SPORTS AND EXERCISE HEALTH CARE (BS)

The Department of Kinesiology offers a new Bachelor of Science degree in Sports and Exercise Health Care. This degree is designed to provide an introductory education and experience for those looking to pursue careers in the allied health fields (chiropractic care, physical therapy, physician assistant, occupational therapy, nursing and athletic training). The Sports and Exercise Health Care program includes 54 major credits (three laboratory credits included), 54 core curriculum credits and 18 credits of electives. Between the major and elective courses, students will be able to complete prerequisites for application to allied health care and medical graduate schools.

Curriculum

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
</tr>
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<tbody>
<tr>
<td>ATH 398</td>
<td>Statistics and Research Design</td>
<td>3</td>
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<tr>
<td>BIO 114</td>
<td>Human Biology: Introduction to Human Anatomy and Physiology</td>
<td>3</td>
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<tr>
<td>BIO 114L</td>
<td>Human Biology: Introduction to Human Anatomy and Physiology Laboratory</td>
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<td>BIO 115</td>
<td>Musculoskeletal Anatomy and Physiology</td>
<td>3</td>
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<tr>
<td>BIO 115L</td>
<td>Musculoskeletal Anatomy and Physiology Laboratory</td>
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<tr>
<td>HED 115</td>
<td>Basic Nutrition</td>
<td>3</td>
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<tr>
<td>HED 205</td>
<td>Wellness and Fitness</td>
<td>3</td>
</tr>
<tr>
<td>HED 220</td>
<td>Healthy Behaviors</td>
<td>3</td>
</tr>
<tr>
<td>KIN 170</td>
<td>Emergency Care</td>
<td>3</td>
</tr>
<tr>
<td>KIN 200</td>
<td>Athletic Taping and Bracing</td>
<td>3</td>
</tr>
<tr>
<td>KIN 235</td>
<td>Kinesiology</td>
<td>3</td>
</tr>
<tr>
<td>KIN 261</td>
<td>Injury/Illness Evaluation Techniques</td>
<td>3</td>
</tr>
<tr>
<td>KIN 301</td>
<td>General Medicine Seminar</td>
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</tr>
<tr>
<td>KIN 342</td>
<td>Therapeutic Exercise &amp; Modalities</td>
<td>3</td>
</tr>
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<td>KIN 336</td>
<td>Physiology of Exercise</td>
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<tr>
<td>KIN 336L</td>
<td>Physiology of Exercise Lab</td>
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<td>KIN 401</td>
<td>Practicum in Sport &amp; Exercise Health Care</td>
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<tr>
<td>KIN 498</td>
<td>Internship in Health and Wellness</td>
<td>6</td>
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<td>PSY 101</td>
<td>Introduction to Psychology I</td>
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<td>Total Credits</td>
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Learning Goals & Objectives

The Sports and Exercise Care program will follow the assessment plan as set forth in the School of Education and Human Services (SEHS) Assessment Manual. Five broad learning goals have been established for all SEHS programs. They are:

**Learning Goal 1:** Candidates in SEHS programs will demonstrate content knowledge, pedagogical, and professional knowledge necessary for successful performance in their field.

**Learning Goal 2:** Candidates in SEHS programs will demonstrate professional skills and dispositions necessary for successful performance in their field.

**Learning Goal 3:** Candidates in SEHS programs will demonstrate willingness to use their skills to benefit and serve society. Within the contexts of their work, candidates promote authentic learning, social and emotional development, and a commitment to social justice in environments that foster respect for diversity and the dignity of all.

**Learning Goal 4:** Candidates will demonstrate self-reflection as a habit of mind, continuously assessing and refining their professional practice as they construct a rich repertoire of research-based knowledge, skills, and attitudes for effective performance ensuring that all students and/or clients have optimal opportunities to learn and grow.

**Learning Goal 5:** Candidates will become adept at applying their acquired knowledge in the process of evaluating their own professional performance and decision-making with respect to its impact on students and/or clients, organizations, and the wider community.

Roadmap

**Freshman**

**Fall**
- ENG 111
- PHI 101
- BIO 114 & 114L
- Field 6
- HED 205
- PSY 101

**Spring**
- ENG 112
- RST 101
- BIO 115 & 115L
- KIN 170
- Field 1
- KIN 235 & 398

**Sophomore**

**Fall**
- KIN 200
- KIN 235

**Spring**
- KIN 261

**Field 3**
- KIN 342
- KIN 301

**Field 4**
- Elective
- Elective
- Diversity Course
- Global Awareness Course

**Field 5**
- Elective
- Oral Communications
- KIN 498
- Advanced Writing
- Core Capstone
- Justice Course
- Elective
- Elective

**Field 6**
- Elective
- Diversity Course
- Global Awareness Course

**Elective**
- Diversity Course
- Global Awareness Course
- Oral Communications
- Advanced Writing
- Core Capstone
- Justice Course
- Elective
- Elective