

Two-Year Course Cycle
Kinesiology – Course offerings
as of February 22, 2019

Kinesiology <http://www.plu.edu/kinesiology>
 Academic Advising www.plu.edu/academic-advising
 Course Catalog <http://www.plu.edu/catalog>
 Class Schedule <https://banweb.plu.edu>

This two-year course cycle is intended to assist students in planning their academic program. It also allows the department to anticipate staffing needs. It is subject to change without notice. This is not a contract or guarantee that any specific course will be offered precisely as listed. All course offerings depend on such things as the university budget, instructor availability, and enrollment. Should a substitute course be deemed necessary, a reasonable effort will be made to ensure the new course will continue to fulfill the same major requirement or general education element as the original course. This course cycle does not anticipate possible scheduling conflicts that may arise. Students are expected to meet up with their advisor at least once per semester when planning their pathway to success at PLU, and this course cycle is not a substitute for that expectation. The Class Schedule on Banner Web (banweb.plu.edu) provides the most up-to-date course information.

2019 – 2020 Academic Year

Course	Course Title	Summer Sections	Fall Sections	J-Term Sections	Spring Sections	Multi-Disciplinary Program Related	Comments
FYEP 267	FYEP SEMINAR						
KINS 277	Foundations of Kinesiology		X		X		
KINS 279	Teaching Physical Activity		X				
KINS 280	Fitness and Recreation Programming and Delivery		X				
KINS 281	Sport Programming and Delivery				X		
KINS 287	Special Topics in Kinesiology						
KINS 288	Special Topics in Kinesiology						
KINS 289	Special Topics in Kinesiology						
KINS 291	Directed Study						

KINS 292	First Aid					
KINS 293	Teaching Methods: Fitness Activities					
KINS 294	Teaching Methods: Invasion Games					
KINS 296	Teaching Methods: Recreation Activities					
KINS 297	Teaching Methods: Net Games					
KINS 298	Teaching Methods: Target and Fielding Games					
KINS 314	Team Building for High Performance Teams		X			
KINS 315	Body Imaging A			X		
KINS 319	Tramping the Tracks of New Zealand PE					
KINS 320	Nutrition, Health and Performance		X			
KINS 322	Physical Education in the Elementary School		X	X		
KINS 324	Physical Activity and Lifespan				X	
KINS 326	Adapted Physical Activity				X	
KINS 334	Applied Training and Conditioning		X			
KINS 360	Professional Practicum		X	X	X	
KINS 361	Coaching Practicum		X		X	
KINS 362	Healing Arts of the Mind and Body PE			X		
KINS 366	Health Psychology		X		X	
KINS 380	Exercise Physiology		X			
KINS 383	Exercise Testing and Prescription			X	X	
KINS 384	Foundations of Health and Fitness Promotion		X			
KINS 386	Social Psychology of Sport and Physical Activity				X	
KINS 387	Special Topics in Kinesiology					
KINS 388	Special Topics in Kinesiology					

KINS 389	Special Topics in Kinesiology						
KINS 390	Applied Exercise and Sports Psychology				X		
KINS 395	Comprehensive School Health				X		
KINS 411	Coaching Effectiveness		X				
KINS 425	Health Promotion/Wellness Intervention Strategies						
KINS 462	Dance Production						
KINS 478	Motor Learning and Human Performance		X				
KINS 483	Clinical Management for Special Populations				X		
KINS 486	Applied Biomechanics and Kinesiology				X		
KINS 487	Special Topics in Kinesiology						
KINS 488	Special Topics in Kinesiology						
KINS 489	Special Topics in Kinesiology						
KINS 490	Curriculum, Assessment and Instruction		X				
KINS 495	Internship SR		X	X	X		
KINS 499	Capstone: Senior Seminar SR		X		X		
PHED 100	Personalized Fitness Program PE		X	X	X		
PHED 150 - PHED 250	Physical Activity Courses	X	X	X	X		
WRIT 101	WRITING SEMINAR		X				

2020 – 2021 Academic Year

Course	Course Title	Summer Sections	Fall Sections	J-Term Sections	Spring Sections	Multi-Disciplinary Program Related	Comments
FYEP 190	FYEP SEMINAR						
WRIT 101	WRITING SEMINAR						
KINS 277	Foundations of Kinesiology		X		X		
KINS 279	Teaching Physical Activity		X				
KINS 280	Fitness and Recreation Programming and Delivery		X				
KINS 281	Sport Programming and Delivery				X		
KINS 287	Special Topics in Kinesiology						
KINS 288	Special Topics in Kinesiology						
KINS 289	Special Topics in Kinesiology						
KINS 291	Directed Study						
KINS 292	First Aid						
KINS 293	Teaching Methods: Fitness Activities						
KINS 294	Teaching Methods: Invasion Games						
KINS 296	Teaching Methods: Recreation Activities						
KINS 297	Teaching Methods: Net Games						
KINS 298	Teaching Methods: Target and Fielding Games						
KINS 314	Team Building for High Performance Teams		X				
KINS 315	Body Imaging A			X			
KINS 326SA	Adapted Physical Activity			X			
KINS 320	Nutrition, Health and Performance		X				
KINS 322	Physical Education in the Elementary School		X	X			
KINS 324	Physical Activity and Lifespan				X		
KINS 326	Adapted Physical Activity				X		
KINS 334	Applied Training and Conditioning		X				
KINS 360	Professional Practicum		X	X	X		
KINS 361	Coaching Practicum		X		X		

