

KINESIOLOGY: COACHING

The discipline of Kinesiology explores the art and science of human movement. In the Kinesiology program, students develop an appreciation of the human body and its tremendous potential, as well as an understanding of the relationship between positive lifestyle choices and long-term improvements in health and well-being. Students seeking a Bachelor's degree in Kinesiology will complete a program of study with course work in one of four emphases:

1. Exercise Science and Health Occupations
2. Health and Fitness
3. Sport Studies
4. Coaching

This emphasis area prepares students interested in a career in sport coaching. Students will learn the various responsibilities of being a coach, including safety and injury prevention; planning, managing, and evaluating performance and competition; and providing healthy environments for participation and competition.

General Education Requirements

Code	Title	Credits
Written Communication		
Select one of the following:		6.00
ENGL-101 & ENGL-102	WRITING AND RHETORIC I and WRITING AND RHETORIC II	
ENGL-109	COLLEGE WRITING AND RESEARCH	
Oral Communication		
Select one from the following:		3.00
COMM-101	FUNDAMENTALS OF ORAL COMMUNICATION	
COMM-203	SMALL GROUP COMMUNICATION	
COMM-204	PUBLIC SPEAKING	
Mathematical Ways of Knowing		
Select one of the following:		3.00-5.00
MATH-123	MATH IN MODERN SOCIETY	
MATH-130	FINITE MATHEMATICS	
MATH-143	COLLEGE ALGEBRA	
MATH-147	COLLEGE ALGEBRA AND TRIGONOMETRY	
MATH-153	STATISTICAL REASONING	
MATH-170	CALCULUS I	
MATH-253	STATISTICAL METHODS FOR THE SCIENCES	
MATH-257	MATHEMATICS FOR ELEMENTARY TEACHERS II	
MTHPT-130	FINITE MATHEMATICS	
MTHPT-137	MATH FOR TECHNOLOGY	
MTHPT-153	STATISTICAL REASONING	
Humanistic & Artistic Ways of Knowing		
Select one course from two categories:		6.00-8.00
Literature		
ENGL-175	LITERATURE AND IDEAS	
ENGL-257	WORLD CLASSICS	
ENGL-258	INTERNATIONAL LITERATURE	
ENGL-261	MYTHOLOGIES	
Arts		
ART-100	INTRODUCTION TO ART	
HUM-101	THE ART AND HISTORY OF THE MOTION PICTURE	
HUM-150	INTRODUCTION TO THE ARTS	
MUS-101	SURVEY OF MUSIC	

MUS-102	MUSIC IN AMERICA	
MUS-150	WORLD MUSIC	
MUS-151	HISTORY OF MUSICAL THEATER	
MUS-152	HISTORY OF JAZZ AND POPULAR MUSIC STYLES	
THEA-101	SURVEY OF THE THEATER	
Language		
NP-101	ELEMENTARY NEZ PERCE LANGUAGE I	
NP-102	ELEMENTARY NEZ PERCE LANGUAGE II	
SPAN-101	ELEMENTARY SPANISH I	
SPAN-102	ELEMENTARY SPANISH II	
Scientific Ways of Knowing		
Select one course from two disciplines; one lab		7.00-8.00
BIOF-100	INTRODUCTION TO BIOINFORMATICS	
BIOL-100	CONCEPTS OF BIOLOGY	
BIOL-120	PLANTS AND PEOPLE	
BIOL-123	BIOLOGY IN FILM	
BIOL-175	HUMAN BIOLOGY	
BIOL-227	HUMAN ANATOMY AND PHYSIOLOGY I	
CHEM-100	CONCEPTS OF CHEMISTRY	
CHEM-105	GENERAL, ORGANIC AND BIOCHEMISTRY	
CHEM-111	PRINCIPLES OF CHEMISTRY I	
CITPT-108	INTRODUCTION TO COMPUTER SCIENCE	
CS-108	INTRODUCTION TO COMPUTER SCIENCE	
FSCI-101	INTRODUCTION TO FORENSIC SCIENCE	
GEOL-101	PHYSICAL GEOLOGY	
GEOL-120	INTRODUCTION TO EARTH SYSTEMS	
GIS-271	GEOGRAPHIC INFORMATION SYSTEMS	
ID-240	INTEGRATED SCIENCE II	
NS-140	INTEGRATED SCIENCE I	
NS-150	INTRODUCTION TO NATURAL SCIENCES ¹	
NS-174	NATURAL SCIENCE FOR ELEMENTARY EDUCATOR	
PHYS-111 or PHYS-112	GENERAL PHYSICS I GENERAL PHYSICS II	
PHYS-171	PHYS SCIENCES FOR ELEMENTARY EDUCATORS	
PHYS-205	DESCRIPTIVE ASTRONOMY	
PHYS-211	ENGINEERING PHYSICS I	
Social & Behavioral Ways of Knowing		
Select one course from two disciplines:		6.00
ANTH-102	CULTURAL ANTHROPOLOGY	
ANTH-120	WORLD PREHISTORY	
ANTH-170	INTRODUCTION TO NATIVE AMERICAN STUDIES	
ECON-201	PRINCIPLES OF MACROECONOMICS	
ECON-202	PRINCIPLES OF MICROECONOMICS	
GEOG-102	INTRODUCTION TO GEOGRAPHY	
HIST-101	WORLD HISTORY I	
HIST-102	WORLD HISTORY II	
HIST-111	UNITED STATES HISTORY I	
HIST-112	UNITED STATES HISTORY II	
HRPT-184	DIVERSITY IN ORGANIZATIONS	
HRPT-185	HUMAN RELATIONS IN ORGANIZATIONS	
POLS-101	AMERICAN NATIONAL GOVERNMENT	
POLS-237	INTERNATIONAL POLITICS	

