

# COLLEGE OF ARTS & SCIENCES

## 2025-2026 KINESIOLOGY EMPH: HEALTH & HUMAN PERFORMANCE - TEACHING LICENSURE

| FIRST YEAR - FRESHMAN   |       |  |      |                 |       |  |      |
|-------------------------|-------|--|------|-----------------|-------|--|------|
| Fall Semester           |       |  |      | Spring Semester |       |  |      |
| Dept.                   | Crse# | Course Name  | Hrs. | Dept.           | Crse# | Course Name                                      | Hrs. |
| BIB                     | 121   | Life of Christ <sup>1</sup>                                  | 2    | BIB             | 122   | Acts of the Apostles <sup>1</sup>                | 2    |
| ENG                     | 101   | English Composition I <sup>1</sup>                           | 3    | ENG             | 102   | English Composition II <sup>1,3</sup>            | 3    |
| KIN                     | 120   | Foundations of Kinesiology                                   | 3    | EDU             | 130   | Introduction to Education                        | 3    |
| BIO                     |       | Human Bio OR A&P I <sup>2</sup>                              | 4    | MAT             |       | College Algebra or higher <sup>2</sup>           | 3    |
| COM                     | 140   | Speech Communications <sup>1</sup>                           | 3    | HIS             |       | History <sup>1</sup>                             | 3    |
| PEA                     | 100   | Lifetime Wellness  | 1    |                 |       |  |      |
|                         |       |  |      |                 |       |  |      |
|                         |       |  |      |                 |       |  |      |
|                         |       |  | 16   |                 |       |  | 14   |
| SECOND YEAR - SOPHOMORE |       |  |      |                 |       |  |      |
| Fall Semester           |       |  |      | Spring Semester |       |  |      |
| Dept.                   | Crse# | Course Name  | Hrs. | Dept.           | Crse# | Course Name                                      | Hrs. |
| BIB                     |       | Bible  | 2    | BIB             |       | Bible  | 3    |
| KIN                     | 235   | Fundamentals of Sports Skills                                | 3    | KIN             | 328   | Anatomical Kinesiology <sup>3</sup>              | 3    |
| SPE                     | 240   | Special Education Foundations <sup>3</sup>                   | 3    | KIN             | 320   | Measurement & Eval in Phy Ed                     | 3    |
|                         |       | Creative Works: ART/ENG/MUS <sup>1</sup>                     | 3    | PSY             | 210   | General Psychology <sup>2</sup>                  | 3    |
| PSY                     | 306   | Educational Psychology                                       | 3    | HEA             | 121   | Principles of Nutrition                          | 3    |
| EDU                     | 327   | Test & Measurement* <sup>3</sup>                             | 3    |                 |       | KIN/PEA/HEA Elective: Recommend KIN              | 3    |
|                         |       |  |      | EDU             | 250   | Professional Reflective Seminar I <sup>3</sup>   | 2    |
|                         |       |  | 17   |                 |       |  | 20   |
| THIRD YEAR - JUNIOR     |       |  |      |                 |       |  |      |
| Fall Semester           |       |  |      | Spring Semester |       |  |      |
| Dept.                   | Crse# | Course Name  | Hrs. | Dept.           | Crse# | Course Name                                      | Hrs. |
| BIB                     |       | Bible  | 2    | BIB             | 346   | Foundations of Faith <sup>1</sup>                | 3    |
| RDG                     | 321   | Teaching Secondary School Lit                                | 3    | EDU             | 320   | Technology in the Classroom* <sup>3</sup>        | 3    |
| KIN                     | 225   | Physical Activities for Children                             | 3    | KIN             | 420   | Motor Learning                                   | 3    |
| KIN                     | 327   | Care & Prevention of Athletic Injuries                       | 3    | KIN             | 426   | Adaptive Physical Education                      | 3    |
| KIN                     | 338   | Physiology of Exercise <sup>3</sup>                          | 3    | PEA             | 156   | Weight training                                  | 1    |
| HEA                     | 216   | Personal Health  | 3    | KIN/HEA         |       | UD Elective: Recommend KIN330/331/4              | 3    |
|                         |       |  |      |                 |       |  |      |
|                         |       |  | 17   |                 |       |  | 16   |
| FOURTH YEAR - SENIOR    |       |  |      |                 |       |  |      |
| Fall Semester           |       |  |      | Spring Semester |       |  |      |
| Dept.                   | Crse# | Course Name  | Hrs. | Dept.           | Crse# | Course Name                                      | Hrs. |
| BIB                     | 495   | Values in Human Thought <sup>1</sup>                         | 3    | EDU             | 448   | Student Teaching - Secondary <sup>3</sup>        | 12   |
| EDU                     | 431E  | Tchnng Methods & Literacy: K-12 Content Areas** <sup>3</sup> | 3    | EDU             | 450   | Professional Reflective Seminar III <sup>3</sup> | 1    |
| EDU                     | 428   | Classroom Management** <sup>3</sup>                          | 2    |                 |       |  |      |
| KIN                     | 425   | Organization & Adm in Phy Ed                                 | 3    |                 |       |  |      |
| KIN                     | 329   | Biomechanics <sup>3</sup>                                    | 3    |                 |       |  |      |
| HEA                     | 217   | First Aid and CPR  | 3    |                 |       |  |      |
| EDU                     | 350   | Professional Reflective Seminar II <sup>3</sup>              | 1    |                 |       |  |      |
|                         |       |  | 18   |                 |       |  | 13   |
|                         |       |  |      |                 |       | Total  | 131  |

