

# UNDERGRADUATE CATALOG 2017–18

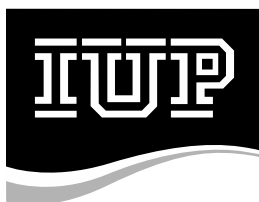
## DEPARTMENT OF KINESIOLOGY, HEALTH, AND SPORT SCIENCE

COLLEGE OF HEALTH AND HUMAN SERVICES

[www.iup.edu/kines](http://www.iup.edu/kines)

This document is a direct extract from the full 2017–18 *Undergraduate Catalog*. As a result, the original page numbering will appear.

For information on other colleges at IUP, or about specific courses, please consult the full 2017–18 catalog, available at [www.iup.edu/registrar/catalog](http://www.iup.edu/registrar/catalog). Earlier catalogs are also available at this web address.



Indiana University of Pennsylvania

## Department of Kinesiology, Health, and Sport Science

**Website:** [www.iup.edu/kines](http://www.iup.edu/kines)

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The Department of Kinesiology, Health, and Sport Science provides the following services:

1. Instruction in health and wellness courses as part of the university's Liberal Studies requirement
2. Instruction in health and physical education courses as physical education course electives
3. An undergraduate program in health and physical education that leads to the bachelor of science in education degree with three programs of study: Teacher Education with potential to earn certification to teach in the Commonwealth of Pennsylvania, Community Health Education, and Recreation and Leisure Studies.
4. Bachelor of science program in physical education and sport, which includes programs in exercise science, pre-athletic training, and sport administration
5. Bachelor of science degree program in athletic training
6. Certification program in driver education

### Required Program—Liberal Studies

The department, through its Health and Wellness course in the Liberal Studies program, seeks to enhance the overall well-being of students through instruction planned to promote and maintain desirable levels of physical, mental, emotional, and social well-being. Self-responsibility in the following dimensions of wellness is emphasized: nutritional awareness, stress awareness and management, exercise and fitness, substance use and abuse, and sexually transmitted diseases/AIDS. The importance of reducing risk factors for chronic degenerative disease and managing lifestyle factors for promotion of health is presented with implications for both the present and future. Information is provided during class lectures and enhanced by a variety of practical learning experiences that give students opportunities for self-assessment and personal application of the subject matter.

In addition, the department offers a variety of 1-credit activity courses focusing on physical fitness and the development of skills essential for recreation and lifetime sports. Instruction may be offered in activities such as golf, resistive exercise, scuba, swimming, and tennis.

The university's Liberal Studies requirements require that each student successfully complete KHSS 143 or its alternates, FDNT 143 or NURS 143. Students may also elect to take 4 credits of the ROTC program (MLSC 101-102) as an alternate to the wellness courses. Activity courses will continue to be offered, although they are no longer required. It is encouraged and recommended that students choose these courses as elective credits.

### Bachelor of Science Degree—Physical Education and Sport

The bachelor of science degree program in physical education and sport (PESP) provides greater emphasis on sport science subject matter/content and less on pedagogy. Students who select this degree program generally apply their knowledge in the areas of exercise science, community and corporate fitness, cardiac rehabilitation, sport industry management, and/or

executive fitness programming. The PESP degree program is a non-teacher certification program. Students pursuing this degree may be required to purchase a personal liability insurance policy and obtain certain clearances before beginning the preprofessional experience, the internship, or any other field experience on or off campus.

Four specialty programs of study have been developed for the degree program in PESP. These programs consist of (1) Physical Education and Sport, (2) Physical Education and Sport—Exercise Science, (3) Physical Education and Sport—Pre-Athletic Training and (4) Physical Education and Sport—Sport Administration. These programs provide students with an innovative, relevant, and challenging curriculum, and at the same time, encourage the promotion of interdisciplinary work. Course content is focused toward specific professions, as well as toward different national credentialing possibilities. Student internships and preprofessional experiences can be more appropriately focused to enhance opportunities for postgraduate employment. Furthermore, these programs provide emphasis in specific subject content areas and teach skills necessary for students to assume leadership roles in careers related to the health fitness industry as well as the sport science industry.

### Exercise Science

IUP's Exercise Science program is accredited by the Committee on Accreditation for the Exercise Sciences under the auspices of the Commission on Accreditation of Allied Health Education Programs. This program provides students with the knowledge, skills, and abilities to seek employment in private and commercial fitness clubs, medical fitness facilities, sport-specific and conditioning facilities, and clinical settings such as cardiac and pulmonary rehabilitation programs. This program has an academic core, specialty classes in exercise assessment, programming, and prescription, and opportunities for work-site experience.

