

Department of Kinesiology

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Professors

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Assistant Professors

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Instructors

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Mission Statement

The Department of Kinesiology is dedicated to the development of future leaders in professions that maximize the potential of individuals and society through physical activity. Programs include exercise science, sport management, and teacher education in physical education and health.

The department is committed to providing:

- outstanding undergraduate programs based on the criteria of relevant professional associations, which will enable graduates success in their professional endeavors.
- programs that build upon the strong liberal studies background provided through General Education.
- opportunities that challenge students to think critically,
- use of technological advances,
- an appreciation of the global community.
- quality graduate programs that complement the undergraduate programs and provide qualified students with an opportunity for advanced study in the kinesiology discipline.
- contributions to the university's general education curriculum through programs designed to promote lifelong fitness and wellness.
- service to JMU, the professions and local community through our unique knowledge and expertise.
- research and development projects that push back the boundaries of knowledge and promote effective practice in the kinesiology discipline.

Career Opportunities and Marketable Skills

- Athletic coach
- Exercise specialist
- Fitness facility manager
- Physical and health education teacher education
- Pre-physical therapy
- Sport or recreation administrator/manager
- Sport promoter

Degree and Major Requirements

Bachelor of Science in Kinesiology

Listed below is the undergraduate major program in kinesiology offered by the Department of Kinesiology. Students are advised to be certain they complete all General Education requirements before applying for graduation.

The kinesiology major program leads to the Bachelor of Science degree. Students are advised to familiarize themselves with the B.S. degree requirements on Page 29.

Students who major in kinesiology work toward a B.S. degree by selecting and completing one of the following three concentrations:

- Exercise Science
- Physical and Health Education Teacher Education
- Sport and Recreation Management

Degree Requirements

Required Courses	Credit Hours
General Education ¹	41
Quantitative requirement (in addition to General Education)	3
Scientific Literacy requirement (in addition to General Education)	3-4
Major and concentration requirements	48-75
Electives	3-38
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	120

¹ The General Education program contains a set of requirements each student must fulfill. The number of credit hours necessary to fulfill these requirements may vary.

Concentrations

Exercise Science Concentration

This concentration is endorsed by the American College of Sports Medicine. The concentration prepares students to pursue graduate education in exercise science, pre-professional or an allied health field. Graduates acquire the knowledge, skills and abilities needed to enroll in the Health Fitness Instructor certification program sponsored by the American College of Sports Medicine. Students interested in physical therapy, medicine, or other pre-professional health programs are directed to Pages 122-123 of this catalog for prerequisite courses and recommendations for entrance to graduate professional health programs. Pre-professional health program coordinators are available to assist students with career planning and preparation.

The following courses are required of all students who choose the exercise science concentration.

Courses	Credit Hours
BIO 270. Human Physiology	4
BIO 290. Human Anatomy	4
MATH 205. Introductory Calculus I	3
MATH 220. Elementary Statistics	3
NUTR 280. Nutrition for Wellness	3
CHEM 131. General Chemistry I + 131L	4
CHEM 132. General Chemistry II + 132L	4
PHYS 140. College Physics I + 140L	4
GKIN 100. Lifetime Fitness and Wellness	3
KIN 201. Introduction to Kinesiology	2
KIN 202. Biological Foundations of Kinesiology	3
KIN 203. Sociological/Psychological Foundations of Kinesiology	3
KIN 302. Exercise Physiology and Laboratory + 302L	4
KIN 306. Human Biomechanics and Laboratory 306+ L	4
KIN 420. Exercise Programming for Special Populations	3
KIN 421. Principles of Exercise Testing and Prescription and Laboratory + 421L	4
KIN 424. Theories and Practices of Weight Management	3
KIN 426. Physical Activity Behaviors	3
KIN 428. Advanced Topics in Exercise Science and Leadership	3
KIN 471. Practicum in Kinesiology	3
KIN 481. Internship in Exercise Science and Leadership	8
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	75

Recommended Schedule for Exercise Science Concentration

First Year

General Education courses	21
GKIN 100. Lifetime Fitness & Wellness	3
MATH 205. Introductory Calculus	3
MATH 220. Elementary Statistics	3
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	30

Sophomore Year

BIO 270. Human Physiology	4
BIO 290. Human Anatomy	4
CHEM 131&L. General Chemistry I	4
CHEM 132&L. General Chemistry II	4
KIN 201. Introduction to Kinesiology	2
KIN 202. Biological Foundations of Kinesiology	3
KIN 203. Sociological/Psychological Foundations of KIN	3
NUTR 280. Nutrition for Wellness	3
General Education	4
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	31

Junior Year

KIN 302&L. Exercise Physiology	4
KIN 306&L. Human Biomechanics	4
KIN 420. Exercise Programming for Special Populations	3
KIN 424. Theories & Practices of Weight Management	3
PHYS 140&L. College Physics I	4
Electives	11
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	29

Senior Year

KIN 421&L Principles of Exercise Testing & Prescription	4
KIN 426. Physical Activity Behaviors	3
KIN 428. Advanced Topics in Exercise Science	3
KIN 471. Practicum in Exercise Science	3
KIN 481. Internship in Exercise Science	8
Electives	9
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	30

Physical and Health Education Teacher Education Concentration

The Physical and Health Education Teacher Education (PHETE) concentration is committed to educating future leaders in the profession of teaching physical and health education. The program encourages the teacher candidate to advocate for effective educational changes, work collaboratively and collectively for social change, and to continue to grow professionally.

