The Department of Health and Human Performance has a focus on preparing Kinesiology majors to function professionally in a changing and diverse society, and to improve the quality of life through the understanding, delivering and promotion of health, physical activity, and wellness.

STUDENT LEARNING OUTCOMES:
1. Students will demonstrate competency in the application of Kinesiology skills in public and/or private settings.
2. Students will demonstrate written comprehensive competency in Kinesiology Theory courses such as Biomechanics, Exercise Physiology, Motor Learning and Pedagogy.
3. Student must quantify student internship experience in the form of a Student Portfolio that will be presented to the course.

A – GENERAL EDUCATION CORE – 42 HOURS
Students must fulfill the General Education Core requirements. The courses listed below satisfy both degree requirements and General Education core requirements.

Required

Mathematics – 3 hours
MATH 1314 College Algebra

Life and Physical Sciences – 6 hours
BIOL 2401 Anatomy and Physiology I three-hour lecture
BIOL 2402 Anatomy and Physiology II three-hour lecture

Language, Philosophy, and Culture – 3 hours
Choose 3 hours from Anthropology, Communication, English, or Philosophy.

Integrative and Experiential Learning – 2 hours
BIOL 2401 Anatomy and Physiology I one-hour lab
BIOL 2402 Anatomy and Physiology II one-hour lab

B – MAJOR REQUIREMENTS – 65 HOURS (56 advanced)

1 – Kinesiology Core – 47 hours (38 advanced)
KINE 1301 Wellness
KINE 1351 Introduction to Sports and Exercise Science
KINE 1306 First Aid and First Responder
KINE 3415 Advance Sport Skills
KINE 3314 Teaching Movement Arts to Children and Adolescents
KINE 3341 Principles of Conditioning and Fitness
KINE 3370 Biomechanics
KINE 3353 Physiology of Exercise
KINE 4310 Measurement Techniques in Physical Education and Sport
KINE 4375 Motor Learning
HLTH 3372 Nutrition and Health
KINE 4402 Kinesiology Curriculum for Elementary Students
KINE 4351 Adapted Kinesiology
KINE 4356 Motor Development
KINE 4330 Structure and Organization of Recreational Programs
2 – Concentration – 18 hours (18 advanced)
Choose one of the following concentrations:

a – Coaching – 18 hours (18 advanced)
Choose one:

- KINE 3300 Theory of Football
- KINE 3302 Teaching Individual Sports
- KINE 3303 Theory of Basketball
- KINE 3304 Theory of Baseball
- KINE 3305 Theory of Track and Field
- KINE 3333 Theory of Soccer
- KINE 3330 Coaching of Sports
- KINE 3368 Kinesiology Workshop
- KINE 3365 Physiology and Techniques of Strength/Power Fitness
- KINE 3344 Sports Officiating
- KINE 4382 Kinesiology Practicum

b – Athletic Training – 18 hours (18 advanced)

- KINE 3352 Care, Treatment, and Prevention of Athletic Injuries
- KINE 3365 Physiology and Techniques of Strength/Power Fitness
- KINE 3354 CPR for the Professional Rescuer
- KINE 4321 Advanced Athletic Training
- KINE 4322 Rehabilitation/Therapeutic Modalities in Athletic Training
- KINE 4382 Kinesiology Practicum

c – Recreational Sports Management – 18 hours (18 advanced)

- KINE 3330 Coaching of Sports
- KINE 3342 Lifestyle Management
- KINE 3378 Planning and Use of Facilities
- KINE 3379 Sports Marketing and Technology
- KINE 4370 Management in Exercise and Health Promotion
- KINE 4382 Kinesiology Practicum

C – FREE ELECTIVES – 14 HOURS (6 advanced)

TOTAL CREDIT HOURS FOR GRADUATION – 121 HOURS

TOTAL ADVANCED HOURS – 62 HOURS

ADMISSION, PROGRESSION, AND GRADUATION REQUIREMENTS, if applicable:

Admission requirements
Completion of 60 hours of course work and junior standing.

Progression requirements
A grade of ‘C’ or better must be maintained in all advanced coursework.

Graduation requirements
A GPA of 2.5 or higher in each section is required for graduation.
The Department of Health and Human Performance has a focus on preparing Kinesiology majors to function professionally in a changing and diverse society, and to improve the quality of life through the understanding, delivering and promotion of health, physical activity, and wellness.

STUDENT LEARNING OUTCOMES:
1. Teacher candidates will be able to demonstrate attainment of essential knowledge of fundamental concepts of physical education content and pedagogy.
2. Teacher candidates will be able to demonstrate physical proficiency in a variety of motor development skills and physical fitness ability tests.
3. Teacher candidates will be able to demonstrate their ability to apply the knowledge and skills associated with physical education pedagogy.

A – GENERAL EDUCATION CORE – 42 HOURS
Students must fulfill the General Education Core requirements. The courses listed below satisfy both degree requirements and General Education core requirements.

Required

Mathematics – 3 hours
MATH 1314 College Algebra

Life and Physical Sciences – 6 hours
BIOL 2401 Anatomy and Physiology I three-hour lecture
BIOL 2402 Anatomy and Physiology II three-hour lecture

Language, Philosophy, and Culture – 3 hours
Choose 3 hours from Anthropology, Communication, English, or Philosophy.

Integrative and Experiential Learning – 2 hours
BIOL 2401 Anatomy and Physiology I one-hour lab
BIOL 2402 Anatomy and Physiology II one-hour lab

B – MAJOR REQUIREMENTS – 39 HOURS (33 advanced)
KINE 1306 First Aid and First Responder
KINE 1351 Introduction to Sports and Exercise Science
KINE 3314 Teaching Movement Arts to Children and Adolescents
KINE 3415 Advanced Sport Skills
KINE 3341 Principles of Conditioning and Fitness
KINE 3353 Physiology of Exercise
KINE 3356 Motor Development
KINE 3370 Biomechanics
KINE 4310 Measurement Techniques in Physical Education and Sport
KINE 4351 Adapted Kinesiology
KINE 4402 Kinesiology Curriculum for Elementary Students
KINE 4409 Kinesiology Curriculum for Secondary Students

C – TEACHER CERTIFICATION – 27 HOURS (24 advanced)
Area of Certification: Physical Education (EC-12)
EDFR 2301 Intercultural Context of Schooling
EDUC 3301 The Teaching Profession and Student Learning in Contemporary Schools
EDUC 3302 Human Development, Learning Theories, and Student Learning
EDUC 3303 Teaching in Today’s Diverse Classrooms
EDUC 3304 Instructional Planning, Classroom Management, and Assessment to Promote Student Learning
EDUC 4306 Implementing and Assessing Effective Secondary Content Pedagogy
READ 4305 Content Area Literacy
EDUC 4611 Student Teaching Secondary or All-Level

**D – MINOR – 18 HOURS (6 advanced)**

*Area of minor must have Teacher Certification available.*

**TOTAL CREDIT HOURS FOR GRADUATION – 126 HOURS**

**TOTAL ADVANCED HOURS – 63 HOURS**

**ADMISSION, PROGRESSION, AND GRADUATION REQUIREMENTS, if applicable:**

**Admission requirements**
For admission, students must complete of 60 hours of course work, have Junior standing, and be admitted to the Teacher Education program.

**Progression requirements**
A grade of ‘C’ or better must be maintained in all advanced coursework. For teacher certification, students must apply for admission and be accepted to the College of Education and P-16 Integration prior to enrolling in teacher certification courses, except for EDFR 2301 which is open to all students.

**Graduation requirements**
A GPA of 2.75 or greater in each section is required for graduation.