

KINESIOLOGY AND HEALTH B.S. DEGREE
PHYSICAL EDUCATION TEACHER EDUCATION WITH HEALTH ENDORSEMENT
2023-2024 SAMPLE FOUR-YEAR PLAN

Semester 1 - Freshman Year	Credit
EDUC 204-Social Found of Education in U.S.	3
ENGL 150-Critical Thinking & Communication	3
H S 105-First Aid & Emergency Care	2
H S 110-Personal & Consumer Health	3
KIN 252-Intro to the Discipline of Kinesiology	1
KIN 253-Orientation & Learning Community	1
LIB 160-Intro to College Level Research	1
PSYCH 230-Developmental Psychology	3
Total	17

Semester 2 - Freshman Year	Credit
FS HN 167-Intro to Human Nutrition & Health	3
KIN 236-Fund of Individual Sports & Fitness**	1
KIN 258-Principles of Physical Fitness & Cond	2
KIN 280-Directed Field Experience in Elem PE	1
Math 104, 140, STAT 101, or 104	3-4
SOC 134-Introduction to Sociology	3
Humanities (International Perspective)	3
Total	16-17

Semester 3 - Sophomore Year	Credit
BIOL 255-Fundamentals of Human Anatomy*	3
BIOL 255L-Fund of Human Anatomy Lab*	1
ENGL 250-Written, Oral, Visual & Elect Comp	3
HD FS 276-Human Sexuality	3
KIN 231-Fund of Tumbling & Gymnastics*	1
KIN 232-Fundamentals of Team Sports*	1
KIN 281-Directed Field Experience in Sec PE	1
Humanities (American History)	3
Total	16

Semester 4 - Sophomore Year	Credit
BIOL 256-Fundamentals of Human Physiology**	3
BIOL 256L-Fund of Human Physiology Lab**	1
DANCE 211-Fund of Social & World Dance**	1
H S 305-Instructor's First Aid & CPR	2
KIN 259-Leadership Tech for Fitness Programs	3
KIN 282-Field Exp with Educa Outreach	1
SP CM 212-Fundamentals of Public Speaking	3
Social Science Choice	3
Total	17

Semester 5 - Junior Year	Credit
H S 310-Community & Public Health	3
H S 375-Teaching in Health Education*	3
KIN 312-Movement Educ in Elem PE*	3
KIN 372-Motor Control & Learning	3
PHYS 115-Physics for the Life Sciences	4
Total	16

Semester 6 - Junior Year	Credit
KIN 313-Teaching Secondary PE**	3
KIN 355-Biomechanics	3
KIN 358-Exercise Physiology	3
KIN 359-Exercise Physiology Lab	1
KIN 471-Measurement in PE**	3
ENGL 302, 314, or SP CM 312	3
Total	16

Semester 7 - Senior Year	Credit
EDUC 406-Social Justice Education & Teaching	3
H S 350-Human Diseases	3
KIN 365 or 366-Sport or Exercise Psych	3
KIN 395-Adapted Physical Education*	3
KIN 475-PE Curriculum Design & Prog Coord*	3
Total	15

Semester 8 - Senior Year	Credit
KIN 417-Supervised Teaching PE, Secondary	8
KIN 418-Supervised Teaching PE, Elem	8
Total	16

*Fall Only

**Spring Only

Students must complete a 3 credit U.S. Diversity course and a 3 credit International Perspectives course. Students must also complete a minimum of 46 credits in 300-400 classes and a total of 124 credits to graduate. Four year plans are arranged with courses in prerequisite sequence and within the term a course is usually offered. This is a sample plan, always use the degree audit as the official documentation of progress toward a degree.