<sup>1</sup>Liberal Arts Core Requirement

<sup>1</sup>Liberal Arts Core Requirement

<sup>2</sup>Liberal Arts Core Requirements in *Undergraduate Catalog*

<sup>3</sup>Course has prerequisite. See corresponding *Undergraduate Catalog*

## ADDITIONAL ITEMS RELATED TO THE MAJOR

Suggested KIN electives (spring only) - KIN 221 - Protective Techniques of Athletic Injuries, KIN 330/331 - Advanced Athletic Training I/II, KIN 437 - Exercise Testing and Prescription

**The following guidelines are important. Failure to follow these guidelines may delay graduation.**

1. Plan schedules carefully. Plan to fulfill prerequisites for future courses.
2. Do not alter the sequence of courses without consulting with your academic adviser as not all classes are offered every semester.
3. Before the enrollment period, check to make sure holds will not prevent you from registering.
4. Register for classes early during the registration period to secure classes.

**The Four-Year Degree Plan is a suggested plan of study. This plan does not replace the *Undergraduate Catalog*. The *Undergraduate Catalog* provides the official listing of program requirements.**

### 2025-2026 Undergraduate Liberal Arts Core Requirements

| I. Biblical Values  |   | III. Broadened Perspectives   |   |    |
|---|---|---|---|----|
| A. Bible  |   | A. Behavioral Sciences  |   |    |
| BIB 121 & 122 & 346 OR 446  | 7 | BIB/FAM 230 OR PSY 210 OR SOC 241 OR SWK 251  | 3 |    |
| II. Basic Skills  |   | B. Natural Sciences   |   |    |
| A. Written Communication  |   | BIO 100 OR BIO 105 OR BIO 110 OR BIO 111 OR BIO 112 OR BIO 211 OR CHE 121 & CHE 121L OR PHS 111 OR PHS 112 OR PHS 201 OR PHS 211  |   | 3  |
| ENG 101 AND ENG 102   | 6 | C. Arts and Humanities  |   |    |
| B. Oral Communication   |   | HISTORY: HIS 111 OR HIS 112 OR HIS 221 OR HIS 222 OR HUM 399A OR POL 251  |   | 3  |
| COM 140   | 3 | CRITICAL AND CREATIVE WORKS: ART 110 OR ART 201 OR ART 234 OR ENG 215 OR ENG 225 OR ENG 235 OR ENG 299A/399A OR MUS 110 OR MUS 214 OR PHI 243 OR PHI 245 OR PHI246 OR THE 160 OR THE 265 OR THE 299A/399A |   | 3  |
| C. Quantitative Reasoning   |   | HUMANITIES CAPSTONE: BIB/HUM 495  |   | 3  |
| MAT 100 OR MAT 101 OR MAT 120 OR MAT 122 OR MAT235  |   | Total   |   | 34 |
| Complete course names and descriptions for the Liberal Arts Core Requirements are located in the Undergraduate Catalog. |   |   |   |    |
|   |   |   |   |    |