While students may select Exercise Science as one of several tracks in the Kinesiology, Health, and Sport Science Department, students must demonstrate above-average academic performance by maintaining programmatic standards including (1) minimum 2.5 cumulative GPA for transfer students outside and within IUP; (2) a minimum of a "C" grade in major/core exercise science classes, including KHSS 285, 286, 343, 347, 375, 410, 411, 414, 492, and 493; and (3) before graduation, successful completion of an NCCA (National Commission for Certifying Agencies) approved health and fitness certification. Student transcripts will be reviewed each semester by the individual academic advisor and reported to the Exercise Science program coordinator for compliance with the academic requirements. Specific work-site experiences may be contingent upon students' obtaining student liability insurance and selected health clearances such as physical, TB, and drug screening. Purchase of small equipment such as stethoscopes and digital heart rate monitors will be required.

### Pre-Athletic Training

The Pre-Athletic Training Track prepares students for admission into a professional-level masters degree program in Athletic Training. Accelerated program progression allows students who meet eligibility requirements to apply for early admission into IUP's Master of Science program in Athletic Training program. Students will work closely with an advisor to ascertain the likelihood of early admission into graduate school and will be advised to switch into another PESP Track if appropriate. The first four semesters of the Pre-Athletic Training Track align closely with the Exercise Science Track and allows for seamless transition into Exercise Science if early admission requirements are not likely to be met by the end of the sixth semester. The masters degree in athletic training will be implemented beginning Summer 2020.

### Sport Administration

This program prepares students to use a variety of skills to function in a management capacity within the sport industry. Graduates of this program can seek employment in such areas as school and college athletic departments, coaching, community recreation organizations, minor and major league sports franchises, commercial sport facilities, and golf courses, as well as other athletic and sports-related industries. Students acquire management skills that can be used in multiple career tracks. A minor that will enhance their career objectives is encouraged.

## **Bachelor of Science Degree—Athletic Training**

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IUP's Athletic Training program prepares students with the knowledge, skills, and experience to provide prevention, evaluation, acute management, and rehabilitation and/or reconditioning services to professional and amateur athletes and other individuals involved in sports, exercise, and physical activity in general. The program has an academic and a clinical education component. The clinical education component entails a series of sequential laboratory courses and a minimum of four semesters of supervised field experience with the IUP Athletics Department and affiliated clinical sites (sports medicine clinics, physicians' offices/hospitals, high schools, and additional collegiate settings). Students must file an application for admission into the program during their third semester at IUP (fall of their sophomore year). Formal admission into the program is a prerequisite for assignment to clinical field experiences and enrollment in upper-level courses.

Formal admission into the program is competitive, and fulfillment of the minimum eligibility requirements does not guarantee admission. Each year, the program will select a predetermined number of students from the eligible candidate pool based on demonstrated academic achievement and the evaluation of other criteria (letters of recommendation, essay, etc.). The number of candidates admitted each year may vary with the quality of the candidate pool, available clinical experience sites, and available supervision. Students not admitted initially may reapply the following year. The minimum requirements for eligibility are (1) sophomore status (minimum of 36 credits), (2) minimum 2.8 cumulative and major GPA (major GPA for admission is calculated from the courses KHSS 185, 221, 345, and 346), (3) minimum of a "C" grade in KHSS 185, 221, 345, and 346, and (4) a completed application for admission. Additional details and required documentation that must accompany the application (clearances, screenings, directed observation, CPR certification, etc.) are outlined in the *Athletic Training Program Overview* and the Athletic Training program admissions packet. Both documents are readily available from the department office upon request. Once admitted, students must continue to demonstrate above-average academic and clinical performance in order to remain in good standing. Specific program progression and completion standards apply. Students must maintain a minimum 2.8 cumulative and major GPA, obtain a C grade or better in all required major courses, and pass a series of comprehensive examinations. Program retention, completion, and Board of Certification examination endorsement are contingent upon fulfillment of all program requirements. Students must obtain the *Athletic Training Program Overview* document from the department for full details regarding program progression, mediation, retention, and Board of Certification examination endorsement.

*Students will no longer be admitted to the bachelor of science degree program in athletic training after December 2017.*

## **Bachelor of Science in Education Degree—Health and Physical Education**

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The Bachelor of Science in Education—Health and Physical Education provides emphasis on pedagogical content and application. This program prepares students with the knowledge and experience to instruct in various learning environments. Three specialty programs of study have been developed for this degree program, including the K-12 Teacher Education Certification Track and two non-teacher certification tracks, Community Health Education and Recreation and Leisure Studies. These programs provide students with the theory, strategy, and application necessary to work with individuals in various instructional settings. Each program provides an interdisciplinary experience that prepares students for specific career paths as well as multiple credentialing options.

