The Department of Kinesiology offers the following undergraduate and graduate programs and program certificates. Specific requirements for these programs are listed in the following order:

- **Undergraduate Majors (B.A.)**
  - Movement and Exercise Science (p. 1)
  - Physical Education-Teaching (p. 1)
- **Minors**
  - Coaching (p. 2)
  - Sport Administration (p. 3)
  - Strength and Conditioning (p. 3)
- **Graduate Major (M.A.)**
  - Physical Education (p. 3)
- **Program Certificate**
  - Adapted Physical Education (p. 5)
  - Aquatics Specialization (p. 5) (also listed in Department of Health, Recreation and Community Services)
  - Corporate Fitness (p. 5) (also listed in Department of Health, Recreation and Community Services)

### Bachelor of Arts Degree Programs

#### Movement and Exercise Science Major
The Movement and Exercise Science major requires a minimum of 120 total hours to graduate. This total includes Liberal Arts Core requirements and the following specified major requirements, plus electives to complete the minimum of 120 hours.

Completion of this program prepares students for careers or further study in movement and exercise science* or related areas but not for endorsement in K-12 school settings.\(^1\) To continue in the program and take 3000-level courses and above a student must have a C- or better in PEMES 2050 (420:050) Anatomy and Physiology of Human Movement. The student must maintain a cumulative 2.50 GPA in the major to graduate.\(^2\)

**Required core:**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>AT 1018 (42T:018)</td>
<td>Prevention and Care of Athletic Injuries</td>
</tr>
<tr>
<td>PEMES 2050 (420:050)</td>
<td>Anatomy and Physiology of Human Movement</td>
</tr>
<tr>
<td>PEMES 2053 (420:053)</td>
<td>Physical Activity and Nutrition for Health and Fitness</td>
</tr>
<tr>
<td>PEMES 2056 (420:056)</td>
<td>Introduction to Motor Behavior</td>
</tr>
<tr>
<td>PEMES 3121 (420:121)</td>
<td>Sociology and Psychology of Physical Activity</td>
</tr>
<tr>
<td>PEMES 3151 (420:151)</td>
<td>Biomechanics</td>
</tr>
<tr>
<td>PEMES 3152 (420:152)</td>
<td>Clinical Biomechanics</td>
</tr>
<tr>
<td>PEMES 3153 (420:153)</td>
<td>Physiology of Exercise</td>
</tr>
<tr>
<td>PEMES 3154 (420:154)</td>
<td>Psychological Skills for Sport Participants</td>
</tr>
<tr>
<td>PEMES 3155/5155 (420:155g)</td>
<td>Exercise Physiology: Applications for Health and Human Performance</td>
</tr>
<tr>
<td>PEMES 3156 (420:156)</td>
<td>Fitness Assessment and Programming</td>
</tr>
<tr>
<td>PEMES 3157 (420:157)</td>
<td>Sports Nutrition</td>
</tr>
<tr>
<td>PEMES 3163</td>
<td>Career and Professional Development</td>
</tr>
</tbody>
</table>

Select a minimum of 6 hours from the following:

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>PEMES 3191 (420:191)</td>
<td>Senior Project</td>
</tr>
<tr>
<td>PEMES 3193 (420:193)</td>
<td>Research Experiences</td>
</tr>
<tr>
<td>PEMES 3197 (420:197)</td>
<td>Internship in Physical Education</td>
</tr>
<tr>
<td>PEMES 4194 (420:194)</td>
<td>Senior Thesis</td>
</tr>
</tbody>
</table>

Select one of the following courses:

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>PEMES 2025 (420:025)</td>
<td>Conditioning Theory and Practice</td>
</tr>
<tr>
<td>PEMES 3122 (420:122)</td>
<td>Psycho-Social Aspects of Competitive Sport</td>
</tr>
<tr>
<td>PEMES 3125</td>
<td>Introduction to Sport Administration</td>
</tr>
<tr>
<td>PEMES 4152 (420:152)</td>
<td>Adapted Physical Education</td>
</tr>
</tbody>
</table>

**Total Hours** 44

* This major prepares students with a broad background in exercise science in the areas of individual and group exercise and fitness programs, strength and power development, coaching, youth sport, and sport psychology. This major also prepares students for graduate study in exercise science or sport psychology.

\(^1\) Completion of this program prepares students for careers or further study in movement and exercise science or related areas but not for endorsement in K-12 school settings.

\(^2\) To continue in the program and take 3000-level courses and above, a student must have a C- or better in PEMES 2050 (420:050) Anatomy and Physiology of Human Movement. A cumulative plan (major) GPA of 2.50 is required to do the culminating internship and to graduate.

### Physical Education-Teaching

The Physical Education-Teaching major requires a minimum of 120 total hours to graduate. This total includes Liberal Arts Core requirements, the Professional Education Requirements, and the
following specified major requirements, plus electives to complete the minimum of 120 hours.

Completion of this program qualifies the student to be recommended for endorsements for Physical Education K-8 and Physical Education 5-12.

Current certifications in First Aid & Community CPR are required for assignment to student teach.

