Department of Kinesiology and Sport Leadership

Matthew Ruiz, Dawn Anderson, Jody Davenport

The Department of Kinesiology and Sport Leadership offers majors in exercise and movement science, sports and exercise studies, and pre-athletic training for students pursuing graduate education in exercise science or athletic training or pursuing a professional career in exercise science or athletic training.

The majors in exercise and movement science, sport and exercise studies and pre-athletic training provide opportunity for students to engage in fitness-related service and to be prepared for graduate study in professional schools for allied health, graduate study in kinesiology and other exercise science-related careers.

Exercise and movement science, sport and exercise studies and pre-athletic training majors are required to show evidence of CPR certification as a requirement for graduation and are strongly urged to complete American Red Cross certification in lifeguard training and water safety.

Exercise and Movement Science

The major in exercise and movement science is an entry-level program that prepares undergraduates for graduate work or professional training. Students may use this undergraduate program as a foundation for graduate programs in allied health, including physical therapy, occupational therapy, athletic training, chiropractic medicine, physician assistant school, medical school and others. Students could view this program as "Pre-Physical Therapy" or "Pre-Occupational Therapy". Additionally, the major can be used to prepare students for graduate study in kinesiology (e.g. exercise physiology, biomechanics, sport and exercise psychology, motor learning and control).

Students who plan to attend physical therapy school or occupational therapy school are encouraged to major in exercise and movement science. The exercise and movement science curriculum does not meet the prerequisites for all physical therapy or occupational therapy schools because each school differs on its requirements for admission. As part of the exercise and movement science program, students are directed toward electives that will help them meet the necessary prerequisites for their school of choice.

Students who choose exercise and movement science as a major for the bachelor of science degree will complete EX 111, 151, 271, 287, 311, 321/L, 326, 443, 465, and 495 (four hours); BI 161/L, 241/L, 242/L; CH 162/L; PH 212/L; PY 461; BA 252; and two courses from EX 318, 425, 428, 431, or 452. The following specific courses are necessary and will fulfill requirements in the core curriculum: CH 161/L; PH 211/L; PY 111; SO 111; MA 151; BR 333TB. Students must take EX 395 (two hours) as one of their required January Terms. Students taking PH 211-212 must have MA 141 College Algebra and Trigonometry or math placement, or introductory calculus. Students are required to show evidence of CPR certification as a requirement for graduation.
Sport and Exercise Studies

The major in sport and exercise studies prepares undergraduate students for entry-level positions in the sport, health, wellness and fitness industries and other exercise science-related careers (e.g. strength and conditioning, personal training, physical therapy assistant, cardiac and pulmonary rehabilitation). Students will be prepared for industry-standard certifications (e.g. ACSM's Health Fitness Specialist and NSCA's Certified Strength and Conditioning Specialist). This major will also prepare students for graduate study in kinesiology (e.g. exercise physiology, biomechanics, sport and exercise psychology, motor learning and control).

Students who choose sport and exercise studies as a major for the bachelor of science degree will complete EX 111, 151, 271, 287, 311, 321/L, 326, 431, 443, 465 and 495 (three hours); BI 241/L, 242/L; one course from EX 318, 425, 428, or 452; RC 221 and 416; BA 252 and 341; PY 351 and 461. The following specific courses are necessary and will fulfill requirements in the core curriculum: CH 141/L; PH 111/L; PY 111; SO 111; MA 151; BR 333TB. Students must take EX 395 (two hours) as one of their required January Terms. Students are required to show evidence of CPR certification as a requirement for graduation.

Minor in Exercise Science

Students who choose to minor in exercise science will complete EX 111, 311, 318, 321/L, 326, 465; BI 241/L and 242/L.

3-2 Athletic Training Program (Major in Pre-Athletic Training)

The major in pre-athletic training is part of the 3-2 Athletic Training Program. The 3-2 Athletic Training Program offers students the opportunity to receive both a bachelor of science degree in pre-athletic training from Huntington University and a master of athletic training degree from Manchester University over a five year period. Through a broad preparation in both academic and practical experience, the program educates students to become an athletic trainer that provides sports teams with services and education for injury prevention, evaluation of athletic trauma, immediate care and rehabilitation. Athletic trainers are in demand in a variety of settings, including secondary schools, colleges and universities, sports medicines clinics, professional sports teams and industrial settings.