### **K-12 Teacher Education**

The Health and Physical Education Teacher Education program is accredited by the National Council for Accreditation of Teacher Education. Requirements for the bachelor of science in education degree program in health and physical education include the university's Liberal Studies requirements, Professional Education requirements, and the Health and Physical Education core requirements. Upon completion of the degree program and successfully passing the Praxis exam, the student is qualified

for an Instructional I Certificate in Health and Physical Education, issued by the Pennsylvania Department of Education in Harrisburg. This certificate is valid for teaching health and physical education in grades K-12 for three years in the public schools of Pennsylvania. All students seeking Pennsylvania certification must follow the 3-Step Process described in the section "Admission to Teacher Education and Certification" found in the College of Education and Communications section of this catalog.

### **Community Health Education (non-teacher certification)**

This program of study focuses on health promotion and disease prevention through community educational services. This track prepares individuals to develop trainings and implement curriculum focused on better health and educational outcomes. Graduates of this program can seek employment with health and education agencies involved in community-based training and prevention related to HIV/STI/AIDS, obesity, dating violence and bullying, communicable diseases, tobacco, drugs and alcohol, sexual health and/or pregnancy prevention. Students can specialize in several emphasis areas, including Communications, Aging Populations, Nutrition, Physical Activity, Human Service, Child Studies, and Women's and Gender Studies. Graduates will be eligible to sit for the NCHEC's Certified Health Education Specialist (CHES) exam. This track does not lead to K-12 teacher certification. Requirements for the Community Health Education Track include the university's Liberal Studies requirements, the departmental core courses, and the Community Health Education required courses. Students must also maintain a cumulative GPA of 2.7 and a "C" or better in all of the required core courses within this track.

### **Recreation and Leisure Studies (non-teacher certification)**

This program provides students with competencies to plan, implement, and assess recreation and sports programs in a variety of settings, including adapted sport programs, youth leagues, city parks and recreation departments, adventure travel and tourism, and commercial recreation facilities. Students can focus on several emphasis areas including aquatics, special populations, coaching, and dance. This program provides graduates with the prerequisite knowledge necessary to sit for the National Recreation and Parks Association Certified Parks and Recreational Professional (CPRP) examination. Graduates interested in qualifying for the CPRP exam must also obtain no less than one year of full-time experience in the field. This track does not lead to K-12 teacher certification. Requirements for the Recreation and Leisure Studies Track include the university's Liberal Studies requirements, the departmental core courses, and the Recreation and Leisure Studies required courses. Students must also maintain a cumulative GPA of 2.7 and a "C" or better in all of the required core courses within this track.

### **Community Health Minor**

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The Community Health minor will help prepare students who desire to work in programs that communicate and advocate for health and health education services. This minor would be of interest to sociology, child development and family relations, food and nutrition, and allied health majors who are interested in working with targeted populations on making healthy behavior changes through planned instruction and outreach.

### **Sport Management Minor**

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This minor is recommended for students majoring in related disciplines such as exercise science, health and physical education, athletic training, accounting, communications media, economics, finance, human resource management, management, and marketing and for students who have a personal interest in sport management. It provides students with the necessary skills to work in management within the sport industry.

### **Athletic Coaching Certificate**

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This certificate is recommended for students majoring in disciplines such as exercise science, health and physical education, athletic training, and education and for students who have a personal interest in coaching as a profession. It provides students with the necessary skills to work in the athletic coaching industry. Students will have a chance to earn a variety of certifications, including ASEP Coaching Certification, Certified Disability Sport Specialist, Certified Special Olympics Coach.

## Driver Education

Candidates for the driver education certification must possess, or be a candidate for, a valid Pennsylvania certificate in any area of certification. A student must currently complete the following four courses: KHSS 251, 252, 353, and 354. Students must request the certificate in driver education when they apply for graduation. For students who have already graduated, contact the Office of the Dean, College of Education and Communications, for correct procedures.

## Health and Physical Education Core

The Health and Physical Education curriculum identifies a required core of studies that emphasizes a body of knowledge relevant to the study of professional health and physical education, as well as the study of physical education and sport. Courses contained in the core are those that are intended to enable students to identify and solve problems by applying relevant knowledge and also to engage in self-directed learning.