The PHETE concentration is a five-year Master of Arts in Teaching (M.A.T.) program. Upon successful completion of the first four years, students earn a Bachelor of Science (B.S.) degree in kinesiology. The fifth year M.A.T. degree provides the requisite courses to obtain a VA state teaching license in Health and Physical Education (PreK-12). It is necessary to be admitted to the teacher education program prior to enrolling in professional education courses. Specific requirements are available from the PHETE coordinator. Evidence of current CPR/first aid certification must be presented before graduation.

Undergraduate Courses	Credit Hours
BIO 290. Human Anatomy	4
EDUC 360. Foundations of American Education	3
GPSYC 160. Life Span Human Development	3
GKIN 100. Lifetime Fitness and Wellness	3
KIN 201. Introduction to Kinesiology	2
KIN 202. Biological Foundations of Kinesiology	3
KIN 203. Sociological/Psychological Foundations of Kinesiology	3
KIN 221-225. Skill Labs	10
KIN 303. Motor Learning and Performance	3
KIN 310. Instructional Methods in Physical Education	3
KIN 311. Elementary Curriculum in Physical Education	2
KIN 312. The Profession of Teaching Health and Physical Education	2
KIN 313. Adapted Physical Education	3
KIN 314. Assessment in Elementary Physical Education	3
KIN 411. Measurement & Evaluation in Kinesiology	3
KIN 426. Physical Activity Behaviors	3
KIN 410. School Health Content for PHETE	3
KIN 480. Student Teaching in Elementary Physical Education	8
NUTR 280. Nutrition for Wellness	3
READ 420. Content Area Literacy, K-12	2
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Graduate Courses	Credit Hours
KIN 511. Technology in Health and Physical Education	3
KIN 512. Instructional Methods in Middle and Secondary Physical Education	3
KIN 513. Professional Issues for Prospective Physical and Health Educators	3
KIN 514. Methods in School Health for PHETE	3
KIN 610. Curriculum Design and Development in Health and Physical Education	3
KIN 611. Teaching Diverse Populations in Health and Physical Education	3
KIN 612. Analysis of Teaching and Learning	3
Choose one of the following:	3
KIN 655. Research Techniques	
HTH 655. Research Techniques	
EDUC 630. Inquiry in Education	
KIN 683. Secondary Internship in Health and Physical Education	6
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	30

Recommended Schedule for Physical and Health Education Teacher Concentration**First Year**

General Education	27
█KIN 100. Lifetime Fitness & Wellness	3
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Sophomore Year

KIN 201. Introduction to Kinesiology	2
KIN 202. Biological Foundations of Kinesiology	3
KIN 203. Social/Psychological Foundations of Kinesiology	3
█PSYC 160. Life Span Human Development	3
BIO 290. Human Anatomy	4
General Education	8
Electives	7
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Junior Year – Fall Semester

EDUC 360. Foundations of Education	3
KIN 303. Motor Learning & Performance	3
KIN 312. The Profession of Teaching	2
KIN 224. Skill Lab	2
NUTR 280. Nutrition for Wellness	3
Elective	3
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Junior Year – Spring Semester

KIN 222. Skill Lab	2
KIN 225. Skill Lab	2
KIN 426. Physical Activity Behaviors	3
READ 420. Content Area Literacy	3
Electives	4
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Senior Year – Fall Semester

KIN 310. Instructional Methods in PE	3
KIN 311. Elementary Curriculum in PE	2
KIN 313. Adapted PE	2
KIN 223. Skill Lab	2
KIN 411. Measurement & Evaluation in Kinesiology	3
Elective	3
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Senior Year – Spring Semester

KIN 314. Assessment in Elementary PE	2
KIN 221. Skill Lab	2
KIN 410. School Health Content for PHETE	3
KIN 480. Student Teaching in Elementary Education	8
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Fifth Year – Summer Session I

KIN 511. Technology in Health & PE	3
KIN 610. Curriculum Design & Development in Health/PE	3
	<hr/> 6

Fifth Year – Fall Semester

KIN 512. Instructional Methods in Middle & Secondary Ed	3
KIN 612. Analysis of Teaching and Learning	3
KIN 514. Methods in School Health for PHETE	3
KIN 655. Research Techniques	3
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Fifth Year – Spring Semester

KIN 683. Secondary Internship	6
KIN 513. Professional Issues	3
KIN 611. Teaching Diverse Populations	3
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Fifth Year – Summer Session II

Elective	3
	<hr/> 3

Sport and Recreation Management Concentration

This concentration prepares students for employment in a variety of work settings. Graduates of this program are prepared for entry-level positions in management. The following are requirements for this concentration:

- Students in sport and recreation management must declare a business minor through the College of Business.
- A grade point average of 2.0 in the business minor is required for graduation.
- All academic course work must be completed before beginning the KIN 482 internship.

