

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

<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	MATH 104, 140, STAT 101, or 104	3-4
KIN 253-Orientation & Learning Community	1	DANCE 211-Fund of Social & World Dance**	1
H S 110-Personal & Consumer Health	3	KIN 236-Fund of Indiv Sports & Fitness**	1
PSYCH 230-Developmental Psychology	3	SOC 134-Introduction to Sociology	3
ENGL 150-Critical Thinking & Communication	3	KIN 258-Physical Fitness & Conditioning	2
C I 204 - Social Foundations of Education	3	<a href="#">Humanities (International Perspective)</a>	3
LIB 160-Information Literacy	1	KIN 280-Directed Field Exp in Elem PE	1
<b>Total</b>	<b>15</b>	<b>Total</b>	<b>14-15</b>

<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	C I 202-Learning Tech in 7-12 Classroom	3
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
KIN 259-Leadership Tech for Fitness Programs	2	KIN 282-Field Exp with Educ Outreach	1
BIOL 255-Human Anatomy*	3	H S 305-Instructor's First Aid & CPR	2
BIOL 255L-Human Anatomy Lab*	1	SP CM 212-Fund of Public Speaking	3
ENGL 250-Written, Oral, Visual & Elect Comp	3	<a href="#">Humanities (American History)</a>	3
H S 105-First Aid & Emergency Care	2		
<a href="#">Social Science Choice (U.S. Gov.)</a>	3		
<b>Total</b>	<b>17</b>	<b>Total</b>	<b>16</b>

<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 360-Sociology of Sport & Exercise	3	KIN 471-Measurement in PE**	3
KIN 372-Motor Control & Learning	3	KIN 358-Physiology of Exercise	3
PHYS 115-Physics for the Life Sciences	4	KIN 365 or 366-Sport or Exercise Psych	3
Electives	3	H S 350-Human Diseases	3
<b>Total</b>	<b>16</b>	<b>Total</b>	<b>18</b>

<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
KIN 395-Adapted Physical Education*	3		
C I 406-Social Justice Education & Teaching	3		
ENGL 302, 314, or SP CM 312	3		
<b>Total</b>	<b>15</b>	<b>Total</b>	<b>16</b>

**\*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](#). 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.