

## B.S. Exercise Science

2020-21

### 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](mailto:admissions@swau.edu)

[paulino.santos@swau.edu](mailto: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

Employment of physical therapists is expected to increase 28 percent from 2016-2026, 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. Employment of exercise physiologists is projected to grow 13 percent from 2016 to 2026, faster than the average for all occupations. Employment of occupational therapists is projected to grow 24 percent from 2016-2026, much faster than the average for all occupations.

### 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.

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. 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.

100 W. Hillcrest Street  
Keene TX 76059

(800) 433-2240 toll-free  
(817) 202-6794 phone  
[www.swau.edu](http://www.swau.edu)



## Kinesiology Core Curriculum

Item #	Title	Credits
KINT 110	Fundamentals of Kinesiology	3
KINT 201	Introduction to Kinesiology Research	1
KINT 241	Care and Prevention of Athletic Injuries	3
KINT 310	Motor Learning	3
KINT 321	Exercise Physiology	3
KINT 331	Biomechanics	3
KINT 490	Senior Seminar (Capstone/Portfolio)	1
	Sub-Total Credits	17

## Required Cognates:

Item #	Title	Credits
BIOL 101	Anatomy & Physiology I	4
BIOL 102	Anatomy & Physiology II	4
	CHEM 111, CHEM 112	8
MATH 180	Precalculus	4
MATH 141	Introduction to Probability and Statistics	3
PHYS 121	General Physics I	4
PSYC 212	General Psychology	3
PSYC 220	Human Growth and 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

Item #	Title	Credits
BIOL 101	Anatomy & Physiology I	4
ENGL 121	Freshman Composition	3
KINT 110	Fundamentals of Kinesiology	3
KINA 115	Resistance Training	1
	Religion GE Curriculum Guide	3
UNIV 111	Wellness for Life	2
	Sub-Total Credits	16

### First Year Second Semester

Item #	Title	Credits
BIOL 102	Anatomy & Physiology II	4
	Computer Applications GE Curriculum Guide	3
KINT 216	Nutrition	3
KINT 260	First Aid, CPR, and First Responder Training	2
MATH 110	College Algebra	3
	Sub-Total Credits	15

### Second Year Second Semester

Item #	Title	Credits
CHEM 111	General Chemistry I	4
ENGL 220	Research Writing	3
	History GE Curriculum Guide	3
KINT 241	Care and Prevention of Athletic Injuries	3
PSYC 220	Human Growth and Development	3
	Sub-Total Credits	16

### Second Year Second Semester

Item #	Title	Credits
CHEM 112	General Chemistry II	4
COMM 111	Speech	3
KINT 201	Introduction to Kinesiology Research	1
MATH 180	Precalculus	4
PSYC 212	General Psychology	3
	Sub-Total Credits	15

### Third Year First Semester

Item #	Title	Credits
	Electives for 120	3
KINT 252	ACSM Certified Personal Trainer	3
KINT 310	Motor Learning	3
PHYS 121	General Physics I	4
	Religion GE Curriculum Guide	3
	Sub-Total Credits	16

### Third Year Second Semester

Item #	Title	Credits
KINA 215	Advanced Resistance Training	1
KINT 331	Biomechanics	3
KINT 452	ACSM Certified Health & Fitness Specialist	3
	Literature GE Curriculum Guide	3
MATH 141	Introduction to Probability and Statistics	3
	Religion GE Curriculum Guide	3
	Sub-Total Credits	16

### Fourth Year First Semester

Item #	Title	Credits
	Electives for 120	3
	Fine Arts GE Curriculum Guide	3
KINT 321	Exercise Physiology	3
KINT 460	Applied Social Research Methods	3
	Religion GE Curriculum Guide	3
	Sub-Total Credits	15

### Fourth Year Second Semester

Item #	Title	Credits
	Electives for 120	3
	History GE Curriculum Guide	3
KINT 354	NSCA Certified Strength & Conditioning Specialist	3
KINT 480	Internship	3-6
KINT 490	Senior Seminar (Capstone/Portfolio)	1
	Sub-Total Credits	13-16

June 2020

Southwestern Adventist University—Office of Academic Administration