

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.)**
 - Kinesiology 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.)**
 - Kinesiology and Sport Performance (p. 3)
 - Physical Education: Pedagogy (p. 4)
- **Program Certificate**
 - Adapted Physical Education (p. 4)
 - Corporate Fitness (p. 4) (also listed in Department of Health, Recreation and Community Services)
 - Exercise Science for Health Professionals (p. 5)

Bachelor of Arts Degree Programs

Kinesiology and Exercise Science Major

The Kinesiology 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 Kinesiology 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:		
AT 1018	Prevention and Care of Athletic Injuries	2
Physical Education Movement and Exercise Science:		
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 3121	Sociology and Psychology of Physical Activity	3
KINES 3151	Biomechanics	3

KINES 3153	Physiology of Exercise	3
KINES 3154	Psychological Skills for Sport Participants	3
KINES 3155/5155	Exercise Physiology: Applications for Health and Human Performance	3
KINES 3156	Fitness Assessment and Programming	3
KINES 3157	Sports Nutrition	3
KINES 3163	Career and Professional Development	3
Select 3 hours from the following:		3
KINES 3192	Internship in Kinesiology	
KINES 3193	Research Experiences	
Select two of the following courses:		6
KINES 3186 ("Studies in", 3 hrs.)		
KINES 2025	Conditioning Theory and Practice	
KINES 2062	Developmental Trends in Physical Activity & Sport	
KINES 3122	Psycho-Social Aspects of Competitive Sport	
KINES 3125	Introduction to Sport Administration	
KINES 3160	Exercise for Clinical Populations	
KINES 4152	Adapted Physical Education	
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.

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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

* Students with a major in Physical Education-Teaching will substitute KINES 2031 Teaching Physical Education with Technology for LRNTECH 1031 Educational Technology and Design; KINES 4152 Adapted Physical Education for SPED 3150 Meeting the Needs of Diverse Learners in Classrooms; and KINES 3174 Assessment Processes in Physical Education for MEASRES 3150 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	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

ECON 1031	Introduction to Business Economics	3
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Kinesiology

KINES 3125	Introduction to Sport Administration	3
KINES 3126	Sport Marketing	3
KINES 3127	Practicum in Sport Administration	1

Select one of the following two courses:

KINES 3121	Sociology and Psychology of Physical Activity	3
or KINES 3122	Psycho-Social Aspects of Competitive Sport	

Electives: 6

Communication and Media

COMM PR 4858/585 Sports Public Relations

Marketing

MKTG 2110 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

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KINES 3186 Studies in Physical Education. Only the following are accepted: (1) Sport Event & Facility Management; (2) Communication and Leadership Skills for Coaches.

KINES 4217 Organization and Administration of Competitive Sports

Total Hours 19

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:

KINES 2019	First Aid and CPR for Physical Educators	1
KINES 2025	Conditioning Theory and Practice	3
KINES 2050	Anatomy and Physiology of Human Movement	3
KINES 2053	Physical Activity and Nutrition for Health and Fitness	3
KINES 3153	Physiology of Exercise	3
KINES 3201	Scientific Principles of Strength and Conditioning	3
KINES 3202	Strength and Conditioning Programming and Technique	3
KINES 3140	Practicum in Strength and Conditioning	1

Total Hours 20

Master of Arts Degree Program Major in Kinesiology and Sport Performance

This program is designed for those who wish to concentrate their study in the fields of coaching, sport performance, strength and conditioning, and corporate fitness.

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 the Department of Kinesiology for other application requirements. Graduate information and application for graduate admission can be found at <https://admissions.uni.edu/application>.

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. 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. This major requires a **minimum of 33 semester hours for the thesis and non-thesis options.**

Required:

Physical Education:

KINES 6251	Advanced Biomechanics	3
KINES 6253	Advanced Exercise Physiology	3
KINES 6289	Seminar in Kinesiology (take two times on different topics for a minimum of 6 hours)	6
KINES 6255	Motor Control and Learning	3
KINES 6222	Sport Psychology	3
KINES 6272	Principles of Sport Administration	3

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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:		6
Thesis option (Students selecting the thesis option will take 6 hours of research)		
KINES 6299	Research	
Non-thesis option (Students selecting the non-thesis option will take 3 hours of research AND 3 hours of practicum)		
KINES 6299	Research	
KINES 6297	Practicum	
Total hours		33

Major in Physical Education: Pedagogy

The primary focus of this program is the study of teaching (pedagogy).
This program does not lead to a teaching license 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 the
Department of Kinesiology for other application requirements.
Graduate information and application for graduate admission can be
found at <https://admissions.uni.edu/application>.

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 note
meeting these requirements may petition for special consideration for
admission.

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 **non-thesis** option only. No
comprehensive examination is required.

