

## Two-Year Course Cycle Department of Kinesiology 2023 - 2025

Department of Kinesiology <https://www.plu.edu/kinesiology/>  
 Academic Advising [www.plu.edu/academic-advising](http://www.plu.edu/academic-advising)  
 Course Catalog <http://www.plu.edu/catalog>  
 Class Schedule <https://bss.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 (<https://bss.plu.edu/>) provides the most up-to-date course information.

<b>2023-2024 Academic Year - Department of Kinesiology</b>							
Course	Course Title	# Summer Sections	# Fall Sections	# J-Term Sections	# Spring Sections	Total # Sections	Comments
FYEP 101	WRITING SEMINAR	0	1	0	0	0	
FYEP 102		0	0	0	0	0	
KINS 277	Foundations of Kinesiology	0	1	0	1	2	KINS 101 if approved
KINS 279	Teaching Physical Activity	0	1	0	0	1	
KINS 280	Fitness and Recreation Programming and Delivery	0	1	0	0	1	
KINS 281	Sport Programming and Delivery	0	0	0	1	1	
KINS 287	Special Topics in Kinesiology	0	0	0	0	0	
KINS 288	Special Topics in Kinesiology	0	0	0	0	0	
KINS 289	Special Topics in Kinesiology	0	0	0	0	0	
KINS 291	Directed Study	0	0	0	0	0	
KINS 314	Team Building for High Performance Teams	0	1	0	0	1	
KINS 315	Body Image	0	0	0	0	0	
KINS 320	Nutrition, Health and Performance	0	1	0	0	1	
KINS 322	Physical Education in the Elementary School	0	1	1	0	2	
KINS 324	Physical Activity and Lifespan	0	0	0	1	1	
KINS 326	Adapted Physical Activity	0	0	0	1	1	
KINS 334	Applied Training and Conditioning	0	0	0	0	0	
KINS 360	Professional Practicum	1	1	1	1	3	
KINS 361	Coaching Practicum	1	1	1	1	3	
KINS 366	Health Psychology	0	1	0	0	1	
KINS 380	Exercise Physiology	0	1	0	1	2	
KINS 383	Exercise Testing and Prescription	0	0	1	0	1	
KINS 384	Foundations of Health and Fitness Promotion	0	1	0	0	1	

KINS 386	Social Psychology of Sport and Physical Activity	0	1	0	1	2	
KINS 387	Special Topics in Kinesiology	0	1	0	0	1	
KINS 388	Special Topics in Kinesiology	0	0	0	0	0	
KINS 389	Special Topics in Kinesiology	0	0	0	0	0	
KINS 390	Applied Exercise and Sports Psychology	0	0	0	1	1	
KINS 395	Comprehensive School Health	0	0	0	1	1	offered biennially
KINS 411	Coaching Effectiveness	0	0	0	0	0	
KINS 478	Motor Learning and Human Performance	0	1	0	1	2	
KINS 483	Clinical Management for Special Populations	0	0	0	1	1	
KINS 486	Applied Biomechanics and Kinesiology	0	1	0	1	2	
KINS 487	Special Topics in Kinesiology	0	0	0	0	0	
KINS 488	Special Topics in Kinesiology	0	0	0	0	0	
KINS 489	Special Topics in Kinesiology	0	0	0	0	0	
KINS 490	Curriculum, Assessment and Instruction	0	1	0	0	1	
KINS 495	Internship SR	1	1	1	1	3	
KINS 499	Capstone: Senior Seminar SR	0	1	0	1	2	
FTWL 100	Personalized Fitness Progrm PE	1	7	2	7	16	
FTWL 150 - FTWL 250	Physical Activity Courses	1	18	9	18	45	
KINS 500	Research Methods and Application in KINS	0	0	0	0	0	
KINS 505	Inclusive Leadership	0	0	0	0	0	
KINS 510	Mentorship and Leadership	0	1	0	0	1	
KINS 515	Applied Sport Psychology I	0	0	0	0	0	
KINS 520	Adapted Training for Special Populations	0	0	0	0	0	
KINS 525	Applied Exercise Science I	0	0	0	0	0	
KINS 530	Social Issues in Sport	0	0	0	0	0	
KINS 535	Applied Exercise Science II	0	0	0	0	0	
KINS 540	Applied Sport Psychology II	0	0	0	0	0	
KINS 591	Special Topics	1	0	0	0	0	
KINS 595	Final Project and Defense	1	1	0	0	1	
<b>Total # of KINS Sections</b>		<b>3</b>	<b>19</b>	<b>5</b>	<b>15</b>	<b>39</b>	
<b>Total # FTWL Sections</b>		<b>2</b>	<b>25</b>	<b>11</b>	<b>25</b>	<b>61</b>	
<b>Total # Grad Sections</b>		<b>2</b>	<b>2</b>	<b>0</b>	<b>0</b>	<b>2</b>	
<b>Total # Sections</b>		<b>7</b>	<b>43</b>	<b>16</b>	<b>39</b>	<b>98</b>	

