

KINESIOLOGY AND HEALTH B.S. DEGREE
PHYSICAL EDUCATION TEACHER EDUCATION WITH HEALTH ENDORSEMENT
2016-17 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	KIN 236-Fund of Indiv Sports & Fitness**	1
H S 110-Personal and Consumer Health	3	SOC 134-Introduction to Sociology	3
PSYCH 230-Developmental Psychology	3	KIN 258-Physical Fitness & Conditioning	2
ENGL 150-Crit Thinking & Comm	3	FS HN 167-Intro to Human Nutrition	3
C I 204-Social Found of Educ in U.S.	3	KIN 280-Directed Field Exp in Elem PE	1
H S 105-First Aid & Emergency Care	2	Humanities (International Perspective)	3
LIB 160-Information Literacy	1		
Total	17	Total	16-17

Semester 3 - Sophomore Year	Credit	Semester 4 - Sophomore Year	Credit
KIN 281-Directed Field Exp in Sec PE	1	BIOL 256-Human Physiology**	3
KIN 231-Fund of Tumbling & Gymnastics*	1	BIOL 256L-Human Physiology Lab**	1
KIN 232-Fund of Team Sports*	1	H S 215-Drug Education	3
KIN 259-Leadership Tech for Fitness Prog	2	DANCE 211-Fund of Social & World Dance**	2
C I 202-Learning Tech in 7-12 Classroom	3	KIN 282-Field Exp with Educ Outreach	1
BIOL 255-Human Anatomy*	1	SP CM 212-Fund of Public Speaking	3
BIOL 255L-Human Anatomy Lab*	3	Humanities (American History)	3
ENGL 250-Written, Oral, & Visual Comp	3		
HD FS 276-Human Sexuality	3		
Total	18	Total	16

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 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 305-Instructor's First Aid & CPR	2	KIN 355-Biomechanics	3
PHYS 115-Physics for Life Sciences	4	H S 310-Community & Public Health	3
Total	18	Total	18

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
H S 350-Human Diseases	3	KIN 418-Supervised Teaching PE, Elem	8
H S 375-Teaching in Health Education*	3		
C I 406-Multi Found of School & Society	3		
ENGL 302, 314, or SP CM 312	3		
Social Science Choice	3		
Total	18	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.

December 2015