Disciplinary Knowledge core:

<table>
<thead>
<tr>
<th>Physical Education:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>PEMES 2050 (420:050)</td>
<td>3</td>
</tr>
<tr>
<td>Anatomy and Physiology of</td>
<td></td>
</tr>
<tr>
<td>Human Movement</td>
<td></td>
</tr>
<tr>
<td>PEMES 2053 (420:053)</td>
<td>3</td>
</tr>
<tr>
<td>Physical Activity and Nutrition for Health and Fitness</td>
<td></td>
</tr>
<tr>
<td>PEMES 2056 (420:056)</td>
<td>3</td>
</tr>
<tr>
<td>Introduction to Motor Behavior</td>
<td></td>
</tr>
<tr>
<td>PEMES 3151 (420:151)</td>
<td>3</td>
</tr>
<tr>
<td>Biomechanics</td>
<td></td>
</tr>
<tr>
<td>PEMES 3153 (420:153)</td>
<td>3</td>
</tr>
<tr>
<td>Physiology of Exercise</td>
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</tr>
</tbody>
</table>

Pedagogical content:

<table>
<thead>
<tr>
<th>Physical Education:</th>
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</thead>
<tbody>
<tr>
<td>PEMES 2030</td>
<td>3</td>
</tr>
<tr>
<td>Teaching Physical Education</td>
<td></td>
</tr>
<tr>
<td>For Learning</td>
<td></td>
</tr>
<tr>
<td>PEMES 2031</td>
<td>3</td>
</tr>
<tr>
<td>Teaching Physical Education</td>
<td></td>
</tr>
<tr>
<td>with Technology</td>
<td></td>
</tr>
<tr>
<td>PEMES 3174 (420:174)</td>
<td>3</td>
</tr>
<tr>
<td>Assessment Processes in</td>
<td></td>
</tr>
<tr>
<td>Physical Education</td>
<td></td>
</tr>
<tr>
<td>PEMES 3176 (420:176)</td>
<td>3</td>
</tr>
<tr>
<td>Administration and</td>
<td></td>
</tr>
<tr>
<td>Curriculum Development in</td>
<td></td>
</tr>
<tr>
<td>Physical Education</td>
<td></td>
</tr>
<tr>
<td>PEMES 4152 (420:152g)</td>
<td>3</td>
</tr>
<tr>
<td>Adapted Physical Education</td>
<td></td>
</tr>
<tr>
<td>*</td>
<td></td>
</tr>
<tr>
<td>PEMES 4172</td>
<td>3</td>
</tr>
<tr>
<td>Elementary Physical Education</td>
<td></td>
</tr>
<tr>
<td>Teaching Methods</td>
<td></td>
</tr>
<tr>
<td>PEMES 4173</td>
<td>3</td>
</tr>
<tr>
<td>Secondary Physical Education</td>
<td></td>
</tr>
<tr>
<td>Teaching Methods</td>
<td></td>
</tr>
</tbody>
</table>

Skill and Activity content:

<table>
<thead>
<tr>
<th>Physical Education:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>PEMES 2015 (420:015)</td>
<td>3</td>
</tr>
<tr>
<td>Teaching Team/Individual</td>
<td></td>
</tr>
<tr>
<td>Sports</td>
<td></td>
</tr>
<tr>
<td>PEMES 2016 (420:016)</td>
<td>3</td>
</tr>
<tr>
<td>Teaching Team Lifetime</td>
<td></td>
</tr>
<tr>
<td>Activities</td>
<td></td>
</tr>
<tr>
<td>PEMES 2019</td>
<td>1</td>
</tr>
<tr>
<td>First Aid and CPR for Physical Educators</td>
<td></td>
</tr>
</tbody>
</table>

Total Hours: 46

* Students with a major in Physical Education-Teaching will substitute PEMES 2031 Teaching Physical Education with Technology for INSTTECH 1031 (240:031) Educational Technology and Design; PEMES 4152 (420:152g) Adapted Physical Education for SPED 3150 (220:150) Meeting the Needs of Diverse Learners in Classrooms; and PEMES 3174 (420:174) Assessment Processes in Physical Education for MEASRES 3150 (250:150) Classroom Assessment in the Professional Education Requirements.

Minor

Coaching Minor

Students who complete this program will qualify for the Department of Education coaching endorsement. The coaching endorsement is for grades K-12. However, this program does not qualify students to teach physical education at any level.

Students who complete this program and are not teaching majors will qualify for the Department of Education coaching authorization.

Required:

Select one of the following: 3

EDPSYCH 2030 (200:030) Dynamics of Human Development

PSYCH 2202 (400:120) Developmental Psychology *

Athletic Training:

AT 1018 (42T:018) Prevention and Care of Athletic Injuries 2

AT 1019 (42T:019) Prevention and Care Laboratory 1

Physical Education:

PEMES 2025 (420:025) Conditioning Theory and Practice 3

PEMES 2050 (420:050) Anatomy and Physiology of Human Movement 3

PEMES 3118 (420:118) Practicum in Coaching 1

PEMES 3122 (420:122) Psycho-Social Aspects of Competitive Sport 3

PEMES 4217 (420:127g) Organization and Administration of Competitive Sports 3

Select one of the following electives: 3

PEMES 3101 (420:101) Coaching Theory and Skill Technique - Baseball/Softball

PEMES 3102 (420:102) Coaching Theory and Skill Technique - Basketball

PEMES 3104 (420:104) Coaching Theory and Skill Technique - Football

PEMES 3107 (420:107) Coaching Theory and Skill Technique -- Soccer

PEMES 3111 (420:111) Coaching Theory and Skill Technique - Track and Field

PEMES 3112 (420:112) Coaching Theory and Skill Technique - Volleyball
**Sport Administration Minor**

The minor in Sport Administration provides undergraduate students with a broad-based knowledge of the sport industry by offering interdisciplinary courses, thereby serving as valuable supplementary education that complements other majors. The academic preparation and practical training offered by this minor prepares students for a wide variety of sport-related careers.