## 2024-2025 Academic Year - Department of Kinesiology

Course	Course Title	# Summer Sections	# Fall Sections	# J-Term Sections	# Spring Sections	Total # Sections	Comments
FYEP 101	WRITING SEMINAR	0	1	0	0	0	
FYEP 102		0	1	0	1	0	
KINS 101	Foundations of Kinesiology	0	1	0	1	2	
KINS 279	Teaching Physical Activity	0	1	0	0	1	
KINS 280	Fitness and Recreation Programming and Delivery	0	1	0	0	1	
KINS 281	Sport Programming and Delivery	0	0	0	1	1	
KINS 287	Special Topics in Kinesiology	0	0	0	0	0	
KINS 288	Special Topics in Kinesiology	0	0	0	0	0	
KINS 289	Special Topics in Kinesiology	0	0	0	0	0	
KINS 291	Directed Study	0	0	0	0	0	
KINS 314	Team Building for High Performance Teams	0	1	0	0	1	
KINS 315	Body Image A	0	0	1	0	1	
KINS 320	Nutrition, Health and Performance	0	1	0	0	1	
KINS 322	Physical Education in the Elementary School	0	1	1	0	2	
KINS 324	Physical Activity and Lifespan	0	0	0	1	1	
KINS 326	Adapted Physical Activity	0	0	0	1	1	
KINS 334	Applied Training and Conditioning	0	1	0	0	1	
KINS 360	Professional Practicum	1	1	1	1	3	
KINS 361	Coaching Practicum	1	1	1	1	3	
KINS 366	Health Psychology	0	1	0	0	1	
KINS 380	Exercise Physiology	0	1	0	1	2	
KINS 383	Exercise Testing and Prescription	0	0	1	0	1	
KINS 384	Foundations of Health and Fitness Promotion	0	1	0	0	1	
KINS 386	Social Psychology of Sport and Physical Activity	0	1	0	1	2	
KINS 387	Special Topics in Kinesiology	0	0	0	0	0	
KINS 388	Special Topics in Kinesiology	0	0	0	0	0	
KINS 389	Special Topics in Kinesiology	0	0	0	0	0	
KINS 390	Applied Exercise and Sports Psychology	0	0	0	1	1	
KINS 395	Comprehensive School Health	0	0	0	0	0	offered biennially
KINS 411	Coaching Effectiveness	0	0	0	1	1	
KINS 478	Motor Learning and Human Performance	0	1	0	1	2	
KINS 483	Clinical Management for Special Populations	0	0	0	1	1	
KINS 486	Applied Biomechanics and Kinesiology	0	1	0	1	2	
KINS 487	Special Topics in Kinesiology	0	0	0	0	0	

KINS 488	Special Topics in Kinesiology	0	0	0	0	0
KINS 489	Special Topics in Kinesiology	0	0	0	0	0
KINS 490	Curriculum, Assessment and Instruction	0	1	0	0	1
KINS 495	Internship SR	1	1	1	1	3
KINS 499	Capstone: Senior Seminar SR	0	1	0	1	2
FTWL 100	Personalized Fitness Progrm PE	1	7	2	8	17
FTWL 150 - FTWL 250	Physical Activity Courses	1	18	9	18	45
KINS 500	Research Methods and Application in KINS	0	0	0	0	0
KINS 505	Inclusive Leadership	0	0	0	0	0
KINS 510	Mentorship and Leadership	0	0	0	0	0
KINS 515	Applied Sport Psychology I	0	0	0	0	0
KINS 520	Adapted Training for Special Populations	0	0	0	0	0
KINS 525	Applied Exercise Science I	0	0	0	0	0
KINS 530	Social Issues in Sport	0	0	0	0	0
KINS 535	Applied Exercise Science II	0	0	0	0	0
KINS 540	Applied Sport Psychology II	0	0	0	0	0
KINS 591	Special Topics	0	0	0	0	0
KINS 595	Final Project and Defense	1	0	0	0	0
<b>Total # of KINS Sections</b>		<b>3</b>	<b>19</b>	<b>6</b>	<b>16</b>	<b>41</b>
<b>Total # FTWL Sections</b>		<b>2</b>	<b>25</b>	<b>11</b>	<b>26</b>	<b>62</b>
<b>Total # Grad Sections</b>		<b>1</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>Total # Sections</b>		<b>6</b>	<b>41</b>	<b>17</b>	<b>40</b>	<b>98</b>