

## Please Note:

Highlighting indicates substantive updates for the 2025-2027 academic year. Pagination may differ from the 2025-2027 printed copy of the catalog.

Updates are effective April 1, 2026.

## Faculty

Aimee Wyrick-Brownworth, Dean; Wayne Borin, Matthew Evens  
Adjunct Professors: Richa Evens, Elaine Neudeck, Jana Wick  
Professor Emeritus: Robert Paulson  
Departmental Office: 60 Pacific Auditorium; (707) 965-6344

## Degrees and Programs

Physical Education, B.S. ....	137
Exercise Science, B.S. ....	138
Health Science, B.S. ....	138
Health Science, A.S. ....	138
Personal Training, A.S. ....	139
Teaching Credential ....	139
Physical Education, Minor ....	139
Pre-Allied Health Programs ....	140

The Kinesiology and Health Science (KHS) Department at Pacific Union College prepares students for careers centered on human performance, health, and wellness. Through hands-on, experiential learning, students explore fields ranging from athletics and personal training to cardiac rehabilitation and allied health professions.

The Physical Education degree is designed for students wishing to become health and exercise education specialists. The Exercise Science degree is designed for students wishing to enter a professional graduate school, most often Doctor of Physical Therapy or master's in athletic trainer. The Personal Training degree is for the student who wishes to pursue certification and a career as a Personal Trainer. Health Science is a general health degree with an emphasis in allied health professions with provision to enter professional or graduate programs.

## Major in Physical Education, B.S.

A minimum of 87-89 hours (4 upper-division hours)

### ► Required Core Courses (73 hours):

ESAC 368	Water Safety Instructor	2
ESAC 370	Lifeguard Training	2
ESTH 101	Health and Exercise Science Career Pathways	2
ESTH 170	Care and Prevention of Athletic Injuries	2
ESTH 271+2+3	Theory & Practice of Officiating	3+3+2
ESTH 281	Theory & Tech of Track & Field/Softball	3
ESTH 282	Theory & Tech of Basketball/Volleyball	3
ESTH 283	Theory & Technique of Soccer/Flag Football	3
ESTH 287	Theory & Technique of Individual Sports	3
ESTH 301	Exercise Physiology	4
ESTH 301L	Exercise Physiology Lab	1
ESTH 302	Biomechanics	4
ESTH 311	Intro to Adapted Physical Activity	3
ESTH 312	Motor Learning	4
ESTH 361	Coaching	2
ESTH 365	Outdoor Experience	3
ESTH 381	Theory & Technique of Racket Sports	3
ESTH 383	Theory & Technique of Training	4
ESTH 401	Research in Health and Exercise Science	4
ESTH 450	Sports Psychology and Ethics	4
ESTH 470	Management in Exercise Science & Sport	3
ESTH 476	Physical Education for Children	3
FDNT 235	Nutrition	3
HLED 166	Health Education	2
HLED 166L	Health Education Lab	1

### ► Required Cognate Courses (14-16 hours)

BIOL 101	Human Anatomy	5
BIOL 102	Human Physiology	5
PHYS 105-106L	Introduction to Physics + Lab	5+1
or PHYS 111	General Physics	4

## Kinesiology and Health Science

### Major in Exercise Science, B.S.

A minimum of 83-101 hours (at least 35 upper-division hours):

► **Required Core Courses (63 hours):**

BIOL 101	Human Anatomy	5
BIOL 102	Human Physiology	5
BIOL 223	Medical Terminology	2
ESTH 101	Health and Exercise Science Career Pathways	2
ESTH 170	Care and Prevention of Athletic Injuries	2
ESTH 265	Theory & Technique of Aquatics	3
ESTH 301	Exercise Physiology	4
ESTH 301L	Exercise Physiology Lab	1
ESTH 302	Biomechanics	4
ESTH 311	Intro to Adapted Physical Activity	3
ESTH 312	Motor Learning	4
ESTH 381	Theory & Technique of Racket Sports	3
ESTH 383	Theory & Technique of Training	4
ESTH 401	Research in Health and Exercise Science	4
ESTH 450	Sports Psychology and Ethics	4
ESTH 492	Capstone in Kinesiology	3
FDNT 235	Nutrition	3
HLED 166	Health Education	2
HLED 166L	Health Education Lab	1
HLTH 301	Health, Society, and the Consumer	4
or GLBH 310	Population Health	4

