



Kinesiology – Teacher Certification Program

College of Education

Requirements for Program

The Department of Kinesiology and Health Promotion offers undergraduate courses and degree programs in kinesiology (physical education) and health promotion. These programs support the College of Education's theme of teacher as reflective decision maker. The process of reflective decision-making is imbedded in the departmental philosophy that students learn best through experiencing. The kinesiology program is guided by the standards of the National Association for Sport and Physical Education (NASPE), and the Kentucky New Teacher Standards.

The kinesiology program ensures an understanding of and knowledge about the structure of the physical education and dance disciplines through the content courses of anatomy, physiology, kinesiology, exercise physiology, and nutrition. Application of this knowledge is demonstrated in physical education and dance activities to ensure discipline knowledge for teaching.

The B.A. in Kinesiology requires completion of: (a) the University Studies Program; (b) specified course work in Program Related Studies and Professional Education; (c) one of the kinesiology plans; and (d) a minimum of 128 semester hours. All kinesiology students are encouraged to complete Plan 1, which includes majors in kinesiology and health promotion, so that on graduating they will be qualified to pursue state teaching certification in physical education and health, grades P-12.

Continuous Assessment

1. All students in the kinesiology program are expected to meet the standards and rules for Admission, Retention, and Exit from Teacher Education Programs as set forth in the section "Admission, Retention and Exit from Teacher Education Programs" on page 120 of the 2001-2002 undergraduate Bulletin.

2. The kinesiology program stimulates higher performance goals for high-performing students by offering several modes of performance. Examples are: (a) skills in performing physical activities; (b) skills in writing and oral presentations in theory courses; (c) computer technological skills in some courses; and (d) leadership skills demonstrated by high-performing students who serve as class leaders, peer tutors, and/or assistant instructors.

3. After admittance to the program, students not only must maintain a 2.50 GPA, they must continue to exhibit desirable professional characteristics to remain in the program. Students who demonstrate a lack of commitment, effort, professional behavior, knowledge, or teaching skills may be removed from the program until these characteristics are demonstrated.

Statement on Student Teaching

Students who are majoring in kinesiology will enroll in:

KHP 369 Student Teaching in Physical Education 12

Students who are completing a major in both kinesiology and health promotion will enroll in:

KHP 369 Student Teaching in Physical Education 6

and

KHP 371 Student Teaching in Health Education 6

In this situation, student teaching time will be divided between the high school, middle school, and elementary grades, with student teaching supervision occurring cooperatively between the kinesiology and health promotion faculty.

University Studies (39-53 hours)

*See University Studies Program section of the 2001-2002 undergraduate Bulletin for listing of allowable USP courses.

Program Related Studies Sequence (24-25 hours)

Table with 2 columns: Course Name and Hours. Includes courses like *PSY 100 Introduction to Psychology (4 hours), *SOC 101 Introductory Sociology (3 hours), *BIO 102 Human Ecology (3 hours), *BIO 103 Basic Ideas of Biology (3 hours), *NFS 101 Human Nutrition and Wellness (3 hours), PGY 206 Elementary Physiology (3 hours), KHP 115 Service Course (Gymnastics) (1 hour), KHP 152 Techniques of Swimming (1 hour), or KHP 252 Water Safety Leadership (2 hours). *May be taken for USP credit.

Professional Education Course Sequence (34 hours)

Table with 2 columns: Course Name and Hours. Includes courses like EDP 202 Human Development and Learning (3 hours), EDP 203 Teaching Exceptional Learners in Regular Classrooms (3 hours), EPE 301 Education in American Culture (3 hours), KHP 263 Curriculum Design and Developmental Sports Skills in the Elementary School (3 hours), *KHP 344 Physical Education in the Secondary School (3 hours), *KHP 360 Physical Education in the Elementary School (3 hours), *KHP 361 Field Experiences with Elementary School Children (1 hour), *KHP 362 Field Experiences in Secondary Education (1 hour), *EDC 317 Introduction to Instructional Media (1 hour), *EDA 401 The Professional Teacher: Legal Perspectives (1 hour), *KHP 369 Student Teaching in Physical Education (6-12 hours), *†KHP 371 Student Teaching in Health Education (6 hours).

*These courses require admission to the Teacher Education Program. †Only required for students with a double major in kinesiology and health education.

Majors and Minors (54-69 hours)

Plan 1

Kinesiology Major (36 hours) and Health Promotion Major (33 hours)

Plan 2

Kinesiology Major (36 hours) and one or more university approved minors (18-21 hours). Note: University-approved minors outside of the College of Education must be planned with an advisor in the appropriate college if the student wishes to have the minor appear on his/her transcript.

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Major in Kinesiology (36 hours)

Performance Area Courses (13 hours)

| | Hours |
|--|-------|
| KHP 147 Dance Foundations I | 1 |
| KHP 150 Soccer | 1 |
| KHP 153 Volleyball | 1 |
| KHP 154 Dance Foundations II | 1 |
| KHP 155 Principles of Conditioning | 1 |
| KHP 156 Gymnastics | 1 |
| KHP 157 Track and Field | 2 |
| KHP 159 Tennis | 1 |
| KHP 160 Badminton | 1 |
| KHP 161 Golf | 1 |
| KHP 162 Outdoor Education Through Activities | 1 |
| KHP 163 Team Handball/ New Games | 1 |

Content Area Courses (23 hours)

| | Hours |
|---|-------|
| KHP 200 The History and Philosophy of Physical Education and Sport | 3 |
| KHP 300 Psychology and Sociology of Physical Education and Sport | 3 |
| KHP 390 Dance Activities in the Elementary School | 2 |
| KHP 420G Physiology of Exercise | 3 |
| KHP 445 Introduction to Tests and Measurements | 3 |
| KHP 515 Anatomical and Mechanical Kinesiology | 3 |
| KHP 560 Motor Development in Infants and Young Children | 3 |
| KHP 579 Adapted Physical Education | 3 |

Major in Health Promotion (33 hours)

| | Hours |
|--|-------|
| KHP 430 Methods of Teaching Health Education | 3 |
| KHP 190 First Aid and Emergency Care | 2 |
| KHP 220 Sexuality Education | 2 |
| KHP 222 Drug Education | 2 |
| KHP 230 Human Health and Wellness | 3 |
| KHP 330 Planning and Implementing Health Education Programs | 3 |
| KHP 445 Introduction to Tests and Measurements | 3 |
| NFS 101 Human Nutrition and Wellness | 3 |
| KHP 509 Workshop in Health and Safety (Experiential Health Education) | 3 |
| Choose at least nine hours from the following courses: | |
| KHP 240 Nutrition and Physical Fitness | 3 |
| KHP 395 Independent Work in Health and Safety or Physical Education or Recreation | 3 |
| *KHP 509 Workshop in Health and Safety | 1-3 |
| BSC 331 Behavioral Factors in Health and Disease | 3 |
| FAM 252 Introduction to Family Science | 3 |
| HSM 250 Introductory Epidemiology | 3 |

*May be repeated under different topic names for up to three credit hours.