POLS-285	COMPARATIVE GOVERNMENT
PSYC-101	INTRODUCTION TO GENERAL PSYCHOLOGY
PSYC-205	LIFESPAN DEVELOPMENTAL PSYCHOLOGY
SOC-101	INTRODUCTION TO SOCIOLOGY
SOC-102	SOCIAL PROBLEMS
SS-184	DIVERSITY IN ORGANIZATIONS
SS-185	HUMAN RELATIONS IN ORGANIZATIONS

Diversity

Select one of the following: 3.00-4.00

ANTH-102	CULTURAL ANTHROPOLOGY
ANTH-120	WORLD PREHISTORY
ANTH-170	INTRODUCTION TO NATIVE AMERICAN STUDIES
ANTH-360	RACE AND ETHNICITY
COMM-345	COMMUNICATION AND DIVERSITY
ENGL-258	INTERNATIONAL LITERATURE
ENGL-474	NATIVE AMERICAN WRITTEN LITERATURE
GEOG-102	INTRODUCTION TO GEOGRAPHY
HIST-101	WORLD HISTORY I
HIST-102	WORLD HISTORY II
HIST-111	UNITED STATES HISTORY I
HIST-112	UNITED STATES HISTORY II
HRPT-184	DIVERSITY IN ORGANIZATIONS
ID-300C	ETHICS AND IDENTITY
KIN-220	SOCIAL-CULTURAL ASPECTS OF SPORTS
NP-101	ELEMENTARY NEZ PERCE LANGUAGE I
NP-102	ELEMENTARY NEZ PERCE LANGUAGE II
POLS-285	COMPARATIVE GOVERNMENT
SOC-101	INTRODUCTION TO SOCIOLOGY
SPAN-101	ELEMENTARY SPANISH I
SPAN-102	ELEMENTARY SPANISH II
SPAN-201	INTERMEDIATE SPANISH I
SPAN-202	INTERMEDIATE SPANISH II
SS-184	DIVERSITY IN ORGANIZATIONS

Integrative Seminar: Ethics & Values

Select one of the following: 3.00

ID 300A - 300Z (see course descriptions for options)	
ID-301A	HELLS CANYON INSTITUTE

Foreign/Heritage Language

Select 16 credits of language if selecting Bachelor of Arts Degree 16.00

Total Credits 37.00-43.00

Program Requirements

Code	Title	Credits
Kinesiology Core		
HLTH-352	TECHNOLOGIES FOR HEALTH AND WELLNESS PROFESSIONALS	3.00
HLTH-354	ADDICTION AND PERFORMANCE	2.00
KIN-260	INTRODUCTION TO KINESIOLOGY AND HEALTH	1.00
KIN-272	FITNESS AND WELLNESS	3.00
KIN-370	MOTOR LEARNING/MOTOR DEVELOPMENT	3.00
KIN-381	TESTS AND MEASUREMENTS IN PHYSICAL EDUCATION	3.00
KIN-486	ORGANIZATION AND ADMINISTRATION OF HEALTH, PHYSICAL EDUCATION, RECREATION, ATHLETICS	3.00

KIN-498	SENIOR RESEARCH PROJECT I	3.00
KIN-499	RESEARCH PROJECT/SEMINAR II	3.00
Select three of the following:		3.00
KIN-261	SKILL AND ANALYSIS: COURT SPORTS	
KIN-262	SKILL AND ANALYSIS: FIELD SPORTS	
KIN-267	SKILL/ANALYSIS: STRENGTH DEVELOPMENT	
KIN-268	SKILL AND ANALYSIS: CORE AND FLEXIBILITY	
KIN-269	SKILL AND ANALYSIS: EDUCATIONAL GYM&MOV	
Select one of the following:		3.00
KIN-220	SOCIAL-CULTURAL ASPECTS OF SPORTS	
KIN-425	ETHICAL DECISION-MAKING SPORT LEADERS	
Select two of the following:		2.00
HLTH-246	HUMAN SEXUALITY	
HLTH-247	STRESS MANAGEMENT	
HLTH-248	BEHAVIOR CHANGE	
Emphasis Courses		
KIN-241	SPORTS OFFICIATING	2.00
KIN-248	SPORTS MEDICINE	3.00
KIN-340	ADVANCED COACHING THEORY	2.00
KIN-352	YOUTH SPORTS AND RECREATION	3.00
KIN-355	STRATEGIES FOR TEACHING PHYSICAL ACTIVITIES	3.00
KIN-410	SPORTS PSYCHOLOGY	3.00
KIN-487	SPORT ADMINISTRATION	3.00
KIN-488	SPORT FACILITIES AND EVENT MANAGEMENT	3.00
KIN-494	INTERNSHIP IN KINESIOLOGY	6.00
Select one of the following:		2.00
KIN-341	TECHNIQUES AND METHODS OF COACHING BASKETBALL	
KIN-342	TECHNIQUES AND METHODS OF COACHING BASEBALL	
KIN-343	TECHNIQUES AND METHODS OF COACHING TRACK AND FIELD	
KIN-344	TECHNIQUES AND METHODS OF COACHING FOOTBALL	
KIN-345	TECHNIQUES AND METHODS OF COACHING VOLLEYBALL	
KIN-346	TECHNIQUES AND METHODS OF COACHING SOCCER	
KIN-347	TECHNIQUES AND METHODS OF COACHING TENNIS AND GOLF	
Electives		
Select 21 elective credits		21.00
Total Credits		83.00