► **Required Core Electives (6 hours):**

At least 6 hours from the following: 6

(To be chosen in consultation with the major advisor)

ESTH 281	Theory & Tech of Track & Field/Softball (3)
ESTH 282	Theory & Tech of Basketball/Volleyball (3)
ESTH 283	Theory & Technique of Soccer/Flag Football (3)
ESTH 287	Theory & Technique Individual Sports (3)

► **Required Cognate Courses (14-32 hours):**

At least one of the following in each area

Area 1: Biology (4-5 hours)

BIOL 121, 122, or 123	Biological Foundations I, II, or III	5
or other upper-division BIOL course		

Area 2: Chemistry (4-15 hours)

CHEM 101	Intro to Chemistry	4
or CHEM 104	Survey of Biological Chemistry	4
or CHEM 111+112+113	General Chemistry	5+5+5

Area 3: Physics (6-12 hours)

PHYS 105-106L	Intro to Physics + Lab	5+1
or PHYS 111+112+113	General Physics	4+4+4

The B.S. degree curriculum (including all recommended cognates) meets all undergraduate requirements for pre-physical therapy students applying to Loma Linda University and Andrews University.

### Major in Health Science, B.S.

A minimum of 61 hours (at least 20 upper-division hours)

► **Required Core Courses (30 hours):**

HLTH 101	Health & Exercise Science Career Pathways	2
HLTH 201	Issues in Allied Health Professions	2
HLTH 301	Health, Society, and the Consumer	4
HLTH 401	Research in Health & Exercise Science	4
FDNT 235	Nutrition	3
COMM 220	Health Communication	3
GLBH 310	Population Health	4
GLBH 410	Epidemiology	4
GLBH 460	Health Systems of the World	4

► **Cognate Courses (13 hours):**

MICR 134	Microbiology	5
MATH 106	College Algebra	4
STAT 222	Intro to Statistics	4

At least one of the following sequences in each area:

Area 1: Biology (10-15 hours)

BIOL 101 + 102	Anatomy and Physiology	5+5
BIOL 121+122+123	Biological Foundations	5+5+5

Area 2: Chemistry (8-15 hours)

CHEM 101+104	Intro to Chemistry +Intro to Biological Chemistry	4+4
CHEM 111+112+113	General Chemistry	5+5+5

### Major in Health Science, A.S.

A minimum of 61 hours in the major and cognates

► **Required Core Courses (38-39 hours):**

HLTH 101	Health & Exercise Science Career Pathways	2
HLTH 201	Issues in Allied Health Professions	2

**Science and Mathematics:** At least 20 hours 20

Include courses from at least 2 separate areas

Area 1: Biology

Area 2: Chemistry

Area 3: Mathematics & Statistics

Area 4: Physics

**Social Science:** At least 12 hours 12

Include courses from at least 2 separate prefixes from ANTH, ECON, GEOG, PLSC, PSYC, or SOCI.

## Kinesiology and Health Science

<b>Health: At least one course</b>	2-3
FDNT 235 Nutrition (3)	
HLED 162 Fitness for Life (2)	
HLED 166 Health Education (2)	

► **Required Cognate Courses (23 hours):**

ENGL 101+102 College English I, II	4+4
------------------------------------	-----

**Humanities: At least 12 hours** 12

*Include courses from at least 3 separate areas\**

*\* Students who have completed courses from 3 separate areas but are short of the required 12 hours may elect to apply up to 3 hours of approved applied arts coursework to the humanities requirement.*

**Area 1: Art**

ARTH 115 or 116 History of Western Art I or II (4)

**Area 2: History**

HIST 101 or 102 History of World Civilizations I or II (4)

HIST 134 or 135 History of the United States I or II (4)

**Area 3: Literature**

ENGL 301 Themes in Literature (4)

**Area 4: Languages and Cultures**

Language and culture class: SPAN 105, SPAN 111, or SPAN 215

**Area 5: Music**

MUHL 105 Survey of Music (3)

MUHL 245 World Music and Culture (3)

