



Major in Exercise Science, B.S.

2017-2018

Additional Sources of Information

WEBSITE:

www.swau.edu

DEPARTMENT CONTACTS:

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The mission of Southwestern Adventist University's Department of Kinesiology is to promote lifetime physical activity and healthy lifestyle for all students at the university; it further seeks to prepare kinesiology majors for a variety of careers by fostering the knowledge and skills needed to be successful in the field. All this is done in a Christ-centered environment shaped by Seventh-day Adventist and Christian values. In addition, the Kinesiology department focuses on the development of the whole student. The integration of the physical, mental, and spiritual powers within the curriculum, instruction, and activity are paramount to the program. We seek to prepare students for success in their chosen professional careers by developing critical thinking, communication, and analytical skills. Of special concern is the development of an understanding and respect for God's amazing creation, the human body.

Job Market

Exercise Science is an excellent pre-professional course of study for exercise physiology, cardiac rehabilitation, physical therapy or other areas of sports medicine.

Job Outlook

Employment of physical therapists is expected to increase 39 percent from 2010 to 2020, much faster than the average for all occupations. Demand for physical therapy services will come, in large part, from the aging baby boomers, who are staying active later in life than previous generations did.

Earnings

The median annual wage of physical therapists was \$76,310 in May 2010.

Educational Qualifications:

Physical therapists are required to have a postgraduate professional degree. Physical therapy programs usually award a Doctor of Physical Therapy (DPT) degree, although a small number award a Master of Physical Therapy (MPT) degree. Doctoral programs typically last 3 years; MPT programs require 2 to 3 years of study. Most programs, either DPT or MPT, require a bachelor's degree for admission, and many require specific prerequisites, such as anatomy, physiology, biology, and chemistry.

Physical therapy programs often include courses in biomechanics, anatomy, physiology, neuroscience, and pharmacology. Physical therapy students also complete clinical rotations, enabling them to gain supervised work experience in areas such as acute care and orthopedic care.

Physical therapists may apply to and complete residency programs after graduation. Residencies last 9 months to 3 years and provide additional training and experience in advanced or specialty areas of care. All states require physical therapists to be licensed.

General Education Requirements:

To view general education requirements for this major please visit catalog.swau.edu/Undergraduate/2017-2018.





KINESIOLOGY CORE CURRICULUM

KINT 110	Fundamentals of Kinesiology.....	3
KINT 201	Introduction to Kinesiology Research	1
KINT 241	Care and Prevention of Athletic Injuries	3
KINT 310	Motor Learning.....	3
KINT 321	Exercise Physiology	3
KINT 331	Biomechanics	3
KINT 490	Senior Seminar.....	1

TOTAL: 20

EXERCISE SCIENCE CONCENTRATION

KINA 115	Resistance Training.....	1
KINA 215	Advanced Resistance Training.....	1
KINT 216	Nutrition	3
KINT 252	ACSM Certified Personal Trainer.....	3
KINT 260	First Aid, CPR, and First Responder Training.....	2

KINT 354	NSCA Certified Strength & Conditioning Specialist.....	3
KINT 452	ACSM Certified Health Fitness Specialist	3
KINT 460	Applied Social Research Methods	3
KINT 480	Internship.....	6

TOTAL: 25

REQUIRED COGNATES:

BIOL 101, 102	Anatomy & Physiology	8
CHEM 111, 112	General Chemistry	8
MATH 121	Precalculus.....	3
MATH 241	Intro to Probability and Statistics	3
PHYS 121	General Physics.....	4
PSYC 212	General Psychology	3
PSYC 220	Human Growth & Development	3

SAMPLE FOUR-YEAR SCHEDULE

	FIRST SEMESTER	SECOND SEMESTER
<i>First Year</i>	KINA 115—Resistance Training..... 1 UNIV 111—Wellness for Life	MATH 110—College Algebra
	UNIV 111—Wellness for Life	BIOL 102—Anatomy and Physiology
	ENGL 121—Freshmen Composition	KINT 216—Nutrition
	BIOL 101—Anatomy and Physiology	CSIS 102—Microcomputer Literacy and Applications.....
	Religion Elective	KINT 260—First Aid, CPR, and First Responder Training
	KINT 110—Fundamentals of Kinesiology.....	TOTAL
	TOTAL	15
<i>Second Year</i>	KINT 241—Care & Prevention of Athletic Injuries.....	KINT 201—Introduction to Kinesiology Research
	History Elective	CHEM 112—General Chemistry
	CHEM 111—General Chemistry	COMM 111—Speech
	PSYC 220—Human Growth and Development.....	PSYC 212—General Psychology
	ENGL 220—Research Writing	MATH 121—Precalculus
	TOTAL	KINA Activity Elective
	16	TOTAL
		15
<i>Third Year</i>	KINT 310—Motor Learning.....	KINT 331—Biomechanics
	KINT 252—ACSM Certified Personal Trainer	KINT 452—ACSM Certified Health Fitness Specialist.....
	PHYS 121—General Physics.....	MATH 241—Introduction to Probability and Statistics
	Religion Elective	Literature Elective
	Elective	KINA 215—Advanced Resistance Training.....
	TOTAL	Religion Elective
	16	TOTAL
		16
<i>Fourth Year</i>	KINT 460—Applied Social Research Methods.....	KINT 354—NSCA Cert Strength and Conditioning Specialist
	Religion Elective (Upper Division).....	KINT 490—Senior Seminar
	Fine Arts Elective	KINT 480—Internship
	Upper Division Elective	History Elective
	KINT 321—Exercise Physiology.....	Upper Division Elective.....
	TOTAL	TOTAL
	15	16