

**KINESIOLOGY AND HEALTH B.S. DEGREE  
PHYSICAL EDUCATION TEACHER EDUCATION  
SAMPLE FOUR YEAR PLAN - 2014-15 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, Stat 101, or 104	3-4	PHYS 115-Physics for the Life Sciences	4
LIB 160-Information Literacy	1	KIN 280-Directed Field Exp in Elem PE	1
Total	15-16	Total	17

<b>Semester 3 - Sophomore Year</b>	<b>Credit</b>	<b>Semester 4 - Sophomore Year</b>	<b>Credit</b>
KIN 281-Directed Field Exp in Sec 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 235* or 236*-Fund of Rac or Indiv Sports	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 305-Instructor's First Aid & CPR	2
ENGL 250-Written, Oral, & Visual Comp	3	Humanities (International Perspective)	3
H S 105-First Aid & Emergency Care	2		
Social Science Choice	3		
Total	15	Total	14

<b>Semester 5 - Junior Year</b>	<b>Credit</b>	<b>Semester 6- Junior Year</b>	<b>Credit</b>
KIN 312*-Movement Educ in Elem PE	3	KIN 313**-Secondary PE Methods	3
KIN 372-Motor Control & Learning	3	KIN 471**-Measurement in PE	3
KIN 365-Sport Psychology	3	KIN 358-Physiology of Exercise	3
KIN 395*-Adapted Physical Education	3	KIN 360-Sociology of Sport	3
H S 350-Human Diseases	3	Humanities (American History)	3
KIN 238*-Fund of Outdoor & Adventure Act	1		
Total	16	Total	15

<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 355-Biomechanics	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		
Electives	4		
Total	16	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. Feb. 2014