Admission to Huntington University does not guarantee acceptance to the 3-2 Athletic Training program. Application to the 3-2 Athletic Training program begins in the student's second year at Huntington University. Students who fail to achieve admittance to the Manchester University Master of Athletic Training program may complete their bachelor's degree in exercise and movement science at Huntington University.

Students who choose to pursue the 3-2 Athletic Training Program will complete three years of coursework at Huntington University and will transfer 26 credit hours from Manchester University after the fourth year to complete a major in pre-athletic training for the bachelor of science degree from Huntington University. After the fifth year in the 3-2 program, students will complete a master of athletic training degree from Manchester University. Students who choose the 3-2 Athletic Training Program will complete EX 111, 151, 271, 287, 311, 318, 321/L, 326, 395, 431, 443, 465; BI 241/L; 242/L; BA 252; and PY 461 from Huntington University and ATTR 501, 511, 515, 530, 535, 540, 541, 543, 546, 547, 551, 553, 570, 571, 572, 573, 574, 575, 579; STAT 520 from Manchester University. The following specific courses are necessary and will fulfill requirements in the core curriculum at Huntington University: CH 141/L; PH 111/L; PY 111; SO 111; MA 151; BR 333TB. Students are required to show evidence of CPR certification as a requirement for graduation.

Recreation Management

The recreation management major and minor are suspended for new student enrollments effective as of Spring 2015. Students already enrolled in the major or minor should refer to the appropriate previous catalog for
information about requirements and course descriptions.

Sport Management

Information regarding the sport management major and minor is found in the Business Department listings.

Courses in Exercise Science

EX 101 Wellness for Life  
(2 credits) - Fall, Spring  
An introduction to the lifelong pursuit of wellness. Students explore various areas that influence one's physical, emotional and spiritual well-being. Topics include physical fitness, nutrition and weight control, impact of physical activity on cardiovascular health, relaxation and stress management and lifetime physical activity. This course will challenge students to take a holistic approach to integrating their faith and wellness throughout their lives. Engaging in physical activity is required for successful completion of this course.

EX 111 Foundations of Exercise Science  
(3 credits) - Fall  
Exploration of the discipline of exercise science, including its history and projected future, contribution to society, professional organizations, certifications, management and marketing concerns, professional issues and initial investigations into the exercise science subdisciplines.

EX 151 Health and Fitness  
(3 credits) - Spring  
Examines the relationships between health and fitness. Topics include nutrition, disease prevention, weight control, smoking/alcohol and health, medical care, aerobic and anaerobic conditioning and the relationship between physical and mental health in a community context. Particular emphasis is placed on programming and community engagement.

EX 195 Job Shadow in Exercise Science  
(1 to 2 credits) - Fall, Spring  
Students observe the daily routines and activities of employed professionals and see how skills and knowledge acquired in class are applied in the exercise science field.  
Prerequisite: Consent

EX 271 Nutrition  
(3 credits) - Spring  
A general course designed to address dietary needs of individuals of all ages. Some attention will be given to the role of the nurse, dietician and community agencies in promoting good health through the proper use of food.  
Identical with BI 271.

EX 287 Medical Terminology  
(1 credit) - Fall, January  
This course introduces medical words and terms through an analysis of their construction, including prefix, suffix, root, connecting and combining forms. Medical meanings applicable to the structure, function and diseases of the human body are stressed.  
This course will not fulfill a J-Term requirement.
EX 295 Practicum in Exercise Science  
*(1 to 3 credits) - Fall, Spring)*  
Practicum in some aspect of the fitness profession designed to give student practical, directed experience.  
*Prerequisite: Consent*

EX 311 Structural Kinesiology and Biomechanics  
*(3 credits) - Spring)*  
This course emphasizes the application of concepts of human anatomy (particularly the musculoskeletal system) and physical law to the study of human movement and skill analysis.  
*Prerequisites: BI 241, 242 and PH 111 or 211*

