

Student ID: _____
 Student Name: _____
 Adviser Name: _____

Catalog: 2023-2024 Undergraduate Catalog
 Program: Kinesiology, B.S.
 Minimum Credits Required: _____

Kinesiology, B.S.

The 120-credit hour Kinesiology degree is the study of intentional, voluntary, and goal-oriented human movement (i.e. dance, exercise, fundamental movements, sport, and rehabilitation). The three sources of knowledge that comprise the discipline of kinesiology are physical activity experiences (i.e. hands-on learning), scholarship of physical activity (i.e. academic instruction), and professional experience (i.e. Internship and /or Applied Research) in physical activity. Relevant fields in the study of kinesiology include anatomy, physiology, biomechanics, motor behavior, and psychosocial aspects of movement. Building on appropriate prerequisites from the traditional disciplines in the humanities, natural sciences, and social sciences, our curriculum blends a conventional biophysical approach with a contemporary mindset that embraces a "holistic" approach to optimizing health, fitness, and athletic performance. Kinesiology education prepares students for employment as personal trainers, strength and conditioning specialists, physical therapy technicians, corporate wellness directors, health and wellness educators, and coaches. Students earning a bachelor's degree in Kinesiology may also pursue graduate education in the areas of exercise science, strength and conditioning, athletic training, occupational therapy, physical therapy, and public health.

Core Curriculum: 38 - 51 credit hours

Please review the Core Curriculum page for course options.

Required Core Courses

Kinesiology majors must take the following courses as part of the liberal arts core requirements regardless of whether the core is otherwise met:

Liberal Arts, Natural Science with Lab

- BI 111 General Biology: Cells & Genes (4) or
- BI 112 General Biology: Ecology & Evolution (4)

Liberal Arts, Philosophy

- PL 255 Ethics (3)

Liberal Arts, Social Science

- PY 101 General Psychology (3)

Core Designations

Kinesiology majors will meet 3-hours of Global Studies in KN 420.

Kinesiology Foundational Requirements (44-45 credit hours)

All Kinesiology students must take the courses below as a part of their degree program. Rehab Science students should enroll in CH 135 and PH 231.

Course Name	Term Taken	Grade	Gen Ed
Kinesiology Composition Requirement (unless taken for core credit)			
EN 112 - Composition II: Rhetorical Argument (3) or			
• Advanced Writing Course (3)			
Kinesiology Math & Science Requirements			
CH 131 - Principles of Chemistry (4) or			
CH 135 - General Chemistry I (4) (required for rehabilitation science concentration)			
MA 120 - College Algebra (3) or higher			
MA 155 - Elementary Probability & Statistics (3) or			
SO 230 - Social Statistics (3)			
PH 117 - Physics Concepts (4) or			
PH 231 - General Physics I (5) (required for rehabilitation science concentration)			
Kinesiology Foundational Course Requirements			
KN 101 - Introduction to Kinesiology (3)			
KN 211 - Applied Sports Medicine (3)			
KN 316 - Anatomical Kinesiology (3)			
KN 319 - Biomechanics & Motor Control (3)			
KN 376 - Motor Behavior (3)			

KN 381 - Exercise Physiology (3)			
KN 393 - Sports Psychology (3)			
KN 420 - Stress Physiology (3)			
Kinesiology Capstone Requirement (choose one of the following)			
KN 475 - Professional Certification (3)			
KN 482 - Kinesiology Internship (3)			
KN 499 - Research Seminar (3)			

Kinesiology Concentrations

Kinesiology majors must choose one of the concentrations below to complete their degree program:

General Kinesiology (15 credit hours)

Course Name	Term Taken	Grade	Gen Ed
KN 236 - Exercise Testing & Technique (3)			
KN 271 - Exercise & Nutrition (3)			
KN 314 - Exercise Programming (3)			
<ul style="list-style-type: none"> KN Elective (3) KN Elective (3) 			

Strength and Conditioning Concentration (15 credit hours)

Accredited program through the Council of Accreditation of Strength & Conditioning Education (CASCE).