Students must have a GPA of 2.5 to complete the minor.

**Required:**

- **Economics**
  - ECON 1031 (920:024) Introduction to Economics 3

- **Kinesiology**
  - PEMES 3125 Introduction to Sport Administration 3
  - PEMES 3126 Sport Marketing 3
  - PEMES 3127 Practicum in Sport Administration (last course to be taken in minor) 3

Select one of the following two courses:

- PEMES 3121 (420:121) Sociology and Psychology of Physical Activity 3
- or PEMES 3122 (420:122) Psycho-Social Aspects of Competitive Sport 3

**Electives:**

- 6

**Communication and Media**

- COMM PR 4858/5858/Sports Public Relations

**Marketing**

- MKTG 2110 (130:101) Principles of Marketing

**Leisure, Youth and Human Services**

- RTNL 3130 Marketing in Recreation, Tourism and Nonprofit Leadership
- RTNL 3777/5777 Special Events Management
- RTNL 4310/5310 Areas and Facilities in Recreation, Tourism and Nonprofit Leadership
- RTNL 4776/5776 Eco, Adventure and Sport Tourism

**Kinesiology**

- PEMES 3186 Studies in Physical Education. Only the following are accepted: (1) Sport Event & Facility Management; (2) Communication and Leadership Skills for Coaches.
This major offers two emphases:

1. **Physical Education - Pedagogy:**
   
   To be eligible for admission to the graduate program, the candidate must have an undergraduate degree in teaching physical education or be currently licensed to teach physical education. Undergraduate students in the last semester of a bachelor degree in physical education PK-12 teaching may be provisionally accepted. Candidates not meeting these requirements may petition for special consideration for admission.

   A minimum of 15 hours must be at the 200/6000 level for both the thesis and non-thesis options. The program is available on the non-thesis option only.

   The primary focus of this emphasis is the study of teaching (pedagogy). The program does not lead to a teaching license in Physical Education.

   **Required:**
   - Measurement and Research/Kinesiology, Allied Health and Human Services, Interdepartmental:
     - KAHHS 6290 Research Methods for KAHHS (3)
   - Choose one of the following:
     - MEASRES 6205 Educational Research (250:205) (3)
     - KAHHS 6210 Quantitative Methods in KAHHS (3)
     - KAHHS 6215 Qualitative Methods (3)
   - Physical Education:
     - PEMES 6230 (420:230) Curriculum Theory and Design in Physical Education (3)
     - PEMES 6231 (420:231) Effective Teaching and Behavioral Management in Physical Education (3)
     - PEMES 6273 (420:273) Contemporary and Inclusive Issues in Physical Education (3)
     - PEMES 6240 Advanced Adapted Physical Education (3)
     - PEMES 6241 Advanced Assessment in Physical Education (3)
   - Non-Thesis Research:
     - PEMES 6299 (420:299) Research (3)
   - Electives from the following courses: 6
     - PEMES 6222 (420:222) Sport Psychology
     - PEMES 6251 (420:251) Advanced Biomechanics
     - PEMES 6255 (420:255) Motor Control and Learning
     - PEMES 6285 (420:285) Readings in Physical Education
     - PEMES 6289 (420:289) Seminar in Physical Education (maximum 12 hours on different topics)
   - **Total Hours** 30

2. **Kinesiology and Sport Performance:**

   This emphasis is designed for those who wish to concentrate their study in the fields of coaching and sport performance. This emphasis is available on the thesis and non-thesis option. Students selecting the thesis option will take 6 hours of research credits, and students selecting the non-thesis option will take 3 hours of research credits and 3 hours of practicum credits.

   **Required:**
   - Physical Education:
     - PEMES 6251 (420:251) Advanced Biomechanics (3)
     - PEMES 6253 (420:253) Advanced Exercise Physiology (3)
     - PEMES 6289 (420:289) Seminar in Physical Education (take two times on different topics for a minimum of 6 hours) (6)
     - PEMES 6255 (420:255) Motor Control and Learning (3)
     - PEMES 6222 (420:222) Sport Psychology (3)
     - PEMES 6272 Principles of Sport Administration (3)
   - Kinesiology, Allied Health and Human Services, Interdepartmental:
     - KAHHS 6210 Quantitative Methods in KAHHS (or equivalent) (3)
     - KAHHS 6290 Research Methods for KAHHS (3)
   - Research and Practicum:
     - Thesis option (Students selecting the thesis option will take 6 hours of research):
       - PEMES 6299 (420:299) Research (3)
     - Non-thesis option (Students selecting the non-thesis option will take 3 hours of research AND 3 hours of practicum):
       - PEMES 6299 (420:299) Research (3)
       - PEMES 6297 (420:297) Practicum (Required course for students selecting the non-thesis option) (3)
   - **Total hours** 33

**Program Certificates**

The University of Northern Iowa makes available, in addition to traditional programs, the opportunity for students to earn program certificates. Program certificates provide an alternative to programs leading to a degree, a major, or a minor; they certify that an individual has completed a program approved by the university. For information on the following program certificates, contact the Department of Kinesiology or the Office of the Registrar, which serves as the centralized registry.
## Adapted Physical Education Certificate

The certificate in Adapted Physical Education will prepare teachers to work with children with disabilities in physical education environments as they complete their Master of Arts in Physical Education Pedagogy. This certificate will also help prepare for National Certification exams in Adapted Physical Education. Students must have a GPA of 3.0 to complete the certificate.

