

# Kinesiology & Physical Education

*Nathan S. Wright, Chairperson*

In the Kinesiology & Physical Education major at The Master's College, students have the opportunity to study important principles they can use for a successful career and effective ministry in physical education, sports and pre-physical therapy emphasis. These concentrations of study will mold a person's knowledge in activity skills, educational methods, scientific factors in body movement analysis, sports injury care and allied health careers.

The Department of Kinesiology & Physical Education is designed to prepare Christian leadership in such areas as teaching, coaching, sports injury studies and pre-physical therapy emphasis. Graduating students will participate in the instructional areas of elementary and secondary schools (both public and private) and areas of allied health careers. To implement these objectives, the department provides movement theory, activity courses and science basis course work for teaching careers or allied health studies.

## California Single Subject Teaching Credential in Physical Education

Students desiring to obtain a California Single Subject Teaching Credential in physical education should talk to their advisors about specific major requirements for this credential and make application to the Teacher Education Department.

## General Requirements for all Students

The Kinesiology and Physical Education department does not require any general education requirements for non physical education majors. However, Kinesiology and Physical Education majors are not required to take general education requirement MA240 (Critical Thinking and Problem Solving). Kinesiology & Physical Education majors within the pre-physical therapy emphasis are not required to take LS200 (Foundations of Science). Liberal Studies majors can use KPE405 (Statistical Analysis) as an upper division math course.

## Senior Competency Requirements

All graduating seniors in the Kinesiology & Physical Education Emphasis are required to pass a department assessment exam with at least a 70% grade. The exam consists of the following two sections: (1) writing analysis and subject matter competen-

cies and (2) skills assessment evaluations in at least nine of the fourteen requirements for Professional Activities courses.

All graduating seniors in the Sports Injury Studies and Pre-Physical Therapy are required to pass a department assessment exam with at least a 70% grade. The exam consists of writing analysis and subject matter competencies.

## KINESIOLOGY & PHYSICAL EDUCATION CORE COURSES

LS321	Human Anatomy/lab .....	4
LS322	Human Physiology .....	3
KPE212	Principles of Physical Education .....	2
KPE222a	Sport Analysis .....	2
KPE223	Sport Analysis Practicum .....	2
KPE256	Movement Education .....	2
KPE303	History and Philosophy of P.E.(W) .....	3
KPE313	Adapted Physical Education .....	3
KPE314	Kinesiology (W) .....	3
KPE316	Physiology of Exercise .....	3
KPE324	Psychology of Coaching .....	2
KPE383	Teaching Individual/Dual Sports .....	3
KPE402	Health Education .....	1
KPE404	Sport in American Culture .....	3
KPE405	Statistical Analysis .....	3
KPE414	Organization and Admin. of P.E. ....	3
KPE425	Prev./Care of Athletic Injuries .....	3
KPE436	Motor Learning .....	3
KPE490	Senior Competency .....	1
	Physical Education Electives .....	2
	<i>Total core courses .....</i>	<i>50</i>

## Kinesiology & Physical Education General Emphasis Courses

	Physical Education Major Core Courses .....	50
	Professional Activities I .....	2
	Professional Activities II .....	2
	Professional Activities III .....	1
	Professional Activities IV .....	1
	Professional Activities V .....	3
	Professional Activities VI .....	1
	Professional Activities VII .....	1
	Professional Activities VIII .....	1
	<i>Total units required for emphasis .....</i>	<i>62</i>

## Pre-Physical Therapy Emphasis Courses

BE100	Introduction to Psychology .....	3
MA121	Calculus I .....	4
CH151	General Chemistry I/lab .....	4
CH152	General Chemistry II/lab .....	4

LS140	Principles of Biology/lab .....	4
LS321	Human Anatomy/lab .....	4
LS322	Human Physiology/lab .....	4
LS326	Medical Microbiology/lab .....	4
PS251	General Physics I/lab .....	4
PS252	General Physics II/lab .....	4
KPE303	History and Philosophy of PE.....	3
KPE313	Adapted Physical Education.....	3
KPE314	Kinesiology.....	3
KPE316	Physiology of Exercise.....	3
KPE402	Health Education.....	1
KPE405	Statistical Analysis .....	3
KPE425	Prevention & Care of Athletic Injuries...	3
KPE426	Advanced Prevention & Care of Athletic Injuries.....	3
KPE436	Motor Learning.....	3
KPE446	Reconditioning of Athletic Injuries.....	3
KPE465	Primary Physical Assessment.....	2
KPE479	Clinical Internship (Practicum 60 hours) .....	1-3
KPE490	Senior Competency Exam.....	1
<i>Total units required for emphasis.....</i>		<i>71-73</i>

The degree offered for the Pre-Physical Therapy emphasis is a Bachelor of Science within the Kinesiology & Physical Education Major. Within the Pre-Physical Therapy emphasis students are prepared to enter graduate degree programs in Physical Therapy (M.P.T./D.P.T.), Occupational Therapy (O.T.), Physician Assistant (PA-C), Podiatric Medicine (D.P.M.), Chiropractics (D.C.) and other allied health programs.

**Sports Injury Studies Emphasis Courses**

Physical Education Major Core Courses.....	46	
KPE296	Program Design for Strength and Conditioning.....	2
KPE353	Sports Nutrition.....	2
KPE426	Advanced Prevention & Care of Athletic Injuries .....	3
KPE446	Reconditioning of Athletic Injuries ....	3
KPE465	Primary Physical Assessment.....	2
<i>Total units required for emphasis .....</i>		<i>58</i>

Those students desiring to have an emphasis in Sports Injury Studies take sports injury core courses in place of activity courses. However, the activity courses are required if a student is planning on completing a California State Single Subject Teaching Credential.

**Minor in Kinesiology & Physical Education**

For a minor in Physical Education, the following courses are required:

LS321	Human Anatomy /lab.....	4
LS322	Human Physiology II .....	3
KPE212	Principles of Physical Education.....	2
KPE303	History & Philosophy of P.E.....	3
KPE314	Kinesiology .....	3
KPE324	Psychology of Coaching.....	2
KPE405	Statistical Analysis .....	3
KPE414	Organization & Administration of P.E. .	3
Physical Education Electives.....		2
<i>Three of the following.....</i>		<i>6</i>
KPE103, KPE113, KPE114, KPE124, KPE235, KPE245, KPE266 (2 units ea.)		

*Total units required for minor..... 31*

## Course Offerings in Kinesiology & Physical Education

**Intercollegiate Athletics (1)**

Open only to those individuals participating on an intercollegiate team. No more than four total semester hours, including transfer hours, for any combination of different sports may be taken for credit.

- IA110/410 Intercollegiate Basketball (1)
- IA121/421 Intercollegiate Cross Country

(1)

- IA131/431 Intercollegiate Soccer (1)
- IA141/441 Intercollegiate Volleyball (1)
- IA192/492 Intercollegiate Baseball (1)
- IA151/451 Intercollegiate Golf (1)
- IA122/422 Intercollegiate Tennis (1)

**Professional Activities I: Team Sports (2)**

Development of skills in at least two units of the following team sports. Meets three hours per week. No less than a C grade will be accepted in professional activity classes for departmental majors.

- KPE103a Soccer (1)
- KPE103b Football (1)
- KPE120 Track & Field (1)
- KPE235a Basketball (1)
- KPE266a Volleyball (1)

**Professional Activities II: Racket/Club Sports (2)**

Development of skills in at least two units of the following racket/club sports. Meets three hours per week. No less than a C grade will be accepted in professional activity classes for departmental majors.

- KPE109 Racketball (1)**  
**KPE114a Golf (1)**  
**KPE235b Badminton (1)**  
**KPE266b Tennis (1)**

**Professional Activities III: Aquatics (1)**

Development of skills in aquatics. Meets three hours per week. No less than a C grade will be accepted in professional activity classes for departmental majors.

**KPE113 Beginning/Intermediate Swimming (1)**

**Professional Activities IV: Gymnastics (1)**

Development of skills in gymnastics. Meets three hours per week. No less than a C grade will be accepted in professional activity classes for departmental majors.