Course Name	Term Taken	Grade	Gen Ed
KN 236 - Exercise Testing & Technique (3)			
KN 271 - Exercise & Nutrition (3)			
KN 314 - Exercise Programming (3)			
KN 455 - Principles of Strength & Conditioning (3)			
KN 472 - S&C Field Experience (3)			

Rehabilitation Science (16 credit hours)

Course Name	Term Taken	Grade	Gen Ed
BI 220 - Human Anatomy & Physiology (6-8)			
(taken for 8 credit hours)			
HE 124 - Medical Terminology (2)			
PY 208 - Lifespan Development (3)			
PY 210 - Abnormal Psychology (3)			

Electives (minimum of 19 credit hours)

Students must take elective hours in order to earn the 120 hours needed for graduation. Pre-DPT students should take CH 137 and PH 232 as part of their elective hours.

Note

If students are interested in Graduate Programs in either Physical Therapy or Occupational Therapy with the Kinesiology degree, the following courses should be considered:

- Pre-Physical Therapy students should also take BI 152, CH 135, CH 137, and PH 232.
- Pre-Occupational and Pre-Physical Therapy students should take PY 208 and PY 210 or SO 101 as electives.

Technology Requirement

Computer competency will be demonstrated by successful completion of KN 475, KN 482, or KN 499 with a "C" or better within the major.

Program Requirements

Candidates for the Bachelor of Science in Kinesiology must fulfill all the requirements for a degree as stated earlier in this catalog, complete the Core Curriculum requirements as stated earlier in this catalog, and have a minimum grade of "C" for all major courses. The credit/no credit option is not available for required major courses. Courses may be repeated once to obtain the minimum grade of "C."

Outcomes

Upon graduation, a student majoring in Kinesiology should be able to:

Outcome 1.

Demonstrate a broad-based knowledge of all sub-disciplines that contribute to the field of Kinesiology including functional anatomy, sports medicine, exercise physiology, biomechanics, motor behavior, sport and exercise psychology, and sociology of physical activity. (KN 101, KN 211, KN 236, KN 271, KN 314, KN 316, KN 319, KN 376, KN 381, KN 393, and KN 420)

Outcome 2.

Successfully achieve graduate/professional school admission, employment within Kinesiology related fields, and/or professional certifications. (KN 475, KN 482, and KN 499)

Outcome 3.

Critically analyze literature in Kinesiology. (KN 319, KN376, KN 381, KN 420, and KN 499)

Outcome 4.

Analyze, synthesize, and solve problems. (KN 475, KN 482, and KN 499)

Outcome 5.

Demonstrate effective verbal and non-verbal communication skills. (All Kinesiology courses)

Assessment

The Kinesiology outcomes will be measured in several ways including in-class written and practical exams, discussions, writing assignments, group and individual projects/presentations, and course grades.

Professional Program Agreements

The following summarizes the special agreements which Avila University has with Health Professions Schools. Additional information on these programs can be obtained from an Avila Professional Health Sciences advisor.

Physical Therapy

Rockhurst University

Avila University students who meet application criteria which are set by Rockhurst University are eligible to apply for early admissions status to Rockhurst's Doctor of Physical Therapy Program at the end of their third year at Avila. Two seats in each class are reserved for qualified Avila students.

Mount St. Mary's College

Avila University students who maintain a 3.00 overall and science grade point average and who meet application criteria set by Mount St. Mary's College will be granted an interview for the Doctor of Physical Therapy Program. Qualified Avila University students will be granted up to two seats per class.

Southwest Baptist University

Avila University students who meet application criteria set by Southwest Baptist University will receive preference points when they apply to Southwest Baptist's Doctor of Physical Therapy Program. Students who apply in September of the year prior to enrollment receive early consideration.

Occupational Therapy

Rockhurst University

Avila University students who meet application criteria which are set by Rockhurst University are eligible to apply for early admissions status to Rockhurst's Master of Occupational Therapy Program at the end of their third year at Avila. Two seats in each class are reserved for qualified Avila students.

Notes: