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)

- **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.

Required core:

**Physical Education Movement and Exercise Science:**

- PEMES 2050 (420:050) Anatomy and Physiology of Human Movement
- PEMES 2053 (420:053) Physical Activity and Nutrition for Health and Fitness
- PEMES 2056 (420:056) Introduction to Motor Behavior
- PEMES 3121 (420:121) Sociology and Psychology of Physical Activity
- PEMES 3151 (420:151) Biomechanics
- or PEMES 3158 (420:158) Clinical Biomechanics
- PEMES 3153 (420:153) Physiology of Exercise

- PEMES 3154 (420:154) Psychological Skills for Sport Participants
- PEMES 3155/5155 (420:155g) Exercise Physiology: Applications for Health and Human Performance
- PEMES 3156 (420:156) Fitness Assessment and Programming
- PEMES 3157 (420:157) Sports Nutrition
- PEMES 3163 Career and Professional Development

Select a minimum of 6 hours from the following:

- PEMES 3191 (420:191) Senior Project
- PEMES 3193 (420:193) Research Experiences
- PEMES 3197 (420:197) Internship in Physical Education
- PEMES 4194 (420:194) Senior Thesis

**Studies in Physical Education:**

- PEMES 3186 ("Studies in", 3 hrs.)

**Total Hours:** 42

* 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:**

**Physical Education:**

- **Athletic Core:**
  - AT 1018 (42T:018) Prevention and Care of Athletic Injuries

- **Physical Education Movement and Exercise Science:**
  - PEMES 2050 (420:050) Anatomy and Physiology of Human Movement
  - PEMES 2053 (420:053) Physical Activity and Nutrition for Health and Fitness
  - PEMES 2056 (420:056) Introduction to Motor Behavior
  - PEMES 3121 (420:121) Sociology and Psychology of Physical Activity
  - PEMES 3151 (420:151) Biomechanics
  - or PEMES 3158 (420:158) Clinical Biomechanics
  - PEMES 3153 (420:153) Physiology of Exercise

- **Psychological Skills for Sport Participants:**
  - PEMES 3154 (420:154)

- **Exercise Physiology: Applications for Health and Human Performance:**
  - PEMES 3155/5155 (420:155g)

- **Fitness Assessment and Programming:**
  - PEMES 3156 (420:156)

- **Sports Nutrition:**
  - PEMES 3157 (420:157)

- **Career and Professional Development:**
  - PEMES 3163

Select a minimum of 6 hours from the following:

- **Senior Project:**
  - PEMES 3191 (420:191)

- **Research Experiences:**
  - PEMES 3193 (420:193)

- **Internship in Physical Education:**
  - PEMES 3197 (420:197)

- **Senior Thesis:**
  - PEMES 4194 (420:194)
**Department of Kinesiology**

PEMES 2050 (420:050) Anatomy and Physiology of Human Movement 3
PEMES 2053 (420:053) Physical Activity and Nutrition for Health and Fitness 3
PEMES 2056 (420:056) Introduction to Motor Behavior 3
PEMES 3121 (420:121) Sociology and Psychology of Physical Activity 2
PEMES 3151 (420:151) Biomechanics 3
PEMES 3153 (420:153) Physiology of Exercise 3

Pedagogical content:

Physical Education:
- PEMES 2030 Teaching Physical Education For Learning 2
- PEMES 2031 Teaching Physical Education with Technology 3
- PEMES 3174 (420:174) Assessment Processes in Physical Education 3
- PEMES 3176 (420:176) Administration and Curriculum Development in Physical Education 3
- PEMES 4152/5152 (420:152g) Adapted Physical Education 3
- PEMES 4172 Elementary Physical Education Teaching Methods 3
- PEMES 4173 Secondary Physical Education Teaching Methods 3

Skill and Activity content:

Physical Education:
- PEMES 2015 (420:015) Teaching Team/Individual Sports 3
- PEMES 2016 (420:016) Teaching Lifetime Activities 3
- PEMES 2019 First Aid and CPR for Physical Educators 1
- PEMES 2021 (420:021) Teaching Movement and Rhythmic Activities for Children 3

**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**

**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:**

**Educational Psychology:**
- EDPSYCH 2030 Dynamics of Human Development (200:030)
- or PSYCH 2202 Developmental Psychology (400:120) 3

**Athletic Training:**
- AT 1018 (42T:018) Prevention and Care of Athletic Injuries 3
- AT 1019 (42T:019) Prevention and Care Laboratory 3

**Physical Education:**
- PEMES 2025 Conditioning Theory and Practice (420:025) 10-11
- PEMES 2050 Anatomy and Physiology of Human Movement (420:050) 2
- PEMES 3118 Practicum in Coaching (1-2 hours) (420:118) 3
- PEMES 3122 Psycho-Social Aspects of Competitive Sport (420:122) 3
- PEMES 4217/5217 Organization and Administration of Competitive Sports (420:127g) 3

**Electives from the following:** 4-6

**Physical Education:**
- PEMES 3101 Advanced Skill and Coaching Theory -- Baseball/Softball (420:101) 3
- PEMES 3102 Advanced Skill and Coaching Theory -- Basketball (420:102) 3
- PEMES 3104 Advanced Skill and Coaching Theory -- Football (420:104) 3
- PEMES 3107 Advanced Skill and Coaching Theory -- Soccer (420:107) 3
- PEMES 3111 Advanced Skill and Coaching Theory -- Track and Field (420:111) 3
- PEMES 3112 Advanced Skill and Coaching Theory -- Volleyball (420:112) 3
- PEMES 3113 Advanced Skill and Coaching Theory -- Wrestling (420:113) 3

**Total Hours** 20-23

**Note:** Students in teaching majors will complete EDPSYCH 2030 (200:030) within the Professional Education Requirements. PEMES 3118 (420:118) (Practicum) must be completed prior to student teaching.

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

**Kinesiology**
- PEMES 3125 **11**  
  Introduction to Sport Administration
- PEMES 3126 **3**  
  Sport Marketing
- PEMES 3197 (420:197) **3**  
  Internship in Physical Education (The Sport Administration minor requires a minimum of 3 hours of internship. Prerequisite: Completion of all required coursework for the Minor with a 2.5 GPA.)

Select one of the following two courses:
- PEMES 3121 (420:121) **3**  
  Sociology and Psychology of Physical Activity
- PEMES 3122 (420:122) **3**  
  Psycho-Social Aspects of Competitive Sport

**Electives:**
- COMM PR 4858/5858 **6**  
  Sports Public Relations

**Marketing**
- MKTG 2110 (130:101) **3**  
  Principles of Marketing

**Leisure, Youth and Human Services**
- LYHS 3130 **3**  
  Marketing in Leisure, Youth and Human Services
- LYHS 3777/5777 **3**  
  Special Events Management
- LYHS 4310/5310 **3**  
  Areas and Facilities in Leisure, Youth and Human Services
- LYHS 4776/5776 (430:170g) **3**  
  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 (420:231) **3**  
  Organization and Administration of Competitive Sports

**Total Hours** **20**

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**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 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 200/600 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:
  - KAHHS 6290 **6**  
    Research Methods for KAHHS

Choose one of the following:

**Physical Education:**
- MEASRES 6205 (250:205) **3**  
  Educational Research
- KAHHS 6210 **3**  
  Quantitative Methods in KAHHS
- KAHHS 6215 **3**  
  Qualitative Methods
- PEMES 6230 (420:230) **3**  
  Curriculum Theory and Design in Physical Education
- PEMES 6231 (420:231) **3**  
  Effective Teaching in Physical Education
- PEMES 6273 (420:273) **3**  
  Contemporary Issues in Physical Education and Athletics

**Physical Education:**
- PEMES 6297 (420:297) **2**  
  Practicum

2 hours
Department of Kinesiology

Research: 2 or 6

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>PEMES 6299</td>
<td>Research</td>
</tr>
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Thesis option (6 hrs.)

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title</th>
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<tbody>
<tr>
<td>PEMES 6222</td>
<td>Sport Psychology</td>
</tr>
<tr>
<td>PEMES 6251</td>
<td>Advanced Biomechanics</td>
</tr>
<tr>
<td>PEMES 6255</td>
<td>Motor Control and Learning</td>
</tr>
<tr>
<td>PEMES 6285</td>
<td>Readings in Physical Education</td>
</tr>
<tr>
<td>PEMES 6289</td>
<td>Seminar in Physical Education (maximum 12 hours on different topics)</td>
</tr>
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</table>

Non-thesis option (2 hrs.)

Electives from the following courses: 7 or 11

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>PEMES 6222</td>
<td>Sport Psychology</td>
</tr>
<tr>
<td>PEMES 6251</td>
<td>Advanced Biomechanics</td>
</tr>
<tr>
<td>PEMES 6255</td>
<td>Motor Control and Learning</td>
</tr>
<tr>
<td>PEMES 6285</td>
<td>Readings in Physical Education</td>
</tr>
<tr>
<td>PEMES 6289</td>
<td>Seminar in Physical Education (maximum 12 hours on different topics)</td>
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Thesis option (7 hrs.)

