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. 2)

- **Graduate Major (M.A.)**
  - Physical Education (p. 3)

- **Program Certificate**
  - Aquatics Specialization (p. 4) (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.

Required core:

<table>
<thead>
<tr>
<th>Course</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Athletic Training:</strong></td>
<td>2</td>
</tr>
<tr>
<td>AT 1018 (42T:018)</td>
<td></td>
</tr>
<tr>
<td><strong>Physical Education and Exercise Science:</strong></td>
<td>31</td>
</tr>
<tr>
<td>PEMES 2050 (420:050)</td>
<td></td>
</tr>
<tr>
<td>PEMES 2053 (420:053)</td>
<td></td>
</tr>
<tr>
<td>PEMES 2056 (420:056)</td>
<td></td>
</tr>
<tr>
<td>PEMES 3121 (420:121)</td>
<td></td>
</tr>
<tr>
<td>PEMES 3151 (420:151) or PEMES 3158</td>
<td></td>
</tr>
<tr>
<td>PEMES 3153 (420:153)</td>
<td></td>
</tr>
<tr>
<td>PEMES 3154 (420:154)</td>
<td></td>
</tr>
</tbody>
</table>

* 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.

2. 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.

### 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>Course</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Physical Education:</strong></td>
<td>3</td>
</tr>
<tr>
<td>PEMES 2050 (420:050)</td>
<td></td>
</tr>
<tr>
<td>PEMES 2053 (420:053)</td>
<td></td>
</tr>
<tr>
<td>PEMES 2056 (420:056)</td>
<td></td>
</tr>
</tbody>
</table>
**Department of Kinesiology**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>PEMES 3121</td>
<td>Sociology and Psychology of Physical Activity</td>
<td>2</td>
</tr>
<tr>
<td>PEMES 3151</td>
<td>Biomechanics</td>
<td>3</td>
</tr>
<tr>
<td>PEMES 3153</td>
<td>Physiology of Exercise</td>
<td>3</td>
</tr>
</tbody>
</table>

Pedagogical content:

**Physical Education:**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>PEMES 2030</td>
<td>Teaching Physical Education for Learning</td>
<td>2</td>
</tr>
<tr>
<td>PEMES 2031</td>
<td>Teaching Physical Education with Technology</td>
<td>3</td>
</tr>
<tr>
<td>PEMES 3174</td>
<td>Assessment Processes in Physical Education *</td>
<td>3</td>
</tr>
<tr>
<td>PEMES 3176</td>
<td>Administration and Curriculum Development in Physical Education</td>
<td>3</td>
</tr>
<tr>
<td>PEMES 4152/5152</td>
<td>Adapted Physical Education *</td>
<td>3</td>
</tr>
<tr>
<td>PEMES 4172</td>
<td>Elementary Physical Education Teaching Methods</td>
<td>3</td>
</tr>
<tr>
<td>PEMES 4173</td>
<td>Secondary Physical Education Teaching Methods</td>
<td>3</td>
</tr>
</tbody>
</table>

**Skill and Activity content:**

**Physical Education:**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>PEMES 2015</td>
<td>Teaching Team/Individual Sports</td>
<td>3</td>
</tr>
<tr>
<td>PEMES 2016</td>
<td>Teaching Lifetime Activities</td>
<td>3</td>
</tr>
<tr>
<td>PEMES 2019</td>
<td>First Aid and CPR for Physical Educators</td>
<td>1</td>
</tr>
<tr>
<td>PEMES 2021</td>
<td>Teaching Movement and Rhythmic Activities for Children</td>
<td>3</td>
</tr>
</tbody>
</table>

**Total Hours**

47

* 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 4152/5152 (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 in Sport Administration**

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**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>ECON 1031</td>
<td>Introduction to Economics</td>
<td>3</td>
</tr>
<tr>
<td>PEMES 3125</td>
<td>Introduction to Sport Administration</td>
<td>11</td>
</tr>
</tbody>
</table>

**Minor in Sport Administration**

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**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>ECON 1031</td>
<td>Introduction to Economics</td>
<td>3</td>
</tr>
<tr>
<td>PEMES 3125</td>
<td>Introduction to Sport Administration</td>
<td>11</td>
</tr>
</tbody>
</table>
Select one of the following two courses:

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

**Electives:**

- Communication Studies: **COMM PR 4858/5858** Sports Public Relations
- Marketing: **MKTG 2110 (130:101)** Principles of Marketing
- Leisure, Youth and Human Services:
  - **LYHS 3130** Marketing in Leisure, Youth and Human Services
  - **LYHS 3777/5777** Special Events Management
  - **LYHS 4310/5310** Areas and Facilities in Leisure, Youth and Human Services
  - **LYHS 4776/5776 (430:170g)** 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.

