Effective July 1, 2018 the School of Kinesiology, Allied Health and Human Services restructured into two departments - the Department of Kinesiology and the Department of Health, Recreation and Community Services. 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
  - Physical Education-Teaching

- **Minors**
  - Coaching

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

- **Program Certificate**
  - Aquatics Specialization (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. 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.

A student who is completing both emphases in this Movement and Exercise Science major is required to complete 12 hours in the internship/senior project/research experiences/senior thesis area.

Required core:

<table>
<thead>
<tr>
<th>Physical Education</th>
<th>19</th>
</tr>
</thead>
<tbody>
<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>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Undergraduate Majors (B.A.)</th>
<th>6</th>
</tr>
</thead>
<tbody>
<tr>
<td>PEMES 3151 (420:151)</td>
<td>Introductory Biomechanics</td>
</tr>
<tr>
<td>PEMES 3153 (420:153)</td>
<td>Physiology of Exercise</td>
</tr>
<tr>
<td>PEMES 3163</td>
<td>Career and Professional Development</td>
</tr>
</tbody>
</table>

Physical Education (select a minimum of 6 hours from the following):

<table>
<thead>
<tr>
<th>Undergraduate Majors (B.A.)</th>
<th>12</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>

Choose one of the following emphases:

- **Emphasis 1 - Exercise Science:**
  - Physical Education:
    - 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 3186 ("Studies in", 3 hrs.)

- **Emphasis 2 - Sport Psychology:**
  - Physical Education:
    - PEMES 3155/5155 (420:155g)
    - Exercise Physiology: Applications for Health and Human Performance
  - PEMES 3156 (420:156)
    - Fitness Assessment and Programming
  - PEMES 3186 ("Studies in", 1-6 hrs.)

**Total Hours:** 39

* This emphasis prepares students with a broad background in exercise science with the ability to implement individual and group exercise and fitness programs, strength and power development, and as a preparation for graduate study in exercise science.
** This emphasis provides a broad education in sport psychology and is designed to prepare students interested in pursuing careers in coaching, youth sport, as a sport teaching professional, motivational trainer, or for advanced studies in coaching. Students in this emphasis are strongly encouraged to complete a coaching minor.

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.

To continue in the program and take 3000-level courses and above, a student must have a C- or better in PEMES 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.

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**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>17</th>
</tr>
</thead>
<tbody>
<tr>
<td>PEMES 2050 (420:050)</td>
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<td>PEMES 3151 (420:151)</td>
<td>Introductory Biomechanics</td>
</tr>
<tr>
<td>PEMES 3153 (420:153)</td>
<td>Physiology of Exercise</td>
</tr>
</tbody>
</table>

Pedagogical content: 19

<table>
<thead>
<tr>
<th>Physical Education:</th>
<th>19</th>
</tr>
</thead>
<tbody>
<tr>
<td>PEMES 2030</td>
<td>Teaching Physical Education For Learning</td>
</tr>
<tr>
<td>PEMES 2031</td>
<td>Teaching Physical Education with Technology</td>
</tr>
<tr>
<td>PEMES 3173 (420:173)</td>
<td>Teaching Methods Block</td>
</tr>
<tr>
<td>PEMES 3174 (420:174)</td>
<td>Assessment Processes in Physical Education *</td>
</tr>
<tr>
<td>PEMES 3176 (420:176)</td>
<td>Administration and Curriculum Development in Physical Education</td>
</tr>
<tr>
<td>PEMES 4152/5152 (420:152g)</td>
<td>Adapted Physical Education *</td>
</tr>
</tbody>
</table>

Skill and Activity content: 11

<table>
<thead>
<tr>
<th>Physical Education:</th>
<th></th>
</tr>
</thead>
</table>

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* 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:** 3
- EDPSYCH 2030 (200:030) Dynamics of Human Development

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

**Physical Education:** 10
- PEMES 2024 (420:024) Anatomy and Kinesiology
- PEMES 2025 (420:025) Conditioning Theory and Practice
- PEMES 3118 (420:118) Practicum in Coaching
- PEMES 3122 (420:122) Psycho-Social Aspects of Competitive Sport
- PEMES 4217/5217 (420:127g) Organization and Administration of Competitive Sports

Electives from the following: 4-6

- PEMES 3101 (420:101) Advanced Skill and Coaching Theory -- Baseball
- PEMES 3102 (420:102) Advanced Skill and Coaching Theory -- Basketball
- PEMES 3104 (420:104) Advanced Skill and Coaching Theory -- Football
- PEMES 3107 (420:107) Advanced Skill and Coaching Theory -- Soccer
- PEMES 3108 (420:108) Advanced Skill and Coaching Theory -- Softball
- PEMES 3111 (420:111) Advanced Skill and Coaching Theory -- Track and Field
- PEMES 3112 (420:112) Advanced Skill and Coaching Theory -- Volleyball
- PEMES 3113 (420:113) Advanced Skill and Coaching Theory -- Wrestling

**Physical Education:**

Total Hours 20-22

**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.

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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.

