

Kinesiology & Athletics

The Whitworth Kinesiology & Athletics Department offers a major in kinesiology and minors in kinesiology and athletic coaching. These academic programs provide both a theoretical and a practical educational experience for future teachers, coaches and health/wellness/fitness specialists. The kinesiology major allows students to choose from two educational tracks. The teaching track prepares students to teach/coach in public or private schools. Students in the teaching track are also required to complete an education (elementary or K-12) certification. The non-teaching track prepares students for health, fitness and physical education-related career opportunities and requires an internship in the discipline.



The learning outcomes for this major prepare students to...

- develop a holistic understanding of the importance/role/significance of the fitness/wellness discipline.
- develop the skills and abilities necessary for employment in careers in the education, exercise and/or health-related professions.
- learn and apply the concepts of professionalism and integrity in the fitness and wellness industry.
- be prepared for entry into advanced degrees in health, fitness, physical education, sports management, sports psychology, exercise science, movement studies and related fields.
- become health, fitness and physical education teachers who will have a positive impact on the learning and development of those whom they are called to serve.
- be eligible for certification exams in strength and conditioning, as well as in personal training.

Whitworth students are required to complete a minimum of one writing-intensive (“W”) course within their major. Kinesiology courses that currently meet that requirement are KIN 322W and KIN 430W. Students pursuing an education endorsement must have an alternate-level field experience, which may be fulfilled with EDU 493, EDU 494, EDU 496, EDU 497 or EDU 498. In addition, EDU 493, EDU 494, EDU 496, EDU 497 or EDU 498 may be substituted for the kinesiology internship experience if the student is pursuing an endorsement in health and fitness. A grade of “C” or higher in all major courses is required if the student is pursuing teacher certification or an education endorsement. All endorsements are subject to change; see School of Education for updated education requirements.

Varsity Sports

For participants in men’s and women’s sports at the intercollegiate level

ATH 101	Varsity Baseball
ATH 102	Varsity Basketball
ATH 103	Varsity Football
ATH 104	Varsity Golf
ATH 105	Varsity Tennis
ATH 106	Varsity Track and Field
ATH 107	Varsity Swimming

ATH 108	Varsity Softball
ATH 109	Varsity Cross-Country
ATH 110	Varsity Volleyball
ATH 111	Varsity Soccer
ATH 117	Cheer Leadership

Fitness and Wellness

In addition to the previously described degree programs, the kinesiology & athletics department is responsible for the oversight of the institution's general education requirements for "fitness and wellness for life." Courses that fulfill these requirements are designed to emphasize responsible stewardship of God's creation through maintenance of personal health. Students develop skills and establish habits that prepare them for a lifetime of healthy living and physical well-being. Students are required to complete three activity courses, one of which must be among the fitness/wellness (FW) course listings.

The learning outcomes for fitness-for-life courses include...

- provision of an environment for students to participate in regular physical activity.
- students who are challenged to develop healthy lifestyle habits and choices.
- development of an understanding and appreciation for the miraculous creation of the human body.
- the understanding and application of appropriate fitness and wellness terminology.

Fitness and Wellness/Activity Courses - 3 credits total

One course from the following:

FW 118	Adaptive Physical Activity
FW 132	Fitness Programs
FW 134	Jogging
FW 141	Water Aerobics
FW 149	Swimming for Fitness
FW 166	Aerobics
FW 175	Survey of Physical Education Activities
FW 219	Ice Skating for Fitness

Two additional courses from the Fitness and Wellness section above, or from the following:

PE 110	Introduction to Dance
PE 113	Beginning Basketball
PE 115	Bowling
PE 119	Ice Skating
PE 120	Pilates
PE 121	Yoga
PE 122	Tennis
PE 124	Weight Training
PE 125	Golf
PE 128	Sports Conditioning
PE 129	Badminton
PE 130	Soccer
PE 133	Beginning Volleyball
PE 137	Modern Dance
PE 138	Karate
PE 143	Ballet I
PE 152	West Coast Swing and Lindy Hop
PE 153	American Ballroom Dance
PE 154	International Ballroom Dance