<table>
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<tbody>
<tr>
<td>PEMES 6299</td>
<td>Research</td>
</tr>
</tbody>
</table>

Non-thesis option (Students selecting the non-thesis option will take 3 hours of research AND 3 hours of practicum)

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title</th>
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<tbody>
<tr>
<td>PEMES 6297</td>
<td>Practicum (Required course for students selecting the non-thesis option)</td>
</tr>
</tbody>
</table>

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:

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title</th>
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<tbody>
<tr>
<td>PEMES 2011</td>
<td>Fundamental Physical Activities -- Aquatics</td>
</tr>
<tr>
<td>PEMES 2019</td>
<td>First Aid and CPR for Physical Educators</td>
</tr>
<tr>
<td>PEMES 2060</td>
<td>Lifeguard Training and Instruction</td>
</tr>
<tr>
<td>PEMES 3120</td>
<td>Certified Pool Operators</td>
</tr>
<tr>
<td>PEMES 3133</td>
<td>Wksp: Certified Pool Operators Training</td>
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Leisure, Youth and Human Services:

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title</th>
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<tbody>
<tr>
<td>LYHS 2110</td>
<td>Foundations of Community Parks and Recreation</td>
</tr>
<tr>
<td>LYHS 3120</td>
<td>Programming for Leisure, Youth and Human Services</td>
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Electives: 4 hours as approved by advisor, selected from the following:

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title</th>
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<tbody>
<tr>
<td>KAHHS 1030</td>
<td>Water Sports Lab*</td>
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Dimensions of Wellbeing:

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title</th>
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<tbody>
<tr>
<td>PEMES 1A39</td>
<td>(420:A39) (Canoeing)</td>
</tr>
<tr>
<td>PEMES 1A66</td>
<td>(420:A66) (Skin &amp; Scuba Diving)</td>
</tr>
<tr>
<td>PEMES 3140</td>
<td>Practicum (Special Needs Swim Lessons )</td>
</tr>
<tr>
<td>PEMES 3168</td>
<td>Assisting in Physical Activity and Wellness</td>
</tr>
<tr>
<td>PEMES 3186</td>
<td>(420:186) (Studies in PE: Lifeguard Instructor Training)</td>
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</table>
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.

Movement and Exercise Science, B.A.

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Hour</th>
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<tr>
<td><strong>Freshman</strong></td>
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<tr>
<td>Fall</td>
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<tr>
<td>Liberal Arts Core</td>
<td></td>
<td>15</td>
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<tr>
<td></td>
<td>Hours</td>
<td>15</td>
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<tr>
<td><strong>Spring</strong></td>
<td></td>
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<tr>
<td>KAHHS 1020</td>
<td>Dimensions of Wellbeing Lecture (counts toward LAC)</td>
<td>1</td>
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<tr>
<td>KAHHS 1030</td>
<td>Dimensions of Wellbeing Lab (counts toward LAC)</td>
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<tr>
<td>PSYCH 1001 (400:001)</td>
<td>Introduction to Psychology (counts toward LAC)</td>
<td>3</td>
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<tr>
<td>Liberal Arts Core</td>
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<td>9</td>
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<tr>
<td></td>
<td>Hours</td>
<td>14</td>
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<tr>
<td><strong>Sophomore</strong></td>
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<td>Fall</td>
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<tr>
<td>PEMES 2053 (420:053)</td>
<td>Physical Activity and Nutrition for Health and Fitness</td>
<td>3</td>
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<td>Liberal Arts Core / Minor / University Electives</td>
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<td></td>
<td>Hours</td>
<td>16</td>
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<tr>
<td><strong>Spring</strong></td>
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<tr>
<td>PEMES 2050 (420:050)</td>
<td>Anatomy and Physiology of Human Movement (C- or higher required)</td>
<td>3</td>
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<td>Liberal Arts Core / Minor / University Electives</td>
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<td></td>
<td>Hours</td>
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<tr>
<td><strong>Junior</strong></td>
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<td>Fall</td>
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<tr>
<td>AT 1018 (42T:018)</td>
<td>Prevention and Care of Athletic Injuries</td>
<td>2</td>
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<td>AT 1019 (42T:019)</td>
<td>Prevention and Care Laboratory (coaching minors only)</td>
<td>1</td>
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<tr>
<td>PEMES 2056 (420:056)</td>
<td>Introduction to Motor Behavior</td>
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<td>PEMES 3186 Studies in PE (any topic)</td>
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<td>Liberal Arts Core / Minor / University Electives</td>
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<td></td>
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<tr>
<td><strong>Spring</strong></td>
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<tr>
<td>PEMES 3121 (420:121)</td>
<td>Sociology and Psychology of Physical Activity</td>
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<td>PEMES 3153 (420:153)</td>
<td>Physiology of Exercise</td>
<td>3</td>
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<td>PEMES 3154 (420:154)</td>
<td>Psychological Skills for Sport Participants</td>
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<td>Career and Professional Development</td>
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<td></td>
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<td><strong>Senior</strong></td>
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<td>Fall</td>
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<tr>
<td>PEMES 3156 (420:156)</td>
<td>Fitness Assessment and Programming</td>
<td>3</td>
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<td>PEMES 3151 (420:151)</td>
<td>Biomechanics (or PEMES 3158 Clinical Biomechanics)</td>
<td>3</td>
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<tr>
<td>PEMES 3157 (420:157)</td>
<td>Sports Nutrition</td>
<td>3</td>
</tr>
<tr>
<td>Liberal Arts Core / Minor / University Electives</td>
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<td></td>
</tr>
<tr>
<td></td>
<td>Hours</td>
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