

Date: December 7, 2020

To: College Council

From: Health and Physical Education Department

Issue: Department name change from “Health and Physical Education” to “Kinesiology, Health, and Athletics”

Rationale:

The American Kinesiology Association on its website (americankinesiology.org) defines Kinesiology as

“an academic discipline which involves the study of physical activity and its impact on health, society, and quality of life. It includes, but is not limited to, such areas of study as exercise science, sports management, athletic training and sports medicine, socio-cultural analyses of sports, sport and exercise psychology, fitness leadership, physical education-teacher education, and pre-professional training for physical therapy, occupational therapy, medicine and other health related fields”.

As a department, we agree with this definition. As faculty we believe that the term “Physical Education and Health” represents a narrow term for our department. The term Physical Education insinuates an antiquated view of only including the sub-disciplines of teaching and coaching. A large majority of our students are interested in studying in one or more of the sub-disciplines mentioned above. Furthermore, it appears that most institutions of higher learning, including a large majority of the Community Colleges and Universities in California, are moving towards a general consensus of utilizing Kinesiology as the name of the discipline. It only makes sense for Bakersfield College to keep pace with these changes.

Finally, a renaming of the department to “Kinesiology, Health, and Athletics” would align with the current Associate of Arts Degree for Transfer (AA-T) that Bakersfield College offers in “Kinesiology”. Bakersfield College does not offer a degree in Health or Physical Education.