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 minimum of 30 semester hours is required for both options. Additional hours may be required if, upon entering the graduate program, the student needs prerequisites. Total hours for the thesis option includes 6 hours of PEMES 6299 (420:299) Research. Total hours for the non-thesis option includes 2 hours of PEMES 6299 (420:299) Research for a research paper. 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: 6
  - MEASRES 6205 (250:205) Educational Research
  - KAHHS 6210 Quantitative Methods in KAHHS
  - KAHHS 6215 Qualitative Methods
- PEMES 6297 (420:297) Practicum 2 hours
- 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:**

- PEMES 6297 (420:297) Practicum 2 hours
- PEMES 6299 (420:299) Research
  - Thesis option (6 hrs.)
  - Non-thesis option (2 hrs.)

Electives from the following courses: 7 or 11
### Department of Kinesiology

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>PEMES 6222 (420:222)</td>
<td>Sport Psychology</td>
<td>3</td>
</tr>
<tr>
<td>PEMES 6251 (420:251)</td>
<td>Biomechanics</td>
<td>3</td>
</tr>
<tr>
<td>PEMES 6255 (420:255)</td>
<td>Motor Control and Learning</td>
<td>3</td>
</tr>
<tr>
<td>PEMES 6285 (420:285)</td>
<td>Readings in Physical Education</td>
<td>3</td>
</tr>
<tr>
<td>PEMES 6289 (420:289)</td>
<td>Seminar in Physical Education (maximum 12 hours on different topics)</td>
<td>3</td>
</tr>
</tbody>
</table>

**Thesis option (7 hrs.)**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
</tr>
</thead>
</table>

**Non-thesis option (11 hrs.)**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
</tr>
</thead>
</table>

**Total hours 30**

### 2. Kinesiology Emphasis:

This emphasis is designed for those who wish to concentrate their study in one of the subdisciplines of Kinesiology. The major offers two focus areas. The Exercise Science and Sports Performance Focus is available on the thesis and non-thesis option. The Coaching and Sport Education Focus is offered as a non-thesis option only. A minimum of 21 hours, exclusive of PEMES 6299 (420:299) credit, must be at the 200/6000-level.

#### Exercise Science and Sports Performance Focus:

**Required:**

- **Physical Education:**
  - PEMES 6215 (420:251) Biomechanics (3)
  - PEMES 6225 (420:255) Motor Control and Learning (3)
  - PEMES 6260 (420:260) Laboratory Instrumentation and Test Interpretation (3)

- **Kinesiology, Allied Health and Human Services, Interdepartmental:**
  - KAHHS 6120 Quantitative Methods in KAHHS (or equivalent) (3)
  - KAHHS 6290 Research Methods for KAHHS (3)

- **Physical Education:**
  - PEMES 6289 (420:289) Seminar in Physical Education (maximum 12 hours on different topics) (3)

- **Research:**
  - PEMES 6299 (420:299) Research (3)

**Electives from the following courses:**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>PEMES 6222 (420:222)</td>
<td>Sport Psychology</td>
<td>3</td>
</tr>
<tr>
<td>PEMES 6255 (420:255)</td>
<td>Motor Control and Learning</td>
<td>3</td>
</tr>
<tr>
<td>PEMES 6271 (420:271)</td>
<td>Cardiovascular Physiology</td>
<td>3</td>
</tr>
<tr>
<td>PEMES 6285 (420:285)</td>
<td>Readings in Physical Education</td>
<td>3</td>
</tr>
<tr>
<td>PEMES 6289 (420:289)</td>
<td>Seminar in Physical Education (maximum 6 hours in addition to required hours on different topics)</td>
<td>3</td>
</tr>
<tr>
<td>PEMES 6297 (420:297)</td>
<td>Practicum</td>
<td>3</td>
</tr>
</tbody>
</table>

**Total hours 30**

#### Coaching and Sport Education Focus:

**Required:**

- **Physical Education:**
  - PEMES 6222 (420:222) Sport Psychology (3)
  - PEMES 6255 (420:255) Motor Control and Learning (3)
  - PEMES 6273 (420:273) Contemporary Issues in Physical Education and Athletics (3)
  - PEMES 6297 (420:297) Practicum (3)

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

- **Physical Education:**
  - PEMES 6289 (420:289) Seminar in Physical Education (3)
  - PEMES 6293 (420:293) Research Experience in Physical Education (3)

- **Research:**
  - PEMES 6299 (420:299) Research (3)

