

# 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.
- develop a worldview that integrates the student's spiritual and ethical values with their vocational calling.

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 (PE Activity Courses)

In addition to the previously described degree programs, the kinesiology & athletics department is responsible for the oversight of the institution’s shared curriculum 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.

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**

Three courses from the following:		
PE 118	Adaptive Physical Activity	1
PE 110	Introduction to Dance	1
PE 113	Beginning Basketball	1
PE 115	Bowling	1
PE 119	Ice Skating	1
PE 120	Pilates	1
PE 121	Yoga	1
PE 122	Tennis	1
PE 123	Ice Skating for Fitness	1
PE 124	Weight Training	1
PE 125	Golf	1
PE 126	Introduction to Rock Climbing	1
PE 128	Sports Conditioning	1
PE 129	Badminton	1
PE 130	Soccer	1
PE 132	Fitness Programs	1
PE 133	Beginning Volleyball	1
PE 134	Jogging	1
PE 138	Karate	1
PE 137	Modern Dance	2
PE 141	Water Aerobics	1
PE 142	Training for Mountaineering	1
PE 143	Ballet I	2
PE 148	Cross-Country Skiing	1
PE 149	Swimming for Fitness	1
PE 151	Aqua Stand Up Paddleboarding	1
PE 152	Cross Training With Dance Conditioning	1
PE 153	American Ballroom Dance	1
PE 154	International Ballroom Dance	1
PE 156	Physical Theatre	1
PE 159	Snow Skiing and Boarding	1
PE 164	Pickleball	1
PE 166	Cardio Fitness	1
PE 183	Jazz Dance I	2
PE 184	Physicality and Spiritual Formation	2
PE 213	Intermediate Basketball	1
PE 221	Yoga II	1
PE 224	Advanced Weight Training for Intercollegiate Athletics	1
PE 229	Intermediate Badminton	1
PE 233	Intermediate Volleyball	1
PE 236	Hip Hop	2

PE 237	Tap	2
PE 283	Musical Theatre Dance	2
PE 337	Modern Dance II	2
PE 342	Principles of Movement	2
PE 343	Ballet II	2
PE 383	Jazz Dance II	2
PE 442	Advanced Principles of Movement	3

## 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 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)

AT 170	Advanced CPR and First Aid	1
KIN 322	Philosophical and Psychological Aspects of Coaching	3
KIN 370	Sports Psychology	3
KIN 380	Field Study	3
KIN 410	Coaching Methods	3

And select four credits from the following courses:

AT 271	Introduction to Athletic Training (2)	4
KIN 420	Administrative and Legal Aspects of Health, Fitness and PE (2)	
KIN 480	Field Study	

## FW Courses

### FW 175 Survey of Physical Education Activities 1

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.

## KIN 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 319 Leadership Dev. for Student-Athletes 1

Examines the nature of Christian leadership. Tracing the way organizations and leaders have changed over the last 100 years, this course will help students identify best practices and designs in order to help students apply these principles to their understanding and practice of leadership, particularly those of a Christian nature.

### 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.

<b>KIN 345 Elementary PE and Health Education: Curriculum and Methods</b>	<b>2</b>
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.	
<b>KIN 351 Curriculum and Methods: Secondary Health, Fitness and PE</b>	<b>2</b>
Practical applications of educational theory and sports content. Emphasis on preparation of resource units and directed teaching. Spring semester.	
<b>KIN 370 Sports Psychology</b>	<b>3</b>
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.	
<b>KIN 380 Field Study</b>	<b>1-8</b>
<b>KIN 390 Internship</b>	<b>1-7</b>
<b>KIN 400 Tests and Measurements</b>	<b>2</b>
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.	
<b>KIN 410 Coaching Methods</b>	<b>3</b>
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.	
<b>KIN 420 Administrative and Legal Aspects of Health, Fitness and PE</b>	<b>2</b>
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.	
<b>KIN 430 Sports and Society</b>	<b>3</b>
Interrelationships of sports with other aspects of culture. Role of sports in American society. Spring semester, even years.	
<b>KIN 430W Sports and Society</b>	<b>3</b>
Interrelationships of sports with other aspects of culture. Role of sports in American society.	
<b>KIN 465 Motor Development, Control and Learning</b>	<b>2</b>
Theories and principles of motor activity and motor responses. Spring semester.	
<b>KIN 480 Field Study</b>	<b>1-8</b>
<b>KIN 481 Field Experience</b>	<b>0-3</b>
<b>KIN 490 Internship</b>	<b>1-4</b>
<b>KIN 498 Senior Seminar</b>	<b>2</b>
Career planning, graduate school, financial planning, and effective leadership are discussed as students get ready for professional careers. Emphasis on student presentations. Spring semester.	