Required:

Measurement and Research/Kinesiology, Allied Health and Human Services, Interdepartmental:		
KAHHS 6290	Research Methods for KAHHS	3
Choose one of the following:		3
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

KINES 6231	Effective Teaching and Behavioral Management in Physical Education	3
KINES 6273	Contemporary and Inclusive Issues in Physical Education	3
KINES 6240	Advanced Adapted Physical Education	3
KINES 6241	Advanced Assessment in Physical Education	3
Non-Thesis Research:		3
KINES 6299	Research	
Electives from the following courses:		6
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

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:

KINES 6231	Effective Teaching and Behavioral Management in Physical Education	3
KINES 6240	Advanced Adapted Physical Education	3
KINES 6241	Advanced Assessment in Physical Education	3
KINES 6273	Contemporary and Inclusive Issues in Physical Education	3
Total Hours		12

Certificate in Corporate Fitness

Required:

Physical Education:

KINES 2050	Anatomy and Physiology of Human Movement	3
KINES 3153	Physiology of Exercise	3
KINES 3156	Fitness Assessment and Programming	3
Public Health:		
PH 3640/5640	Worksite Health Promotion	3
Electives (choose one from the following):		3
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.

Certificate in Exercise Science for Health Professionals

This certificate in Exercise Science for Health Professionals provides undergraduate students with knowledge about planning and designing exercise programs for special populations such as older adults, children, obesity, diabetes, CVD, cancer, anxiety, depression, osteoporosis, multiple sclerosis, COPD, PAD, arthritis, and musculoskeletal injuries.

Required:

KINES 2050	Anatomy and Physiology of Human Movement	3
KINES 3151	Biomechanics	3
KINES 3153	Physiology of Exercise	3
KINES 3160	Exercise for Clinical Populations	3
Total Hours		12

Kinesiology and Exercise Science, B.A.

Outcome 1 - Program content Knowledge and Skills: Students can describe and apply concepts and principles of human movement.

Outcome 2 - Communication: Students can demonstrate effective verbal and written communication, as appropriate to Exercise Science.

Outcome 3 - Critical Thinking: Students can critically analyze and apply theory and human movement concepts to professional experiences.

Physical Education Teaching, B.A.

Outcome 1 - Critical Thinking: Students will demonstrate critical thinking through the ability to evaluate, analyze, and integrate information from a variety of sources in order to develop reasoned positions and solutions to problems.

Outcome 2 - Communication: Students will display competence in oral communication during physical education teaching experiences.

Outcome 3 - Content Knowledge: Students will demonstrate discipline-specific knowledge and skills in their major fields of study.

Kinesiology and Sport Performance, M.A.

NEED LEARNING OUTCOMES

Physical Education: Pedagogy, M.A.

Outcome 1 - Program content Knowledge and Skills: Students can apply best practice knowledge to profession specific contexts in the fields of Exercise Science or Physical Education.

Outcome 2 - Critical Thinking: Students can conduct research, integrate information from a variety of scientific sources and critically draw relevant conclusions in the culminating research project.

Outcome 3 - Communication: Students can demonstrate competence in oral and written communication, as appropriate for Exercise Science or Physical Education Pedagogy.

Kinesiology and Exercise Science, B.A.

This is a sample plan of study with a suggested sequencing of classes for the major. University electives may be applied to earn additional academic majors, minors, or certificates. Students should regularly meet with their academic advisor to plan their specific semester schedule to include UNIFI/General Education program and/or university elective hours required.

Course	Title	Hour
Freshman		
Fall		
UNIFI/General Education or University Electives		15
	Hours	15
Spring		
UNIFI/General Education or University Electives		15
	Hours	15
Sophomore		
Fall		
KINES 2053	Physical Activity and Nutrition for Health and Fitness	3
UNIFI/General Education or University Electives		13
	Hours	16
Spring		
KINES 2050	Anatomy and Physiology of Human Movement (C- or higher required)	3
UNIFI/General Education or University Electives		12
	Hours	15
Junior		
Fall		
AT 1018	Prevention and Care of Athletic Injuries	2
KINES 2056	Motor Learning and Development	3
Select one of the following: KINES 2025, KINES 3122, KINES 3125, PEMES 3186, KINES 4152		3
UNIFI/General Education or University Electives		8
	Hours	16
Spring		
KINES 3153	Physiology of Exercise	3
KINES 3163	Career and Professional Development	3
KINES 3121	Sociology and Psychology of Physical Activity	3
KINES 3154	Psychological Skills for Sport Participants	3

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UNIFI/General Education or University Electives		4
Hours		16
Senior		
Fall		
KINES 3156	Fitness Assessment and Programming	3
KINES 3151	Biomechanics (or KINES 3158 Clinical Biomechanics)	3
KINES 3157	Sports Nutrition	3
UNIFI/General Education or University Electives		6
Hours		15
Spring		
KINES 3155/5155	Exercise Physiology: Applications for Health and Human Performance	3
KINES 3192	Internship in Kinesiology	4
KINES 3191	Senior Project	2
UNIFI/General Education or University Electives		3
Hours		12
Total Hours		120