Candidates for degree programs in health and physical education must demonstrate acceptable cognitive and psychomotor qualifications as well as desirable character and personality traits. The professional programs seek to foster those qualities of individual character and competence that are inherent in personal and professional maturity. Specific competencies and curriculum requirements are defined within each degree-specific program, and student progress is supervised by the academic advisor.

## Bachelor of Science—Physical Education and Sport (\*)

**Liberal Studies:** As outlined in Liberal Studies section with the following specifications: 44

**Mathematics:** MATH 217

**Natural Science:** BIOL 104 and 106, CHEM 101 and 102, or SCI 105 and 107

**Social Science:** PSYC 101

**Liberal Studies Electives:** no courses with KHSS prefix

**Major:** 21-23

### Core Requirements:

KHSS 135	Careers in Kinesiology, Health, and Sport	1cr
KHSS 175	Prevention and Care of Injuries to the Physically	
or 185	Active or Introduction to Athletic Training	2-3cr
KHSS 209	Motor Behavior	3cr
KHSS 221	Human Structure and Function or	
or KHSS 256	Applied Human Structure and Conditioning or	
or BIOL 150	Human Anatomy	3-4cr
KHSS 341	Evaluation in Health and Physical Education	3cr
KHSS 344	Adapted Physical Activity and Sport or	
or 370	Adapted Physical Education	3cr
KHSS 441	Psychosocial Implications for Health and	
or 225	Physical Education or Social Issues and Sport	3cr
KHSS 493	Internship	3cr

**Professional Requirements:** 17-19

(All students must complete one of the program specific content areas outlined below.)

### Content Area 1

FDNT 145	Introduction to Nutrition	3cr
KHSS 261	Water Safety Instructor or	
or 263	Aquatics	1cr
KHSS 285	Group/Individual Exercise Leadership	3cr
KHSS 286	Personal Training Practicum	3cr
KHSS 315	Biomechanics	3cr
KHSS 343	Physiology of Exercise	3cr
KHSS 375	Physiological Basis of Strength Training	3cr

### Content Area 2

FDNT 145	Introduction to Nutrition	3cr
KHSS 286	Personal Training Practicum	3cr
KHSS 315	Biomechanics	3cr
KHSS 343	Physiology of Exercise	3cr
KHSS 345	Survey of Orthopedic Injuries in Sport and Exercise	3cr

KHSS 346	Preventive and Acute Care Skills in Athletic Training	1cr
KHSS 375	Physiological Basis of Strength Training and Conditioning	3cr

### Content Area 3

ACE 103	Digital Instructional Technology	3cr
EDSP 102	Educational Psychology	3cr
KHSS 213	Recreational Sports and Lifetime Activities or	
or 325	School and Community Health	3cr
KHSS 216	Instruction of Fundamental Movement Skills or	
or 316	Instruction of Child Health Concepts	3cr
KHSS 218	Instruction of Tactical Skills and Fitness	
or 426	Concepts or Health Science Instruction	3cr
KHSS 318	Preprofessional Experience I	3cr

### Content Area 4

KHSS 280	Aquatic Facilities Management	2cr
KHSS 292	Introduction to Sport Management	3cr
KHSS 320	Managing Facilities and Events in Sports	3cr
KHSS 335	Athletic Coaching	3cr
KHSS 445	Business Practices in Sport	3cr
KHSS 460	Law and Issues in Managing Sport	3cr

**Department Electives:** 15-18

**Free Electives:** 15-23

**Total Degree Requirements:** 120

(\*) Admission to this program is by permission of advisor only.

## Bachelor of Science—Physical Education and Sport—Exercise Science

**Liberal Studies:** As outlined in Liberal Studies section with the following specifications: 47

**Mathematics:** MATH 101

**Natural Science:** BIOL 104 and 106 or CHEM 101 and 102

**Social Science:** PSYC 101, SOC 151 or 161

**Liberal Studies Electives:** 6cr, FDNT 145, MATH 217, no courses with KHSS prefix

**Major:** 23

### Core Requirements:

KHSS 142	Foundations of Health, Physical Education, and Sport	3cr
KHSS 175	Prevention and Care of Injuries to the Physically Active	2cr
KHSS 209	Motor Behavior	3cr
KHSS 221	Human Structure and Function	3cr
KHSS 341	Evaluation in Health and Physical Education	3cr
KHSS 343	Physiology of Exercise	3cr
KHSS 344	Adapted Physical Activity and Sport	3cr
KHSS 441	Psychosocial Implications for Health and Physical Education	3cr