**Area 6: Philosophy**

PHIL 101 Introduction to Philosophy (4)

### Major in Personal Training, A.S.

*A minimum of 56-59 hours*

► **Required Core Courses (57-60 hours):**

BIOL 101 Human Anatomy	5
BIOL 102 Human Physiology	5
COMM 223 Interpersonal Communication	3
ESAC 101A Jogging	1
or ESAC 103A Physical Fitness	1
ESTH 101 Health and Exercise Science Career Pathways	2
ESTH 170 Care and Prevention of Athletic Injuries	2
ESTH 265 Theory & Technique of Aquatics	3
ESTH 301 Exercise Physiology	4
ESTH 301L Exercise Physiology Lab	1
ESTH 302 Biomechanics	4
ESTH 311 Intro to Adapted Physical Activity	3
or ESTH 312 Motor Learning	4
ESTH 361 Coaching	2
ESTH 383 Theory & Technique of Training	4

HLED 166 Health Education	2
HLED 166L Health Education Lab	1
FDNT 235 Nutrition	3
MGMT 160 Small Business Management	3
PSYC 121 General Psychology	4
PHYS 105-106L Introduction to Physics + Lab	5+1
or PHYS 111 General Physics	4

### Teaching Credential

Students desiring to enter a program of studies leading to a California teaching credential in physical education should take the B.S. degree in Physical Education, Teacher Education Emphasis. Students will need to pass the physical education portion of the CSET exam one quarter prior to doing full-time student teaching. Students are invited to discuss the program with their major advisor in the Kinesiology and Health Science Department.

Those who plan to teach on the secondary level should consult with the credential analyst in the Education Department and should become acquainted with the specific requirements for admission to and successful completion of the Teacher Education Program as outlined in the section entitled "Education" in this catalog.

### Minor in Physical Education

*A minimum of 29 hours (12 upper-division hours)*

► **Required Courses (11 hours):**

ESTH 101 Health and Exercise Science Career Pathways	2
ESTH 170 Care and Prevention of Athletic Injuries	2
ESTH 470 Management in Exercise Science & Sport	3
ESTH 401 Research in Health and Exercise Science	4

► **Required Electives (18 hours):**

Take at least 18 hours (6 upper division) of ESTH courses, including at least 9 hours of Theory & Technique courses.

# Kinesiology and Health Science

## Pre-Allied Health Programs

Advising and curriculum is offered for students who wish to select one of the following pre-professional programs for admission to Loma Linda University:

- Pre-Cardiac Electrophysiology Technology
- Pre-Clinical Laboratory Science
- Pre-Communication Sciences & Disorders
- Pre-Dental Hygiene
- Pre-Diagnostic Medical Sonography
- Pre-Health Information Administration
- Pre-Medical Radiography
- Pre-Nuclear Medicine
- Pre-Nutrition & Dietetics
- Pre-Occupational Therapy
- Pre-Orthotics and Prosthetics
- Pre-Pathologists Assistant
- Pre-Physical Therapy
- Pre-Physical Therapy Assisting
- Pre-Physician Assistant
- Pre-Radiation Sciences
- Pre-Respiratory Care

The requirements for the preprofessional programs listed above overlap significantly with the requirements for the A.S. and B.S. in Health Science, which is outlined in the next section. See program guide sheets for specific details about Loma Linda University's prerequisite requirements for each program. The B.S. in Health Science is a continuation from the A.S. in Health Science degree to prepare allied health majors who require four-year undergraduate preparation for their careers. With appropriate planning, students pursuing pre-professional programs will be able to select coursework to meet both the pre-professional requirements and the degree requirements. Students who wish to pursue admission to a pre-professional program at an institution other than Loma Linda University may be able to design a curriculum to meet their needs as well.

Admissions to these programs is competitive. Completion of the pre-professional requirements and/or the A.S. or B.S. degree at Pacific Union College does not guarantee admission to any pre-professional program. Students are advised to consult with the Health Science advisor for additional information regarding the A.S./B.S. in Health Science and the pre-Allied Health programs.

