Department of

PHYSICAL EDUCATION, HEALTH, & KINESIOLOGY

The Department of Physical Education, Health, & Kinesiology offers students preparation in the fields of physical education and health teaching, health and wellness, coaching or preparation 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 Department of Education programs. See pages 75–79 and 89–90.

Kinesiology Bachelor of Science

The Kinesiology program offers students preparation in the field of health and wellness or preparation for further study in clinical health related field. The degree is granted upon completion of 125 credits as specified on pages 41–42 (40 credits must be in 3000- or 4000-level courses).

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

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

Kinesiology - Health and Fitness Track

Required Major Courses . . . . . 40 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
HPE3005	Personal and Community Health **[WCE]**	2
HPE3006	Nutrition for Optimal Fitness	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
KIN1615	Kinesiology Practicum I **[OCE]**	2
PHE1015	Aerobics	1
PHE1018	Power Walking	1
PHE1019	Weight Training	1

Select from the following (pre-approved by advisor) (4 cr):
Courses with BIO, BUS, HPE, MAT, PRL, and PSY prefixes.

Kinesiology - Pre-therapy Track

Required Major Courses . . . . . 43 cr

HPE1005	Foundations of Physical Education and Health	2
HPE2005	First Aid and Personal Safety	1
HPE3006	Nutrition for Optimal Fitness	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
KIN1615	Kinesiology Practicum I **[OCE]**	2

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 39 FOR EXPLANATION AND PREREQUISITES.

Kinesiology - Sport Management Track

Required Major Courses ..... 23 cr

HPE1005	Foundations of Physical Education and Health	2
HPE2005	First Aid and Personal Safety	1
HPE2025	Principles of Sport Management	4
HPE3007	Coaching Theory	2
HPE3275	Care and Prevention of Injuries	2
KIN1005	Sport in American Society	2
KIN1615	Kinesiology Practicum I **[OCE]**	2
KIN1616	Kinesiology Practicum II	2
KIN1617	Kinesiology Practicum III	2
Select one of the following (4 cr):		
HPE2175	Anatomy of Human Movement	4
HPE3006	Nutrition for Optimal Fitness	4
HPE3376	Exercise Physiology	4
HPE3377	Biomechanics	4

Sport Management Track ..... 18-20 cr

ACC2101	Principles of Accounting I	4
FIN2221	Finance I	2
MIS1115	Introduction to databases and Spreadsheets	2
MGT2271	Management	4
MKT1085	Principles of Marketing	4
Select one of the following (2-4 cr):		
BUS2135	Business Communication	2
BUS3331	Business Law - Contract and Agency	3
BUS4435	Business Ethics	4
MGT3275	Entrepreneurship & Small Business Management	4
MGT4267	Project Management	2

Coaching Minor ..... 20 cr

Since January 1997, school districts have had the responsibility of assuring 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; KIN1005; select two or more courses (8 cr) from BIO3157 (BIO1011 as prerequisite) or HPE2175 (BIO1009 as prerequisite), 3006, 3376, 3377; select two or more courses (5 cr) from HPE2015, 2016, 4075; PHE2075, 2085, 2086, 2087, 2088, 2089.

Pre-Athletic Training Minor ..... 24 cr

Required Courses: BIO3157 or HPE2175; HPE2005, 3005, 3205, 3275, 3376, 3377; KIN3305, 3306, 3307.

- **BIO1011** is the prerequisite for BIO3157 and BIO1009 or BIO1011 is the prerequisite for HPE2175. Either BIO1009 or BIO1011 can count toward the Natural World lab science course in the core curriculum.