

KINESIOLOGY

Mission

The Department of Kinesiology strives to educate all individuals in the development of a healthy, active lifestyle and to prepare students for the teaching and exercise professions as well as further study in related graduate programs.

Undergraduate Degrees

Bachelor of Science in Health and Physical Education – Teacher Certification. Students with this degree are eligible for certification to teach health and physical education, K-12. Graduates also are qualified to coach both team and individual sports.

Bachelor of Science in Exercise Science. There are **four concentrations** in this degree program:

- **Fitness Specialist**

Students graduating with this degree are prepared to conduct adult fitness programs; prescribe and administer exercise in settings such as hospitals, clinics, corporations, or community centers; and work as personal trainers.

- **Pre-Physical Therapy**

- **Pre-Occupational Therapy**

- **Pre-Chiropractic Therapy**

Students in these three concentrations intend to apply to graduate programs in their respective areas of study. The undergraduate program at WCU provides the undergraduate prerequisite course work to cover the requirements for application to graduate programs.

Minors

Coaching – The coaching minor prepares students to be coaches for all age groups. The minor follows the standards set by the National Association for Sport and Physical Education (NASPE) and includes areas such as the theoretical foundations of coaching, sport psychology, injury prevention, and coaching management. Graduates receive transcript recognition and a written endorsement from the University.

Exercise Science – Designed to impart fundamental knowledge, skills, and abilities (KSA's) in the theories and practice of exercise science, this minor will also provide learning experiences that lead to a basic under-

standing of exercise techniques, testing, and prescription.

Physical Education for Individuals with Disabilities – The minor in physical education for individuals with disabilities is designed to enable students to plan, implement, and advocate developmentally appropriate physical activity for people with a variety of physical and cognitive disabilities, in schools, fitness centers, recreation centers, and residential facilities. Practical application is stressed in this minor; students will participate in approximately 200 hours of hands-on work. The minor in adapted physical activity prepares those in HPE-teacher certification to be eligible to take the APENS (Adapted Physical Education National Standards) exam but does not lead to Level II teaching certification. (Level II teaching certification is not available in the tri-state area.) Other certifications are offered within various courses.

Educational Opportunities

The Department of Kinesiology has a long tradition of partnering with community agencies and schools to provide preprofessional internships, student teaching experiences in health and physical education, and student coaching opportunities. Our students and faculty participate in various programs by conducting adapted physical activities, leading adventure-based initiatives, and providing local and regional leadership to numerous community and professional organizations.

Facilities

The department is housed on West Chester University's South Campus in the Russell L. Sturzebecker Health Sciences Center. The SHSC features the following indoor facilities: five full-size, multipurpose gymnasiums, one fully equipped gymnastic area, multipurpose room, strength training facility, human performance laboratory, climbing wall, 17 classrooms, and an aquatics center featuring two pools and a 14 1/2 foot diving well. Outdoor facilities include multipurpose playing fields, tennis courts, softball and baseball fields, 1/4 mile track, and three adventure education facilities.

Advanced Degrees

Master of Science in Exercise and Sport Physiology (concentration in Athletic Training)

Learn More

UNDERGRADUATE FACT SHEET

Master of Science – General Physical Education (concentrations in Adapted Physical Education and Adventure Education)

Master of Public Administration with a Graduate Certificate in Sport Management and Athletics (available in collaboration with the College of Business and Public Affairs)

These three different graduate programs are designed to provide classroom, laboratory, research, and practical experiences.

Graduate Certificate in Adapted Physical Education (designed to meet the Adapted Physical Education National Standards for Competency in Teaching Adapted Physical Education in the public schools)

Department Faculty

The faculty of the Department of Kinesiology is committed to excellence. WCU boasts a diverse faculty with expertise in pedagogy, coaching, motor learning, exercise physiology, kinesiology, adaptive physical education, sports management, and outdoor leadership. Each professor's commitment to excellence is evidenced by his or her integral involvement in learning, teaching, advising, and promoting student professional development.

For More Information

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Department Web page: http://www.wcupa.edu/_academics/HealthSciences/kinesiology/

Undergraduate Catalog: http://wcupa.edu/_information/official.documents/undergrad.catalog/

About West Chester University

A comprehensive, public institution, West Chester University of Pennsylvania offers high-quality undergraduate and graduate degree programs in more than 100 subject areas, as well as certification and certificate programs. As one of the largest members of the Pennsylvania State System of Higher Education, West Chester offers a full and rewarding educational experience as well as reasonable tuition. More than 15,400 graduate and undergraduate students, as well as 1,500 faculty and staff, study and work on the picturesque, 406-acre campus. Strategically located at the center of the mid-Atlantic corridor between New York City and Washington, D.C., West Chester University is just 25 miles west of Philadelphia and 17 miles north of Wilmington.

Information on Admission

Office of Admissions

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