KINS 362	Healing Arts of the Mind and Body PE			X			
KINS 366	Health Psychology		X				
KINS 380	Exercise Physiology		X				
KINS 383	Exercise Testing and Prescription			X	X		
KINS 384	Foundations of Health and Fitness Promotion		X				
KINS 386	Social Psychology of Sport and Physical Activity				X		
KINS 387	Special Topics in Kinesiology						
KINS 388	Special Topics in Kinesiology						
KINS 389	Special Topics in Kinesiology						
KINS 390	Applied Exercise and Sports Psychology				X		
KINS 395	Comprehensive School Health						
KINS 411	Coaching Effectiveness		X				
KINS 425	Health Promotion/Wellness Intervention Strategies						
KINS 462	Dance Production						
KINS 478	Motor Learning and Human Performance		X				
KINS 483	Clinical Management for Special Populations				X		
KINS 486	Applied Biomechanics and Kinesiology				X		
KINS 487	Special Topics in Kinesiology						
KINS 488	Special Topics in Kinesiology						
KINS 489	Special Topics in Kinesiology						
KINS 490	Curriculum, Assessment and Instruction		X				
KINS 495	Internship SR		X		X		
KINS 499	Capstone: Senior Seminar SR		X		X		
PHED 100	Personalized Fitness Program PE		X	X	X		
PHED 150 - PHED 250	Physical Activity Courses	X	X	X	X		
WRIT 101	WRITING SEMINAR		X				

2021 – 2022 Academic Year

Course	Course Title	Summer Sections	Fall Sections	J-Term Sections	Spring Sections	Multi-Disciplinary Program Related	Comments
FYEP 190	FYEP SEMINAR						
WRIT 101	WRITING SEMINAR						
KINS 277	Foundations of Kinesiology		X		X		
KINS 279	Teaching Physical Activity		X				
KINS 280	Fitness and Recreation Programming and Delivery		X				
KINS 281	Sport Programming and Delivery				X		
KINS 287	Special Topics in Kinesiology						
KINS 288	Special Topics in Kinesiology						
KINS 289	Special Topics in Kinesiology						
KINS 291	Directed Study						
KINS 292	First Aid						
KINS 293	Teaching Methods: Fitness Activities						
KINS 294	Teaching Methods: Invasion Games						
KINS 296	Teaching Methods: Recreation Activities						
KINS 297	Teaching Methods: Net Games						
KINS 298	Teaching Methods: Target and Fielding Games						
KINS 314	Team Building for High Performance Teams		X				
KINS 315	Body Imaging A				X		
KINS 326SA	Adapted Physical Activity			X			
KINS 320	Nutrition, Health and Performance		X				
KINS 322	Physical Education in the Elementary School		X	X			
KINS 324	Physical Activity and Lifespan				X		
KINS 326	Adapted Physical Activity				X		
KINS 334	Applied Training and Conditioning		X				
KINS 360	Professional Practicum		X	X	X		
KINS 361	Coaching Practicum		X		X		

KINS 362	Healing Arts of the Mind and Body PE			X			
KINS 366	Health Psychology		X		X		
KINS 380	Exercise Physiology		X				
KINS 383	Exercise Testing and Prescription			X	X		
KINS 384	Foundations of Health and Fitness Promotion		X				
KINS 386	Social Psychology of Sport and Physical Activity				X		
KINS 387	Special Topics in Kinesiology						
KINS 388	Special Topics in Kinesiology						
KINS 389	Special Topics in Kinesiology						
KINS 390	Applied Exercise and Sports Psychology				X		
KINS 395	Comprehensive School Health				X		
KINS 411	Coaching Effectiveness		X				
KINS 425	Health Promotion/Wellness Intervention Strategies						
KINS 462	Dance Production						
KINS 478	Motor Learning and Human Performance		X				
KINS 483	Clinical Management for Special Populations				X		
KINS 486	Applied Biomechanics and Kinesiology				X		
KINS 487	Special Topics in Kinesiology						
KINS 488	Special Topics in Kinesiology						
KINS 489	Special Topics in Kinesiology						
KINS 490	Curriculum, Assessment and Instruction		X				
KINS 495	Internship SR		X	X	X		
KINS 499	Capstone: Senior Seminar SR		X		X		
PHED 100	Personalized Fitness Program PE		X	X	X		
PHED 150 - PHED 250	Physical Activity Courses	X	X	X	X		
WRIT 101	WRITING SEMINAR		X				