**Exercise Science Requirements:** 50

BIOL 240	Human Physiology	4cr
KHSS 261	Water Safety Instructor or	
or 263	Aquatics	1cr
KHSS 285	Group/Individual Exercise Leadership	3cr
KHSS 286	Personal Training Practicum	3cr
KHSS 315	Biomechanics	3cr
KHSS 347	Physiology of Exercise Laboratory	1cr
KHSS 375	Physiological Basis of Strength Training	3cr
KHSS 410	Exercise Prescription	3cr
KHSS 411	Physical Fitness Appraisal	3cr
KHSS 413	Physical Activity and Aging	3cr
KHSS 414	Exercise Electrocardiography	3cr
KHSS 415	Lifestyle Behavior Management for Physical Activity	3cr

KHSS 416	Functional Training for Strength and Conditioning	3cr
KHSS 492	Health Fitness Instruction	3cr
KHSS 493	Internship	9cr
PHYS 151	Medical Physics Lecture	3cr
<b>Total Degree Requirements:</b>		120

### Bachelor of Science—Physical Education and Sport—Pre-Athletic Training

**Liberal Studies:** As outlined in Liberal Studies section with the following specifications: 44

**Mathematics:** MATH 217

**Natural Science:** BIOL 104 and 106

**Social Science:** PSYC 101

**Liberal Studies Elective:** 3cr, FDNT 145

**Major:** 21

**Core Requirements:**

KHSS 143	Careers in Kinesiology, Health, and Sports Science	1cr
KHSS 175	Prevention and Care of Injuries to the Physically Active	2cr
KHSS 209	Motor Behavior	3cr
KHSS 221	Human Structure and Function	3cr
KHSS 341	Evaluations in Health and Physical Education	3cr
KHSS 343	Physiology of Exercise	3cr
KHSS 344	Adapted Physical Activity and Sport	3cr
KHSS 441	Psychosocial Implications for Health and Physical Education	3cr

**Pre-Athletic Training Requirements:** 28

BIOL 150	Human Anatomy	4cr
BIOL 200	Medical Terminology	2cr
BIOL 240	Human Physiology	4cr
CHEM 101	College Chemistry I	4cr
KHSS 286	Strength/Personal Training Practicum	3cr
KHSS 315	Biomechanics	3cr
KHSS 347	Physiology of Exercise Laboratory	1cr
KHSS 375	Physiological Basis of Strength Training and Conditioning	3cr
PHYS 111	Physics I Lecture <i>or</i>	
<i>or</i> 151	Medical Physics Lecture	3cr
PHYS 121	Physics I Lab <i>or</i>	
<i>or</i> 161	Medical Physics Lab	1cr

**Free Electives: (1)** 27

**Total Degree Requirements:** 120

(1) Some elective credits can be used towards the MS degree program in Athletic Training if eligible for early admission.

### Bachelor of Science—Physical Education and Sport—Sport Administration

**Liberal Studies:** As outlined in Liberal Studies section with the following specifications: 47

**Mathematics:** MATH 217

**Natural Science:** Option I—BIOL 104 and one 4cr laboratory course

**Social Science:** ECON 121, PSYC 101, Global and Multicultural Awareness

**Dimensions of Wellness:** KHSS 143 recommended or FDNT/NURS 143

**Liberal Studies Electives:** 6cr, BTED/COSC/IFMG 101, ECON 122, no course with KHSS prefix

**Major:** 15

**Core Requirements:**

KHSS 135	Careers in Kinesiology, Health, and Sport	1cr
KHSS 175	Prevention and Care of Injuries to the Physically Active	2cr
KHSS 209	Motor Behavior	3cr
KHSS 225	Social Issues in Sports	3cr
KHSS 341	Evaluation in Health and Physical Education	3cr
KHSS 344	Adapted Physical Activity and Sport <i>or</i>	
<i>or</i> 337	Coaching Disability Sport	3cr

**Sport Administration Requirements:** 44

ACCT 201	Accounting Principles I	3cr
KHSS 256	Applied Human Structure and Conditioning	3cr
KHSS 280	Aquatic Facilities Management	2cr
KHSS 292	Introduction to Sport Management	3cr
KHSS 319	Field Practicum I	3cr
KHSS 320	Managing Facilities and Events in Sports	3cr
KHSS 351	Managing Budgets and Technology in Sport	3cr
KHSS 445	Business Practices in Sport	3cr
KHSS 460	Law and Issues in Managing Sport	3cr
KHSS 465	Sport Management Capstone	3cr
KHSS 493	Internship	3cr
MGMT 310	Principles of Management	3cr
MKTG 320	Principles of Marketing	3cr

