

## Kinesiology

### The School of Humanities

#### Chair

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#### Professors

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Gwendolyn Adam

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Cassius B. Bordelon, Jr.

Allen W. Eggert

Kristy Vandenberg

*Degree Offered: B.A.*

A minimum of 120 semester hours is required for a bachelor of arts degree in kinesiology. Due to the interdisciplinary and diverse nature of the field of kinesiology, each student is required to specify an academic track concentration within the major. The department was one of the first academic programs of its kind in the nation to institute an academic track structure that allows students to concentrate their efforts on a more specific subdiscipline. Academic tracks include sports medicine, health science, and sport management. Detailed requirements of each track can be obtained on the departmental web page at <http://www.ruf.rice.edu/~kines/>.

### Degree Requirements for the B.A. in Kinesiology

#### Sports Medicine

*Directors: Dr. Dale Spence and Dr. Brian Gibson*

Students who choose the sports medicine track of the kinesiology department typically continue their education at the graduate level or plan on attending medical school or other medically related professional schools such as physical therapy. Graduates may also be directly employed in medical and corporate settings, which include both preventative and rehabilitative programs. Graduates who choose not to seek post-baccalaureate education are generally encouraged to obtain certification for exercise testing, physical fitness evaluation, or exercise prescription through the American College of Sports Medicine at <http://www.acsm.org/>, or they may obtain athletic trainer certification through the National Athletic Trainers' Association at <http://www.cewl.com/>.

A specific intention of the sports medicine curriculum is to provide a strong natural science foundation and to interface this foundation with application to the human body.

Prerequisite courses in chemistry and physics, elective courses in biology and biochemistry, as well as an array of required and elective courses offered within the department provide this foundation. The sports medicine track is the only academic specialization on campus that provides exposure to human anatomy and human physiology. In addition, students receive a solid foundation in nutrition, biomechanics, sports psychology, motor learning, measurement and statistics, exercise physiology, and sports medicine and training. Practical experience is afforded through several academic labs. Other elective courses include writing for professional communication, epidemiology, case studies in human performance, motor control, advanced exercise physiology and preventative medicine, research methods, muscle physiology and plasticity, and seminar in sports medicine. During advising sessions, students are encouraged to select from these electives according to their respective career goals. Students in the sports medicine track are expected to develop a strong scientific knowledge base as well as adept critical reading, writing, and oral communication skills.

Qualified students of the sports medicine track will be encouraged to participate in an independent study. This independent study allows integral involvement in basic or applied research directed by a faculty adviser. The application (proposal) process for independent studies is outlined in the web page listed below. Qualified students also are encouraged to apply for any one of a variety of highly competitive internships. The internships generally provide students an opportunity to experience the application of preventative and rehabilitative sports medicine concepts and practice at a health care or corporate setting.

For more information, go to the sports medicine website at [http://www.ruf.rice.edu/~kines/bgibson\\_index.html](http://www.ruf.rice.edu/~kines/bgibson_index.html).

#### Sport Management

*Director: Dr. John Eliot*

Sport Management is an interdisciplinary field of study of fairly modern development. It first appeared in the curricula of American universities under a variety of designations in the early to mid-1980's. Rice University became a pioneer institution in integrating this field into the traditional academic area known as kinesiology by making sport management one of the original tracks when the department was reorganized into its present configuration.

As a distinct body of knowledge and field of study, sport management draws from a wide range of academic disciplines: economics, sociology, political science, psychology, law, communication, and managerial studies. Each discipline can be applied to the business enterprise of amateur and professional sport, as well as the management of highly effective teams in sport, corporate America, or other management related professions. While public and private sector sport operation is the topic of a large segment of the curriculum, the thoroughly interdisciplinary emphasis aims at educating students in the skills and theory necessary to assume responsible leadership roles in and out of sport. Career preparation for leadership and entrepreneurial positions is the ultimate goal of sport management at Rice.

Students wishing to complete this major with the additional intent of gaining employment in the sport industry should pay particular attention to practical experience. Networking and out-of-class development often plays the most significant role in obtaining jobs and promotions along high profile career paths such as those in collegiate or professional sports organizations. Students interested in handling duties in public relations, media, event direction or promotion, office management, management of coaching and scouting, human resources, business development, sports information, or advertising will therefore need to demonstrate a commitment to securing and completing internships. Membership in national sport societies, specifically the North American Society for Sport Management (NASSM)—the leading academic association in this

field and governing body from which Rice is in the process of obtaining national accreditation—is strongly recommended.

Highly qualified students will also be encouraged to seek an honors major, a double major, and/or consider pursuit of an advanced degree in business, law, sport management, or organizational psychology. Students will acquire a solid foundation in public speech, professional writing, and leadership and thus will be competitive for opportunities at the country's best law and business schools, as well as with journalism programs and premier consulting corporations.

### **Health Sciences**

*Director: Dr. Nicholas K. Iammarino*

The purpose and goal of the health science track is to provide students with a fundamental and broad background in health promotion and disease prevention that will enable them to understand and appreciate the complexities of maintaining an optimal level of personal health while also considering the role that health promotion plays in society and the mechanisms that affect community health. The health science track is viewed as an excellent option for undergraduate students who are preparing to enter graduate school in health education, health promotion, or public health as well as other health related graduate or professional schools such as in medicine, dentistry, etc.

The successful completion of the health science track requires students to complete a total of 42 semester hours in addition to other university degree requirements. The track currently consists of 6 required lecture courses (one of which is a KINE core course that is consistent across all four tracks) for a total of 18 required hours. The 5 remaining courses cover the structure and function of the human body (Anatomy and Physiology), an introductory course designed to acquaint students with the fundamental concepts of health and models of health promotion (Concepts of Health Science), methods of understanding the disease process (Epidemiology), and a course that provides an introduction to statistics and measurement (Measurement and Statistics).

The remaining 24 semester hours are drawn from elective courses that are both within the KINE department and, at present, more than 15 courses from other academic departments. In keeping with the university's interest in an interdisciplinary approach to undergraduate education, this allows students to choose health-related courses within the natural sciences, social sciences, and humanities divisions.

**See HEAL and KINE in Courses of Instruction section.**