and early colonists and during the revolutionary and antebellum periods; the rise of rationalized sport during the Gilded Age and Progressive Era, the arrival of the so called Golden Age of Sport, and the intersections between sport, the mass media, and the Civil Rights Movement. We close with a brief history and analysis of athletics at Saint Mary's College of California. *Prerequisites: Kinesiology 10 and 15—concurrent enrollment in Kinesiology 15 is allowed (or for non-majors, permission of the instructor).*

112 Sport and Exercise Psychology

Examines contemporary psychological principles as they apply to the domains of sport and exercise. The course seeks to utilize relevant theories and empirical research in psychology, education, and allied health fields in order to inform best practices in sport and exercises as they related to motivation, leadership, group dynamics, performance enhancement, exercise and well-being, moral and social development, and career transitioning. *Prerequisites: Kinesiology 10 and 15 (or AHS 100—concurrent enrollment in Allied Health Science 100 is allowed) (or for non-majors, permission of the instructor).*

114 Sociology of Sport and Physical Activity

Examines the contemporary issues in sport and physical activity from a sociological perspective. Students will explore current sociological theories/paradigms, research techniques and analyze empirical research in sociology, education and related fields while focusing on the social and cultural structures, patterns and organizations associated with sport. Topics include the in-depth study of sport as it relates to: the socialization process, racial and gender equity, upward social mobility, politics, economics, and our educational system in North America. *Prerequisites: Kinesiology 10 and 15—concurrent enrollment in Kinesiology 15 is allowed (or for non-majors, permission of the instructor). This course satisfies the Social, Historical, and Cultural Understanding requirement of the Core Curriculum.*

115 Fitness Assessment and Exercise Prescription

A course of study that covers laboratory and field tests used to assess physical fitness components as well as principles of exercise prescription. Test results are used to develop individualized exercise prescriptions to improve cardiorespiratory fitness, muscular fitness, body weight and body composition, flexibility, and stress levels. Creation of a comprehensive fitness assessment binder and participation in the Gaelfit program are included, along with instruction on health screening, cardiovascular, muscular and flexibility assessment and program design. This course includes a weekly three-hour lab in addition to the three hours of lecture. *Prerequisite: Kinesiology 110/110L.*

115L Fitness Assessment and Exercise

Prescription Laboratory (.25 credit)

Laboratory to accompany **KINES 115 Fitness Assessment and Exercise Prescription**. One lab per week for three hours. Must be concurrently enrolled in **KINES 115**. *Lab fee \$75.*

117 Motor Learning and Control

An in-depth exploration of the neuropsychological principles of human motor learning and control with an emphasis on studying the variety of variables that influence human performance and sport. *Prerequisites: Kinesiology 10 and 15 (or for non-majors, permission of the instructor).*

118 Community Health

Investigates the history, concepts, and institutions that constitute the field of community health and community organizing. The demographic, socio-economic and epidemiological conditions of urban and rural regions are examined as well as the processes by which communities and organizations work together to identify common problems and objectives, acquire and mobilize resources, and create and implement actions to achieve their goals. Student will gain field experience with community-based organizations and develop practical skills to promote community health issues. *Generally offered in alternate years.*

122 Principles of Strength and Conditioning

This course will provide the student with an advanced understanding of the principles and methods necessary to design comprehensive strength and conditioning programs that enhance fitness and athletic performance. Students will use an evidence-based approach to critically analyze current research to develop and justify conditioning programs and techniques for a broad range of sports and activities. This course will also prepare the student for certifications in personal training and strength and conditioning. *Prerequisites: Kinesiology 10, 15, and 102—concurrent enrollment in Kinesiology 102 is allowed, Bio 13/14 and Bio 25/26 (or for non-majors, permission of the instructor).*

122L Principles in Strength and Conditioning

Laboratory (.25 credit)

Laboratory to accompany **KINES 122 Principles of Strength and Conditioning**. One lab per week for three hours. Must be concurrently enrolled in **KINES 122**. *Lab fee \$50.*

127 Health Promotion: Planning and Evaluation

This course explores the systematic approach to planning, implementing, and evaluating health promotion programs in public agencies, community settings, worksites, educational settings, and health care settings. Various planning models and theories in health promotion will be covered. Students will utilize these methodologies to develop a health promotion program. *Prerequisites: Kinesiology 10, 14 and 15 (or for non-majors, permission of the instructor). Generally offered in alternate years.*

128 Global Impact of Physical Inactivity

This course examines the global impact of physical inactivity on the world's major non-communicable diseases, including cardiovascular disease, type 2 diabetes, cancer, and neurodegenerative disorders. Topics include current levels of physical activity and trends worldwide, why some people are active and why some are not, evidence-based strategies for effective physical activity promotion, and how a multi-sector and systems-wide approach that goes far beyond medicine will be critical to increase population-levels of activity worldwide.

Prerequisites: Kinesiology 10 and 15 (or AHS 100—concurrent enrollment in Allied Health Science 100 is allowed) (or for non-majors, permission of the instructor). This course satisfies the Global Perspectives requirement of the Core Curriculum.

130 Multicultural Health and Wellness

This course examines the relationship between culture and health and ways in which these variables intersect. It explores how public health and health promotion efforts can benefit from understanding and working within cultural processes, and provides conceptual tools for identifying and evaluating relationships between culture and health. It primarily deals with issues in the United States, but includes global perspectives of culture and health as well. *Prerequisites: Kinesiology 10 and 15 (or Allied Health Science 100). This course satisfies the American Diversity and Common Good requirements of the Core Curriculum.*

131 Sport and Social Justice

The long-standing belief in the United States that sport involvement is positively developmental has led to it being utilized as a solution to enduring social problems. In this course we critically examine the root idea that sport participation is positively developmental and that it can serve as a viable vehicle for advancing social justice in modern America. We consider the relevance of these topics to our Lasallian mission, examine the extensive history of sport being harnessed for its perceived ability to improve the human condition, and explore the most important scholarly literature focused on whether or not sport participation really can be credited with positive human development and social change. The link between current sport development research and its community application is explored during off-campus visits to organizations that use sport to serve local at-risk youth communities. *Prerequisites: Kinesiology 10 and 15—concurrent enrollment in Kinesiology 15 is allowed (or for non-majors, English 4 or transfer equivalency and permission of the instructor).*

195 Internship

Work practice in the field of sport and recreation management, health promotion, or exercise science. The internship experience is planned in close consultation with and supervised by a Department of Kinesiology faculty member. *Prerequisites: Kinesiology 10, 15, and 20 for Sport and Recreation Management students, Kinesiology 10, 14, and 15 for Health Promotion students, and Kinesiology 10 and 15 for Exercise Science students.*

197 Special Study

An independent study or research course for students whose needs are not met by the Department of Kinesiology's regular course offerings. *Permission of instructor and department chair are required. Prerequisites: Kinesiology 10 and 15.*

199 Special Study – Honors

An independent study or research course for upper-division majors with a B average or better in Kinesiology coursework. *Permission of instructor and department chair are required. Prerequisites: Kinesiology 10 and 15.*