PE 159	Snow Skiing and Boarding
PE 164	Pickleball
PE 178	Karate II
PE 183	Jazz Dance I
PE 184	Physicality and Spiritual Formation
PE 213	Intermediate Basketball
PE 221	Yoga II
PE 229	Intermediate Badminton
PE 233	Intermediate Volleyball
PE 282	Winter Mountaineering

Requirements for a Kinesiology Major, B.A. (46)

AT 170	Advanced CPR and First Aid	1
HS 220	Anatomy and Physiology I	4
HS 221	Anatomy and Physiology II	4
HS 261	Community Health	3
HS 320	Structural and Mechanical Kinesiology *	4
HS 326	Exercise Physiology	4
HS 326L	Exercise Physiology Lab	0
HS 363	Personal Health and Nutrition	3
HS 433	Principles of Conditioning and Nutrition	3
KIN 330	Adaptive PE & Recreation	2
KIN 345	Elementary PE and Health Education: Curriculum and Methods	2
KIN 351	Curriculum and Methods: Secondary Health, Fitness and PE	2
Complete three credits of an internship:		3
KIN 390, 490	Internship	
KIN 400	Tests and Measurements	2
KIN 420	Administrative and Legal Aspects of Health, Fitness and PE	2
KIN 465	Motor Development, Control and Learning	2
KIN 498	Senior Seminar	2
One of the following:		3
KIN 322	Philosophical and Psychological Aspects Of Coaching	
KIN 370	Sports Psychology	

Note: One writing-intensive course required either KIN 322W or KIN 430W.

Requirements for B.A. in Kinesiology, pre-athletic training track (50)

HS 220	Anatomy and Physiology I	4
HS 221	Anatomy and Physiology II	4
HS 261	Community Health	3
HS 320	Structural and Mechanical Kinesiology	4
HS 326	Exercise Physiology	4
HS 326L	Exercise Physiology Lab	0
HS 363	Personal Health and Nutrition	3
HS 433	Principles of Conditioning and Nutrition	3
KIN 330	Adaptive PE & Recreation	2
KIN 351	Curriculum and Methods: Secondary Health, Fitness and PE	2
KIN 400	Tests and Measurements	2

KIN 420	Administrative and Legal Aspects of Health, Fitness and PE	2
KIN 465	Motor Development, Control and Learning	2
KIN 390	Internship (can be substituted for AT-571)	2
or KIN 490	Internship	
KIN 322W	Philosophical and Psychological Aspects Of Coaching	3
AT 170	Advanced CPR and First Aid	1
AT 271	Introduction to Athletic Training	2
AT 390	Internship	1
PY 101	Introductory Psychology	3
MA 256	Elementary Probability and Statistics	3

*Does not meet Washington state teaching endorsement requirements for health and fitness unless extra course (KIN 345) is successfully completed.

A pre-athletic training program is also available through the Health Sciences Department (<http://catalog.whitworth.edu/undergraduate/healthsciences>).

Requirements for a Kinesiology Minor (38)

Meets Washington state teaching endorsement requirements for health and fitness.

AT 170	Advanced CPR and First Aid	1
HS 220	Anatomy and Physiology I	4
HS 221	Anatomy and Physiology II	4
HS 261	Community Health	3
HS 320	Structural and Mechanical Kinesiology *	4
HS 326	Exercise Physiology *	4
HS 326L	Exercise Physiology Lab	0
HS 363	Personal Health and Nutrition	3
HS 433	Principles of Conditioning and Nutrition	3
KIN 330	Adaptive PE & Recreation	2
KIN 345	Elementary PE and Health Education: Curriculum and Methods	2
KIN 351	Curriculum and Methods: Secondary Health, Fitness and PE	2
KIN 400	Tests and Measurements	2
KIN 420	Administrative and Legal Aspects of Health, Fitness and PE	2
KIN 465	Motor Development, Control and Learning	2