**Major Electives:** Two courses from the following: 6cr

ACCT 202, BCOM 321, COMM 150, 251, ECON 239, FIN 310, HOSP 115, 280, KHSS 315, 333, 335, 343, 375, 412, 441, MGMT 275, 300, MKTG 321

**Free Electives:** 14

**Total Degree Requirements:** 120

### Bachelor of Science—Athletic Training

**Liberal Studies:** As outlined in Liberal Studies section with the following specifications: 44

**Dimensions of Wellness:** FDNT/KHSS/NURS 143

**Mathematics:** MATH 217

**Natural Science:** BIOL 104 and 106

**Social Science:** PSYC 101

**Liberal Studies Elective:** 3cr, FDNT 145, no course with KHSS prefix

**Major:** 13-14

**Core Requirements:**

KHSS 135	Careers in Kinesiology, Health, and Sport	1cr
KHSS 209	Motor Behavior	3cr
KHSS 221	Human Structure and Function <i>or</i>	
<i>or</i> BIOL 150	Human Anatomy	3-4cr
KHSS 343	Physiology of Exercise	3cr
KHSS 441	Psychosocial Implications for Health and Physical Education	3cr

**Athletic Training Requirements:** 59

KHSS 185	Introduction to Athletic Training	3cr
KHSS 286	Personal Training Practicum	3cr
KHSS 315	Biomechanics	3cr
KHSS 344	Adapted Physical Activity and Sport	3cr
KHSS 345	Survey of Orthopedic Injuries in Sport and Exercise	3cr
KHSS 346	Preventive and Acute Care Skills in Athletic Training	1cr
KHSS 347	Physiology of Exercise Laboratory	1cr
KHSS 365	Orthopedic Injury Assessment in Athletic Training	4cr
KHSS 375	Physiological Basis of Strength Training and Conditioning	3cr
KHSS 376	Athletic Training Clinical Practicum I	3cr
KHSS 377	Athletic Training Clinical Practicum II	3cr

KHSS 380	Organization and Administration in Athletic Training	3cr
KHSS 385	General Medical Conditions in Athletic Training	3cr
KHSS 411	Physical Fitness Appraisal	3cr
KHSS 415	Lifestyle Behavior Management for Physical Activity	3cr
KHSS 446	Therapeutic Modalities	4cr
KHSS 448	Therapeutic Exercise for Athletic Injury Management	4cr
KHSS 476	Athletic Training Clinical Practicum III	3cr
KHSS 477	Athletic Training Clinical Practicum IV	3cr
KHSS 480	Professional Issues in Athletic Training	3cr
<b>Free Electives:</b>		3-4
<b>Total Degree Requirements:</b>		120

**Note:** All students must obtain an *Athletic Training Program Overview*, available from the KHSS office or the office of the curriculum coordinator, for full details on admission, retention, and program completion requirements.

### Bachelor of Science in Education—Health and Physical Education/K-12 Teacher Education (\*)

<b>Liberal Studies:</b> As outlined in Liberal Studies section with the following specifications:	44
<b>Mathematics:</b> MATH 101 or higher (must be approved as Liberal Studies Mathematics courses)	
<b>Natural Science:</b> BIOL 104 and 106 or CHEM 101 and 102	
<b>Social Science:</b> PSYC 101	
<b>Liberal Studies Elective:</b> 3cr, MATH 217, no course with KHSS prefix	
<b>Major: (1)</b>	25
<b>Required Courses:</b>	
KHSS 135 Careers in Kinesiology, Health, and Sport	1cr
KHSS 175 Prevention and Care of Injuries to the Physically Active	2cr
KHSS 209 Motor Behavior	3cr
KHSS 221 Human Structure and Function	3cr
KHSS 261 Water Safety Instruction	1cr
KHSS 315 Biomechanics	3cr
KHSS 341 Evaluation in Health and Physical Education	3cr
KHSS 343 Physiology of Exercise	3cr
KHSS 441 Psychosocial Implications for Health and Physical Education	3cr
KHSS 442 Senior Seminar: Professional Development in Health, Physical Education, and Sport	3cr
<b>Professional Requirements:</b>	24
<b>Health and Physical Education Requirements:</b>	
KHSS 213 Recreational Sports and Lifetime Activities	3cr
KHSS 216 Instruction of Fundamental Movement Skills	3cr
KHSS 218 Instruction of Tactical Skills and Fitness Concepts	3cr
KHSS 316 Instruction of Child Health Concepts	3cr
KHSS 318 Preprofessional Experience I	3cr
KHSS 325 School and Community Health	3cr
KHSS 370 Adapted Health and Physical Education	3cr
KHSS 426 Health Science Instruction	3cr
<b>College:</b>	23
<b>Preprofessional Education Requirements:</b>	
ACE 103 Digital Instructional Technology	3cr
EDSP 102 Educational Psychology	3cr
EDEX 323 Instruction of English Language Learners with Special Needs	2cr
<b>Professional Education Requirements:</b>	
EDUC 242 Pre-student Teaching Clinical Experience I	1cr
EDUC 342 Pre-student Teaching Clinical Experience II	1cr
EDUC 421 Student Teaching	6cr

