

KINESIOLOGY AND HEALTH B.S. DEGREE
PHYSICAL EDUCATION TEACHER EDUCATION WITH HEALTH ENDORSEMENT
2024-2025 SAMPLE FOUR-YEAR PLAN

Semester 1 - Freshman Year	Credit
EDUC 2040-Social Found of Education in U.S.	3
ENGL 1500-Critical Thinking & Communication	3
H S 1050-First Aid & Emergency Care	2
H S 1100-Personal & Consumer Health	3
KIN 2520-Intro to the Discipline of Kinesiology	1
KIN 2530-Orientation & Learning Community	1
LIB 1600-Intro to College Level Research	1
PSYCH 2300-Developmental Psychology	3
Total	17

Semester 2 - Freshman Year	Credit
FS HN 1670-Intro to Human Nutrition & Health	3
KIN 2360-Fund of Individual Sports & Fitness**	1
KIN 2580-Principles of Physical Fitness & Cond	2
KIN 2800-Directed Field Experience in Elem PE	1
Math 1040-Intro to Probability, 1400-College Algebra, STAT 1010-Principles of Statistics, or 1040-Intro to Stat	3-4
SOC 1340-Introduction to Sociology	3
Humanities/International Perspectives	3
Total	16-17

Semester 3 - Sophomore Year	Credit
BIOL 2550-Fundamentals of Human Anatomy*	3
BIOL 2550L-Fund of Human Anatomy Lab*	1
ENGL 2500-Written, Oral, Visual & Elect Comp	3
HD FS 2760-Human Sexuality	3
KIN 2310-Fund of Tumbling & Gymnastics*	1
KIN 2320-Fundamentals of Team Sports*	1
KIN 2810-Directed Field Experience in Sec PE	1
Humanities (American History)	3
Total	16

Semester 4 - Sophomore Year	Credit
BIOL 2560-Fundamentals of Human Physiology*	3
BIOL 2560L-Fund of Human Physiology Lab**	1
DANCE 2110-Fund of Social & World Dance**	1
H S 3050-Instructor's First Aid & CPR	2
KIN 2590-Leadership Tech for Fitness Programs	3
KIN 2820-Field Exp with Educa Outreach	1
SP CM 2120-Fundamentals of Public Speaking	3
Social Science Choice	3
Total	17

Semester 5 - Junior Year	Credit
H S 3100-Community & Public Health	3
H S 3750-Teaching in Health Education*	3
KIN 3120-Movement Educ in Elem PE*	3
KIN 3720-Motor Control & Learning	3
PHYS 1150-Physics for the Life Sciences	4
Total	16

Semester 6 - Junior Year	Credit
KIN 3130-Teaching Secondary PE**	3
KIN 3550-Biomechanics	3
KIN 3580-Exercise Physiology	3
KIN 3590-Exercise Physiology Lab	1
KIN 4710-Measurement in PE**	3
ENGL 3020, 3140-Business/Technical Comm or SP CM 3120-Business & Professional Speaking	3
Total	16

Semester 7 - Senior Year	Credit
EDUC 4060-Social Justice Education & Teaching	3
H S 3500-Human Diseases	3
KIN 3650 or 3660-Sport or Exercise Psych	3
KIN 3950-Adapted Physical Education*	3
KIN 4750-PE Curriculum Design & Prog Coord*	3
Total	15

Semester 8 - Senior Year	Credit
KIN 4170-Supervised Teaching PE, Secondary	8
KIN 4180-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 3000-4000 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.