

PROGRAM: PHYSICAL EDUCATION (Bachelor of Science)

GENERAL EDUCATION (43 credits)	
ENG 180	College Writing I. (3) Introduction to college writing, with an emphasis on the writing process, reflective writing, and critical thinking. All sections taught with word processors. Graded A, A-, B+, B, B-, C+, C, U, F.
ENG 280	College Writing II. (3) (General Education/ Communication Skills) A second course in college writing, to be taken during sophomore year. Emphasis on the interaction between writer and reader. Prerequisites: ENG 180 and at least 24 s.h. earned. Designated sections taught with word processors. Graded A, A-, B+, B, B-, C+, C, U, F.
MATH 123	Modeling with Mathematical Functions (3) The application of numeric, geometric, algebraic, and trigonometric models to analyze situations and solve problems from natural, social, and applied sciences, with integrated use of technology. Not open to students with credit in MATH 128.
PSY 100	Introduction to Psychology (3). An introduction to Psychology including methods, theory, and data regarding the study of behavior. Topics include biological, social, learning, personality, motivation, and abnormal behavior.
UNIV 100	Personal Growth and Well-Being in Higher Education (1). This course provides first-year students with an introduction to social, intellectual, personal, and physical wellness as they relate to college-level success. Credit cannot be given for both UNIV 100 and CSP 110. Prerequisite: freshman standing with fewer than 24 s.h. earned, or permission of University Courses Coordinator.
COMM 241	Introduction to Public Speaking (3) Preparation and delivery of informative and persuasive speeches. Students apply concepts of critical listening, audience adaptation, organization/support of ideas, appropriate style, and effective delivery. Not open to students with credit for COMM 242.
Natural Sciences elective – 7 s.h.	<i>One Lab Science course required (4)</i>
Social Sciences elective – 6 s.h.	
Humanities and Fine Arts elective – 9 s.h.	<i>Must complete at least one Fine Arts and one Humanities course</i>
Multicultural Studies elective – 3 s.h.	
Human Well-Being elective – 2 s.h.	Health 120 (2) is strongly encouraged

KINESIOLOGY CORE (15 credits)	
KIN 270	Motor Behavior (3) Introduction to psychomotor learning and theoretical models of skill acquisition. Selected topics will include neurological structure and function, theory of motor control, scheduling of practice, use of feedback, and motor coordination.
KIN 290	Anatomy & Physiology I (3) An examination of the structural organization and function of the human body with an emphasis on the integumentary, skeletal, muscular, nervous, and cardiovascular systems. 2 hrs. lect.; 2 hrs. lab.
KIN 359	Sport and Exercise Psychology (3) An introduction to sport and exercise psychology theories and research including application to performance enhancement. Selected topics include motivation, confidence, stress and anxiety, exercise behavior and adherence, concentration, team dynamics, performance enhancement, and professional and ethical issues.
KIN 391	Physiology of Exercise (3) A study of the physiological responses to exercise including acute effects, training adaptations, and health related benefits. Specific topics covered include exercise metabolism, neurological and endocrine regulation of exercise, cardiovascular and respiratory physiology, environmental influences, and ergogenic aids. 2 hrs. lect.; 2 hrs. lab.

KIN 392	Biomechanics (3) The integrated study of applied anatomy and applied mechanics to the analysis of human motion. 2 hrs. lect.; 2 hrs. lab.
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PHYSICAL EDUCATION CONTENT (17-18 credits)	
KIN 115	Social Dance Forms (1) Basic fundamentals of ballroom movement. Beginning levels in Fox Trot, Lindy, Waltz, Polka and country western dances.
KIN 124	Educational Gymnastics (1) Performance and analysis of educational gymnastics skills appropriate for children.
KIN 135	Lifelong Leisure Activities (2) Surveys contemporary noncompetitive activities suitable for participation throughout the lifetime. Examples include hiking, walking, rope challenge course, and adventure activities.
KIN 226	Net/Wall Games (2) Content knowledge and skill development in movement concepts and tactics associated with games where a ball is sent to a wall or over a net (e.g. tennis, badminton, volleyball). Development of resource notebook required.
KIN 251	Invasion Games (2) Content knowledge and skill development in movement concepts and tactics associated with invasion games (e.g., basketball, soccer, flag football, floor hockey). Development of resource notebook required.
KIN 252	Contemporary Physical Activities (1) Content knowledge and skill in movement concepts associated with contemporary physical activities (e.g., yoga, pilates, tai chi). Development of resource notebook required.
KIN 253	Target/Field Games (2) Content knowledge and skill development in movement concepts and tactics in games where balls are pitched, hit, and fielded (baseball, softball) or where the objective is to place an object into a target (bowling, golf). Development of resource notebook required.
KIN 255	Elementary Movement Fundamentals (2) Development of knowledge and skill in fundamental movement skills, movement concepts, and basic elements of dance. Designed to provide a content base for elementary school physical education programs.
KIN 325	Principles of Health-Related Fitness for the Physical Educator (3) Principles of health-related fitness and policies of wellness in school-based physical education programs. Focusing on application, development, assessment, and teaching of cardiovascular and strength training principles. 2 hrs. lect.; 2 hrs. lab.
Swim Requirement	<p><i>Students must complete one of the following courses</i></p> <p>KIN 102 Swimming (1) (General Education/Human Well-Being) For individuals who have some experience and feel comfortable in the water. The individual should be able to move on the face and back and should have had some experience in deep water. Front crawl, back crawl, elementary back stroke, breast stroke, side stroke, fall-in dive, standing front dive, and surface dive will be taught.</p> <p>KIN 107 Lifeguard Training (2) Students learn basic lifeguarding skills. Includes American Red Cross certification in First Aid, Cardiopulmonary Resuscitation (CPR), Automated External Defibrillator (AED) and Lifeguarding.</p> <p>KIN 108 Open Water Scuba (2) Provides classroom and confined water work needed to scuba dive safely in open water. Certification is available, but not required. Must be able to swim 250 yards continuously, tread water 10 minutes, and swim underwater 50 feet. Physical examination required.</p>

