Physical Education
Health and Fitness Administration

Many students explore the possibility of turning an interest in sports and physical fitness into a career. A major in physical education or health and fitness administration may be just the right fit for a person with those interests. Our Department of Kinesiology produces educators and coaches who have acquired a developmentally sound background in the physical, psychological, neuromuscular, and cognitive domains of physical education. We will also prepare students for managerial, supervisory, and administrative positions in a variety of professional health and fitness centers.

Program Strengths
As a student majoring in physical education teacher education or health and fitness administration at University of Jamestown, you will benefit from:
• caring, talented faculty who work one-on-one with students
• a new facility with modern equipment and software providing knowledge that will give you the edge in the job market
• a wealth of opportunities for hands-on learning
• many organizations and activities providing opportunities to develop non-academic skills while pursuing your professional goals
• a liberal arts foundation which will help you adapt to many settings

Foss Wellness Center
Opened in Fall 2008 and home to the Department of Kinesiology, the Foss Wellness Center provides an outstanding teaching and learning environment for all University of Jamestown students, particularly those involved in exercise science and physical education teacher education. This 12,500 square foot facility includes a fitness center, general exercise room, a biomechanical and motor learning lab, an exercise physiology lab, a technology lab, and classrooms. Equipment and tools you’ll use in the Foss Wellness Center include:

Dartfish Motion Analysis Software: Analyze technical performances before and after training, and improve your understanding of motor skill acquisition, technique analysis and feedback, and application into sport science and physical education.

Metabolic Cart & ECG: Use the top-of-the-line Medgraphics Ultima CPX metabolic cart for breath by breath gas analysis and Cardiac Science wireless ECG monitoring system and treadmill for maximum oxygen consumption testing.

Anaerobic Power Analysis: Test your peak anaerobic power using the Peak Bike by Monark designed for the Wingate Anaerobic Power test.

iPads and Apps: Use iPads and a variety of health and fitness apps to increase productivity and apply practices learned in authentic learning experiences.

Heart Rate Monitors: Use these monitors to assist in managing exercise sessions for a variety of population groups.
Physical Education

**Accelerometers**: Track and monitor your every move on the FitBIT One accelerometer. This 3D movement analysis device records the intensity and duration of physical activity, calories burned, steps taken, distance traveled, flight of stairs walked, time taken to fall asleep, the number of times awakened during the night, and your actual sleep time. Track your nutritional intake through an application and upload it all to your own personal website.

**Web 2.0 Sites**: Use a variety of new Web 2.0 sites to do anything from plan and design a fitness center, create a web page, analyze your diet, or create a podcast movie.

**More Facilities**
Complementing the Foss Wellness Center, several other facilities support the Department of Kinesiology:

- The Larson Sports Center houses a 160-meter practice track with a pole vaulting area, jumping and throwing space, batting cages, weight room and Nautilus center, handball and racquetball courts, plus the Jimmie Speed Enhancement Program.
- The Hansen Center houses a basketball/volleyball court and a wrestling room.
- Other community facilities, most of which are within walking distance from campus, include the baseball diamond at Jack Brown Stadium, softball diamonds at McElroy Park, a public and a private golf course, two tennis facilities, and the Jamestown Civic Center, the home of Jimmie basketball.

**Health and Fitness Administration**
Our health and fitness administration major is an innovative program integrating kinesiology, health, and wellness theory with business and social sciences to provide students with a sound foundation for positions in the health, fitness, and recreation industries. Specifically, the program is designed to prepare students for managerial, supervisory, and administrative positions in a variety of professional health and fitness career areas such as corporate and commercial wellness/fitness, preventive health, and public recreation.

In addition to kinesiology coursework, students pursuing a major in health and fitness administration will take courses from the Department of Business, Accounting, and Economics, such as accounting, marketing, and business management.

**Internship Opportunities**
Recent majors in our department have undertaken their internships at these locations:

- Jamestown Regional Medical Center
- Jimmie Speed Enhancement Program
- James River Family Fitness
- Jamestown Parks and Recreation
- University of Jamestown Athletics (athletic training)

**Career Placement**
 Majors in our department are encouraged to explore career opportunities such as:

- physical education teacher
- high school/youth coach
- managerial or administrative
- positions in corporate wellness and fitness
- community recreation leadership
- preventative healthcare
- public fitness and recreation

**Faculty**
Chris Mahoney, M.S., assistant professor and department chair, teaches elementary and secondary physical education methods, technology integration in health and physical education, adaptive physical education, curriculum, standards, and assessment, and social dance.

Mika Thorlakson, D.C., assistant professor, teaches courses in human anatomy and physiology, biomechanics, motor learning and development, and nutrition.

Marla Walter, M.S., assistant professor, teaches kinesiology, exercise physiology, and methods in aerobic and resistance training.

Madeline Ranum, M.S., Instructor, teaches courses in exercise science, and kinesiology.

**Instructors**
Gene Crabtree, B.S., B.A., instructor, teaches sports first aid and injury care.

Ed Crawford, M.S., instructor, teaches theory of track and field.

Tommy Nienhaus, M.S., instructor, teaches weight training and personal fitness.

Boya Quichocho, B.S., instructor, teaches theory of baseball.

Jared Schwanz, M.S., instructor, teaches theory of football and racquetball.

Autumn Shafer, M.S., instructor, teaches beginning swimming.

Greg Ulland, M.S., instructor, teaches health education, coaching principles, and tennis/golf.

Nick Becker, M.S., instructor, teaches intro to soccer

Danny Neville, M.A., instructor, teaches theory of basketball

“I HAVE LEARNED SO MUCH FROM BEING IN THE HEALTH AND PHYSICAL EDUCATION DEPARTMENT AT THE UNIVERSITY OF JAMESTOWN. THE DEPARTMENT HAS PREPARED ME FOR A SUCCESSFUL CAREER IN EDUCATION AND HAS SHOWN ME HOW TO BE ACCOUNTABLE. I STARTED MY FIRST YEAR OF TEACHING RIGHT OUT OF COLLEGE, AND THAT IS BECAUSE I LEARNED HOW TO BE A PROFESSIONAL AT THE UNIVERSITY.”

- Dave, recent graduate in Physical Education/Teacher Education and Coaching

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