## Exercise Science Activity-Aerobic

*ESAC courses are repeatable for credit by permission of the instructor.*

*Proper attire is required for participation in activity classes. Additionally, certain classes require specialized equipment.*

*Activity classes meet for a minimum of 2 hours each week. Certain classes involve additional activity time outside of scheduled class time.*

LOWER-DIVISION COURSES:

### **ESAC 101A** **1 F, S** **Jogging**

For the beginning/intermediate jogger. Instructions pertaining to cardiovascular/muscular fitness, running style, running equipment, and personal running program development.

### **ESAC 103A** **1 W, S** **Physical Fitness**

Introduction to fitness by means of cardiovascular development. Various fitness machines are used to inspire a commitment to cardiovascular fitness that will hopefully extend beyond the duration of this course.

### **ESAC 105A** **1 W, S** **Fitness for Women**

For female students wanting to get started on an exercise program with some variety. Significant class time is dedicated to aerobic-type workouts. Also includes weight training, kickboxing and cardio moves to music.

### **ESAC 107A** **1 F, S** **Swim and Stay Fit**

The use of swimming skills to enhance muscular and cardiovascular fitness. Focuses on acquisition of the skills and

knowledge needed to maintain and enhance cardiovascular and muscular fitness. Proficiency in swimming strokes required.

### **ESAC 109A** **1 F** **Water Aerobics**

A low-medium impact conditioning and toning class. Shallow and deep water movements utilizing calisthenics and strengthening exercises are employed to learn how water exercises are a rehabilitation modality for injuries and a method for maintaining fitness.

UPPER-DIVISION COURSES:

### **ESAC 338A** **1 F** **Ultimate Frisbee**

This course is designed to teach the fundamental skills and rules of Ultimate Frisbee as well as how to play the game and how to implement basic strategies

## Kinesiology and Health Science

used in the game. Emphasis placed on skills, rules, and participation in playing the game of Ultimate Frisbee.

### Exercise Science Activity

*ESAC courses are repeatable for credit by permission of the instructor.*

*Proper attire is required for participation in activity classes. Additionally, certain classes require specialized equipment.*

*Activity classes meet for a minimum of 2 hours each week. Certain classes involve additional activity time outside of scheduled class time.*

#### LOWER-DIVISION COURSE:

#### **ESAC 100** **1 Arr** **Adaptive Physical Education**

Designed to accommodate students with physical limitations. Cardiovascular endurance, muscular strength, muscular endurance, and flexibility are employed and adapted to fit the individual needs/abilities of the student. Requires physician's certification of need. Repeatable for credit.

#### **ESAC 120** **1 Arr** **Basketball**

Focuses on the fundamentals of basketball, such as, dribbling, passing, shooting, footwork, and defensive stance. Fundamental strategy for both offensive and defensive play also are covered.

#### **ESAC 124** **1 Arr** **Flag Football**

Introduces students to the basic skills of flag football, including throwing, catching, kicking, punting, and flag pulling. Also covers a basic knowledge of the rules and game strategies. Odd years.

#### **ESAC 132** **1 Arr** **Volleyball**

Designed to introduce students to the basic skills, rules, and strategies of the game of volleyball. Skills are demonstrated, practiced and then implemented in class games.

#### **ESAC 158** **1 F** **Swimming**

Assists the non-swimmer as he or she explores the aquatic environment and develop the skills needed to enjoy time in and around the water. The class is intended for students with little or no swimming skills and who would likely not survive in deep water. Odd years.

#### **ESAC 160** **1 S** **Fencing**

Fundamental skills in fencing. Rules, terminology, and history of the game also are included.

#### **ESAC 171** **1 W** **Pickleball**

Aspects of pickleball (i.e. ground strokes, serve, baseline volley, drop shot, drop volley, court coverage, and more). Rules, terminology, and history of the game also are included.

#### **ESAC 174** **1 W** **Badminton**

Fundamental skills and rules in badminton, along with an introduction to the drop shot and smash and an emphasis on doubles and singles strategy. Conditioning is a part of every class.

#### **ESAC 176** **1 F, W, S** **Weight Training**

An introductory course designed to help each student improve muscular strength, gain knowledge and understanding of weight training theory and practice, and develop a personalized weight training program.

#### **ESAC 180** **1 F** **Golf**

The basic rules and etiquette of golf. Also includes the basic fundamentals of the golf swing. Safety issues are discussed and golf strategy is introduced. Students must pay for range balls and green fees.