### Required:

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>PEMES 6231</td>
<td>(420:231) Effective Teaching and Behavioral Management in Physical Education</td>
<td>3</td>
</tr>
<tr>
<td>PEMES 6240</td>
<td>Advanced Adapted Physical Education</td>
<td>3</td>
</tr>
<tr>
<td>PEMES 6241</td>
<td>Advanced Assessment in Physical Education</td>
<td>3</td>
</tr>
<tr>
<td>PEMES 6273</td>
<td>(420:273) Contemporary and Inclusive Issues in Physical Education</td>
<td>3</td>
</tr>
</tbody>
</table>

**Total Hours: 12**

## Aquatics Specialization Certificate

The purpose of this certificate is to develop and produce quality graduates who have the appropriate skills and certifications to obtain employment in the aquatic profession. Upon completion of the certificate, students will be able to teach Lifeguarding, Water Safety, and be certified as a pool operator through national certifications.

### Required:

<table>
<thead>
<tr>
<th>Field</th>
<th>Course Code</th>
<th>Course Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kinesiology</td>
<td>PEMES 2011</td>
<td>(420:011) Fundamental Physical Activities -- Aquatics</td>
<td>6</td>
</tr>
<tr>
<td></td>
<td>PEMES 2019</td>
<td>First Aid and CPR for Physical Educators</td>
<td></td>
</tr>
<tr>
<td></td>
<td>PEMES 2060</td>
<td>(420:060) Lifeguard Training and Instruction</td>
<td></td>
</tr>
<tr>
<td></td>
<td>PEMES 3120</td>
<td>(420:120) Certified Pool Operators Training</td>
<td></td>
</tr>
<tr>
<td></td>
<td>PEMES 3133</td>
<td>Wksp: Certified Pool Operators Training</td>
<td></td>
</tr>
<tr>
<td>Recreation, Tourism and Nonprofit Leadership</td>
<td>RTNL 2110</td>
<td>Foundations of Community Parks and Recreation</td>
<td>6</td>
</tr>
<tr>
<td></td>
<td>RTNL 3120</td>
<td>Programming for Recreation, Tourism and Nonprofit Leadership</td>
<td></td>
</tr>
</tbody>
</table>

**Electives: 4 hours as approved by advisor, selected from the following:**

<table>
<thead>
<tr>
<th>Dimensions of Wellbeing:</th>
<th>KAHHS 1030 Water Sports Lab*</th>
</tr>
</thead>
</table>

**Total Hours: 12**

## Certificate in Corporate Fitness

Required:

### Physical Education:

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>PEMES 2050</td>
<td>(420:050) Anatomy and Physiology of Human Movement</td>
<td>3</td>
</tr>
<tr>
<td>PEMES 3153</td>
<td>(420:153) Physiology of Exercise</td>
<td>3</td>
</tr>
<tr>
<td>PEMES 3156</td>
<td>(420:156) Fitness Assessment and Programming</td>
<td>3</td>
</tr>
</tbody>
</table>

### Public Health:

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>PH 3640/5640</td>
<td>Worksite Health Promotion</td>
<td>3</td>
</tr>
<tr>
<td>PEMES 3157</td>
<td>(420:157) Sports Nutrition *</td>
<td>3</td>
</tr>
</tbody>
</table>

**Total Hours: 15**

*PEMES 3157 (420:157) has a prerequisite of PEMES 2053 (420:053) and PEMES 3153 (420:153). Prerequisite for Athletic Training majors: AT 3020.*

## Education, Interdepartmental Courses

**KAHHS 1020. Dimensions of Wellbeing Lecture — 1 hr.**

Overall, the Dimensions of Wellbeing course is designed to prepare students for healthy, proactive lifestyles through lecture, experiential learning, and various physical and wellbeing activities. The core dimensions of wellbeing for the purposes of this course include: physical, emotional, interpersonal, intellectual, spiritual, and environmental wellbeing. The lecture sections of Dimensions are designed to provide an underlying knowledge base for specific wellness topics and themes with a unifying emphasis on how these dimensions are intertwined and linked to overall quality of life. Specific health consumerism and health behavior change topics are also covered across the spectrum of Dimensions of Wellbeing course offerings. This course may not be repeated for additional credit. If a student has already satisfied this portion of the LAC Category 1D Dimensions of Wellbeing, it will be considered a repeat. (Fall, Spring, Summer)

**KAHHS 1030. Dimensions of Wellbeing Lab — 1 hr.**

Overall, the Dimensions of Wellbeing course is designed to prepare students for healthy, proactive lifestyles through lecture, experiential learning, and various physical and wellbeing activities. The core dimensions of wellbeing for the purposes of this course include: physical, emotional, interpersonal, intellectual, spiritual, and environmental wellbeing. The laboratory sections of Dimensions are designed to apply specific skill-related knowledge, encourage healthy
active lifestyles, and motivate students to learn and practice skills related to a wide spectrum of activities and experiences related to well-being dimensions. This course may not be repeated for additional credit. If a student has already satisfied this portion of the LAC Category 1D Dimensions of Wellbeing, it will be considered a repeat. (Fall, Spring, Summer)

