

## PHYSICAL EDUCATION, HEALTH &amp; KINESIOLOGY

# Department of PHYSICAL EDUCATION, HEALTH & KINESIOLOGY

**Mission Statement**

The Department of Physical Education, Health & Kinesiology offers students preparation in the fields of physical education and health teaching, health and wellness, or coaching, or prepares them for further study in clinical-health-related fields. The department is committed to prepare graduates to serve and lead by the development of healthful lifestyles through exercise, movement skill acquisition, nutrition, and disease prevention.

## Physical Education / Physical Education & Health Bachelor of Science

Full details are given under School of Education programs. See pages 107–111 and 121.

## Kinesiology Bachelor of Science

The Kinesiology major offers students preparation in the field of health and wellness or preparation for further study in clinical-health-related fields. The degree is granted upon completion of credits specified on pages 46–47 (40 credits must be in 3000- or 4000-level courses).

NOTE: EXTRA CLASSES MAY BE RECOMMENDED BEYOND DEGREE REQUIREMENTS FOR CERTAIN SPECIFIC THERAPY FIELDS.

### Kinesiology – Health and Fitness Track (40 cr)

**Fitness & Wellness** course in core curriculum: PHE1019.

**Natural World** lab science course in core curriculum: BIO1009 or 1011.

#### Required Major Courses ..... 36 cr

BIO3157	Human Anatomy <b>or</b>	
HPE2175	Anatomy of Human Movement . . . . .	4
HPE1005	Foundations of Physical Education and Health . . .	2
HPE2005	First Aid and Personal Safety . . . . .	1
HPE2007	Methods of Teaching Group Exercise . . . . .	2
HPE3005	Personal and Community Health <b>[WCE]</b> . . . . .	2
HPE3006	Human Nutrition . . . . .	4
HPE3008	Health Behavior: Theory and Program Planning . . .	2
HPE3015	Adapted Fitness and Activity . . . . .	2
HPE3275	Care and Prevention of Injuries . . . . .	2
HPE3376	Exercise Physiology. . . . .	4
HPE3377	Biomechanics . . . . .	4
HPE4075	Administration of Physical Education and Sport. . .	2
HPE4305	Health and Fitness Evaluation and Diagnosis. . . .	2
KIN3615	Kinesiology Practicum I. . . . .	2
KIN4835	Kinesiology Seminar <b>[OCE]</b> . . . . .	1

#### Select from the following (pre-approved by advisor) ..... 4 cr

Courses with BIO, BUS, HPE, MAT, PRL, and PSY prefixes.

WCE = WRITTEN COMMUNICATION EMPHASIS.  
OCE = ORAL COMMUNICATION EMPHASIS.  
SEE PAGE 48 FOR EXPLANATION AND PREREQUISITES.

### Kinesiology – Health Management Track (49–53 cr)

**Natural World** lab science course in core curriculum: BIO1009 or 1011.

#### Required Major Courses ..... 31–32 cr

BIO3157	Human Anatomy <b>or</b>	
HPE2175	Anatomy of Human Movement . . . . .	4
HPE1005	Foundations of Physical Education and Health . . .	2
HPE3005	Personal and Community Health <b>[WCE]</b> . . . . .	2
HPE3006	Human Nutrition . . . . .	4
HPE3008	Health Behavior: Theory and Program Planning . . .	2
HPE3015	Adapted Fitness and Activity . . . . .	2
HPE3025	Health and Sport Management. . . . .	4
HPE3376	Exercise Physiology. . . . .	4
HPE4305	Health and Fitness Evaluation and Diagnosis. . . .	2
KIN3615	Kinesiology Practicum I. . . . .	2
KIN4835	Kinesiology Seminar <b>[OCE]</b> . . . . .	1

#### Select one of the following:

HPE2006	Sexuality Education . . . . .	2
HPE2007	Methods of Teaching Group Exercise . . . . .	2
HPE3275	Care and Prevention of Injuries . . . . .	2
HPE3305	Health Education Curriculum and Instruction . . .	3
KIN3616	Kinesiology Practicum II . . . . .	2

One upper-level course outside of Physical Education, Health & Kinesiology Department with approval from department chair.