The following courses are concentration requirements for sport and recreation management:

ACTG 244. Accounting for Non-Business Majors	3
COB 204. Computer Information Systems	3
ECON 201. Principles of Economics (Micro)	3
FIN 345. Managerial Finance	3
█KIN 100. Lifetime Fitness and Wellness	3
KIN 203. Social/Psychological Foundations of Kinesiology	3
KIN 241. Introduction to Sport and Recreation Management	3
KIN 332. Introduction to Marketing in the Sport Industry	3
KIN 333. Management in Sport, Recreation and Fitness Settings	3
KIN 434. Ethical and Legal Issues in Sport, Recreation and Leisure	3
KIN 435. Sport Promotion, Fund-Raising and Public Relations	3
KIN 436. Facilities Planning and Management in Sport and Recreation	3
KIN 472. Practicum in Sport and Recreation Management	3
KIN 482. Internship in Sport and Recreation Management	12
MGT 305. Management and Organizational Behavior	3
MKTG 380. Principles of Marketing	3
SCOM 260. Introduction to Public Relations	3
Electives	10
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Recommended Schedule for Sport and Recreation Management Concentration**Freshman Year**

General Education	27
█KIN 100. Lifetime Fitness & Wellness	3
	<hr/> 30

Sophomore Year

General Education	11
ACTG 244. Accounting for Non-Business Majors	3
COB 204. Computer Information Systems	3
ECON 201. Microeconomics	3
KIN 203. Social/Psychological Foundations of Kinesiology	3
KIN 241. Introduction to Sport and Recreation Management	3
KIN 333. Management in Sport, Recreation & Fitness	3
SCOM 260. Public Relations	3
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Junior Year

FIN 345. Managerial Finance	3
KIN 332. Sport Marketing	3
KIN 411. Measurement & Evaluation in Kinesiology	3
KIN 472. Practicum in Sport & Recreation Management	3
MGT 305. Management & Organizational Behavior	3
MKTG 380. Principles of Marketing	3
Electives	10
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Senior Year		Credit Hours
KIN 434. Ethical & Legal Issues in Kinesiology	3	APEP 205. Prevention and Care of Athletic Injuries 3
KIN 435. Sport Promotion	3	KIN 202. Biological Foundations of Kinesiology 3
KIN 436. Facilities Planning & Management in Sport	3	KIN 353. Maximizing Sport Performance 3
KIN 482. Internship in Sport & Recreation Management	12	KIN 425. Concepts of Strength and Conditioning 3
Electives	9	KIN 450. Principles of Coaching 3
	<hr style="width: 100px; margin-left: auto; margin-right: 0;"/> 30	KIN 473. Practicum in Coaching 3
		Kinesiology techniques of sport class (with coordinator approval) 2
		<hr style="width: 100px; margin-left: auto; margin-right: 0;"/> 20

Minor Requirements

The Department of Kinesiology offers two minor areas of study:

- Coaching Education
- Sport Communication

Coaching Education Minor

This minor prepares students for the coaching profession on the high school and younger level by complying with the requirements of the National Council for Accreditation of Coaching Education at Level 3, intermediate coach. Evidence of CPR/first aid certification must be presented before beginning the coaching practicum. In order to enroll in the practicum, all of the minor courses except KIN 450 must be successfully completed (minimum of a "C") and the student's overall GPA must be a 2.0. To successfully complete the minor, students must:

- complete the American Sport Education Program (ASEP) Coaching Principles course and earn ASEP certification (part of KIN 450).
- Earn a minimum grade of a "C" in each of the six courses and a "satisfactory" on the practicum (KIN 473).

Sport Communication Minor

This minor consists of course work offered in communications, media arts and design, and kinesiology for students with an interest in sports media and communication.

	Credit Hours
Choose one of the following:	3
SCOM 245. Signs, Symbols and Social Interaction	
SCOM 248. Intercultural Communication	
SCOM 260. Introduction to Public Relations	3
SMAD 210. News Reporting and Writing	3
KIN 242. Introduction to Sport Communication	3
Choose one of the following:	3
KIN 304. History and Philosophy of Physical Education and Sport	
KIN 329. Psychological and Sociological Aspects of Sports	
KIN 474. Practicum in Sport Communication	<hr style="width: 100px; margin-left: auto; margin-right: 0;"/> 3
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