**Electives from the following courses:**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>PEMES 6253 (420:253)</td>
<td>Advanced Exercise Physiology</td>
<td>3</td>
</tr>
<tr>
<td>PEMES 6260 (420:260)</td>
<td>Laboratory Instrumentation and Test Interpretation</td>
<td>3</td>
</tr>
<tr>
<td>PEMES 6271 (420:271)</td>
<td>Cardiovascular Physiology</td>
<td>3</td>
</tr>
<tr>
<td>PEMES 6285 (420:285)</td>
<td>Readings in Physical Education</td>
<td>3</td>
</tr>
<tr>
<td>PEMES 6289 (420:289)</td>
<td>Seminar in Physical Education</td>
<td>3</td>
</tr>
<tr>
<td>PEMES 6293 (420:293)</td>
<td>Research Experience in Physical Education</td>
<td>3</td>
</tr>
<tr>
<td>PEMES 6297 (420:297)</td>
<td>Practicum</td>
<td>3</td>
</tr>
<tr>
<td>PSYCH 3303/5303</td>
<td>Health Psychology</td>
<td>3</td>
</tr>
<tr>
<td>PSYCH 3403/5403</td>
<td>Abnormal Psychology</td>
<td>3</td>
</tr>
<tr>
<td>PSYCH 3502/5502</td>
<td>Motivation and Emotion</td>
<td>3</td>
</tr>
<tr>
<td>POSTSEC 6270 (170:270)</td>
<td>College Student Development</td>
<td>3</td>
</tr>
</tbody>
</table>

**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.

**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:**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>PEMES 2011</td>
<td>Fundamental Physical Activities -- Aquatics</td>
<td>1 hr</td>
</tr>
<tr>
<td>PEMES 2060</td>
<td>Lifeguard Training and Instruction</td>
<td>1 hr</td>
</tr>
<tr>
<td>PEMES 2061</td>
<td>Water Safety Instruction</td>
<td>1 hr</td>
</tr>
<tr>
<td>PEMES 3120</td>
<td>Certified Pool Operators</td>
<td>1 hr</td>
</tr>
</tbody>
</table>

**Leisure, Youth and Human Services:**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>LYHS 3060</td>
<td>Programming for Leisure, Youth and Human Services</td>
<td>1 hr</td>
</tr>
</tbody>
</table>

Electives: 5 hours as approved by advisor, selected from the following:

**Physical Education:**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>PEMES 1A39</td>
<td>(420:039) Canoeing, 1 hr.</td>
<td></td>
</tr>
<tr>
<td>PEMES 1A66</td>
<td>(420:066) Skin &amp; Scuba Diving, 2 hrs.</td>
<td></td>
</tr>
<tr>
<td>PEMES 3168</td>
<td>Assisting in Physical Activity and Wellness</td>
<td></td>
</tr>
<tr>
<td>PEMES 3186</td>
<td>(Studies in PE: Coaching Swimming, 2 hrs.)</td>
<td></td>
</tr>
<tr>
<td>PEMES 3186</td>
<td>(Studies in Small Craft Safety/Water Rescue, 1 hr.)</td>
<td></td>
</tr>
<tr>
<td>PEMES 3186</td>
<td>(Studies in Physical Education: Lifeguard Training, 1 hr.)</td>
<td></td>
</tr>
</tbody>
</table>

**Leisure, Youth and Human Services:**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>LYHS 4115/5115</td>
<td>Areas and Facilities for Leisure, Youth and Human Services</td>
<td></td>
</tr>
</tbody>
</table>

**Total Hours**

18

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**Kinesiology, Allied Health, and Human Services, 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 wellbeing 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)

**KAHHS 2045. Health and Physical Education for Elementary Teachers — 3 hrs.**

Methods and materials in health education and physical education appropriate for children. No credit for students with credit in HPE 3135 or 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 and Spring)

**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)

**KAHHS 6290. Research Methods for KAHHS — 3 hrs.**

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)
Department of Kinesiology

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 and minors in Physical Education. (Fall and Spring)

Primarily for majors in Physical Education-Teaching and for minors in Dance and Physical Education-Elementary Teaching. (Variable)

PEMES 2015 (420:015). Lifetime Activities I — 1 hr.
Primarily for majors and minors in Physical Education. (Fall and Spring)

PEMES 2016 (420:016). Lifetime Activities II — 1 hr.
Primarily for majors and minors in Physical Education. (Fall and Spring)

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

Attention to the skeleton, the muscular system, and to joint construction. Application to analysis of skills and techniques used in coaching. (For coaching minors.) No credit for students with credit in PEMES 2050 (420:050) and PEMES 3151 (420:151). (Variable)

Theory and practice in training and conditioning of athletes. (Fall and Spring)

PEMES 2030. Teaching Physical Education For Learning — 2 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 and Spring)

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 and Spring)

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. Maximum of 2 hours may be used toward the Dance minor. Prerequisite(s): consent of instructor. (Variable)

