

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 UK educator preparation unit’s theme of Research and Reflection for Learning and Leading. 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 Teacher Standards.

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

The B.S. in Kinesiology requires completion of: (1) the UK Core requirements; (2) specified course work in Program Related Studies and Professional Education; and (3) one of the kinesiology plans. 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. In addition, students who choose to major in either kinesiology or health promotion **only**, must pick up a university-approved minor, and are only certified to teach in the single discipline selected.

Continuous Assessment

- All kinesiology students are expected to meet the standards and rules for Admission, Retention and Completion from Teacher Education Programs as set forth in the section “Admission, Retention and Completion from Teacher Education Programs” in the *College of Education* section of the *2019-2020 UK Bulletin*.
- 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.
- After admittance to the program, students not only must maintain a 2.75 cumulative 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 **only** 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.

UK Core Requirements

See the *UK Core* section of the *2019-2020 Undergraduate Bulletin* for the complete UK Core requirements. The courses listed below are (a) recommended by the college, or (b) required courses that also fulfill UK Core areas. Students should work closely with their advisor to complete the UK Core requirements.

I. Intellectual Inquiry in Arts and Creativity

Choose one course from approved list 3

II. Intellectual Inquiry in the Humanities

Choose one course from approved list 3

III. Intellectual Inquiry in the Social Sciences

Suggested:

SOC 101 Introduction to Sociology 3

IV. Intellectual Inquiry in the Natural, Physical, and Mathematical Sciences

Suggested:

BIO 103 Basic Ideas of Biology 3

V. Composition and Communication I

CIS/WRD 110 Composition and Communication I 3

VI. Composition and Communication II

CIS/WRD 111 Composition and Communication II 3

VII. Quantitative Foundations

Choose one course from approved list 3

VIII. Statistical Inferential Reasoning

STA 210 Making Sense of Uncertainty:

An Introduction to Statistical Reasoning 3

IX. Community, Culture and Citizenship in the USA

Choose one course from approved list 3

X. Global Dynamics

Choose one course from approved list 3

UK Core hours 30

Graduation Composition and Communication Requirement (GCCR)

KHP 300 Psychology and Sociology of

Physical Education and Sport 3

Graduation Composition and Communication Requirement hours (GCCR) 3

Program Related Studies Sequence (19 hours)

BIO 103 Basic Ideas of Biology 3

PSY 100 Introduction to Psychology 4

SOC 101 Introduction to Sociology 3

KHP 205 Anatomy and Physiology for Health and Physical Education 3

KHP 240 Nutrition and Physical Fitness 3

DHN 101 Human Nutrition and Wellness 3

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Kinesiology – Teacher Certification Program • 2

Professional Education Course Sequence (32 hours)

	Hours
EDP 202 Human Development and Learning	3
EDP 203 Teaching Exceptional Learners in Regular Classrooms	3
KHP 263 Curriculum Design and Developmental Sports Skills in the Elementary School	3
*EDC 317 Introduction to Instructional Media	1
*KHP 344 Physical Education in the Secondary School	3
*KHP 360 Physical Education in the Elementary School	3
*KHP 361 Field Experiences	1
*KHP 369 Student Teaching in Physical Education	6-12
*KHP 371 Student Teaching in Health Education	6
(if double-majoring in kinesiology and health promotion)	
*KHP 430 Methods of Teaching Health Education	3

*These courses require admission to the Teacher Education Program.

Majors and Minors (50-63 hours)

Plan 1

Kinesiology major (33 hours) and Health Promotion major (30 hours)

Plan 2

Kinesiology major (33 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.

Major in Kinesiology (33 hours)

Performance Area Courses (9 hours)

	Hours
KHP 156 Educational Gymnastics	1
KHP 157 Track and Field	1
KHP 210 Introduction to Fitness (Subtitle required)	2
KHP 250 Team Sports (Subtitle required)	2
KHP 260 Individual Sports (Subtitle required)	2
KHP 162 Outdoor Education Through Activities	1

Content Area Courses (24 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 for Schools	2
KHP 415 Biomechanics of Human Movement	4
KHP 420G Physiology of Exercise	3
KHP 445 Introduction to Tests and Measurements	3
KHP 579 Adapted Physical Education	3
EDC 533 Teaching Literacy Across the Disciplines	3

Major in Health Promotion (30 hours)

	Hours
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 270 Introduction to Health Education and Health Promotion	3
KHP 310 Applied Health Education Practice	3
KHP 330 Planning and Implementing Health Education Programs	3
KHP 445 Introduction to Tests and Measurements	3
KHP 590 Advanced Health Concepts	3

Choose at least **six** hours from the following courses:

KHP 240 Nutrition and Physical Fitness	3
KHP 395 Independent Study in Kinesiology and Health Promotion	3
*KHP 509 Workshop in Health and Safety	1-3
BSC 331 Behavioral Factors in Health and Disease	3
FAM 352 Issues in Family Sciences	3
HSM 250 Introductory Epidemiology	3
CPH 201 Introduction to Public Health	3

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

Electives

Electives for 120 total credit hours chosen with the help of an advisor.

TOTAL HOURS **120**