* Prerequisites: HS 220 and HS 221: Anatomy and Physiology I, II

Requirements for an Athletic Coaching Minor (17-19)

KIN 322	Philosophical and Psychological Aspects Of Coaching	3
KIN 370	Sports Psychology	3
KIN 390	Internship	3
KIN 410	Coaching Methods	3
And select five or more credits from the following courses:		5-7
AT 271	Introduction to Athletic Training (2)	
KIN 420	Administrative and Legal Aspects of Health, Fitness and PE (2)	
KIN 490	Internship (1-3)	

Fitness Wellness Courses

- FW 118 Adaptive Physical Activity** 1
Adaptive Physical Activity is designed to provide students with physical disability the opportunity to experience individualized instruction in physical activity, fitness, and wellness. The course requires physical activity and a cognitive component related to fitness and wellness. This course is repeatable. Signature of the instructor and documentation of physical disability is required prior to enrollment.
- FW 132 Fitness Programs** 1
- FW 134 Jogging** 1
- FW 141 Water Aerobics** 1
- FW 148 Cross-Country Skiing** 1
Lab fee covers: transportation, instruction, and equipment.
- FW 149 Swimming for Fitness** 1
- FW 151 Aqua Stand Up Paddleboarding** 1
Aqua Stand Up is an aqua fitness course set to music and inspired by the stand up paddle board craze. This new discipline will provide, cardio, muscular conditioning and a high level of balance/core training. No experience needed for this full body workout that will shape your entire body.
- FW 156 Aquatic Training for Sports** 1
Designed for pre-season or in-season training for both collegiate and amateur athletes. Workouts are sport specific and be will be designed as a way to cross train for a wide range of sports in an aquatic environment. Fall semester first half and second half, and spring semester first half.
- FW 166 Aerobics** 1
- FW 175 Survey of Physical Education Activities** 3
Course includes individualized fitness assessment, personalized program development, and exposure to leisure and lifetime wellness activities as they relate to the Continuing Studies student. Also includes a personalized aerobic component and nutritional considerations. For Continuing Studies students only.
- FW 219 Ice Skating for Fitness** 1
Ice skating activities are used to promote physical fitness. Course activity furthers ice skating skill and overall fitness while course materials guide students through self-assessment of their life-behaviors related to their wellness levels.

Kinesiology Athletics Courses

- KIN 219H Sport and Film** 3
This course examines sport and its place in human life and culture through films that feature sport
- KIN 322 Philosophical and Psychological Aspects Of Coaching** 3
An overview of the application of philosophical and psychological principles to coaching so that the coach is better prepared to develop the maximum potential in athletes. Fall semester.
- KIN 322W Philosophical and Psychological Aspects Of Coaching** 3
An overview of the application of philosophical and psychological principles to coaching so that the coach is better prepared to develop the maximum potential in athletes. Fall semester.
- KIN 330 Adaptive PE & Recreation** 2
A study of teaching activities that must be directed toward or modified for special groups. Spring semester.