Methods and materials in health education and physical education appropriate for children. No credit for students with credit in PEMES 2045 (420:045). No credit given to Physical Education or Health Education majors or minors. Prerequisite(s): EDPSYCH 2030 (200:030). (Fall and Spring)

KAHHS 6210. Quantitative Methods in KAHHS — 3 hrs.
Practical statistical applications commonly used in athletic training, health promotion and education, physical education, and leisure, youth and human services with a focus on the analysis and interpretation of data through the use of computer software packages. (Fall)

KAHHS 6215. Qualitative Methods — 3 hrs.
Application of qualitative methods of data collection and analysis to topics in athletic training, health promotion and education, physical education, and leisure, youth and human services. Prerequisite(s): SPED 6293 (220:293) or equivalent. (Variable)

Introduction to processes of research in health, physical education, and leisure services with an emphasis on critical analysis of literature, and identification of viable research projects. (Fall and Spring)

KAHHS 7329. Research and Evaluation Seminar — 1-6 hrs.
One hour taken each semester for six semesters for total of 6 hours. Applied approach to research and evaluation. Students plan and implement research and evaluation projects in athletic training, health promotion and education, youth development, leisure, and/or human services settings, working with teams of faculty and other students. Course content includes research methods, statistics, and writing for publication. Prerequisite(s): doctoral standing or consent of instructor. (Fall and Spring)

KAHHS 7365. Field Experience — 1-6 hrs.
Practical experience in leisure, youth and human services, health promotion and education, or athletic training. May be repeated to maximum of 6 hours with consent of student's advisor and graduate committee. (Fall, Spring, Summer)

KAHHS 7395. Internship — 1-6 hrs.
Practical experience in leisure, youth and human services with community agencies. May be repeated to maximum of 6 hours with consent of student's advisor and graduate committee. Prerequisite(s): Consent of graduate committee. (Fall, Spring, Summer)

In-depth examination of current theories, philosophical foundations, history and current practices relevant to the allied health, recreation and community services fields. Building on foundational theory courses, students analyze and critique the organization and design of allied health, recreation and community services programs, based on setting and ideological model, in the U.S. and around the world. Students develop praxis design principles consistent with the developmental, normative focus of informal and formal education. Recommended for second year students. Prerequisite(s): consent of instructor. (Variable)

Second course in a two-course sequence that surveys allied health, recreation and community services practices and theories in a wide variety of out-of-school and co-curricular settings. Covers theories, models, and best practices in the delivery of services. Students analyze and critique the organization and design of allied health, recreation and community services programs, based on setting and ideological model, in the U.S. and around the world. Students develop praxis design principles consistent with the developmental normative focus of informal and formal education. Recommended for third year students. Prerequisite(s): KAHHS 7410. (Variable)

Physical Education Courses
Work may be selected from activities as listed in the Schedule of Classes. Primarily for Liberal Arts Core credit for students admitted prior to Fall 1988. May be repeated. (Fall, Spring, Summer)

Primarily for majors in Physical Education. (Fall and Spring)

Primarily for majors in Physical Education. (Variable)

Primarily for majors in Physical Education- Teaching with an emphasis on developing skills related to teaching team and individual sports. (Fall)

Primarily for majors in Physical Education- Teaching with an emphasis on developing skills related to teaching lifetime activities. (Spring)

PEMES 2017 (420:017). Fundamental Physical Activities -- Outdoor/Adventure Pursuits — 1 hr.
Primarily for majors in Physical Education. (Fall and Spring)

PEMES 2019. First Aid and CPR for Physical Educators — 1 hr.
First aid skills for injuries and sudden illness, CPR for adult, child, and infant and AED to prepare physical education major students to teach these in K-12 schools. (Variable)

Developmentally-appropriate physical activities designed to promote the development, refinement, and utilization of fundamental movement actions and concepts during the early through late childhood years. Strategies for selecting and delivering appropriate activities to children. Prerequisite(s) or corequisite(s): TEACHING 2017; EDPSYCH 2030 (200:030). (Sprin

Theory and practice in training and conditioning of athletes, dynamic warm up and training schedule development. (Variable)

PEMES 2030. Teaching Physical Education For Learning — 3 hrs.
The major purpose of this course is to develop knowledge and competence in the generic aspects of effective instruction in physical education as well as to begin to develop effective instructional skills through micro-peer teaching. The student will also learn the historical foundations and significance of physical education and how these
have impacted the profession's current goals. Prerequisite(s) or corequisite(s): EDPSYCH 2030 (200:030). (Fall)

PEMES 2031. Teaching Physical Education with Technology — 3 hrs.
Familiarization and enhancement of technology skills specific to supporting physical education instruction in a PK-12 setting. Course focuses on technologies closely aligned with the physical education learning environment (i.e. pedometers, accelerometers, heart rate monitors) to facilitate instruction and assess student performance. Also included are additional technologies related to physical education software and hardware on personal computers use in creating materials for the K-12 student. (Fall)

Survey of dance history from primitive times to the present with emphasis on the relationship of dance and dance forms to the societies in which they developed and other art forms and the contributions of leading dance personalities. (Variable)

Credit for performance in approved dance choreography. May be repeated for credit. Prerequisite(s): consent of instructor. (Variable)

