

Department of Kinesiology

Undergraduate Trimester Program · Summer 2009

The Department of Kinesiology is offering a new trimester summer plan in Exercise Science starting in Summer 2009. This trimester plan is open to transfer students, students changing majors, and those currently enrolled in a degree program in Kinesiology.

Exercise Science Major

Students majoring in exercise science examine the relationship between exercise and human performance and the role of physical activity in the promotion of healthy lifestyles. Exercise science consists of several overlapping disciplines, including biomechanics, exercise physiology and biochemistry, growth and development, exercise nutrition, measurement and evaluation, and exercise psychology. The program of study is designed to provide an effective blend of classroom instruction and practical experience.

Following graduation, students are strongly encouraged to seek professional certification through the American College of Sports Medicine or the National Strength and Conditioning Association to enhance their opportunities for employment.

Students graduating with a Bachelor of Science degree in exercise science are prepared for the following entry-level positions:

- an exercise/ fitness specialist, group fitness instructor, or personal trainer (employment settings include corporate fitness programs, community exercise/ wellness settings, health clubs, and similar fitness related organizations)
- a strength and conditioning coach (employment settings include high school, college, and professional sport teams)

The program also serves as a foundation for pursuing health-related careers as a physical therapist or physician's assistant, as well as graduate studies.

Benefits of taking Summer Trimester Courses in the Exercise Science Program:

- Availability of NEW core courses in the Exercise Science degree program.
- Students entering late in the major or transferring into the major will be able to take courses that will allow them to graduate in a reasonable timeframe.
- A Trimester advisor is available to meet with students regarding the Exercise Science degree program and progress toward graduation.
- An opportunity for students to design a balanced curriculum and internship experience.

Department Contact Information:

Towson Center Room 200
Phone: 410-704-2376
Fax: 410-704-3912

Kinesiology Program Coordinators:

Department Chairperson:

Dr. Jill Bush · jbush@towson.edu

Assistant Department Chairperson:

Dr. Gail Parr · gparr@towson.edu

Athletic Training:

Dr. Michael Higgins · mhiggins@towson.edu

Exercise Science:

Mrs. Andrea Barton · abarton@towson.edu

Physical Education:

Dr. Tabatha Uhrich · tuhrich@towson.edu

Sports Management:

Dr. Lisa Swanson · lswanson@towson.edu



Course Overview

Session I (5 wks) — May 26–June 26

KNES 363 - Nutrition for Exercise & Sport
(3 units), MTWR, 2:00 -3:50 pm

Session IV (10 wks) — May 26–July 31

KNES 311 Biomechanics (3 units),
T, 11:00-2:55 pm*+

KNES 313 Physiology of Exercise (3 units),
Online Format Blackboard*+

KNES 315 Care & Prevention of Athletic
Injuries
(3 units), M, 11:00-2:55 pm+

KNES 359 Psychology of Sport Injury (3
units), Online Format Blackboard

Two New Core Courses for Exercise Science Majors

KNES 470 Practical & Instructional Skills
in Exercise Leadership (3 units),
TR, 8:55-10:50 am*

KNES 470 Advanced Principles of
Strength and Conditioning (3 units),
TR, 11:00-12:55 pm*

KNES 395 Kinesiology Internship
in Exercise Science*

3 or 6 units available

Offered during Sessions I, II, & IV

Additional Kinesiology Courses Offered During Summer Trimester 2009

Session I (5 wks) — May 26 - June 26

KNES 124 Intermediate Backpacking
(2 units), May 26-June 1

KNES 235 Individualized Fitness (3 units),
MTWR, 12-1:50 pm

KNES 251 History of Sport in America,
MTWR, 11-12:50pm

KNES 280 Introduction to Sports Industry,
MTWR 11-12:50 pm

KNES 353 Sport & Society,
MTWR, 9-10:50 am

KNES 355 Psychology of Sport (3 units),
MTW, 11-1:50 pm

KNES 395 Kinesiology Internship in
Sport Management*

Available during Sessions I, II, & IV

*Pre-requisite required. See course catalog for more information.

+Available for multiple departmental majors.

Department of Kinesiology

Towson University

8000 York Road

Towson, MD 21252-0001