KIN 344 Curriculum and Methods: Elementary Health, Fitness and PE	1
Curriculum and methods for teaching physical education and health education in the elementary school. Current methods and materials used in developing the elementary curriculum and in teaching the appropriate activities for each grade level. Class management, class discipline and directed teaching are practiced. Prerequisite: EDU 201. Fall semester, Jan Term.	
KIN 345 Elementary PE and Health Education: Curriculum and Methods	2
Curriculum and methods for teaching physical education and health education in the elementary school. Current methods and materials used in developing the elementary curriculum and in teaching the appropriate activities for each grade level. Class management, class discipline and directed teaching are practiced. Prerequisite: Kinesiology major. Fall semester.	
KIN 351 Curriculum and Methods: Secondary Health, Fitness and PE	2
Practical applications of educational theory and sports content. Emphasis on preparation of resource units and directed teaching. Spring semester.	
KIN 370 Sports Psychology	3
Exploration of the many facets of sports psychology from both a theoretical and practical standpoint. Topics include characteristics of successful athletes, motivation, regulating anxiety and stress, aggression, team cohesion, leadership styles, and coaching youth sports. Recommended that PY 101 be taken previously. Jan Term.	
KIN 390 Internship	1-7
KIN 400 Tests and Measurements	2
Selection, administration, interpretation and application of tests of fitness, skills and knowledge. Development of computer software proficiency as it relates to the evaluation of tests designed to analyze human movement. Fall semester.	
KIN 410 Coaching Methods	3
Instruction in athletic coaching methodology such as effective practice planning, effective use of drills in skill acquisition, physical conditioning methods (aerobic/anaerobic), strength conditioning, and understanding of athletic training (hydration, taping, injury prevention and rehabilitation). Spring semester, odd years.	
KIN 420 Administrative and Legal Aspects of Health, Fitness and PE	2
Administrative policies and practices as they relate to program development, budget, facilities, equipment, personnel management and public relations in directing physical education, intramural and interscholastic sports programs. Fall semester.	
KIN 430 Sports and Society	3
Interrelationships of sports with other aspects of culture. Role of sports in American society. Spring semester, even years.	
KIN 465 Motor Development, Control and Learning	2
Theories and principles of motor activity and motor responses. Spring semester.	
KIN 481 Field Experience	0-3
KIN 490 Internship	1-4
KIN 498 Senior Seminar	2
Career planning, graduate school, financial planning, and effective leadership are discussed as students get ready for professional careers. Emphasis on student presentations. Spring semester.	

Physical Education Courses

PE 110 Introduction to Dance	1
Basic concepts and principles of jazz, modern, and ballet. This course is designed for the non-dancer student seeking to explore dance in a safe learning environment.	
PE 113 Beginning Basketball	1
PE 115 Bowling	1
PE 119 Ice Skating	1
PE 120 Pilates	1
Body conditioning via a unique method of stretching and strengthening exercises developed by Joseph Pilates. It is composed of hundreds of exercises which allow workouts to be customized to meet individual needs.	
PE 121 Yoga	1
Yoga combines exercise through physical postures (asanas) and breathing technique (pranayama) and when practiced appropriately promotes wellness of body and mind. Yoga benefits the body by lengthening and strengthening muscles and tendons. It benefits the mind and body connections by enhancing energy, promotes relaxation, and improves focus and concentration.	
PE 122 Tennis	1
PE 124 Weight Training	1
PE 125 Golf	1
PE 126 Introduction to Rock Climbing	1
This class is designed to provide students with the basic skills and knowledge of the sport of climbing. Students will learn how to climb and belay, all the while focusing on the safety of the climber and the climbing experience. Through this course students will learn risk evaluation and management, equipment, knots, belaying, rappelling, and various climbing techniques.	
PE 128 Sports Conditioning	1
PE 129 Badminton	1
PE 130 Soccer	1
PE 133 Beginning Volleyball	1
PE 137 Modern Dance	2
Analysis and theory of modern dance with an emphasis on basic technique and movement exploration. Includes a study of the evolution of modern dance and its past and present pioneers. May be repeated. Fall semester. May count as ONE PE activity course.	
PE 138 Karate	1
PE 143 Ballet I	2
Beginning instruction in classical ballet focusing on vocabulary and technique. Includes barre and center exercises designed to develop coordination, balance, flexibility and strength. Fall semester. May count as ONE PE activity course.	
PE 152 West Coast Swing and Lindy Hop	1
PE activity course. Includes the development of these dances, their history and their resurgence in popular culture today.	

