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:

**Athletic Training:**

- AT 1018 (42T:018) Prevention and Care of Athletic Injuries 2

**Physical Education:**

- PEMES 2050 (420:050) Anatomy and Physiology of Human Movement 19
- 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) Introductory Biomechanics
PEMES 3153 (420:153) Physiology of Exercise
PEMES 3163 Career and Professional Development

**Physical Education (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

Choose one of the following emphases: 12

- **Emphasis 1 - Exercise Science:**
  - 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:**
  - AT 1019 (42T:019) Prevention and Care Laboratory
  - PEMES 3122 (420:122) Psycho-Social Aspects of Competitive Sport
  - PEMES 3154 (420:154) Psychological Skills for Sport Participants

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

- PEMES 2025 (420:025) Conditioning Theory and Practice
- 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.

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: 17

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<thead>
<tr>
<th>Physical Education:</th>
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<tbody>
<tr>
<td>PEMES 2050 (420:050)</td>
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<td>PEMES 2053 (420:053)</td>
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<td>PEMES 2056 (420:056)</td>
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<td>PEMES 3121 (420:121)</td>
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<td>PEMES 3151 (420:151)</td>
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<td>PEMES 3153 (420:153)</td>
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Pedagogical content: 19

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<tr>
<th>Physical Education:</th>
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<tbody>
<tr>
<td>PEMES 2030</td>
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<tr>
<td>PEMES 2031</td>
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<tr>
<td>PEMES 3173 (420:173)</td>
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<td>PEMES 3174 (420:174)</td>
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<td>PEMES 3176 (420:176)</td>
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<tr>
<td>PEMES 4152/5152 (420:152g)</td>
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</tbody>
</table>

* 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 (200:030) Dynamics of Human Development 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 2024 (420:024) Anatomy and Kinesiology 10
- PEMES 2025 (420:025) Conditioning Theory and Practice 10
- PEMES 3118 (420:118) Practicum in Coaching 10
- PEMES 3122 (420:122) Psycho-Social Aspects of Competitive Sport 10
- PEMES 4217/5217 (420:127g) Organization and Administration of Competitive Sports 10

**Electives from the following:**
- PEMES 3101 (420:101) Advanced Skill and Coaching Theory -- Baseball 4-6
- PEMES 3102 (420:102) Advanced Skill and Coaching Theory -- Basketball 4-6
- PEMES 3104 (420:104) Advanced Skill and Coaching Theory -- Football 4-6
- PEMES 3107 (420:107) Advanced Skill and Coaching Theory -- Soccer 4-6
- PEMES 3108 (420:108) Advanced Skill and Coaching Theory -- Softball 4-6
- PEMES 3111 (420:111) Advanced Skill and Coaching Theory -- Track and Field 4-6
- PEMES 3112 (420:112) Advanced Skill and Coaching Theory -- Volleyball 4-6
- PEMES 3113 (420:113) Advanced Skill and Coaching Theory -- Wrestling 4-6

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 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 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: 6
  - KAHHS 6290 Research Methods for KAHHS 6
- Choose one of the following: 6
  - MEASRES 6205 (250:205) Educational Research
  - KAHHS 6210 Quantitative Methods in KAHHS 6
  - KAHHS 6215 Qualitative Methods 6

**Physical Education:**

- PEMES 6230 (420:230) Curriculum Theory and Design in Physical Education 9
- PEMES 6231 (420:231) Effective Teaching in Physical Education 9
- PEMES 6273 (420:273) Contemporary Issues in Physical Education and Athletics 9

**Physical Education:**

- PEMES 6297 (420:297) Practicum 2

**Research:**

- PEMES 6299 (420:299) Research 2 or 6

**Electives from the following courses:**

- 7 or 11
Department of Kinesiology

PEMES 6222 (420:222) Sport Psychology
PEMES 6251 (420:251) Biomechanics
PEMES 6255 (420:255) Motor Control and Learning
PEMES 6285 (420:285) Readings in Physical Education
PEMES 6289 (420:289) Seminar in Physical Education (maximum 12 hours on different topics)

Thesis option (7 hrs.)
Non-thesis option (11 hrs.)
Total hours 30

2. Kinesiology 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: 9
- PEMS 6251 (420:251) Biomechanics
- PEMS 6253 (420:253) Advanced Exercise Physiology
- PEMS 6260 (420:260) Laboratory Instrumentation and Test Interpretation

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

Physical Education: 6
- PEMS 6289 (420:289) Seminar in Physical Education (on different topics)

Research: 2 or 6
- PEMS 6299 (420:299) Research

Thesis option (6 hrs.)
Non-thesis option (11 hrs.)
Electives from the following courses: 3 or 7
- PEMS 6222 (420:222) Sport Psychology
- PEMS 6255 (420:255) Motor Control and Learning
- PEMS 6271 (420:271) Cardiovascular Physiology
- PEMS 6285 (420:285) Readings in Physical Education
- PEMS 6289 (420:289) Seminar in Physical Education (maximum 6 hours in addition to required hours on different topics)
- PEMS 6297 (420:297) Practicum

Total hours 30

Coaching and Sport Education Focus:

Required:
Physical Education: 12
- PEMS 6222 (420:222) Sport Psychology
- PEMS 6255 (420:255) Motor Control and Learning
- PEMS 6273 (420:273) Contemporary Issues in Physical Education and Athletics

- PEMS 6297 (420:297) Practicum

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

Physical Education: 3
Choose one of the following:
- PEMS 6285 (420:285) Readings in Physical Education
- PEMS 6289 (420:289) Seminar in Physical Education
- PEMS 6293 (420:293) Research Experience in Physical Education

Research: 3
- PEMS 6299 (420:299) Research

Non-thesis option (3 hrs.)
Electives from the following courses: 6
- PEMS 6253 (420:253) Advanced Exercise Physiology
- PEMS 6260 (420:260) Laboratory Instrumentation and Test Interpretation
- PEMS 6271 (420:271) Cardiovascular Physiology
- PEMS 6285 (420:285) Readings in Physical Education (maximum 6 hrs. on different topics)
- PEMS 6289 (420:289) Seminar in Physical Education
- PEMS 6293 (420:293) Research Experience in Physical Education
- PEMS 6297 (420:297) Practicum
- PSYCH 3303/5303 (400:154g) Health Psychology
- PSYCH 3403/5403 (400:142g) Abnormal Psychology
- PSYCH 3502/5502 (400:134g) Motivation and Emotion
- POSTSEC 6270 (170:270) College Student Development

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:

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<tr>
<th>Course Code</th>
<th>Course Title</th>
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<tbody>
<tr>
<td>PEMES 2011</td>
<td>Fundamental Physical Activities -- Aquatics</td>
</tr>
<tr>
<td>PEMES 2060</td>
<td>Lifeguard Training and Instruction</td>
</tr>
<tr>
<td>PEMES 2061</td>
<td>Water Safety Instruction</td>
</tr>
<tr>
<td>PEMES 3120</td>
<td>Certified Pool Operators</td>
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Leisure, Youth and Human Services:

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<tr>
<th>Course Code</th>
<th>Course Title</th>
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<tbody>
<tr>
<td>LYHS 2010</td>
<td>Introduction to Leisure, Youth and Human Services</td>
</tr>
<tr>
<td>LYHS 3060</td>
<td>Programming for Leisure, Youth and Human Services</td>
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Electives: 5 hours as approved by advisor, selected from the following:

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

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

Total Hours 18