



# Department of Kinesiology

## *Bachelor of Arts in Kinesiology*

### Kinesiology Major

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

### *B.A. Kinesiology Program Core Requirements (18 semester hours)*

Dept/No	Course Title & Prerequisite(s)	Semester Hours	Term	
KINS 201	Introduction to Kinesiology I	4	F/SP	
KINS 202	Introduction to Kinesiology II	4	SP	
EDUC 468	Student Teaching - Secondary	10	F/SP	

### *Concentration in Health and Fitness Education (72 semester hours)*

Dept/No	Course Title & Prerequisite(s)	Semester Hours	Term	
KINS 279	Teaching Physical Activity	2	F	
KINS 301	Fitness and Recreation, Programming and Delivery	4	F	
KINS 302	Sport Programming and Delivery	4	SP	
KINS 320	Nutrition, Health and Performance	4	F	
KINS 322	Physical Education in the Elementary School	2	F/J	
KINS 326	Adaptive Physical Activity	4	SP	
KINS 360	Professional Practicum	2/2	F/SP	
KINS 366	Health Psychology	4	F	
KINS 380	Exercise Physiology*	4	F/SP	
KINS 386	Social Psychology of Sport and Physical Activity	4	F/SP	
KINS 395	Health Programming and Delivery	4	SP	
KINS 478	Motor Learning and Human Performance	4	F/SP	
KINS 486	Applied Biomechanics and Kinesiology	4	F/SP	
KINS 490	Curriculum, Assessment and Instruction*	4	F	
EDUC 320	Issues in Child Abuse and Neglect	1	F/J/SP	
EDUC 391	Foundations of Learning	3	F	

<b>EDUC 450</b>	Inquiry into Learning and Teaching: Reflective Practice Seminar	2	F/SP	
<b>PSYC 101</b>	Introduction to Psychology	4	F/SP	
<b>FYEP 101</b>	Writing Seminar	4	F/SP	

Valid First Aid Card Required

\*Students are required to complete BIOL 205 and BIOL 206 as prerequisites to KINS 380 and KINS 490



# Department of Kinesiology

*Bachelor of Arts in Kinesiology*

## Kinesiology Major

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

**\*\*Four Year Plan**

Year	Fall	J-Term	Spring
1			
2			
3			
4			