Credit for approved choreography for dance performances and productions. May be repeated for credit. Prerequisite(s): consent of instructor. (Variable)

Teaching methods and experience in activities; 3 periods. No credit for students with credit in KAHHS 2045. Prerequisite(s): EDPSYCH 2030 (200:030); sophomore standing. (Fall and Spring)

Anatomy and physiology of the human body focusing on the muscular and skeletal systems. (Fall and Spring)

Identification and programming of physical activities and nutrition lifestyle practices. Emphasis on the role of physical activity and nutrition in the enhancement of health and fitness in others. Integration of experiential learning activities with cognitive subject matter. (Fall and Spring)

Introduction to the developmental and learning factors which influence the capability to move effectively throughout the life span. (Fall and Spring)

American Red Cross material in Basic Water Safety, Emergency Water Safety Lifeguard Training, and Lifeguard Instruction. Opportunity provided to become certified in the American Red Cross Lifeguarding, Lifeguard Instruction, and Health Services Program which is a prerequisite to becoming an instructor in any area of certification for the American Red Cross. (Variable)

Materials related to the certification of instructors for water safety instruction. Any person wishing to teach aquatics is required to complete this course. Certification is possible through this course. (Variable)

To provide practical knowledge and develop basic skills necessary for becoming a successful baseball and/or softball coach. (Variable)

To provide practical knowledge and develop basic skills necessary for becoming a successful basketball coach. (Variable)

To provide practical knowledge and develop basic skills necessary for becoming a successful football coach. (Variable)

To provide practical knowledge and develop basic skills necessary for becoming a successful soccer coach. (Variable)

PEMES 3111 (420:111). Coaching Theory and Skill Technique - Track and Field — 3 hrs.
To provide practical knowledge and develop basic skills necessary for becoming a successful track and field coach. (Variable)

To provide practical knowledge and develop basic skills necessary for becoming a successful volleyball coach. (Variable)

To provide practical knowledge and develop basic skills necessary for becoming a successful individual sport coach (e.g., swimming, wrestling, tennis). (Variable)

Practical experience working with high school coaches; includes planning and conducting all phases of the program. May be repeated in a different sport for a total of two sports. Prerequisite(s): junior standing; consent of department. (Variable)

Administration of programs, personnel, and facilities; includes pool management and maintenance. (Variable)

Introduction to the sociological and psychological issues related to physical activity. Behavior change and motivational strategies to facilitate healthy active lifestyles for youth through adulthood are discussed and applied. Practical information for professionals working in either school or non-school settings dealing with persons involved in physical activity. (Variable)

Introduction to the psychological and sociological dimensions of competitive sport with an emphasis on mental skills training for performance enhancement. (Fall and Spring)

PEMES 3125. Introduction to Sport Administration — 3 hrs.
Introduction to Sport Administration is designed to provide the foundations of the management, marketing, financial, and legal principles regarding sport facilities, events, tourism, and organizations within interscholastic, intercollegiate, professional and international sport industries. Further, the conduct of amateur and professional sports is addressed. (Fall and Spring)

Department of Kinesiology

PEMES 3126. Sport Marketing — 3 hrs.
The purpose of this course is to introduce an overview of various aspects of sport marketing and the application of basic principles of sport marketing to the managed sport industry with emphasis on intercollegiate athletics, professional sport, and multi-sport club operations. This course will provide students with an up-to-date understanding of marketing concepts as they are currently being applied in various sectors of the sport industry. Prerequisite(s): PEMES 3125. (Variable)

PEMES 3127. Practicum in Sport Administration — 3 hrs.
This course is the last course to be taken after other required courses are completed in the Sports Administration minor. Students gain comprehensive practical experience in sport administration in a sport setting/organization. The experience will build on knowledge and skills learned in the classroom and provide enhanced learning opportunities through hands-on experiences. The practicum experience will assist in further development of a professional portfolio and provide the experience needed for success in the competitive job market. Prerequisite(s): Completion of all coursework in the Sports Administration minor; consent of Practicum Coordinator. (Fall, Spring, Summer)

PEMES 3131 (420:131). Dance Composition — 2 hrs.
Application of art principles basic to good choreography. Prerequisite(s): PEMES 2013 (420:013); two dance activity classes of different styles or consent of instructor. (Variable)

Application of technical considerations, costume design, accompaniment, and program planning. Practical application of choreography and/or lecture demonstration in a dance form expected. (Variable)

PEMES 3140 (420:140). Practicum — 1-2 hrs.
Experiences working with elementary, secondary, adapted, or dance students in activities involving movement. May be repeated for a maximum of 4 hours. Prerequisite(s): consent of instructor. (Fall, Spring, Summer)

PEMES 3151 (420:151). Biomechanics — 3 hrs.
Application of principles of mechanics to human movement. Prerequisite(s): PEMES 2050 (420:050) or equivalent. (Fall and Spring)

Acute and chronic responses and adaptations of the physiological systems to muscular activity and training. Prerequisite(s): PEMES 2050 (420:050); junior standing. Prerequisites for Athletic Training majors: PEMES 2050 (420:050) or AT 3020; junior standing. (Fall and Spring)

Understanding of psychological factors which affect performance in competitive sport. Survey of and individualized practice with psychological techniques designed to enhance sport performance. (Fall and Spring)

