

B.S. Exercise Science

2023-24

WEBSITE

<https://www.swau.edu/kinesiology>

DEPARTMENT PERSONNEL

Chair

Paulino Santos, Ed.D.

Faculty

Chad Hutchinson, M.S.

Vesa Naukkarinen, M.S.

Adjunct Faculty

Embedzayi Tsanzi, M.A.

Kim Vanhooose, B.S.

LOCATION

Hagen Hall

CONTACT

admissions@swau.edu

paulino.santos@swau.edu

(817) 202-6567

The mission of Southwestern Adventist University's Department of Kinesiology is to promote lifetime physical activity and a 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 is 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

According to the bureau of Labor Statistics, employment of physical therapists projects 16.9% employment growth for physical therapists between 2021 and 2031. In that period, an estimated 40,300 jobs should open, which is 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 \$87,930 in 2018. The median annual wage of exercise physiologists was \$49,270 in 2018. The median annual wage for occupational therapists was \$84,270 in 2018.

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

100 W. Hillcrest Street
Keene TX 76059

(800) 433-2240 toll-free

(817) 202-6794 phone

www.swau.edu



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experience in such areas 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.

Exercise physiologists typically need at least a bachelor's degree. Degree programs include science and health-related courses, such as biology, anatomy, kinesiology, and nutrition, as well as clinical work.

Occupational therapists typically have a master's degree in occupational therapy. All states require occupational therapists to be licensed.

General Education Requirements:

To view general education requirements for this major, please visit catalog.swu.edu/undergraduate/2023-2024.

Kinesiology Core Curriculum			Required Cognates:		
Item #	Title	Credits	Item #	Title	Credits
KINT 110	Fundamentals of Kinesiology	3	BIOL 101	Anatomy & Physiology I	4
KINT 201	Introduction to Kinesiology Research	1	BIOL 102	Anatomy & Physiology II	4
KINT 241	Care and Prevention of Athletic Injuries	3	CHEM 111	General Chemistry I	4
KINT 310	Motor Learning	3	CHEM 112	General Chemistry II	4
KINT 321	Exercise Physiology	3	MATH 141	Introduction to Probability and Statistics	3
KINT 331	Biomechanics	3	MATH 180	Precalculus	4
KINT 420	Adapted Physical Activity, Sports, & Exercise Assessment	3	PHYS 121	General Physics I	4
KINT 490	Senior Seminar (Capstone/Portfolio)	1	PSYC 212	General Psychology	3
	Sub-Total Credits	20	PSYC 220	Human Growth & Development	3
				Sub-Total Credits	33

Required Courses

Item #	Title	Credits
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	3-6
	Sub-Total Credits	22-25

Sample 4 Year Curriculum

General Education Requirements

To view general education requirements for this major please visit: <https://catalog.swau.edu/core-curriculum-for-a-bachelors-degree>

First Year First Semester			First Year Second Semester		
Item #	Title	Credits	Item #	Title	Credits
BIOL 101	Anatomy & Physiology I	4	BIOL 102	Anatomy & Physiology II	4
ENGL 121	Freshman Composition	3	CSIS 102	Computer Literacy and Applications	3
KINA 115	Resistance Training	1	KINT 216	Nutrition	3
KINT 110	Fundamentals of Kinesiology	3	KINT 260	First Aid, CPR, and First Responder Training	2
UNIV 111	Wellness for Life	2	MATH 110	College Algebra	3
	Religion GE Requirement	3		Sub-Total Credits	15
	Sub-Total Credits	16			
Second Year First Semester			Second Year Second Semester		
Item #	Title	Credits	Item #	Title	Credits
CHEM 111	General Chemistry I	4	CHEM 112	General Chemistry II	4
ENGL 220	Research Writing	3	KINT 201	Introduction to Kinesiology Research	1
KINT 241	Care and Prevention of Athletic Injuries	3	MATH 180	Precalculus	4
PSYC 220	Human Growth & Development	3	PSYC 212	General Psychology	3
	History GE Requirement	3		Communication GE Requirement	3
	Sub-Total Credits	16		KINA Electives	2
				Sub-Total Credits	17
Third Year First Semester			Third Year Second Semester		
Item #	Title	Credits	Item #	Title	Credits
KINT 252	ACSM Certified Personal Trainer	3	KINA 215	Advanced Resistance Training	1
KINT 310	Motor Learning	3	KINT 331	Biomechanics	3
KINT 420	Adapted Physical Activity, Sports, & Exercise Assessment	3	KINT 452	ACSM Certified Health & Fitness Specialist	3
PHYS 121	General Physics I	4	MATH 141	Introduction to Probability and Statistics	3
	Religion GE Requirement, Upper Division	3		Religion GE Requirement	3
	Sub-Total Credits	16		Literature GE Requirement	3
				Sub-Total Credits	16
Fourth Year First Semester			Fourth Year Second Semester		
Item #	Title	Credits	Item #	Title	Credits
KINT 321	Exercise Physiology	3	KINT 354	NSCA Certified Strength & Conditioning Specialist	3
KINT 460	Applied Social Research Methods	3	KINT 480	Internship	3-6
	Fine Arts GE Requirement	3	KINT 490	Senior Seminar (Capstone/Portfolio)	1
	Religion GE Requirement, Upper Division	3		History GE Requirement	3
	Upper Division Elective Course for 120	3		Upper Division Elective Course for 120	3
	Sub-Total Credits	15		Sub-Total Credits	13-16