

KINESIOLOGY AND HEALTH B.S. DEGREE
PHYSICAL EDUCATION TEACHER EDUCATION WITH HEALTH ENDORSEMENT
2017-2018 SAMPLE FOUR-YEAR PLAN

Semester 1 - Freshman Year	Credit
KIN 252-Disciplines & Professions in Kin H	1
KIN 253-Orientation & Learning Community	1
H S 110-Personal & Consumer Health	3
PSYCH 230-Developmental Psychology	3
ENGL 150-Critical Thinking & Communication	3
C I 204-Social Foundations of Education in U.S.	3
H S 105-First Aid & Emergency Care	2
LIB 160-Information Literacy	1
Total	17

Semester 2 - Freshman Year	Credit
Math 104, 140, STAT 101, or 104	3-4
KIN 236-Fund of Indiv Sports & Fitness**	1
SOC 134-Introduction to Sociology	3
KIN 258-Physical Fitness & Conditioning	2
FS HN 167-Intro to Human Nutrition	3
KIN 280-Directed Field Exp in Elem PE	1
Humanities (International Perspective)	3
Total	16-17

Semester 3 - Sophomore Year	Credit
KIN 281-Directed Field Exp in Sec PE	1
KIN 231-Fund of Tumbling & Gymnastics*	1
KIN 232-Fund of Team Sports*	1
KIN 259-Leadership Tech for Fitness Programs	2
C I 202-Learning Tech in 7-12 Classroom	3
BIOL 255-Human Anatomy*	3
BIOL 255L-Human Anatomy Lab*	1
ENGL 250-Written, Oral, Visual & Elect Comp	3
HD FS 276-Human Sexuality	3
Total	18

Semester 4 - Sophomore Year	Credit
BIOL 256-Human Physiology**	3
BIOL 256L-Human Physiology Lab**	1
H S 215-Drug Education	3
DANCE 211-Fund of Social & World Dance**	1
KIN 282-Field Exp with Educ Outreach	1
SP CM 212-Fund of Public Speaking	3
Humanities (American History)	3
Total	15

Semester 5 - Junior Year	Credit
KIN 312-Movement Educ in Elem PE*	3
KIN 360-Sociology of Sport & Exercise	3
KIN 372-Motor Control & Learning	3
H S 305-Instructor's First Aid & CPR	2
H S 375-Teaching in Health Education*	3
PHYS 115-Physics for Life Sciences	4
Total	18

Semester 6- Junior Year	Credit
KIN 313-Secondary PE Methods**	3
KIN 471-Measurement in PE**	3
KIN 358-Physiology of Exercise	3
KIN 365 or 366-Sport or Exercise Psych	3
KIN 355-Biomechanics	3
H S 310-Community & Public Health	3
Total	18

Semester 7 - Senior Year	Credit
KIN 395-Adapted Physical Education*	3
KIN 475-PE Curriculum Design & Prog Coord*	3
H S 350-Human Diseases	3
C I 406-Social Justice Education & Teaching	3
ENGL 302, 314, or SP CM 312	3
Social Science Choice (U.S. Gov.)	3
Total	18

Semester 8 - Senior Year	Credit
KIN 417-Supervised Teaching PE, Secondary	8
KIN 418-Supervised Teaching PE, Elem	8
Total	16

***Fall Only**

****Spring Only**

Students must complete a 3-cr course in [U.S. Diversity](#) (met by C I 406) and a 3-cr 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.