

**KINESIOLOGY AND HEALTH B.S. DEGREE
PHYSICAL EDUCATION TEACHER EDUCATION
2015-16 SAMPLE FOUR-YEAR PLAN**

Semester 1 - Freshman Year	Credit	Semester 2 - Freshman Year	Credit
KIN 252-Disciplines & Professions in Kin H	1	MATH 104, 140, STAT 101, or 104	3-4
KIN 253-Orientation in Kin H	1	DANCE 211-Fund of Social & World Dance**	2
H S 110-Personal and Consumer Health	3	KIN 236-Fund of Indiv Sports & Fitness**	1
PSYCH 230-Developmental Psychology	3	SOC 134-Introduction to Sociology	3
ENGL 150-Crit Thinking & Comm	3	C I 202-Learning Tech in 7-12 Classroom	3
C I 204 - Social Found of Educ	3	Humanities (International Perspective)	3
LIB 160-Information Literacy	1	KIN 280-Directed Field Exp in Elem PE	1
Total	15	Total	16-17

Semester 3 - Sophomore Year	Credit	Semester 4 - Sophomore Year	Credit
KIN 281-Directed Field Exp in Sec PE	1	KIN 258-Physical Fitness & Conditioning	2
KIN 231-Fund of Tumbling & Gymnastics*	1	BIOL 256-Human Physiology**	3
KIN 232-Fund of Team Sports*	1	BIOL 256L-Human Physiology Lab**	1
BIOL 255-Human Anatomy*	3	KIN 282-Field Exp with Educ Outreach	1
BIOL 255L-Human Anatomy Lab*	1	H S 305-Instructor's First Aid & CPR	2
ENGL 250-Written, Oral, & Visual Comp	3	SP CM 212-Fund of Public Speaking	3
H S 105-First Aid & Emergency Care	2	Humanities (American History)	3
Social Science Choice	3		
Total	15	Total	15

Semester 5 - Junior Year	Credit	Semester 6- Junior Year	Credit
KIN 312-Movement Educ in Elem PE*	3	KIN 313-Secondary PE Methods**	3
KIN 365-Sport Psychology	3	KIN 471-Measurement in PE**	3
KIN 395-Adapted Physical Education*	3	KIN 358-Physiology of Exercise	3
KIN 372-Motor Control & Learning	3	KIN 360-Sociology of Sport	3
PHYS 115-Physics for the Life Sciences	4	H S 350-Human Diseases	3
Total	16	Total	15

Semester 7 - Senior Year	Credit	Semester 8 - Senior Year	Credit
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.