

# KINESIOLOGY

## THE SCHOOL OF HUMANITIES

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Bruce Etnyre

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### PART-TIME LECTURERS

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Joseph Pogge

Kristy Vandenberg

### DEGREE OFFERED: BA

The department was one of the first of its kind in the nation to institute an academic program structure that allows students to concentrate their efforts on a specific subdiscipline. Academic programs include sports medicine, sport management, and health science. Detailed requirements of each program can be obtained on the departmental webpage at <http://kinesiology.rice.edu>.

### DEGREE REQUIREMENTS FOR THE BA IN KINESIOLOGY

For general university requirements, see Graduation Requirements (pages 14–15). A minimum of 120 semester hours is required for a bachelor of arts degree in kinesiology. Because of the interdisciplinary and diverse nature of the field of kinesiology, each student is required to specify an academic program concentration within the major.

### SPORTS MEDICINE PROGRAM

Students who choose the sports medicine program 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/>.

The sports medicine curriculum intends 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 program is the only academic specialization on campus that provides detailed 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. 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, and muscle physiology and plasticity. During advising sessions, students are encouraged to select from these electives according to their respective career goals. Students in the sports medicine program 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 program 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 webpage listed below. Qualified students are also encouraged to apply for any one of a variety of highly competitive internships. The internships generally provide students with an opportunity to experience the application of preventative and rehabilitative sports medicine concepts and practice at a health care or corporate setting.

### **SPORT MANAGEMENT PROGRAM**

*Director: Clark Haptonstall*

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 programs 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 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.

Students wishing to gain 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 careers 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.

### **HEALTH SCIENCES PROGRAM**

*Director: Dr. Nicholas K. Iammarino*

The goal of the health science program is to provide students with a fundamental background in health promotion and disease prevention. This background will enable them to understand 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 program 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 programs such as medicine or dentistry.

Students must complete a total of 42 semester hours in addition to the general university requirements (see pages 14–15). Six lecture courses are required for a total of 18 required hours. These required courses cover the structure and function of the human body (Human Anatomy), an introductory course designed to acquaint students with the fundamental concepts of health and models of health promotion (Concepts of Health Science), understanding and assessing community health needs (Principles of Community Health), methods of understanding the disease process (Epidemiology), a course that introduces statistics and measurement (Measurement and Statistics), and a professional preparation course (Foundations of Health Promotion/Health Education) that introduces students to the profession.

The remaining 24 semester hours are drawn from elective courses that are both within the kinesiology department and, at present, more than 20 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 the Courses of Instruction section.**