

**KINESIOLOGY AND HEALTH B.S. DEGREE  
PHYSICAL EDUCATION TEACHER EDUCATION  
SAMPLE FOUR YEAR PLAN - 2013-2014 CATALOG**

<b>Semester 1 - Freshman Year</b>		<b>Credit</b>	<b>Semester 2 - Freshman Year</b>		<b>Credit</b>
KIN 252-Disciplines & Professions in Kin H	1		C I 204-Social Found of Educ in U.S.	3	
KIN 253-Orientation in Kin H	1		DANCE 211-Fund of Social & World Dance	2	
H S 110-Personal and Consumer Health	3		KIN 232 or 233-Fund of Team Sports	1	
PSYCH 230-Developmental Psychology	3		SOC 134-Introduction to Sociology	3	
ENGL 150-Crit Thinking & Comm	3		SP CM 212-Fund of Public Speaking	3	
MATH 104, 140, or higher level	3		PHYS 115-Physics for the Life Sciences	4	
LIB 160-Information Literacy	1				
Total	15		Total	16	
<b>Semester 3 - Sophomore Year</b>		<b>Credit</b>	<b>Semester 4 - Sophomore Year</b>		<b>Credit</b>
KIN 312-Movement Educ in Elem PE*	3		KIN 230-Fundamentals of Aquatics**	1	
KIN 280-Directed Field Exp in Elem PE	1		KIN 258-Physical Fitness & Conditioning	2	
KIN 231-Fund of Tumbling & Gymnastics*	1		C I 202-Learning Tech in 7-12 Classroom	3	
KIN 238-Fund of Outdoor & Adventure Act*	1		BIOL 256-Human Physiology	3	
BIOL 255-Human Anatomy	3		BIOL 256L-Human Physiology Lab	1	
BIOL 255L-Human Anatomy Lab	1		H S 105-First Aid & Emergency Care	2	
ENGL 250-Written, Oral, & Visual Comp	3		Humanities (International Perspective)	3	
Social Science Choice	3				
Total	16		Total	15	
<b>Semester 5 - Junior Year</b>		<b>Credit</b>	<b>Semester 6- Junior Year</b>		<b>Credit</b>
KIN 281-Directed Field Exp in Sec PE*	1		KIN 313-Secondary PE Methods**	3	
KIN 235 or 236-Fund of Rac or Indiv Sports	1		KIN 471-Measurement in PE**	3	
KIN 355-Biomechanics	3		KIN 358-Physiology of Exercise	3	
KIN 365-Sport Psychology	3		KIN 360-Sociology of Sport	3	
KIN 395-Adapted Physical Education*	3		Humanities (American History)	3	
H S 350-Human Diseases	3				
H S 305-Instructor's First Aid & CPR	2				
Total	16		Total	16	
<b>Semester 7 - Senior Year</b>		<b>Credit</b>	<b>Semester 8 - Senior Year</b>		<b>Credit</b>
KIN 475-PE Curriculum Design & Prog Coord*	3		KIN 417-Supervised Teaching PE, Secondary	8	
KIN 372-Motor Control & Learning	3		KIN 418-Supervised Teaching PE, Elem	8	
C I 406-Multi Found of School & Society	3				
ENGL 302, 314, or SP CM 312	3				
Elective	3				
Total	15		Total	16	

**\*Fall Only**

**\*\*Spring Only**

Students must complete a 3 credit course in U.S. Diversity and a 3 credit course in International Perspectives. Check the ISU website for a list of approved courses. Students must also complete a minimum of 46 credits in 300-400 level courses and complete a total of 124 credits to graduate. Four year plans are arranged with courses in prerequisite sequence and within the term a course is usually offered. This is a sample plan - always use the degree audit as the "official" documentation of progress toward a degree. June, 2013