## **PE Courses**

<b>PE 110 Introduction to Dance</b>	<b>1</b>
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.	
<b>PE 113 Beginning Basketball</b>	<b>1</b>
<b>PE 115 Bowling</b>	<b>1</b>
<b>PE 118 Adaptive Physical Activity</b>	<b>1</b>
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.	
<b>PE 119 Ice Skating</b>	<b>1</b>
<b>PE 120 Pilates</b>	<b>1</b>
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.	
<b>PE 121 Yoga</b>	<b>1</b>
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.	
<b>PE 122 Tennis</b>	<b>1</b>
<b>PE 123 Ice Skating for Fitness</b>	<b>1</b>
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.	
<b>PE 124 Weight Training</b>	<b>1</b>
<b>PE 125 Golf</b>	<b>1</b>
<b>PE 126 Introduction to Rock Climbing</b>	<b>1</b>
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.	
<b>PE 128 Sports Conditioning</b>	<b>1</b>
<b>PE 129 Badminton</b>	<b>1</b>
<b>PE 130 Soccer</b>	<b>1</b>
<b>PE 132 Fitness Programs</b>	<b>1</b>
<b>PE 133 Beginning Volleyball</b>	<b>1</b>
<b>PE 134 Jogging</b>	<b>1</b>

<b>PE 137 Modern Dance</b>	<b>2</b>
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.	
<b>PE 138 Karate</b>	<b>1</b>
<b>PE 141 Water Aerobics</b>	<b>1</b>
<b>PE 142 Training for Mountaineering</b>	<b>1</b>
This course is part-one of the mountaineering series we offer. This course is designed to help students develop the fitness, endurance and mental fortitude it takes to successfully break into the realm of mountaineering. Students will develop and execute training plans while gaining first-hand exposure to winter mountaineering environments. This course will also address nutrition considerations, physiology of altitude and gear considerations as we prepare for our culminating capstone climb at the end of the semester. This course is to be taken in conjunction with PE 196, Introduction to Mountaineering.	
<b>PE 143 Ballet I</b>	<b>2</b>
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.	
<b>PE 148 Cross-Country Skiing</b>	<b>1</b>
<b>PE 149 Swimming for Fitness</b>	<b>1</b>
Students must be able to minimally swim an entire length of the pool without stopping or needing assistance.	
<b>PE 151 Aqua Stand Up Paddleboarding</b>	<b>1</b>
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.	
<b>PE 152 Cross Training With Dance Conditioning</b>	<b>1</b>
This course uses the fundamental practices of dance to educate, inspire and transform the body for optimal physical health. Students will engage with dance practices to strengthen and lengthen the body; improving muscle tone, flexibility, and physical performance. Dancers, athletes, and anyone wanting to improve the overall health and performance of their body, will benefit from this course.	
<b>PE 153 American Ballroom Dance</b>	<b>1</b>
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.	
<b>PE 154 International Ballroom Dance</b>	<b>1</b>
<b>PE 156 Physical Theatre</b>	<b>1</b>
An applied, movement-based class exploring contact improvisation, self-expression, the body in space, and the body in relationship to others. Students will be introduced to various practitioner's training methodologies and learn to develop their own movement practice.	

**PE 159 Snow Skiing and Boarding** 1

The ski/snowboard program provides six, 2-hour instructional sessions, at Mt. Spokane ski resort located just outside Spokane Washington. All the instructional days are followed by a free ski opportunity with classmates. The instructional classes range from "never ever" to "advanced". We leave WU by 12:30pm and return by 6:00 to 6:30 pm. Students will have the option to ski until 9pm on any class day however return transportation will not be provided by Whitworth University. The Lab fee is \$360 which covers transportation, professional instruction and lift ticket. There is an additional fee (\$150 plus tax) if you need to rent ski or snowboard equipment (for the six sessions) from the resort. U-Rec rents snowboards (only) to students for \$70 (all 6 sessions). Lastly, Mt Spokane 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 \$129 plus tax (which covers skiing for the remainder of the season). The first class session will be on the 4th ending on the 20th (6 sessions). The class meets on Wednesdays and Fridays only during Jan term.

**PE 164 Pickleball** 1

**PE 166 Cardio Fitness** 1

**PE 183 Jazz Dance I** 2

This course is a first level study of jazz dance. Students will explore this art form through monthly lectures on the history of jazz, physical exploration of the unique aspects of jazz, and strengthen individual understanding of fundamental jazz dance vocabulary, technique and choreography. Fall semester. May count as ONE PE activity course.

**PE 184 Physicality and Spiritual Formation** 2

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. Periodic Jan Term. Also listed as PE 184 and TH 184.

**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.



<b>PE 237 Tap</b>	<b>2</b>
Instruction in tap dancing focusing on vocabulary and technique. All levels of experience welcome. The culminating project is a public performance of student-choreographed tap compositions. Spring semester, periodic offering. Also listed as PE 237.	
<b>PE 283 Musical Theatre Dance</b>	<b>2</b>
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.	
<b>PE 337 Modern Dance II</b>	<b>2</b>
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.	
<b>PE 342 Principles of Movement</b>	<b>2</b>
Students will be given tools to understand then connect the anatomy and physiology of the body to physical performance. The performance of practical exercises will allow application of the knowledge earned.	
<b>PE 343 Ballet II</b>	<b>2</b>
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.	
<b>PE 383 Jazz Dance II</b>	<b>2</b>
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.	
<b>PE 442 Advanced Principles of Movement</b>	<b>3</b>
Advanced training in movement practioners for the actor and dancer. Emphasis on Laban, Grotowski, Boal, and Lecoq. Prerequisite: TA 156 Physical Theatre or TA 342 Principles of Movement.	