**KPE124 Beginning/Intermediate Gymnastics (1)**

**Professional Activities V: Conditioning/Rhythms (3)**

Development of skills in at least three units of Conditioning and Rhythms. Meets three hours per week. No less than a C grade will be accepted in professional activity classes for departmental majors.

- KPE113b Rhythms (1)**  
**KPE245a Aerobics (1)**  
**KPE245b Body Conditioning (1)**

**Professional Activities VI: Combatives (1)**

Development of skills in at least one Combative course.

**KPE268a Self Defense (1)**

*Note: Other type of Combative course would fulfill requirement.*

**Professional Activities VII: Outdoor Educational Activities (1)**

Development of skills in at least one Outdoor Educational Activity.

**KPE270a Rock Climbing (1)**

*Note: Other types of Outdoor Educational Activity courses would fulfill requirement. Ex: Bicycling*

**Professional Activities VIII: Nontraditional (1)**

Development of skills in at least one Nontraditional Activity. Meets three hours per week. No less than a C grade will be accepted in professional activity classes for departmental majors.

- KPE119 Archery (1)**  
**KPE268b Pickleball (1)**

**KPE100/400 Intercollegiate Athletics (1)**

Open only to those individuals participating on an intercollegiate team. Credit for intercollegiate sports cannot be used to fulfill general education requirement for physical education. No more than four total semester hours, including transfer hours, for any combination of different sports may be taken for credit.

**KPE110 Fitness Techniques & Health (2)**

Designed to develop a reasonable level of physical fitness through organized programs of exercise and activities. Students will acquire skills, knowledge and attitudes that will enable them to continue in a self-directed fitness program after the semester has been completed.

**KPE212 Principles of Physical Education (2)**

A study of the foundations and purposes of physical education in relation to the total school program. Provides opportunity to observe secondary and elementary physical education classes in operation. Required of all departmental sophomores in order to continue with the physical education major.

**KPE222 Sports Analysis (2)**

Analysis of the organization, fundamentals, techniques and strategy of coaching a specific sport.

**KPE223 Sports Analysis Practicum (2)**

Observation and analysis of an interscholastic sport team program.

**KPE256 Movement Education (2)**

Principles of movement are analyzed and practiced as they apply to locomotor and non-locomotor skills. Stress is placed on the development of creativity, coordination, rhythm and timing.

**KPE296 Program Design for Strength and Conditioning (2)**

A study of the theory and application of training principles; is a needs analysis of individuals and their sport, assessment of speed, strength, power, agility, and balance. Also the design and implementation of periodized sport-specific strength and conditioning programs.

**KPE303 History & Philosophy of Physical Education (3)**

A study of the historical background, aims, and objectives of physical education and the place of physical education in modern life.

**KPE313 Adapted Physical Education (3)**

A study of the principles of the physical education program for the handicapped and an analysis of disabilities and their implications for the physical education program.

**KPE314 Kinesiology (3)**

A course in the mechanism of bodily movements. The movements of the body are studied as they are used in games, sports and the various occupations of life. *Prerequisite: LS321.*

**KPE316 Physiology of Exercise (3)**

A study of the effects of muscular activity on the human body under various circumstances. *Prerequisite: LS321.*

**KPE324 Psychology of Coaching (2)**

A study of current problems and trends in the administration of athletics.

**KPE335 Analysis of Basketball (2)**

Analysis of the organization, fundamentals, techniques and strategy of coaching basketball.

**KPE336 Analysis of Softball (2)**

Analysis of the organization, fundamentals, techniques and strategy of coaching softball.

**KPE346 Analysis of Track and Field (2)**

Analysis of the organization, fundamentals, techniques and strategy of coaching track/field.

**KPE353 Sports Nutrition (2)**

A study of the digestion, absorption, and utilization of nutrients as they relate to general health and activity-specific energy systems. Examines the role of carbohydrates, fat, protein, vitamins, minerals, water and dietary supplements in optimal performance, as well as methods for calculating energy needs and expenditures and programs for weight loss/gain. *NOTE: Requirement for Sports Injury Emphasis.*

**KPE356 Analysis of Baseball (2)**

Analysis of the organization, fundamentals, techniques and strategy of coaching baseball.