EX 318 Sport and Exercise Psychology  
*(3 credits) - Fall)*  
This course is an introduction to the science and theory of sport and exercise psychology. Factors related to individual, group and institutional behavior in the following physical activity settings are emphasized: competitive and recreational athletics, exercise, physical education and rehabilitative.  
*Identical with PY 318.*  
*Prerequisite: PY 111*

EX 321 Exercise Physiology  
*(3 credits) - Fall)*  
This course explores the principles of exercise physiology and their application to physical exercise, motor development, coaching and teaching.  
*Must be taken concurrently with EX 321L.*  
*Prerequisites: BI 241 and 242*

EX 321L Exercise Physiology Laboratory  
*(1 credit) - Fall)*  
Laboratory procedures and techniques in the measurement of human physical characteristics and performance. Measurements of flexibility, muscular strength, muscular endurance, cardiovascular endurance and body composition are included.  
*Must be taken concurrently with EX 321.*

EX 326 Prevention and Care of Athletic Injuries  
*(3 credits) - Fall)*  
Prevention, recognition and treatment of athletic injuries are covered in this course. Taping techniques are also included.  
*Prerequisite: BI 241*

EX 395 Practicum in Exercise Science  
*(1 to 3 credits) - Fall, January, Spring, Summer)*  
A practice learning experience in the fitness profession providing the student with supervised observation of fitness professionals and the functioning of an organization through participation in its operations.  
*Prerequisites: EX 111 and consent*

EX 425 Nutrition for the Physically Active  
*(3 credits) - Fall)*  
Nutritional requirements for the active individual and athletes. Topics of study will include carbohydrate, protein, fat, vitamin, mineral and water requirements of active populations, as well as the use of nutritional ergogenic aids for performance enhancement.
Prerequisites: EX 271 and 321

EX 428 Motor Behavior
(3 credits) - Summer
This course is a study of the interaction between physiologic and psychological processes of the human body. Understanding of how the body develops, controls and learns movement skills that are used in physical activity, exercise, sport and daily living are emphasized.
Prerequisite: EX 311 and 321

EX 431 Principles of Strength and Conditioning
(3 credits) - Spring
Examination of strength training techniques and program design. Emphasis is placed on proper form and utilization of various workout designs to compliment larger training goals. Students will gain experience in the theoretical and practical aspects of designing individual workout sessions, periodization and programming to enhance progression. The course is designed to assist the student in meeting the requirements to be eligible for and pass the National Strength and Conditioning Association's Certified Strength and Conditioning Specialist exam.
Prerequisites: EX 271, 311 and 321

EX 443 Introduction to Research in Kinesiology
(3 credits) - Fall
Introduction to the philosophy of evaluation and measurement in physical education and exercise science, including test selection, construction, evaluation and administration. Basic research methods, statistical analysis and interpretation of test scores also stressed.

EX 452 Special Topics in Kinesiology
(3 credits) - Summer
This course focuses on special areas of interest in kinesiology, with particular emphasis on contemporary concerns in the field. Topics include exercise response under extreme physical stress, exercise and environmental conditions, exercise in children and/or geriatric population, sport nutrition/ergogenic aids and sports performance, exercise in other special populations and/or topics of current interest.
Prerequisite: EX 311 and 321

EX 465 Senior Seminar in Exercise Prescription
(3 credits) - Spring
This course synthesizes the theories of applied exercise science into a meaningful real-world application. Students integrate and master their knowledge of applied exercise science to design individual or group training and lifestyle programs tailored to the needs and wants of specific clientele. The American College of Sport Medicine's Guidelines for Exercise Testing and Prescription govern the concepts and procedures discussed in the course.
Prerequisite: Senior major

EX 490 Independent Study
(1 to 4 credits) - Fall, Spring
An individualized study of a problem, a research paper or a project related to the exercise science field.
Prerequisite: Consent

EX 495 Internship
(2 to 4 credits) - Fall, January, Spring, Summer
A cooperative off-campus experience in an exercise-related organization through which curricular knowledge
and skills may be actively applied.