EDUC 441	Student Teaching	6cr
EDUC 442	School Law	1cr
<b>Free Electives:</b>		4
<b>(#) Total Degree Requirements:</b>		120
(*) See requirements leading to teacher certification, titled “3-Step Process for Teacher Education,” in the College of Education and Communications section of this catalog.		
(#) See advisory paragraph “Timely Completion of Degree Requirements” in the section on Requirements for Graduation.		
(1) Students are required to obtain and keep CPR instructor certification and water safety instructor certification current before student teaching and through graduation.		

### Bachelor of Science in Education—Health and Physical Education/Community Health Education

<b>Liberal Studies:</b> As outlined in Liberal Studies section with the following specifications:	44
<b>Mathematics:</b> MATH 101 or higher (must be approved as Liberal Studies Mathematics courses)	
<b>Natural Science:</b> BIOL 104 and 106 or CHEM 101 and 102	
<b>Social Science:</b> PSYC 101	
<b>Liberal Studies Elective:</b> 3cr, MATH 217	
<b>Major:</b>	18
<b>Required Courses:</b>	
KHSS 135 Careers in Kinesiology, Health, and Sport	1cr
KHSS 175 Prevention and Care of Injuries to the Physically Active	2cr
KHSS 209 Motor Behavior	3cr
KHSS 256 Applied Human Structure and Conditioning	3cr
KHSS 341 Evaluation in Health and Physical Education	3cr
KHSS 441 Psychosocial Implications for Health and Physical Education	
KHSS 442 Senior Seminar: Professional Development in Health, Physical Education, and Sport	3cr
<b>Professional Requirements:</b>	24
<b>Community Health Education Requirements:</b>	
EDSP 102 Educational Psychology	3cr
HOSP 343 Fund-Raising for Special Events	3cr
KHSS 316 Instruction of Child Health Concepts	3cr
KHSS 318 Preprofessional Experience I	3cr
KHSS 325 School and Community Health	3cr
KHSS 370 Adapted Health and Physical Education	3cr
KHSS 426 Health Science Instruction	3cr
KHSS 450 Curriculum and Programming in Sexuality Education	3cr
KHSS 493 Internship	6cr
<b>Controlled Electives:</b>	9-12
(Must choose one emphasis area from A-G)	
<b>A. Communications (9cr)</b>	
COMM 101 Communications Media in American Society	3cr
COMM 205 Making Presentations with Media	3cr
COMM 230 Global Media and Communication	3cr
<b>B. Nutrition (12cr)</b>	
FDNT 212 Nutrition	3cr
FDNT 213 Life Cycle Nutrition	3cr
FDNT 245 Sports Nutrition	3cr
FDNT 402 Community Nutrition	3cr
<b>C. Physical Activity (12cr)</b>	
FDNT 245 Sports Nutrition	3cr
KHSS 285 Group/Individual Exercise Leadership	3cr
KHSS 350 Health Aspects of Aging	3cr
KHSS 413 Physical Activity and Aging	3cr

<b>D. Aging Populations (12cr)</b>		
KHSS 350	Health Aspects of Aging	3cr
KHSS 413	Physical Activity and Aging	3cr
PSYC 312	Adult Development and Aging	3cr
SOC 357	Sociology of Aging and the Life-course	3cr
<b>E. Human Service (12cr)</b>		
PSYC 330	Social Psychology	3cr
SOC 320	Sociological Theory	3cr
SOC 336	Sociology of the Family	3cr
SOC 391	Foundations of Sociological Practice	3cr
<b>F. Women's Studies (12cr)</b>		
PSYC 379	Psychology of Human Sexuality	3cr
SOC 251	Sociology of Human Sexuality	3cr
SOC 427	Social Perspectives on Intimate Partner Violence	3cr
WGS 200	Introduction to Women's and Gender Studies	3cr
<b>G. Child Studies (9cr)</b>		
SOC 231	Contemporary Social Problems	3cr
SOC 333	Delinquency and Youth	3cr
SOC 428	Child Abuse	3cr
<b>Free Electives:</b>		16-19
<b>Total Degree Requirements:</b>		120

