KINESIOLOGY

Kinesiology is defined as the scientific study of movement. Studies in kinesiology involve examination of the factors that influence instruction, performance and the benefits of physical activity across the human life span.
### CAREERS

Kinesiology graduates seek careers teaching physical education (K-12), coaching athletics, exercise training, athletic training and fitness or sport management. After completing the bachelor’s degree, students from this program may also pursue graduate studies in kinesiology or other fields including medicine, physical therapy, cardiac rehabilitation or nutrition.

### REQUIREMENTS

The minimum number of semester credit hours for this degree, including the core curriculum requirements, is 120, of which at least 39 must be at the upper-division level.

Students seeking the Bachelor of Science degree in Kinesiology must fulfill university core curriculum requirements, as well as the courses listed below.

- **KIN 2003** Computer Application for Kinesiology and Health
- **KIN 2123** Fitness and Wellness Concepts
- **KIN 2303** Cultural and Scientific Foundations
- **KIN 3103** Motor Development
- **KIN 3313** Anatomic Kinesiology
- **KIN 3323** Biomechanics
- **KIN 3433** Exercise Physiology
- **KIN 4253** Nutrition for Fitness
- **KIN 4403** Motor Learning

Designated Electives (51 semester credit hours)

Students must select 51 semester credit hours of coursework that constitute a coherent, focused plan of study. That plan of study must be approved by the department faculty adviser. Assistance in course selection and plan development is available from the College of Education and Human Development Advising and Certification Center. Students are encouraged to establish an approved plan of study as early in the program as possible. The department has given pre-approval to the following plans of study for specializations in exercise science and physical education.

#### Specialization in Exercise Science

- **AHS 2083** Human Biology: Anatomy
- **AHS 2091** Human Biology: Anatomy Laboratory
- **AHS 2103** Human Biology: Physiology
- **AHS 2111** Human Biology: Physiology Laboratory
- **BIO 1122** Laboratory Investigations in Biology
- **COM 1053** Business and Professional Speech
- **KIN 3051** Aerobic Fitness Instruction
- **KIN 3071** Musculoskeletal Fitness Instruction
- **KIN 3213** Sport First Aid
  or
- **HTH 2523** First Aid and Safety

#### Specialization in Physical Education

- **COM 1053** Business and Professional Speech
- **EDP 3203** Learning and Development in the Secondary School Adolescent
- **EDU 2103** Social Foundations for the Education of Diverse Populations
- **IDS 2013** Introduction to Learning and Teaching in a Culturally Diverse Society
- **KIN 2421** Outdoor Activities and Lifetime Sports
- **KIN 2423** Management and Organization in Kinesiology and Sports
- **KIN 3001** Skill Analysis in Physical Activity: Individual Activities
- **KIN 3011** Skill Analysis in Physical Activity: Team Sports I
- **KIN 3021** Skill Analysis in Physical Activity: Team Sports II
- **KIN 3031** Skill Analysis in Physical Activity: Dual Sports
- **KIN 3041** Skill Analysis in Physical Activity: Track and Field
- **KIN 3051** Aerobic Fitness Instruction
- **KIN 3061** Rhythmic Activities and Dance
- **KIN 3071** Musculoskeletal Fitness Instruction
- **KIN 3081** Innovative Games and Movement Activities
- **KIN 3413** Tactics
- **KIN 4113** Evaluation
- **KIN 4123** Psychosocial Aspects of Exercise and Sport
- **KIN 4203** Teaching Secondary Physical Education
- **KIN 4303** Teaching Elementary Physical Education
- **KIN 4343** Movement Awareness
- **KIN 4423** Developmental/Adapted Physical Activity
- **RDG 3773** Introduction to Content Area Reading–Secondary

And 11 hours of electives

*KIN 4203, KIN 4303 and RDG 3773 are restricted classes. Students wishing to enroll in these courses must be admitted to the physical education teacher certification program. Adviser codes for these classes will be issued only if all prerequisites have been completed.*