Department of Kinesiology

(College of Education)

www.uni.edu/coe/kahhs

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)
  - Strength and Conditioning (p. 3)
- **Graduate Major (M.A.)**
  - Physical Education (p. 3)
- **Program Certificate**
  - Adapted Physical Education (p. 4)
  - Corporate Fitness (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 UNIFI/General Education 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 KINES 2050 Anatomy and Physiology of Human Movement. The student must maintain a cumulative 2.50 GPA in the major to graduate.\(^2\)

**Required core:**

**Athletic Training:**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>AT 1018</td>
<td>Prevention and Care of Athletic Injuries</td>
<td>2</td>
</tr>
</tbody>
</table>

**Physical Education Movement and Exercise Science:**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>KINES 2050</td>
<td>Anatomy and Physiology of Human Movement</td>
<td>3</td>
</tr>
<tr>
<td>KINES 2053</td>
<td>Physical Activity and Nutrition for Health and Fitness</td>
<td>3</td>
</tr>
<tr>
<td>KINES 2056</td>
<td>Motor Learning and Development</td>
<td>3</td>
</tr>
<tr>
<td>KINES 3121</td>
<td>Sociology and Psychology of Physical Activity</td>
<td>3</td>
</tr>
<tr>
<td>KINES 3151</td>
<td>Biomechanics</td>
<td>3</td>
</tr>
<tr>
<td>KINES 3153</td>
<td>Physiology of Exercise</td>
<td>3</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>KINES 3154</td>
<td>Psychological Skills for Sport Participants</td>
<td>3</td>
</tr>
<tr>
<td>KINES 3155/5155</td>
<td>Exercise Physiology: Applications for Health and Human Performance</td>
<td>3</td>
</tr>
<tr>
<td>KINES 3156</td>
<td>Fitness Assessment and Programming</td>
<td>3</td>
</tr>
<tr>
<td>KINES 3157</td>
<td>Sports Nutrition</td>
<td>3</td>
</tr>
<tr>
<td>KINES 3163</td>
<td>Career and Professional Development</td>
<td>3</td>
</tr>
</tbody>
</table>

Select a minimum of 6 hours from the following:

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>KINES 3191</td>
<td>Senior Project</td>
<td>3</td>
</tr>
<tr>
<td>KINES 3193</td>
<td>Research Experiences</td>
<td>3</td>
</tr>
<tr>
<td>KINES 3197</td>
<td>Internship in Kinesiology</td>
<td>3</td>
</tr>
<tr>
<td>KINES 4194</td>
<td>Senior Thesis</td>
<td>3</td>
</tr>
</tbody>
</table>

Select one of the following courses:

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>PEMES 3186</td>
<td>(&quot;Studies in&quot;, 3 hrs.)</td>
<td>3</td>
</tr>
<tr>
<td>KINES 2025</td>
<td>Conditioning Theory and Practice</td>
<td></td>
</tr>
<tr>
<td>KINES 3122</td>
<td>Psycho-Social Aspects of Competitive Sport</td>
<td></td>
</tr>
<tr>
<td>KINES 3125</td>
<td>Introduction to Sport Administration</td>
<td></td>
</tr>
<tr>
<td>KINES 4152</td>
<td>Adapted Physical Education</td>
<td>3</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 KINES 2050 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 UNIFI/General Education 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:

Physical Education:
- KINES 2050: Anatomy and Physiology of Human Movement (3)
- KINES 2053: Physical Activity and Nutrition for Health and Fitness (3)
- KINES 2056: Motor Learning and Development (3)
- KINES 3151: Biomechanics (3)
- KINES 3153: Physiology of Exercise (3)

Pedagogical content:

Physical Education:
- KINES 2030: Teaching Physical Education For Learning (3)
- KINES 2031: Teaching Physical Education with Technology (3)
- KINES 3174: Assessment Processes in Physical Education (3)
- KINES 3176: Administration and Curriculum Development in Physical Education (3)
- KINES 4152: Adapted Physical Education (3)
- KINES 4172: Elementary Physical Education Teaching Methods (3)
- KINES 4173: Secondary Physical Education Teaching Methods (3)

Skill and Activity content:

Physical Education:
- KINES 2015: Teaching Team/Individual Sports (3)
- KINES 2016: Teaching Lifetime Activities (3)
- KINES 2019: First Aid and CPR for Physical Educators (1)
- KINES 2021: Teaching Movement and Rhythmic Activities for Children (3)

Total Hours: 46

Required:

Select one of the following: 3
- EDPSYCH 2030: Dynamics of Human Development
- PSYCH 2202: Developmental Psychology

Athletic Training:
- AT 1018: Prevention and Care of Athletic Injuries (2)
- AT 1019: Prevention and Care Laboratory (1)

Physical Education:
- KINES 2025: Conditioning Theory and Practice (3)
- KINES 2050: Anatomy and Physiology of Human Movement (3)
- KINES 3118: Practicum in Coaching (1)
- KINES 3122: Psycho-Social Aspects of Competitive Sport (3)
- KINES 4217: Organization and Administration of Competitive Sports (3)

Select one of the following electives: 3
- KINES 3101: Coaching Theory and Skill Technique - Baseball/Softball
- KINES 3102: Coaching Theory and Skill Technique - Basketball
- KINES 3104: Coaching Theory and Skill Technique - Football
- KINES 3107: Coaching Theory and Skill Technique - Soccer
- KINES 3111: Coaching Theory and Skill Technique - Track and Field
- KINES 3112: Coaching Theory and Skill Technique - Volleyball
- KINES 3113: Coaching Theory and Skill Technique - Individual Sports

Total Hours: 22

Note: Students in teaching majors will complete EDPSYCH 2030 within the Professional Education Requirements. KINES 3118 Practicum in Coaching must be completed prior to student teaching.

* PSYCH 2202 has prerequisite PSYCH 1001.

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
<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 Business Economics</td>
<td>3</td>
</tr>
<tr>
<td>Kinesiology</td>
<td></td>
<td></td>
</tr>
<tr>
<td>KINES 3125</td>
<td>Introduction to Sport Administration</td>
<td>3</td>
</tr>
<tr>
<td>KINES 3126</td>
<td>Sport Marketing</td>
<td>3</td>
</tr>
<tr>
<td>KINES 3127</td>
<td>Practicum in Sport Administration</td>
<td>3</td>
</tr>
<tr>
<td>Select one of the following two courses:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>KINES 3121</td>
<td>Sociology and Psychology of Physical Activity</td>
<td>3</td>
</tr>
<tr>
<td>or KINES 3122</td>
<td>Psycho-Social Aspects of Competitive Sport</td>
<td></td>
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<tr>
<td>Electives:</td>
<td></td>
<td>6</td>
</tr>
<tr>
<td>Communication and Media</td>
<td></td>
<td></td>
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<tr>
<td>COMM PR 4858/585</td>
<td>Sports Public Relations</td>
<td></td>
</tr>
<tr>
<td>Marketing</td>
<td></td>
<td></td>
</tr>
<tr>
<td>MKTG 2110</td>
<td>Principles of Marketing</td>
<td></td>
</tr>
<tr>
<td>Leisure, Youth and Human Services</td>
<td></td>
<td></td>
</tr>
<tr>
<td>RTNL 3130</td>
<td>Marketing in Recreation, Tourism and Nonprofit Leadership</td>
<td></td>
</tr>
<tr>
<td>RTNL 3777/5777</td>
<td>Special Events Management</td>
<td></td>
</tr>
<tr>
<td>RTNL 4310/5310</td>
<td>Areas and Facilities in Recreation, Tourism and Nonprofit Leadership</td>
<td></td>
</tr>
<tr>
<td>RTNL 4776/5776</td>
<td>Eco, Adventure and Sport Tourism</td>
<td></td>
</tr>
<tr>
<td>Kinesiology</td>
<td></td>
<td></td>
</tr>
<tr>
<td>PEMES 3186</td>
<td>Studies in Physical Education. Only the following are accepted: (1) Sport Event &amp; Facility Management; (2) Communication and Leadership Skills for Coaches.</td>
<td></td>
</tr>
<tr>
<td>KINES 4217</td>
<td>Organization and Administration of Competitive Sports</td>
<td></td>
</tr>
<tr>
<td><strong>Total Hours</strong></td>
<td></td>
<td><strong>21</strong></td>
</tr>
</tbody>
</table>

* RTNL 4310/5310 has prerequisite of 3 hours RTNL 31xxx or consent of instructor; junior standing.

### Strength and Conditioning Minor

The minor in Strength and Conditioning provides undergraduate students with an interdisciplinary knowledge about planning and designing training programs for a variety of athletes (e.g., high school athletes, professional athletes) and purposes (e.g., weight training, speed). This minor will also help prepare students for National Certification exams in Strength and Conditioning.