#### **ESAC 194** **1 F, S** **Tennis**

Covers the most basic fundamentals in tennis: The basic stance, footwork, forehand/backhand strokes, volley and the serve. After an introduction to singles and doubles strategy and the rules of the game, there is a doubles tournament in class and two singles games played outside of class (at scheduled times).

#### UPPER-DIVISION COURSES:

#### **ESAC 358** **1 Arr** **Intermediate Swimming**

Assists the swimmer as he or she improves swimming skills, including the crawl, breast stroke, back stroke, butterfly, and sidestroke. Also includes basic water safety and rescue skills. The class is intended for students who have already learned beginning-level swimming skills. Even years.

#### **ESAC 368** **2 S** **Water Safety Instructor**

Instructs students to become a Water Safety Instructor of the American Red Cross Learn to Swim Program. This includes Parent and Child Aquatics (Levels 1 & 2), Preschool aquatics (Levels 1-3), Learn to Swim (Levels 1-6), and 3 levels of adult swim. Students will learn how to create aquatic lesson plans, classroom management skills as it pertains to aquatic environment, and how to differentiate lessons based on the needs of the students. Prerequisite: Swim stroke proficiency consistent with stroke performance charts, Level 4. Even years.

## Kinesiology and Health Science

### **ESAC 370** **2 S**

#### **Lifeguard Training**

Meets and exceeds the requirements of the American Red Cross for certification as a lifeguard. Prerequisite: ESAC 107A, ESAC 158, or pass swim test by instructor.

### **ESAC 394** **1 Arr**

#### **Intermediate Tennis**

Designed for the intermediate-advanced player to improve skills, game strategies, and learn advanced techniques of tennis. Students must be able to hit consistent forehand and backhand ground strokes as well as serve in the proper court with some force at 50%.

### **Varsity Teams**

*ESAC courses are repeatable for credit for up to four years of play, with a maximum of four credits earned in this area. Only one credit may be applied to the GE Health and Fitness section.*

#### LOWER-DIVISION COURSES:

### **ESAC 233V** **1 F**

#### **Volleyball- Varsity Women**

Enrollment limited to members of the women's varsity volleyball team.

### **ESAC 234V** **1 W**

#### **Volleyball- Varsity Men**

Enrollment limited to members of the men's varsity volleyball team.

### **ESAC 235V** **1 W**

#### **Basketball - Varsity Women**

Enrollment limited to members of the women's varsity basketball team.

### **ESAC 236V** **1 W**

#### **Basketball - Varsity Men**

Enrollment limited to members of the men's varsity basketball team.

### **ESAC 237V** **1 F**

#### **Soccer - Varsity Men**

Enrollment limited to members of the men's varsity soccer team.

### **ESAC 238V** **1 F**

#### **Cross Country - Varsity**

Enrollment limited to members of the varsity cross country team.

### **ESAC 239V** **1 F**

#### **Soccer - Varsity Women**

Enrollment limited to members of the women's varsity soccer team.

### **Professional and Theory**

#### LOWER-DIVISION COURSES:

### **ESTH 101** **2 F, W**

#### **Health and Exercise Science Career Pathways**

*(See also HLTH 101.)*

Exploration of the spectrum of career pathways in the fields of Health and Exercise Science. This course provides students the opportunity to study the philosophy, principles, and scope of the Allied Health, Exercise Science/Physical Education professions from historical, current, and future perspectives.

### **ESTH 170** **2 W**

#### **Care and Prevention of Athletic Injuries**

Care and prevention of injuries associated with coaching and teaching sport and game activities in a school setting. Topics include sprains, bleeding, fractures, exposure to heat and cold, seizures, heart attacks, accidental exposure to poisons

and chemicals, and other injuries requiring immediate medical attention. **Odd years.**

### **ESTH 265** **3 F**

#### **Theory & Technique of Aquatics**

Emphasis on the theory of how to develop appropriate workout programs in aquatics as it relates to therapeutic settings. Students learn choreography of water exercise programs in aquatic aerobics, swimming fitness, and rehab qualities of water exercise. The course includes an introduction to swim instruction and water safety principles. Students participate in individual fitness performance and develop programs for specific population demographics, specific ages, and those with special needs. Prerequisite: ESAC 107A, ESAC 158, or pass swim test by instructor. **Odd years.**

