Department of Kinesiology

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Assistant Professors
E. Edwards, S. Carson Sackett, G. Young

Instructors
R. Lifka, P. McMahan, J. Walters

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 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-professional health programs (pre-physical therapy, pre-medicine, pre-physician’s assistant, pre-occupational therapy)

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.

Students who major in kinesiology work toward a B.S. degree by selecting and completing one of the following concentrations:
- Exercise Science
- Physical and Health Education Teacher Education

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 72-75
Electives 14-21
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 careers in the fitness industry as well as 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 should review the pre-professional health programs section 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.

Admission Policy
Any student can declare the exercise science concentration; however, students must apply to be fully admitted to the major for a limited number of spaces. Declaring the exercise science concentration does not guarantee full admission to the major.

To apply for admission to the exercise science concentration, students must complete the following prerequisite courses:
- BIO 270. Human Physiology
- BIO 290. Human Anatomy
- CHEM 131. General Chemistry I and Laboratory
- KIN 202. Biological Foundations of Kinesiology
- KIN 100. Lifetime Fitness and Wellness

Grades in the prerequisite courses are weighed heavily in the admission decision, and admission is offered to the top students on a space-available basis. Courses taken on a repeat/forgive basis will not be accepted. Only those grades received in prerequisite courses taken for the first time will be counted.

Applications are due October 15 for the spring semester and March 15 for summer and fall semester. Students denied admission may reapply during the next admission cycle.

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

<table>
<thead>
<tr>
<th>Courses</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIO 270. Human Physiology</td>
<td>3</td>
</tr>
<tr>
<td>BIO 290. Human Anatomy</td>
<td>3</td>
</tr>
<tr>
<td>MATH 205. Introductory Calculus I</td>
<td>3</td>
</tr>
<tr>
<td>MATH 220. Elementary Statistics</td>
<td>3</td>
</tr>
<tr>
<td>NUTR 280. Nutrition for Wellness</td>
<td>3</td>
</tr>
<tr>
<td>CHEM 131-131L. General Chemistry I + Laboratory</td>
<td>3</td>
</tr>
<tr>
<td>CHEM 132-132L. General Chemistry II + Laboratory</td>
<td>3</td>
</tr>
<tr>
<td>PHYS 140-140L. College Physics I + Laboratory</td>
<td>3</td>
</tr>
<tr>
<td>KIN 100. Lifetime Fitness and Wellness</td>
<td>3</td>
</tr>
<tr>
<td>KIN 202. Biological Foundations of Kinesiology</td>
<td>3</td>
</tr>
<tr>
<td>KIN 203. Sociological/Psychological Foundations of Kinesiology</td>
<td>3</td>
</tr>
<tr>
<td>KIN 302-302L. Exercise Physiology</td>
<td>3</td>
</tr>
<tr>
<td>KIN 306-306L. Human Biomechanics</td>
<td>3</td>
</tr>
<tr>
<td>KIN 321-321L. Principles of Exercise Testing and Prescription</td>
<td>4</td>
</tr>
<tr>
<td>KIN 471. Practicum in Exercise Science</td>
<td>3</td>
</tr>
<tr>
<td>PHYS 140-140L. College Physics I</td>
<td>3</td>
</tr>
</tbody>
</table>

Electives

Senior Year

<table>
<thead>
<tr>
<th>Courses</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>KIN 420. Exercise Programming for Special Populations</td>
<td>3</td>
</tr>
<tr>
<td>KIN 424. Theories and Practices of Weight Management</td>
<td>3</td>
</tr>
<tr>
<td>KIN 426. Physical Activity Behaviors</td>
<td>3</td>
</tr>
<tr>
<td>KIN 428. Advanced Topics in Exercise Science</td>
<td>3</td>
</tr>
<tr>
<td>KIN 481. Internship in Exercise Science</td>
<td>4-12</td>
</tr>
<tr>
<td>Electives</td>
<td>6-14</td>
</tr>
</tbody>
</table>

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 teacher candidates 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 Virginia 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. For more information contact the Physical and Health Education Teacher Education coordinator, Dr. Jacqueline Williams, Godwin Hall, Room 317, 540-568-6957, williaja@jmu.edu.

Undergraduate Courses

<table>
<thead>
<tr>
<th>Courses</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIO 270. Human Physiology</td>
<td>4</td>
</tr>
<tr>
<td>BIO 290. Human Anatomy</td>
<td>4</td>
</tr>
<tr>
<td>CHEM 131-131L. General Chemistry I</td>
<td>4</td>
</tr>
<tr>
<td>CHEM 132-132L. General Chemistry II</td>
<td>4</td>
</tr>
<tr>
<td>KIN 202. Biological Foundations of Kinesiology</td>
<td>3</td>
</tr>
<tr>
<td>KIN 203. Sociological/Psychological Foundations of Kinesiology</td>
<td>3</td>
</tr>
<tr>
<td>KIN 204. Current Trends in Kinesiology</td>
<td>3</td>
</tr>
<tr>
<td>KIN 471. Practicum in Exercise Science</td>
<td>3</td>
</tr>
<tr>
<td>PHYS 140-140L. College Physics I</td>
<td>3</td>
</tr>
</tbody>
</table>