**KPE363 Analysis of Soccer (2)**

Analysis of the organization, fundamentals, techniques and strategy of coaching soccer.

**KPE364 Analysis of Football (2)**

Analysis of the organization, fundamentals, techniques and strategy of coaching football.

**KPE365 Analysis of Volleyball (2)**

Analysis of the organization, fundamentals, techniques and strategy of coaching volleyball.

**KPE373 Sports Officiating I (2)**

An elective course consisting of a study of the rules and techniques of officiating basketball and soccer. Included is laboratory work in officiating in the gymnasium and on the field.

**KPE383 Teaching Individual & Dual Sports (3)**

Analysis of the organization, fundamentals, techniques, and strategy of teaching tennis, archery, badminton, golf, swimming, gymnastics and track and field. *NOTE: Students in Sports Injury Emphasis will take KPE353 Sports Nutrition.*

**KPE384 Sports Officiating II (2)**

An elective course consisting of a study of the rules and techniques of officiating volleyball and baseball. Included is laboratory work in officiating in the gymnasium and on the field.

**KPE402 Health Education (1)**

A study of the Principles of Health Education. This course meets the requirements needed for a Professional Clear Teaching Credential.

**KPE404 Sport in American Culture (3)**

A study of the impact of sports on American culture.

**KPE405 Statistical Analysis (3)**

Statistical Analysis and evaluation of data within physical education. Analysis topics can include descriptive statistics, sampling distributions, bivariate data, probability, and common hypothesis tests. Waives general education requirement MA240 for only physical education majors. Counts as an upper division math course for Liberal Studies majors.

**KPE412 Teaching PE in the Secondary School (3)**

A study of the physical education techniques and materials used in junior and senior high schools.

**KPE414 Organization & Administration of PE (3)**

A study with suggestions for implementing the physical education program, with emphasis on departmental organization, buying and caring for equipment, care of facilities, tests and measurements and the importance of the interschool and intramural programs.

**KPE415 Elementary P.E. Components & Techniques (2)**

An elective course involving a study of the physical education techniques and materials used in the elementary school. An exploration of physical education activities which can be used at the elementary school levels.

**KPE425 Prevention & Care of Athletic Injuries (3)**

Theory and practice in the prevention and care of athletic injuries. This course will cover injury recognition and evaluation of common upper and lower extremity injuries in the athletic populations. In addition, general medical conditions found in active populations will be discussed. *Prerequisite: LS321.*

**KPE426 Advanced Prevention & Care of Athletic Injuries (3)**

An advanced course in theory and practice in the prevention and care of athletic injuries. Emphasis will be placed on fundamental evaluation and assessment skills needed by an allied health professional working with active populations.

**KPE436 Motor Learning (3)**

A study of the theories related to motor learning and human development and the nature of learning basic locomotor and sports skill theories as related to physiological, psychological and sociological aspects of development.

**KPE446 Reconditioning of Athletic Injuries (3)**

This class will provide students with advanced knowledge and practical skills pertaining to pain control, tissue repair, and joint range of motion. Injury prevention and injury management using therapeutic exercise and modalities will be presented in lecture and discussion format.

**KPE448 Research in Physical Education (1-3)**

An elective course involving intensive library and field study of a selected topic in contemporary physical education. *Prerequisites: permission of the instructor; senior or graduate standing.*

**KPE465 Primary Physical Assessment (2)**

Assessment of cardiovascular and respiratory disorders; neurological disorders; disorders of the eye, ears, nose, throat, and mouth; systematic disorders, and dermatological conditions.

**KPE 479 Clinical Internship (1-3)**

Observation and analysis of various physical therapy settings including: in-patient and out-patient care.

**KPE490 Senior Competency Exam (1)**

Required written analysis and skill assessment exam. The student must pass the exam with at least 70% in order to graduate. Individuals in the Sports Injury Studies and Pre-Physical Therapy programs must complete a written exam.