Credit for approved choreography for dance performances and productions. May be repeated for credit. Maximum of 2 hours may be used toward the Dance minor. Prerequisite(s): consent of instructor. (Variable)

Teaching methods and experience in activities; 3 periods. No credit for students with credit in HPELS 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.
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. Prerequisite(s) or corequisite(s): PSYCH 1001 (400:001). (Fall and Spring)

American Red Cross material in Basic Water Safety, Emergency Water Safety Lifeguarding, 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. (Fall and Spring)

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. (Spring)

Prerequisite(s): beginning class or equivalent skill. (Variable)

Prerequisite(s): beginning class or equivalent skill. (Fall and Spring)

Prerequisite(s): beginning class or equivalent skill. (Variable)

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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. Practical information for professionals working in either school or non-school settings dealing with persons involved in physical activity. (Fall and Spring)

Introductory philosophical aspects of sport; psychological and sociological dimensions of competitive sport. (Fall and Spring)

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 hr.
Experiences working with elementary, secondary, adapted, or dance students in activities involving movement. May be repeated for a maximum of 4 hours. Prerequisite(s): methods course appropriate to area; consent of instructor. (Fall, Spring, Summer)

Application of principles of mechanics to human movement. Discussion, 2 periods; lab, 2 periods. 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, Spring, Summer)

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 3163. Career and Professional Development — 2 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. 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)

**PEMES 3173 (420:173). Teaching Methods Block — 2-5 hrs.**
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 2051 (420:021); PEMES 2056 (420:056). Physical Education Major-Teaching: EDPSYCH 3148 (200:148); PEMES 2051 (420:021); PEMES 2053 (420:053); PEMES 2056 (420:056); PEMES 3174 (420:174); PEMES 3176 (420:176). (Fall and Spring)

**PEMES 3174 (420:174). Assessment Processes in Physical Education — 3 hrs.**
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)

**PEMES 3176 (420:176). Administration and Curriculum Development in Physical Education — 3 hrs.**
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): admission to teacher education program. (Fall and 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 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 option; current certification in Standard First Aid and Community CPR; consent of Internship Coordinator. (Fall, Spring, Summer)

**PEMES 4152/5152 (420:152g). Adapted Physical Education — 3 hrs.**
Recognition of postural deviations; exercises for specific body parts; understanding specific disabilities; first aid and emergency care; and the modification of physical activities to meet limitations found in school populations. Prerequisite(s): PEMES 3151 (420:151); junior standing. Prerequisite(s) or corequisite(s): TEACHING 3128 (200:128). (Fall and Spring)

**PEMES 4194 (420:194). Senior Thesis — 2-6 hrs.**
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)

**PEMES 4198 (420:198). Independent Study.**
Primarily for majors in physical education. (Fall, Spring, Summer)

**PEMES 4217/5217 (420:127g). Organization and Administration of Competitive Sports — 2 hrs.**
Organization, administration, and management 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 personality, competitiveness, motivation, attention, self-concept, attitudes, competitive anxiety, and goal-setting. Stress management techniques and other psychological skills applicable to the sport setting. (Variable)

**PEMES 6230 (420:230). Curriculum Theory and Design in Physical Education — 3 hrs.**
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 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. Prerequisite(s): undergraduate methods class. (Variable)

**PEMES 6251 (420:251). Biomechanics — 3 hrs.**
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)

**PEMES 6253 (420:253). Advanced Exercise Physiology — 3 hrs.**
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 6260 (420:260). Laboratory Instrumentation and Test Interpretation — 3 hrs.
Experience in exercise physiology laboratory instrumentation for cardiovascular, metabolic, muscular, and respiratory measurements as well as interpretation of test results. Prerequisite(s) or corequisite(s): PEMES 6253 (420:253) or consent of instructor. (Variable)

PEMES 6260 (420:260). Laboratory Instrumentation and Test Interpretation — 3 hrs.
Experience in exercise physiology laboratory instrumentation for cardiovascular, metabolic, muscular, and respiratory measurements as well as interpretation of test results. Prerequisite(s) or corequisite(s): PEMES 6253 (420:253) or consent of instructor. (Variable)

PEMES 6271 (420:271). Cardiovascular Physiology — 3 hrs.
In-depth study of the functioning of the cardiovascular and respiratory systems in the diseased and non-diseased state. Major topics include functional anatomy, cardiorespiratory control, arterial pressure, responses to exercise, electrical activity, and the effects of disease processes. (Same as HPE 6271 (410:271)) (Variable)

Examination and analysis of continuing concerns and issues in the profession. (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)

PEMES 6299 (420:299). Research.
Fee assessed separately for laboratory materials and/or binding of thesis/research paper. May be repeated for maximum of 6 hours. Prerequisite(s): consent of department. (Fall, Spring, Summer)