

PHYSICAL EDUCATION, HEALTH & 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 109–113 and 123.

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 48–49 (40 credits must be successfully completed 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 (37 cr)

Scientific & Quantitative Literacy natural science course in core curriculum: BIO1009 or 1011.

Required Major Courses	37 cr
BIO3157 Human Anatomy or	
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	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	2
KIN4835 Kinesiology Seminar [OCE, WCE]	1
PHE1019 Weight Training	1

Kinesiology – Health Management Track (48–51 cr)

Scientific & Quantitative Literacy natural science course in core curriculum: BIO1009 or 1011.

Required Major Courses	30 cr
BIO3157 Human Anatomy or	
HPE2175 Anatomy of Human Movement	4
HPE1005 Foundations of Physical Education and Health ...	2
HPE3005 Personal and Community Health	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	2
KIN4835 Kinesiology Seminar [OCE, WCE]	1
PHE1065 Lifetime Fitness & Wellness	1

Selectives as a Concentration

18–21 cr
 Complete the Cybersecurity minor (see Department of Computing, Data & Mathematical Sciences) or one of the following School of Business minors: Accounting, Business Administration, or Marketing.

WCE = WRITTEN COMMUNICATION EMPHASIS.
 OCE = ORAL COMMUNICATION EMPHASIS.
 SEE PAGE 50 FOR EXPLANATION AND PREREQUISITES.

Kinesiology – Pre-Therapy Track (48 cr)

Scientific & Quantitative Literacy natural science course in core curriculum: BIO1011.

Required Major Courses 32 cr

BIO3157	Human Anatomy.	4
HPE1005	Foundations of Physical Education and Health . . .	2
HPE3005	Personal and Community Health	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, WCE]	1
PHE1019	Weight Training	1

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

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Kinesiology – Sports Management Track (46 cr)

Scientific & Quantitative Literacy natural science course in core curriculum: BIO1009 or 1011.

Required Major Courses 30 cr

HPE1005	Foundations of Physical Education and Health . . .	2
HPE2175	Anatomy of Human Movement.	4
HPE3007	Coaching Theory.	2
HPE3275	Care and Prevention of Injuries	2
KIN1005	Sport in American Society.	2
KIN1065	Principles of Sports Management.	2
KIN3035	Sports Marketing	4
KIN3045	Sports Ethics	2
KIN3615	Kinesiology Practicum.	2
KIN4055	Sports Facility and Game Management.	4
KIN4835	Kinesiology Seminar [OCE, WCE]	1
PHE1065	Lifetime Fitness and Wellness	1
PRL3187	Sport Public Relations	2

Sports Management Electives 16 cr
 KIN3075 or courses with ACC, BUS, COM, and MKT prefixes.

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 Scientific & Quantitative Literacy natural science course in the core curriculum.