PHYSICAL EDUCATION METHODS AND CLINICAL EXPERIENCES (24 credits)	
KIN 160	Introduction to Physical Education (2) Introductory course in physical education that presents educational and professional responsibilities and foundations of physical education. Designed to help students considering a career in physical education to formalize their decision to study physical education.
KIN 250	Instructional Foundations in Physical Education (2) Theoretical and philosophical foundations of instruction and learning in physical education with opportunities to apply these essential concepts. Grade of C or better required.
KIN 265	Skill Analysis and Assessment in Physical Education. (2) Techniques in analyzing motor skills and selecting and designing assessments of student learning in physical education. Emphasis on performance-based assessment.
KIN 365	Physical Education for the Elementary Grades. (3) Planning a curriculum of educational games, gymnastics,

	and dance based on a movement analysis and exploratory approach. Content centers on curriculum and teaching methodologies for grades K-5. Grade of C or better required. 2 hrs. lect.; 2 hrs. lab. Minimum Required Field Experience Contact Hours: 15 hours
KIN 393	Physical Activity for Learners with Exceptionalities. (3) Characteristics of individuals with disabilities across the lifespan. Emphasis on modifications and instructional strategies for physical activity in the physical education, recreation, sports, and fitness settings. Includes clinical experience. Grade of C or better required for Teacher Education majors. Minimum Required Field Experience Contact Hours: 20 hours
KIN 369	Motor Development (3) A study of the process of change in perception, acquisition, and performance of physical skills across the lifespan. 2 hrs. lect.; 2 hrs. lab. Minimum Required Field Experience Contact Hours: 5 hours
KIN 395	Assessment in Adapted Physical Education. (2) Content centered on purposes, methods, appropriate tools, and processes of assessment (referral, screening, assessment, program implementation, and evaluation) for individuals with disabilities. The focus of the assessment will be in the areas of motor skills and physical fitness. Minimum Required Field Experience Contact Hours: 10 hours
EDUC 439	Methods and Materials in Physical Education. (3) Planning, developing, and teaching physical education content at the secondary level. Includes a field experience at the middle or high school level. Grade of C or better required. 2 hrs. lect.; 2 hrs. lab. Minimum Required Field Experience Contact Hours: 14 hours
KIN 461	Field Experiences. (1) 30-hour observation and teaching experience in area K-12 physical education programs with on-campus seminars sessions. Grade of C or better required. Minimum Required Field Experience Contact Hours: 30 Hours
KIN 477	Physical Education Curriculum (3) Planning, sequencing, implementing, and evaluating developmentally appropriate and standards driven physical education curricula in K-12 physical education programs. Writing Instruction in the Disciplines (WID) course.

PROFESSIONAL EDUCATION COURSEWORK (14 credits)	
EIS 202	Multicultural and Social Foundations of Education. (3) A study of the social, linguistic, and cultural factors that affect the educational experiences, practices, and environments in America. This course broadens students' understanding of the diverse pluralistic nature of the contexts that either enhance or negate one's educational experience. Field experience—10 hours required. A grade of C or above must be earned for teacher licensure.
EIS 301	Cognition, Development, and Motivation in Academic Settings. (3) An introduction to the state of knowledge in contemporary educational and developmental psychology as related to academic settings. Topics include cognitive processing, motivation, and physical, social, and emotional development. A grade of C or above must be achieved in EIS 301 for teacher licensure.
RDG 387	Literacy Instruction in Content Areas. (2) This course develops an understanding of principles of reading, writing, and oral communication instruction needed to scaffold comprehension of content area texts. It includes a focus on academic language and the identification of language demands embedded in instruction. Not open to Elementary, Early Childhood, Bilingual/Bicultural, or Special Education majors. A minimum grade of C is required of Teacher Education majors.
EIS 401	Educational Law and Policy (2) An analysis of formal legal and ethical problems that will allow students to critique contemporary debates in educational policy, law, and ethics. The course will examine the tension between competing philosophical theories and the construction and function of educational policy. A grade of C or above must be earned for teacher education.
C&I 403	Middle Level Education (4) Philosophical development of the middle school will be analyzed as well as the advisory role of the middle school teacher for health and social services. Developmentally appropriate curriculum and instructional methods including content area reading instruction and techniques for blending subject matter content relevant to the early adolescent are provided. A minimum grade of C is required of

	Teacher Education majors. Prerequisites: EIS 301 or at least one methods course; fully accepted into Teacher Education Program (TEP).
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STUDENT TEACHING (12 credits)	
STCH 480	Student Teaching—Secondary. (6) Student teaching in grades 7–12. Required Clinical Student Teaching Hours: 8 weeks, Full-time
STCH 483	Student Teaching in Physical Education. (6) Grades kindergarten through sixth grade. Required Clinical Student Teaching Hours: 8 weeks, Full-time

Physical education candidates take content courses each semester prior to student teaching. Students enroll in professional education courses beginning the sophomore year or the first semester of the junior year.