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

**Required:**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>KINES 2019</td>
<td>First Aid and CPR for Physical Educators</td>
<td>1</td>
</tr>
<tr>
<td>KINES 2025</td>
<td>Conditioning Theory and Practice</td>
<td>3</td>
</tr>
<tr>
<td>KINES 2050</td>
<td>Anatomy and Physiology of Human Movement</td>
<td>3</td>
</tr>
</tbody>
</table>

### 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 [https://admissions.uni.edu/application](https://admissions.uni.edu/application). 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 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 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:

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>KAHHS 6290</td>
<td>Research Methods for KAHHS</td>
<td>3</td>
</tr>
</tbody>
</table>

Choose one of the following:

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>KINES 2053</td>
<td>Physical Activity and Nutrition for Health and Fitness</td>
<td>3</td>
</tr>
<tr>
<td>KINES 3153</td>
<td>Physiology of Exercise</td>
<td>3</td>
</tr>
<tr>
<td>KINES 3201</td>
<td>Scientific Principles of Strength and Conditioning</td>
<td>3</td>
</tr>
<tr>
<td>KINES 3202</td>
<td>Strength and Conditioning Programming and Technique</td>
<td>3</td>
</tr>
<tr>
<td>KINES 3140</td>
<td>Practicum</td>
<td>2</td>
</tr>
</tbody>
</table>

**Total Hours**

21
### Department of Kinesiology

**MEASRES 6205** Educational Research
**KAHHS 6210** Quantitative Methods in KAHHS
**KAHHS 6215** Qualitative Methods

**Physical Education:**
- **KINES 6230** Curriculum Theory and Design in Physical Education: 3 hours
- **KINES 6231** Effective Teaching and Behavioral Management in Physical Education: 3 hours
- **KINES 6273** Contemporary and Inclusive Issues in Physical Education: 3 hours
- **KINES 6240** Advanced Adapted Physical Education: 3 hours
- **KINES 6241** Advanced Assessment in Physical Education: 3 hours

**Non-Thesis Research:**
- **KINES 6299** Research: 3 hours
- Electives from the following courses: 6 hours
  - **KINES 6222** Sport Psychology
  - **KINES 6251** Advanced Biomechanics
  - **KINES 6255** Motor Control and Learning
  - **KINES 6285** Readings in Kinesiology
  - **KINES 6289** Seminar in Kinesiology (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:
  - **KINES 6251** Advanced Biomechanics: 3 hours
  - **KINES 6253** Advanced Exercise Physiology: 3 hours
  - **KINES 6289** Seminar in Kinesiology (take two times on different topics for a minimum of 6 hours): 6 hours
  - **KINES 6255** Motor Control and Learning: 3 hours
  - **KINES 6222** Sport Psychology: 3 hours
  - **KINES 6272** Principles of Sport Administration: 3 hours

- Kinesiology, Allied Health and Human Services, Interdepartmental:
  - **KAHHS 6210** Quantitative Methods in KAHHS (or equivalent): 3 hours
  - **KAHHS 6290** Research Methods for KAHHS: 3 hours

- Research and Practicum:
  - Thesis option (Students selecting the thesis option will take 6 hours of research): 6 hours
  - **KINES 6299** Research: 3 hours

**Non-thesis option (Students selecting the non-thesis option will take 3 hours of research AND 3 hours of practicum):**
- **KINES 6299** Research: 3 hours
- **KINES 6297** Practicum: 3 hours

**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:**
- Physical Education:
  - **KINES 6231** Effective Teaching and Behavioral Management in Physical Education: 3 hours
  - **KINES 6240** Advanced Adapted Physical Education: 3 hours
  - **KINES 6241** Advanced Assessment in Physical Education: 3 hours
  - **KINES 6273** Contemporary and Inclusive Issues in Physical Education: 3 hours

**Total Hours** 12

#### Certificate in Corporate Fitness

Required:
- Physical Education:
  - **KINES 2050** Anatomy and Physiology of Human Movement: 3 hours
  - **KINES 3153** Physiology of Exercise: 3 hours
  - **KINES 3156** Fitness Assessment and Programming: 3 hours

- Public Health:
  - **PH 3640/5640** Worksite Health Promotion: 3 hours

- Electives (choose one from the following): 3 hours
  - **KINES 3157** Sports Nutrition
  - **PH 1410** Basic Nutrition

**Total Hours** 15
KINES 3157 has a prerequisite of KINES 2053 and KINES 3153. Prerequisite for Athletic Training majors: AT 3020.