PEMES 3155/5155 (420:155g). Exercise Physiology: Applications for Health and Human Performance — 3 hrs.
Applications in environmental influence on performance, body composition, ergogenic aids, age and gender considerations in sport and exercise, and exercise for special populations. Prerequisite(s): PEMES 2050 (420:050); PEMES 3153 (420:153) or equivalent; junior standing. (Variable)

PEMES 3156 (420:156). Fitness Assessment and Programming — 3 hrs.
Assessment of fitness levels and application to fitness programming including remediation of dysfunction in rehabilitation. Prerequisite(s): PEMES 3153 (420:153). (Fall and Spring)

Designed to help students understand the role of nutrition in enhancing athletic performance. Students will learn the impact nutrition has on cells and tissue that determine the physiological response to exercise. Prerequisite(s): PEMES 2053 (420:053); PEMES 3153 (420:153). Prerequisite for Athletic Training majors: AT 3020. (Fall and Spring)

PEMES 3158. Clinical Biomechanics — 3 hrs.
Application of principles of mechanics to human movement with special consideration to clinical applications. Prerequisite(s): PEMES 2050 (420:050) or equivalent. (Variable)

PEMES 3163. Career and Professional Development — 3 hrs.
This course will examine the field of movement and exercise science from a historical perspective, identify emerging trends and ethical behavior, and explore potential employment opportunities and professional associations. Professional development strategies throughout one's career are discussed and evaluated with the establishment of future career goals. This course will also develop the student's skills in writing resumes, creating portfolios and job interviewing in order to enhance employment opportunities. (Fall and Spring)

PEMES 3168 (420:168). Assisting in Physical Activity and Wellness — 1 hr.
Assisting departmental instructor in activity classes. May be repeated once for credit. Prerequisite(s): consent of department. (Fall and Spring)

2 or 5 hrs. Curriculum design, including movement education and wellness, through the integration of instructional practices, teaching strategies, knowledge of adaptations to physical activity, and assessment practices. Laboratory experiences will be included in elementary, middle school, and high school levels. Prerequisite(s): Physical Education minor: EDPSYCH 3148 (200:148); PEMES 2021 (420:021); PEMES 2056 (420:056). Physical Education Major-Teaching: EDPSYCH 3148 (200:148); PEMES 2021 (420:021); PEMES 2053 (420:053); PEMES 2056 (420:056); PEMES 3174 (420:174); PEMES 3176 (420:176). (Fall and Spring)

Concepts of measurement and evaluation; statistical analysis; construction of evaluative instruments; and application of written and performance tests. Physical Education majors may substitute PEMES 3174 (420:174) for MEASRES 3150 (250:150). Prerequisite(s) or corequisite(s): EDPSYCH 3148 (200:148). (Fall and Spring)

Administration of programs in the elementary and secondary schools including budgeting, facilities, legal considerations, and support services. Design, development, and evaluation of curriculum content for grades K-12. Prerequisite(s): Prerequisite(s) or corequisite(s): TEACHING 2017; EDPSYCH 2030 (200:030). (Spring)
PEMES 3185 (420:185). Readings in Physical Education — 1-4 hrs.
Individual study in an area of physical education. Credit to be determined at time of registration and to be based on student’s proposal. Primarily for majors and minors in Physical Education. Prerequisite(s): consent of department head. (Fall and Spring)

PEMES 3191 (420:191). Senior Project — 1-6 hrs.
Individualized study and experiential learning under the supervision of qualified faculty and professionals in the field; Primarily for majors in physical education. May be repeated for a maximum of 6 hours. Prerequisite(s): consent of instructor. (Fall and Spring)

PEMES 3193 (420:193). Research Experiences — 1-6 hrs.
Conducting supervised research in a research team setting or mentoring setting with faculty, with presentation and publication of research as the goal. Topics for research may not duplicate a class project or the undergraduate thesis. May be repeated for a maximum of 6 hours. Highly recommended for students planning to enter graduate programs. Primarily for majors in physical education. Prerequisite(s): sophomore standing; consent of instructor. (Fall and Spring)

PEMES 3197 (420:197). Internship in Physical Education — 1-12 hrs.
Comprehensive practical experience in physical education in which the student applies course work in an agency commensurate with degree option. Offered on credit/no credit basis only. May be repeated for maximum of 12 hours. Prerequisite(s): Completion of all course work in the major or minor; current certification in Standard First Aid and Community CPR; consent of Internship Coordinator. (Fall, Spring, Summer)

The course is designed to provide students with the underlying principles and concepts of strength and conditioning program development. Students will learn to utilize instrumentation and equipment for the monitoring and assessment of exercise clients, review, analyze and interpret information, and independently generate conclusions, and communicate knowledge through a variety of modalities. Students will learn to contextualize discipline knowledge to performance sports and/or health, disease and aging. Prerequisite(s): PEMES 2050 (420:050); PEMES 3153 (420:153). (Variable)

PEMES 3202. Strength and Conditioning Programming and Technique — 3 hrs.
This course is designed for students to apply scientific knowledge and information to design high quality strength and conditioning programs. Students will design different programs based on critical factors related to a variety of clients, such as age, gender, sport experience, goals, and stage of development. This course has a hands-on component where students will learn safety and evaluation of movement form. Prerequisite(s): PEMES 2050 (420:050); PEMES 3153 (420:153). (Variable)