PE 153 American Ballroom Dance	1
The study of and practice of various forms of social dance, primarily ballroom dance with some emphasis on country dance. Offered Fall semester and Jan Term.	
PE 154 International Ballroom Dance	1
PE 159 Snow Skiing and Boarding	1
The program provides six class sessions on the mountain. All the instructional days are followed by a free ski opportunity with friends. The instructional classes range from "never ever" to "advanced". We leave WU by 12:30pm and return by 6:00pm. Lab fee (\$255) covers: transportation, professional instruction and lift ticket. There is an additional fee (\$71) if you need to rent equipment from the resort. U-Rec also rents snowboards to students, faculty and staff for a nominal charge. Lastly, 49 North is providing Whitworth students with an exceptional season pass deal. If you complete all 6-class sessions, then a season pass can be purchased for \$49 (which covers skiing for the remainder of the season).	
PE 164 Pickleball	1
PE 178 Karate II	1
JKA Shotokan Karate. Course will build upon the kata learned in Karate (PE 138).	
PE 183 Jazz Dance I	2
A beginning course in jazz to empower students to see their strengths in expressing themselves through dance. Emphasis not only on technique, vocabulary, stretching and strengthening, but on stringing movements together through choreography. No experience necessary. May count as ONE PE activity course.	
PE 184 Physicality and Spiritual Formation	1
The course seeks to offer students opportunities to explore the biblical, historical and experiential connection of prayer, posturing and movement. An overview of embodied prayers and movement meditations will be presented. Jan Term.	
PE 213 Intermediate Basketball	1
PE 220 Pilates II	1
To continue the advancement of flexibility, balance, and strength for the total body and mind, and to help students to further integrate Pilates into their lives.	
PE 221 Yoga II	1
Gain deeper awareness of subtle aspects of asanas, pranayama, and relaxation. Emphasis is not on doing harder poses, but to enjoy the journey of opening ourselves to challenges and extending holistic health benefits. Prerequisite: PE 121. Spring Semester.	
PE 224 Advanced Weight Training for Intercollegiate Athletics	1
An advanced weight training course designed for students who are involved in intercollegiate athletics. This course requires high intensity and rigorous physical activity to enhance athletic performance and overall body strength.	
PE 229 Intermediate Badminton	1
PE 233 Intermediate Volleyball	1
PE 236 Hip Hop	2
An intermediate level course focused on challenging students to explore multiple styles and levels of hip hop dance. Students will learn the following styles of dance including: hip hop, breaking, popping, locking, and contemporary hip hop through classroom warm-ups, choreography and instructional videos. As this course is performance based, students are required to perform in Broadway Unbound and the majority of class-time will be spent on learning and polishing choreography. Spring semester, even years. Fee.	

- PE 243 Accelerated Ballet** 1
Continuing instruction in classical ballet focusing on vocabulary and techniques. Includes intermediate barre and center combinations designed to develop coordination, balance, flexibility and strength. Prerequisite: PE/TA 143. Fall and Spring semesters, periodic offering.
- PE 282 Winter Mountaineering** 3
Course includes Nordic skiing with an emphasis on advanced backcountry skiing, snowshoeing, mountaineering technique, peak ascents, first aid, leadership issues, and route finding. Offered at Tall Timber Ranch. Jan Term occasionally.
- PE 283 Musical Theatre Dance** 2
Examination of the unique history of musical theatre. Students study the techniques and choreographic styles required for performance in musicals. The culminating project is a public performance. Spring semester, odd years. Fee.
- PE 337 Modern Dance II** 2
This course will provide instruction and performance experiences in advanced principles and techniques of Modern Dance. This is a performance-based course. Spring semester, even years. Fee.
- PE 343 Ballet II** 2
An intermediate course in classical ballet focusing on vocabulary, technique and choreography. Includes barre and center combinations designed to further develop coordination, balance, flexibility and strength. The course culminates in a public performance. Prerequisite: TA/PE-143 or TA 243. Spring semester.
- PE 383 Jazz Dance II** 2
In this second level course, students continue to learn to express themselves creatively through the artistic medium of jazz dance. This course prepares students for performance in Broadway Unbound while developing further understanding of positions, anatomy, exercises and jazz dance principles. Students will practice technique, stretching and strengthening in the daily warm-up and across the floor combinations.

Font Notice

This document should contain certain fonts with restrictive licenses. For this draft, substitutions were made using less legally restrictive fonts. Specifically:

Times was used instead of Adobe Garamond Pro.

The editor may contact Leepfrog for a draft with the correct fonts in place.