Recommended Schedule for Exercise Science Concentration

First Year

<table>
<thead>
<tr>
<th>Courses</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>General Education courses</td>
<td>21</td>
</tr>
<tr>
<td>KIN 100. Lifetime Fitness and Wellness</td>
<td>3</td>
</tr>
<tr>
<td>MATH 205. Introductory Calculus I</td>
<td>3</td>
</tr>
<tr>
<td>MATH 220. Elementary Statistics</td>
<td>3</td>
</tr>
</tbody>
</table>

Sophomore Year

<table>
<thead>
<tr>
<th>Courses</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIO 270. Human Physiology</td>
<td>4</td>
</tr>
<tr>
<td>BIO 290. Human Anatomy</td>
<td>4</td>
</tr>
<tr>
<td>CHEM 131-131L. General Chemistry I</td>
<td>4</td>
</tr>
<tr>
<td>CHEM 132-132L. General Chemistry II</td>
<td>4</td>
</tr>
<tr>
<td>KIN 202. Biological Foundations of Kinesiology</td>
<td>3</td>
</tr>
<tr>
<td>KIN 203. Sociological/Psychological Foundations of Kinesiology</td>
<td>3</td>
</tr>
<tr>
<td>NUTR 280. Nutrition for Wellness</td>
<td>3</td>
</tr>
</tbody>
</table>

First Year

<table>
<thead>
<tr>
<th>Courses</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>KIN 100. Lifetime Fitness and Wellness</td>
<td>3</td>
</tr>
<tr>
<td>MATH 205. Introductory Calculus I</td>
<td>3</td>
</tr>
<tr>
<td>MATH 220. Elementary Statistics</td>
<td>3</td>
</tr>
</tbody>
</table>

Junior Year

<table>
<thead>
<tr>
<th>Courses</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>KIN 302-302L. Exercise Physiology</td>
<td>3</td>
</tr>
<tr>
<td>KIN 306-306L. Human Biomechanics</td>
<td>3</td>
</tr>
<tr>
<td>KIN 321-321L. Principles of Exercise Testing and Prescription</td>
<td>4</td>
</tr>
<tr>
<td>KIN 471. Practicum in Exercise Science</td>
<td>3</td>
</tr>
<tr>
<td>PHYS 140-140L. College Physics I</td>
<td>3</td>
</tr>
</tbody>
</table>

Electives

73-77

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KIN 410. School Health Content for PHETE 3
KIN 411. Measurement and Evaluation in Kinesiology 3
KIN 426. Physical Activity Behaviors 3
KIN 480. Student Teaching in Elementary Physical Education 8
NUTR 280. Nutrition for Wellness 3
READ 420. Content Area Literacy, K-12 2

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 3
HTH 655. Research Techniques 3
EDUC 630. Inquiry in Education 3
KIN 683. Secondary Internship in Health and Physical Education 6

Recommended Schedule for Physical and Health Education Teacher Education Concentration
First Year Credit Hours
General Education 27
KIN 100. Lifetime Fitness and Wellness 3

Sophomore Year Credit Hours
PSYC 160. Life Span Human Development 3
KIN 202. Biological Foundations of Kinesiology 3
KIN 203. Social/Psychological Foundations of Kinesiology 3
BIO 290. Human Anatomy 4
General Education courses 8
Electives 7

Junior Year – Fall Semester Credit Hours
EDUC 300. Foundations of Education 3
KIN 224. Skill Lab 2
KIN 303. Motor Learning & Performance 3
KIN 312. The Profession of Teaching 3
NUTR 280. Nutrition for Wellness 3
Elective 3

Junior Year – Spring Semester Credit Hours
KIN 222. Skill Lab 2
KIN 225. Skill Lab 2
KIN 411. Measurement & Evaluation in Kinesiology 3
KIN 410. School Health Content for PHETE 3
READ 420. Content Area Literacy 3
Electives 4

Senior Year – Fall Semester Credit Hours
KIN 223. Skill Lab 2
KIN 310. Instructional Methods in PE 3
KIN 311. Elementary Curriculum in PE 2
KIN 313. Adapted PE 2
Elective 3

Senior Year – Spring Semester Credit Hours
KIN 221. Skill Lab 2
KIN 314. Assessment in Elementary PE 3
KIN 426. Physical Activity Behaviors 3
KIN 480. Student Teaching in Elementary Education 8

Fifth Year – Summer Session I Credit Hours
KIN 511. Technology in Health & PE 3
KIN 610. Curriculum Design & Development in Health/PE 3
KIN 611. Teaching Diverse Populations 3

Fifth Year – Fall Semester Credit Hours
KIN 512. Instructional Methods in Middle & Secondary Ed 3
KIN 514. Methods in School Health for PHETE 3
Approved Graduate Elective 3
KIN 655. Research Techniques 3

Fifth Year – Spring Semester Credit Hours
KIN 513. Professional Issues 3
KIN 612. Analysis of Teaching & Learning 3
KIN 683. Secondary Internship 6

Minor Requirements
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 prior to beginning the coaching practicum. 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 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).

Courses Credit Hours
ATEP 205. Prevention and Care of Athletic Injuries 3
KIN 202. Biological Foundations of Kinesiology 3
KIN 353. Maximizing Sport Performance 3
KIN 425. Concepts of Strength and Conditioning 3
KIN 450. Principles of Coaching 3
Kinesiology techniques of sport class (with coordinator approval) 2