

# KINESIOLOGY

## THE SCHOOL OF HUMANITIES

### **CHAIR**

Nicholas K. Iammarino

### **PROFESSOR**

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### **ASSOCIATE PROFESSOR**

James G. Disch

### **ASSISTANT PROFESSOR**

Peter G. Weyand

### **PROFESSOR OF THE PRACTICE**

Clark Haptonstall

### **LECTURERS**

Jason Sosa

Tom Stallings

### **PART-TIME LECTURERS**

Roberta Anding

Brian Gibson

Patrick Thornton

### **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 [kinesiology.rice.edu](http://kinesiology.rice.edu).

### **DEGREE REQUIREMENTS FOR THE BA IN KINESIOLOGY**

For general university requirements, see Graduation Requirements (pages 16–19). 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**

*Advisor: Peter Weyand*

Students who choose the sports medicine program 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 also may be directly employed in medical and corporate settings, which include both preventative and rehabilitative programs. Graduates who choose not to seek postbaccalaureate education generally are encouraged to obtain certification for exercise testing, physical fitness evaluation, or exercise prescription through the American College of Sports Medicine at [www.acsm.org](http://www.acsm.org).

The sports medicine curriculum intends to provide a strong natural science foundation and 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 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 advisor. The application (proposal) process for independent studies is outlined on our webpage at [kinesiology.rice.edu/programs.cfm](http://kinesiology.rice.edu/programs.cfm). Qualified students also are encouraged to apply for any highly competitive internship. The internships generally provide students with an opportunity to experience the application of preventative and rehabilitative sports medicine concepts and practice in a healthcare or corporate setting.

### **SPORT MANAGEMENT PROGRAM**

*Director: Clark Haptonstall*

Sport Management is an interdisciplinary field of study that draws from a wide range of academic disciplines, including business, management, law and communication. Each discipline can be applied to the business enterprise of amateur and professional sport, corporate America or other management related professions. While Sport Management is an interdisciplinary major, many of its faculty are housed in the Department of Kinesiology. For a full description about Sport Management, see pages 274–275.

### **HEALTH SCIENCES PROGRAM**

*Advisor: 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 45 semester hours in addition to the general university requirements (see pages 16–19). Seven courses constitute a total of 21 required hours. These required courses include 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), a professional preparation course that introduces students to the profession (Foundations of Health Promotion/Health Education), theories and models commonly used in health promotion research and practice (Theories and Models of Health Behavior), and an application course in which students plan a health promotion

program (Planning and Evaluation in Health Promotion/Education).

The remaining 24 semester hours are drawn from elective courses that are both within the Department of Kinesiology 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.**