### **ESTH 271+272+273** **3+3+2 F+W+S**

#### **Theory & Practice of Officiating I, II, III**

Theory and practice in officiating at team sports, interpretation of rules, officiating techniques, examinations, and ratings. Consists of a combination of lectures and practice. Prerequisite: Previous experience in playing football, volleyball, basketball, and softball. **Odd years.**

### **ESTH 281** **3 S**

#### **Theory & Technique of Track & Field and Softball**

Practice in and theory of track & field and softball. Development of fundamental skills, analysis of skills, techniques, team strategy, teaching profession, and rules of the games of track & field and softball. **Odd years.**

**ESTH 282** **3 F**  
**Theory & Technique of Basketball & Volleyball**

Practice in and theory of basketball and volleyball. Development of fundamental skills, analysis of skills, techniques, team strategy, teaching profession, and rules of the games of basketball and volleyball. Odd years.

**ESTH 283** **3 F**  
**Theory & Technique of Soccer and Flag Football**

Practice in and theory of soccer and flag football. Development of fundamental skills, analysis of skills, techniques, team strategy, teaching profession, and rules of the games of soccer and flag football. Even years.

**ESTH 287** **3 S**  
**Theory & Technique of Individual Sports**

Development of fundamental skills and strategies in various individual activities such as handball, golf, racquetball, and archery. Emphasis on teaching techniques, officiating, rules, and organization of materials for school programs. Even years.

UPPER-DIVISION COURSES:

**ESTH 361** **2 W**  
**Coaching**

Designed to develop skills for coaching athletic teams. Development of philosophies in harmony of Seventh-day Adventist principles concerning athletic events. Skills in team building and strategies. Practical experience included. Even years.

**ESTH 365** **3 S**  
**Outdoor Experience**

Theory and practice in camping, hiking, backpacking, and canoeing techniques. Ecological considerations, equipment and food selection, outdoor cooking, and orienteering. One credit

may apply to the Fitness general education requirement.

**ESTH 301** **4 F**  
**Exercise Physiology**

The study of acute and chronic effects of exercise on the various anatomical structures and physiological functions that influence human performance through the integration of the musculo-skeletal, neurological, respiratory, energy, and cardiovascular systems to explain the physiology of exercise. Prerequisites: BIOL 101, 102.

**ESTH 301L** **1**  
**Exercise Physiology Lab**

**ESTH 302** **4 S**  
**Biomechanics**

A study of joints and muscular structure and their relation to physical exercise. Prerequisite: ESTH 301 Exercise Physiology and either secondary-school physics with minimum grade C-, PHYS 105 or PHYS 111.

**ESTH 311** **3 W**  
**Adapted Physical Activity**

Common deviations of posture and feet; functional disturbances and crippling conditions found in school children. Survey of source material needed to plan and conduct individual, developmental, and special courses in physical education in schools. Prerequisite: ESTH 302 Biomechanics. Even years.

**ESTH 312** **4 W**  
**Motor Learning**

Physiological and psychological instructional considerations for learning, skill acquisition, and performance as applied to motor skills. Prerequisites: BIOL 101 and 102. Odd years.

**ESTH 381** **3 F**  
**Theory & Technique of Racket Sports**

Analysis of and practice in strokes and tactics; rules, history and skill progression for various levels of instruction. Prerequisite: ESAC 194. Even years.

**ESTH 383** **4 W**  
**Theory & Technique of Training**

An analysis of the physiological, biomechanical analysis and application of scientific knowledge to train athletes for the primary goal of improving athletic performance. Topics include principles of program design, supervision, safety, technique assessment, providing guidance regarding nutrition and injury prevention. Prerequisite or corequisite: ESTH 302 and ESTH 311 or ESTH 312.

**ESTH 401** **4 W**  
**Research in Health and Exercise Science**

(See also HLTH 401.)

A study of research designs, methodologies, and ethics within health and exercise science. Students will complete an original research project including the use of descriptive and inferential statistics resulting in a formal paper, power, and presentation. Enrollment is limited to graduating seniors.