Sequential Plan of Study

Course	Title	Credits
First Year		
Fall		
CORE	Mathematical Ways of Knowing	3.00
CORE	Oral Communication	3.00
CORE	Social & Behavioral Ways of Knowing	3.00
ENGL-101	WRITING AND RHETORIC I	3.00
KIN-260	INTRODUCTION TO KINESIOLOGY AND HEALTH	1.00
KIN-272	FITNESS AND WELLNESS	3.00
Credits		16.00
Spring		
CORE	Humanistic & Artistic Ways of Knowing	3.00
CORE	Social & Behavioral Ways of Knowing	3.00
ENGL-102	WRITING AND RHETORIC II	3.00

KIN-248	SPORTS MEDICINE	3.00
Program Requirements	KIN-261, KIN-262, KIN-267, KIN-268 or KIN-269	1.00
Elective	Elective Credits	3.00
Credits		16.00
Second Year		
Fall		
CORE	Diversity	3.00
CORE	Humanistic & Artistic Ways of Knowing	3.00
CORE	Scientific Ways of Knowing	3.00
KIN-352	YOUTH SPORTS AND RECREATION	3.00
KIN-241	SPORTS OFFICIATING	2.00
Program Requirement	HLTH-246, HLTH-247 or HLTH-248	1.00
Elective	Elective Credits	1.00
Credits		16.00
Spring		
CORE	Scientific Ways of Knowing	4.00
HLTH-354	ADDICTION AND PERFORMANCE	2.00
KIN-355	STRATEGIES FOR TEACHING PHYSICAL ACTIVITIES	3.00
KIN-370	MOTOR LEARNING/MOTOR DEVELOPMENT	3.00
KIN-410	SPORTS PSYCHOLOGY	3.00
Program Requirements	KIN-261, KIN-262, KIN-267, KIN-268 or KIN-269	1.00
Credits		16.00
Third Year		
Fall		
KIN-486	ORGANIZATION AND ADMINISTRATION OF HEALTH, PHYSICAL EDUCATION, RECREATION, ATHLETICS	3.00
KIN-488	SPORT FACILITIES AND EVENT MANAGEMENT	3.00
Program Requirement	HLTH-246, HLTH-247 or HLTH-248	1.00
Program Requirement	Select KIN Selective course	3.00
Program Requirement	Select Techniques of Coaching course	2.00
Elective	Elective Credits	3.00
Credits		15.00
Spring		
HLTH-352	TECHNOLOGIES FOR HEALTH AND WELLNESS PROFESSIONALS	3.00
KIN-340	ADVANCED COACHING THEORY	2.00
KIN-381	TESTS AND MEASUREMENTS IN PHYSICAL EDUCATION	3.00
KIN-425	ETHICAL DECISION-MAKING SPORT LEADERS	3.00
KIN-487	SPORT ADMINISTRATION	3.00
Credits		14.00
Fourth Year		
Fall		
CORE	Integrative Seminar: Ethics & Values	3.00
KIN-498	SENIOR RESEARCH PROJECT I	3.00
Program Requirements	KIN-261, KIN-262, KIN-267, KIN-268 or KIN-269	1.00
Program Requirement	Select KIN Selective course	3.00
Program Requirement	Select KIN Selective course	2.00
Elective	Elective Credits	2.00
Credits		14.00
Spring		
KIN-494	INTERNSHIP IN KINESIOLOGY	3.00
KIN-499	RESEARCH PROJECT/SEMINAR II	3.00
Elective	Elective Credits	3.00

Elective	Elective Credits	3.00
Elective	Elective Credits	1.00
Credits		13.00
Total Credits		120.00

Graduates with a BA/BS in Kinesiology go on to obtain careers in a variety of fields:

- Physical Education
- Sport Management
- Exercise and Health Psychology
- Wellness Coaching
- Athletic Training
- Coaching
- Recreation

Click here for more videos related to this major (https://www.candidcareer.com/channel_detail.php?chid=13&shared=&UID=)