



# Department of Kinesiology

## Bachelor of Arts in Kinesiology

### Kinesiology Major

# Concentration in Health and Fitness Education (With Initial Teaching Certificate Option)

### *B.A. Kinesiology Program Core Requirements (46 semester hours)*

Dept/No	Course Title & Prerequisite(s)	Credits	Term	
BIOL 205	Human Anatomy and Physiology I	4	F	
BIOL 206	Human Anatomy and Physiology II	4	SP	
KINS 277	Foundations of PE	2	F/SP	
KINS 280	Fitness & Recreation Programming & Delivery	4	F	
KINS 281	Sport Programming & Delivery	4	SP	
KINS 320	Nutrition, Health and Performance	4	F	
KINS 326	Adaptive Physical Activity	4	SP	
KINS 366	Health Psychology	4	F	
KINS 380	Exercise Physiology	4	F	
KINS 386	Social Psychology of Sport and Physical Activity	4	SP	
KINS 478	Motor Learning and Human Performance	4	F	
KINS 486	Applied Biomechanics and Kinesiology	4	SP	
<b>Total Semester Hours</b>		<b>46</b>		

### *Concentration in Health and Fitness Education (28 semester hours)*

Dept/No	Course Title & Prerequisite(s)	Semester Hours	Term	
KINS 279*	Teaching Physical Activity* (prerequisite to all teaching methods)	2	F	
KINS 322	Physical Education in Elementary School	2	SP	
KINS 360	Professional Practicum	4	F/SP	
KINS 395	Comprehensive School Health (HEED 266 & 366 pre-requisites)	4	SP	
KINS 490	Curriculum Assessment and Instruction	4	F	
KINS/EDUC 450	Student Teaching	10	SP	
KINS/EDUC 468	Capstone: Student Teaching Seminar	2	SP	
<b>Total Semester Hours</b>		<b>28</b>		

### *For Initial Teaching CERT (17 semester hours) Optional (Req. Separate Admission into Dept of Educ.)*

Dept/No	Course Title & Prerequisite(s)	Semester Hours	Term	
EDUC 320	Issues in Child Abuse and Neglect	1	F/J/SP	
EDUC 390 & 392	Inquiry into Learning I & Inquiry into Learning II: Investigation into Learning & Development	4/4	F/SP	
Psych 101 & Writ 101	Introduction to Psychology & Freshmen Writing Inquiry (Pre-requisites for admission)	4/4	F/SP	
<b>Total Semester Hours</b>		<b>17</b>		



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- Room for up to 56 General Education credits (plus 4 physical activity credits) are accounted for in this plan. If a full load (16-17 credits) is not taken in every term, then both diversity credits must be double dipped in order to graduate in four years and summer school may be needed. AVOID double dipping science with diversity since the science requirement is met with the BIOL 205/206 sequence. Additional Physical Activity credits are recommended when they fit into the schedule (8 are recommended).
- Summer school may be required for students who do not take a full load (35-36 credits) during the First Year.

**\*\*Four Year Plan**

Year	Fall	January	Spring
<b>1</b>	+3 General Education (16)	(4)	+3 General Education and 1 Physical Activity (15)
	<i>PSYC 101 Introduction to Psychology (4)</i>	General Ed Course (4)	KINS 277 Foundations Of Physical Ed (2)
<b>2</b>	+2 Physical Activity (16)	(2)	+1 General Education (if needed) (12-16)
	BIOL 205 Human Anatomy & Phys I (4)	KINS 322 PE for Elementary School (2)	BIOL 206 Human Anatomy & Phys II (4)
	KINS 280 Fitness & Rec Prog & Delivery (4)		KINS 281 Sport Program & Delivery (4)
	KINS 366 Health Psychology (4)		KINS 326 Adapted Physical Activity (4)
	KINS 279 Teaching Physical Activity (2)		
<b>3</b>	(16)	(4)	+ 1 Physical Activity (15)
	EDUC 390 Inquiry into Learning I (4)	General Education Course (4)	KINS 360 Practicum (2)
	EDUC 392 Inquiry into Learning II (4)		KINS 486 Applied Bio/Kinesiology (4)
	KINS 320 Nutrition, Health & Perf (4)		KINS 395 Comprehensive School Health (4)
	KINS 380 Exercise Physiology (4)		KINS 386 Social/Psych Physical Activity (4)
<b>4</b>	+ 1 General Education (15)	(4)	(12) <b>**NO OTHER COURSES CAN BE TAKEN</b>
	KINS 478 Motor Learning (4)	General Education Course (if needed)	<i>EDUC/KINS 450 Reflective Practice Seminar(2)</i>
	KINS 360 Practicum (2)		<i>EDUC/KINS 468 Student Teaching (10)</i>
	KINS 490 Curr, Assess & Instruction (4)		
	EDUC 320 Issues in Child Abuse and Neglect (1)		