**ESTH 450** **4 F**  
**Sports Psychology and Ethics**

The influence of psychological factors on participation, performance, and overall well-being in sport and exercise will be examined. Topics include goal setting; team cohesion; psychological skills training; competition anxiety; self-confidence and motivation; coach-athlete communication, concentration, imagery, and burnout in athletes. The course also examines ethics in sport & exercise from the perspective of values, issues, and

## Kinesiology and Health Science

controversies associated with sport and athletics competition and management. Prerequisite: ESTH 311 or ESTH 312.

### **ESTH 470** **3 S** **Management in Exercise Science & Sport**

Relationship of physical education to modern education theory. The organization of physical education activities, organization and classification of pupils; emphasis on the arrangement and construction of equipment and planning of school programs suitable to denominational schools. Odd years.

### **ESTH 476** **3 F** **Physical Education for Children**

Activity interests of children and appropriate materials for different age levels; selection of materials and methods of presentation. Consists of a combination of lectures and practice. Applies as one course for the Fitness general education requirement. Prerequisite: Education Credential Program admission.

### **ESTH 492** **3 S** **Capstone In Kinesiology**

The integration, reflection, application, and demonstration of cumulative knowledge and skills learned in the Kinesiology programs. Enrollment is limited to graduating seniors. Prerequisite: ESTH 450.

### **ESTH 495** **1-3 Arr** **Independent Study**

Open by permission of the department chair to advanced students with adequate background and experience. Repeatable for a maximum of 3 credits.

## Food and Nutrition

LOWER-DIVISION COURSE:

### **FDNT 235** **3 F, W, S** **Nutrition**

Principles of nutrition, emphasizing nutritional requirements, dietary sources of nutrients, nutrient utilization, effects of nutrition on energy intake and weight control, fitness, disease prevention, and life cycle.

## Health Education

LOWER-DIVISION COURSES:

### **HLED 162** **2 W, S** **Fitness for Life**

Introduces the philosophy of health, aimed at lasting nutritional and physical conditioning that promotes a high level of well-being. Emphasis on the prevention of heart disease, obesity, and stress. Laboratory evaluation in body composition, blood analysis, stress testing, and the treadmill.

### **HLED 166** **2 F, W, S** **Health Education**

Encourages the development of self-awareness and promotes wellness as a life-long investment. Advocates the protection and effective use of human and ecological resources and acquiring skills for individual responsibility. Emphasis on SDA health principles. Treats substance abuse and nutrition as required for SDA and California teaching credentials.

### **HLED 166L** **1 F, W, S** **Health Education Lab**

Provides hands-on practical training in first aid and CPR.

## Health Science

LOWER-DIVISION COURSES:

### **HLTH 101** **2 F, W** **Health and Exercise Science Career Pathways**

(See also ESTH 101.)

Exploration of the spectrum of career pathways in the fields of Health and Exercise Science. This course provides students the opportunity to study the philosophy, principles, and scope of the Allied Health, Exercise Science/Physical Education professions from historical, current, and future perspectives.

### **HLTH 201** **2 S** **Issues in Allied Health Professions**

Capstone course that allows the student to reflect and report on current issues in the allied health professions with a focus on their selected allied health career. Includes a project in which the student will demonstrate their knowledge of medical vocabulary, scientific method, clinical ethics, and health care systems.

### **HLTH 301** **4 W** **Health, Society, and the Consumer**

This upper division rhetoric intensive course surveys the historical evolution of healthcare in America, touching on the impact of health reform and other social, political, and religious movements from the nineteenth to the twenty-first century. Various aspects of healthcare in the United States, including the history of Seventh-day Adventist healthcare, alternative and complementary healing modalities and current healthcare initiatives, are critically analyzed for their strengths and weaknesses. Educating students to become informed consumers and producers in the healthcare marketplace is a crucial aspect of the course.

### **HLTH 401**

**4 W**

#### **Research in Health and Exercise Science**

*(See also ESTH 401.)*

An overview of the basic skills of critical analysis, including how to search and locate information (including electronic databases), read and analyze primary and secondary sources, evaluate internet resources, and write scholarly arguments related to the field. Enrollment is limited to graduating seniors.

**Page intentionally left blank**