PEMES 4152 (420:152g). Adapted Physical Education — 3 hrs.
This course is designed to provide basic knowledge of the history of adapted physical education; federal and state laws pertaining to the education of individuals with disabilities; psychomotor, social, and cognitive characteristics of students with disabilities; program planning that includes lesson plans, assessment, and behavior management. In addition, this course will prepare undergraduate students to implement specially designed physical education programs designed to meet the unique needs of students with disabilities through the use of hands-on experiences teaching students with disabilities. (Fall and Spring)

PEMES 4172. Elementary Physical Education Teaching Methods — 3 hrs.
Review of philosophy, objectives, content, instructional practices, teaching strategies, and assessment practices appropriate for PK-6 elementary physical education. Laboratory experiences at the elementary level will be included. Prerequisite(s): EDPSYCH 3148 (200:148). Prerequisite(s) or corequisite(s): PEMES 2021 (420:021); PEMES 2056 (420:056); PEMES 3174 (420:174); PEMES 3176 (420:176). (Fall and Spring)

PEMES 4173. Secondary Physical Education Teaching Methods — 3 hrs.
Review of philosophy, objectives, content, instructional practices, teaching strategies, and assessment practices appropriate for secondary physical education. Laboratory experiences will be included at the junior high and high school levels. Prerequisite(s): EDPSYCH 3148 (200:148). Prerequisite(s) or corequisite(s): PEMES 2021 (420:021); PEMES 2056 (420:056); PEMES 3174 (420:174); PEMES 3176 (420:176). (Fall and Spring)

Individualized research involving the selection of an area of inquiry; collection, analysis, and interpretation of data; Primarily for majors in physical education. May be repeated for a maximum of 6 hours. Prerequisite(s): consent of instructor. (Fall and Spring)

Primarily for majors in physical education. (Fall, Spring, Summer)

PEMES 4217 (420:127g). Organization and Administration of Competitive Sports — 3 hrs.
Organization, philosophy, administration, and management (e.g., budget, scheduling, designing) of interscholastic, intercollegiate, and intramural sports programs. Prerequisite(s): junior standing. (Fall and Spring)

PEMES 6222 (420:222). Sport Psychology — 3 hrs.
Current sport psychology research and its relevance to coaches and athletes. Emphasis on the areas of sport personology, competitiveness, motivation, attention, self-concept, attitudes, competitive anxiety, and goal-setting. Stress management techniques and other psychological skills applicable to the sport setting. (Variable)

Investigation of the curriculum development process, standards based curriculum, contemporary models, selection and sequencing of developmentally appropriate content and activities K-college, and coaching curriculum. Intended to meet the needs and interests of K-12 teachers as well as college teacher/coaches. (Variable)

PEMES 6231 (420:231). Effective Teaching and Behavioral Management in Physical Education — 3 hrs.
Study of the skills and techniques that successful teachers use to make classes appropriate and beneficial for students. Discussion of effective discipline, motivation, and planning techniques. Includes techniques for self-study to determine teaching effectiveness and demonstrate student learning. Special focus on behavioral management strategies to enhance learning during physical education classes. (Variable)

PEMES 6240. Advanced Adapted Physical Education — 3 hrs.
This advanced course will explore how to create physical education programs for students with disabilities. The course will present students with information about legislation, a variety of disabilities,
PEMES 6241. Advanced Assessment in Physical Education — 3 hrs.
This course will provide knowledge to students related to performance-based assessment in K-12 physical education. The course will focus on assessment driven instruction, different ways to measure student achievement in physical education, selection of a balanced and practical assessment approach in physical education classes. (Variable)

Application of mechanical principles and concepts to human movement; emphasis on analysis of techniques employed in sports. Prerequisite(s): PEMES 2050 (420:050); PEMES 3151 (420:151); or equivalents. (Variable)

Process of scientific inquiry into exercise physiology and the identification of basic principles to be applied for maximum performance without injury. Prerequisite(s): PEMES 3153 (420:153); PEMES 3155/5155 (420:155g) or equivalent; BIOL 3101 (840:101) or equivalent; BIOL 3102 (840:102) or equivalent. (Variable)

Study and application of research findings to motor learning and the variables which influence it. (Variable)

PEMES 6272. Principles of Sport Administration — 3 hrs.
This graduate course provides an overview of the principles of sport administration from an interdisciplinary perspective including topics such as Management and Leadership in Sport Administration, Sport Marketing and Communication, and Sport Facility and Event Management. (Variable)

Examination and analysis of continuing concerns and issues in the profession. Examination of strategies to fully engage all participants in physical education classes irrespective of a disability or any other attribute. (Variable)

May be repeated for maximum of 6 hours. (Fall, Spring, Summer)

PEMES 6289 (420:289). Seminar in Physical Education — 1-3 hrs.
Special topics as indicated in the Schedule of Classes. May be repeated when topics vary up to a maximum of 12 credits. (Fall and Spring)

PEMES 6293 (420:293). Research Experience in Physical Education — 1-2 hrs.
Research on problems other than those for the thesis or in regular course offerings. May be repeated for maximum of 6 hours. Prerequisite(s): consent of instructor. (Fall, Spring, Summer)

Experience in non-school settings or agencies. May be repeated for maximum of 4 hours. Prerequisite(s): consent of Graduate Advisor. (Fall, Spring, Summer)

Practical experience in teaching physical education and/or coaching at the college level and/or K-12 level. May be repeated for maximum of 6 hours. Prerequisite(s): consent of Graduate Advisor. (Fall, Spring, Summer)