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### Bachelor of Science in Education—Health and Physical Education/Recreation and Leisure Studies

<b>Liberal Studies:</b> As outlined in Liberal Studies section with the following specifications:	44	
<b>Mathematics:</b> MATH 101 or higher (must be approved as Liberal Studies Mathematics courses)		
<b>Natural Science:</b> BIOL 104 and 106 or CHEM 101 and 102		
<b>Social Science:</b> PSYC 101		
<b>Liberal Studies Elective:</b> 3cr, MATH 217		
<b>Major:</b>	22	
<b>Required Courses:</b>		
KHSS 135	Careers in Kinesiology, Health, and Sport	1cr
KHSS 175	Prevention and Care of Injuries to the Physically Active	2cr
KHSS 209	Motor Behavior	3cr
KHSS 221	Human Structure and Function	3cr
KHSS 261	Water Safety Instruction	1cr
KHSS 341	Evaluation in Health and Physical Education	3cr
KHSS 343	Physiology of Exercise	3cr
KHSS 441	Psychosocial Implications for Health and Physical Education	3cr
KHSS 442	Senior Seminar: Professional Development in Health, Physical Education, and Sport	3cr
<b>Professional Requirements:</b>	27	
<b>Recreation and Leisure Studies Requirements:</b>		
EDSP 102	Educational Psychology	3cr
HOSP 115	Introduction to Tourism	3cr
KHSS 213	Recreational Sports and Lifetime Activities	3cr
KHSS 216	Instruction of Fundamental Movement Skills	3cr
KHSS 218	Instruction of Tactical Skills and Fitness Concepts	3cr
KHSS 318	Preprofessional Experience I	3cr
KHSS 320	Managing Facilities and Events in Sports	3cr
KHSS 370	Adapted Health and Physical Education	3cr
KHSS 493	Internship	3cr
<b>Controlled Electives:</b>	7-9	
Three courses from the following: DANC 150 (3) , 353, HOSP 343, KHSS 280, 292, 333 (1), 335, 413, 437 (1), 445		
<b>Free Electives:</b>	18-20	
<b>Total Degree Requirements:</b>	120	

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<b>Minor—Community Health</b>	<b>18</b>	
<b>Required Courses:</b>	6	
KHSS 325	School and Community Health	3cr
KHSS 417	Contemporary Issues in School and Community Health	
KHSS 420	Health Education and Promotion at the Workplace	

<b>Controlled Electives: (1)</b>	12
Three courses from the following: FDNT 212, 402, HOSP 343, KHSS 341, 350, 450, SOC 231, 333, 336	
(1) Only two courses with the same prefix may be used as electives.	

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<b>Minor—Sport Management</b>	<b>18</b>	
<b>Required Courses:</b>	12	
KHSS 292	Introduction to Sport Management	3cr
KHSS 320	Managing Facilities and Events in Sports	3cr
KHSS 445	Business Practices in Sport	3cr
KHSS 460	Law and Issues in Managing Sport	3cr
<b>Controlled Electives:</b>	6	
Two courses from the following: ECON 239, KHSS 335, 351, 493		

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<b>Certificate—Athletic Coaching</b>	<b>20</b>	
<b>Required Courses:</b>	17	
KHSS 175	Prevention and Care of Injuries to the Physically Active (1)	2cr
KHSS 209	Motor Behavior (1)	3cr
KHSS 333	Psychology of Coaching (1)	3cr
KHSS 335	Athletic Coaching (1)	3cr
KHSS 437	Coaching Disability Sport (1)	3cr
KHSS 493	Internship	
<b>Controlled Elective:</b>	3	
One course from the following: KHSS 221, 256 (1), 292 (1)		
(1) Courses have been designed as distance education courses.		

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<b>Certification—Driver Education</b>	<b>12</b>	
Certification in driver education may be added to a valid Pennsylvania Instructional Certificate with the completion of the following:		
KHSS 251	Foundations of Safety and Emergency Health Care (1)	3cr
KHSS 252	Introduction to the Driving Task	3cr
KHSS 353	Driving Education Program Management	3cr
KHSS 354	Application of Driver Education Instructional Modes	3cr
(1) KHSS 251 may be substituted for KHSS 242 in the core curriculum.		