#### Selectives as a Concentration ..... 18–21 cr

Complete the Information Systems minor (see Department of Computing, Data & Mathematical Sciences) or one of the following School of Business minors: Accounting, Business Administration, or Marketing.

**Kinesiology – Pre-Therapy Track (47 cr)**

**Fitness & Wellness** course in core curriculum: PHE1019.  
**Natural World** lab science course in core curriculum: BIO1011.

**Required Major Courses . . . . . 31 cr**

BIO3157	Human Anatomy. . . . .	4
HPE1005	Foundations of Physical Education and Health . . .	2
HPE3005	Personal and Community Health [WCE]. . . . .	2
HPE3006	Human Nutrition . . . . .	4
HPE3275	Care and Prevention of Injuries . . . . .	2
HPE3376	Exercise Physiology. . . . .	4
HPE3377	Biomechanics . . . . .	4
HPE4305	Health and Fitness Evaluation and Diagnosis. . . .	2
KIN3305	Upper Body Evaluation . . . . .	2
KIN3306	Lower Body Evaluation . . . . .	2
KIN3307	Advanced Care and Prevention of Injuries . . . . .	2
KIN4835	Kinesiology Seminar [OCE]. . . . .	1

**Select from the following (pre-approved by advisor) . . . . . 16 cr**  
 Courses with BIO, CHE, MAT, PHY, and PSY prefixes.

WCE = WRITTEN COMMUNICATION EMPHASIS.  
 OCE = ORAL COMMUNICATION EMPHASIS.  
 SEE PAGE 48 FOR EXPLANATION AND PREREQUISITES.

**Kinesiology – Sport Management Track (53–56 cr)**

**Natural World** lab science course in core curriculum: BIO1009 or BIO1011.

**Required Major Courses . . . . . 35 cr**

HPE1005	Foundations of Physical Education and Health . . .	2
HPE2175	Anatomy of Human Movement . . . . .	4
HPE3005	Personal and Community Health [WCE]. . . . .	2
HPE3006	Human Nutrition . . . . .	4
HPE3007	Coaching Theory. . . . .	2
HPE3008	Health Behavior: Theory and Program Planning . . .	2
HPE3015	Adapted Fitness and Activity . . . . .	2
HPE3025	Health and Sport Management. . . . .	4
HPE3275	Care and Prevention of Injuries . . . . .	2
KIN3615	Kinesiology Practicum I. . . . .	2
KIN3616	Kinesiology Practicum II . . . . .	2
KIN3617	Kinesiology Practicum III . . . . .	2
KIN4835	Kinesiology Seminar [OCE]. . . . .	1

**Select one of the following:**  
 HPE3376 Exercise Physiology. . . . . 4  
 HPE3377 Biomechanics . . . . . 4

**Selectives as a Concentration . . . . . 18–21 cr**  
 Complete the Information Systems minor (see Department of Computing, Data & Mathematical Sciences) or one of the following School of Business minors: Accounting, Business Administration, or Marketing.

**Coaching Minor . . . . . 17 cr**

Since January 1997, school districts have had the responsibility of ensuring that coaches are qualified. The coaching minor, augmented by appropriate experience before graduation, provides a way for graduates to demonstrate formal preparation in the area of coaching.

**Required Courses: HPE2005, 3007, 3275; BIO3157 or HPE2175; select 8 credits from the following: HPE2015, 2016, 3005, 3006, 3025, 3376, 3377, 4075, 4305; KIN1005; PHE2075, 2085, 2086, 2087, 2088, 2089.**

**Pre-Athletic Training Minor. . . . . 20 cr**

**Required Courses: BIO3157 or HPE2175; 3275, 3377; KIN3305, 3306, 3307; select 4 credits from courses with the following prefixes (courses distinct from the student’s selected major): BIO, CHE, HPE, KIN, MAT, PHE, PHY.**

- **BIO1011** is the prerequisite for BIO3157. Either BIO1009 or BIO1011 can count toward the Natural World lab science course in the core curriculum.