- **PEMES 4186 Ethical Issues in Sport and Physical Activity**
- **PEMES 4217/5217 (420:127g)** Organization and Administration of Competitive Sports

**Total Hours:** 20

---

**Master of Arts Degree Program**

**Major in Physical Education**

Students interested in this program must submit a completed Application for Admission to Graduate Study and should refer to their MyUNIverse Student Center To-Do list or contact the Department of Kinesiology for other application requirements. Graduate information and application for graduate admission can be found at [www.grad.uni.edu/admission](http://www.grad.uni.edu/admission). This Major offers two emphases: (1) Physical Education - Pedagogy and (2) Kinesiology and Sport Performance. A minimum of 30 semester hours is required for the Pedagogy option and a minimum of 33 semester hours is required for the Kinesiology and Sport Performance option. Additional hours may be required if, upon entering the graduate program, the student needs prerequisites.

The Graduate Record Examination (General Test) **is not** required for admission to the program.

Only graduate courses (course numbers 5000 or above) will apply to a graduate degree, even if the undergraduate course number (4999 or less) is listed. No exceptions will be made.

This major is available on the **thesis and non-thesis** options. A thesis/research paper defense is required. No comprehensive examination is required.

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 my 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 thesis and non-thesis options.

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: 6
  - KAHHS 6290 Research Methods for KAHHS

Choose one of the following:

- MEASRES 6205 (250:205) Educational Research
- KAHHS 6210 Quantitative Methods in KAHHS
- KAHHS 6215 Qualitative Methods

**Physical Education:** 9

- PEMES 6230 (420:230) Curriculum Theory and Design in Physical Education
- PEMES 6231 (420:231) Effective Teaching in Physical Education
- PEMES 6273 (420:273) Contemporary Issues in Physical Education and Athletics

**Physical Education:** 2

- PEMES 6297 (420:297) Practicum

2 hours

Research:

- PEMES 6299 (420:299) Research

Thesis option (6 hrs.)

Non-thesis option (2 hrs.)

**Electives from the following courses:**

- 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

**Total Hours:** 20
Department of Kinesiology

PEMES 6289 (420:289) Seminar in Physical Education (maximum 12 hours on different topics)

Thesis option (7 hrs.)
Non-thesis option (11 hrs.)
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: 21
- PEMES 6251 (420:251) Advanced Biomechanics
- PEMES 6253 (420:253) Advanced Exercise Physiology
- PEMES 6289 (420:289) Seminar in Physical Education (take two times on different topics for a minimum of 6 hours)
- PEMES 6255 (420:255) Motor Control and Learning
- PEMES 6222 (420:222) Sport Psychology
- PEMES 6272 Principles of Sport Administration

Kinesiology, Allied Health and Human Services, 6
- KAHHS 6210 Quantitative Methods in KAHHS (or equivalent)
- KAHHS 6290 Research Methods for KAHHS

Interdepartmental: 6

Research and Practicum: 6
- Thesis option (Students selecting the thesis option will take 6 hours of research)
- 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
- PEMES 6297 (420:297) Practicum (Required course for students selecting the non-thesis option)

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.

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:

Physical Education: 6
- PEMES 2011 (420:011) Fundamental Physical Activities -- Aquatics
- PEMES 2019 First Aid and CPR for Physical Educators
- PEMES 2060 (420:060) Lifeguard Training and Instruction
- PEMES 3120 (420:120) Certified Pool Operators
  or PEMES 3133 Wksp: Certified Pool Operators Training

Leisure, Youth and Human Services: 6
- LYHS 2110 Foundations of Community Parks and Recreation
- LYHS 3120 Programming for Leisure, Youth and Human Services

Electives: 4 hours as approved by advisor, selected from the following:
- Dimensions of Wellbeing:
  - KAHHS 1030 Water Sports Lab*

Physical Education:
- PEMES 1A39 (420:A39) (Canoeing)
- PEMES 1A66 (420:A66) (Skin & Scuba Diving)
- PEMES 3140 (420:140) Practicum (Special Needs Swim Lessons )
- PEMES 3168 (420:168) Assisting in Physical Activity and Wellness
- PEMES 3186 (420:186) (Studies in PE: Lifeguard Instructor Training)

Leisure, Youth and Human Services:
- LYHS 4310/5310 Areas and Facilities in Leisure, Youth and Human Services

Total Hours 16

*If a Dimensions of Wellbeing lab has already been taken, this course may not be applied to the certificate as it will replace the previous course.