Prerequisite: Senior major or consent

Courses in Physical Education

PE 111 Physical Education Activity
(1 credit) - Fall, Spring )
Various individual and team activities are available. Students enroll for a single activity at a time. Equipment is generally supplied except for clubs and rackets; fees are assessed for activities which involve non-University facilities. Varsity athletes may not take activity courses in their varsity sports.

Each activity meets two times a week for seven weeks. Equivalent to PE 121.

Prerequisite: PE 110

PE 131 Intercollegiate Athletics
(0 credits) - Fall, Spring )
Students who are participating in intercollegiate athletics may register for this non-credit course. Fulfills one physical education activity requirement. Not repeatable. S/U grading.

Courses in Recreation Management

RC 111 Foundations of Recreation Management
(3 credits) - Fall )
The foundation for the study of leisure and organizations delivering leisure services, contemporary issues and concepts delivering leisure and the role of the professional in delivering leisure services are introduced.

RC 221 Private and Commercial Recreation
(3 credits) - Fall Even Years )
Private sector recreation in corporations and in camps and sports clubs is examined. Equipping and managing recreation facilities are studied.

Prerequisites: RC 111 and SM 121

RC 236 Camp Administration
(2 credits) - Fall Odd Years )
Program planning and administration for various types of camps and the development of skills required for effective camp leadership are provided.

Prerequisite: RC 111

RC 241 Pedagogy of Recreational Sports
(3 credits) - Spring )
The focus of this course is the development of teaching techniques, performance skills and rule comprehension of leisure time and individual sports. Sports include tennis, archery, golf, badminton and bowling.

RC 316 Leadership and Programming in Recreation and Sports
(3 credits) - Fall Odd Years )
This course emphasizes the development of leadership skills through interactive classroom-field experience using group dynamic techniques. Students will be given an opportunity to experience leadership in directing individual and group games, fitness and/or community groups.
Identical with SM 316.
Prerequisites: RC 111 and SM 121

RC 331 Outdoor Recreation  
(3 credits) - Fall Odd Years  
Techniques and resources for camping, hiking and backpacking and outdoor observations of wildlife and nature are covered.
Prerequisites: RC 111 and SM 121

RC 381 Recreation and the Aging Process  
(3 credits) - Spring  
Developmental changes that occur in the senior adult, concepts of modified and adapted programming, senior adult leisure service settings and contemporary issues facing the senior adult are emphasized.
Prerequisites: RC 111 and SM 121

RC 395 Practicum in Recreation Management  
(1 to 3 credits) - Fall, Spring  
Practicum in some aspect of recreation designed to give student practical, directed experience.
Prerequisites: RC 111, SM 121 and consent

RC 411 Recreation and Sports Administration  
(3 credits) - Fall  
Planning, organizing and evaluating recreation programs. Principles of personnel management, budgeting, private fundraising and leadership are introduced.
Identical with SM 411.
Prerequisites: BA 252 or concurrently, RC 111 and SM 121

RC 416 Grant Proposal Writing and Fundraising  
(2 credits) - Spring Even Years  
Principles of successful fundraising and proposal writing in the preparation of grant proposals and ethical accounting principles for reporting expenses.
Prerequisite: RC 411

RC 461 Issues in Sport and Recreation Management  
(3 credits) - Fall  
An examination of social and legal issues which impact the field of recreation. Interpretation of state and federal legislation which apply to recreation programs. Senior writing project.
Identical with SM 461.
Prerequisites: Senior standing; recreation management or sport management major

RC 490 Independent Study  
(1 to 4 credits) - Fall, Spring  
An individualized study of a problem, a research paper or a project related to the recreation field.

RC 495 Internship  
(2 to 4 credits) - Fall, Spring  
A professional experience which immerses students in an area of concentrated, recreation management-related, area of interest and is supervised by faculty in the department.
Prerequisites: RC 111, 316, 411, 461, and consent

RC 496RMAC Recreation Management Application Capstone
This 500-hour internship is an integrative experience, which immerses students in an area of concentrated interest, as related to the field of recreation management. Students demonstrate the capacity to synthesize and apply knowledge while collaborating with professionals and participating in tangible work experiences. A grade of B- or higher is required for this course.

Prerequisites: Senior standing and completion of all courses required in the recreation management major with a minimum grade of C-