

EXCEL Center

Phys Ed Maj

I. Core Courses

Subject	#	Title	Cr.	Notes
Biology	211	Human Anatomy	3	
Biology	212	Human Physiology	4	
Kinesiol	348	Biomechanics	3	
Kinesiol	350	Physiology of Exercise	3	
Kinesiol	370	Principles of Strength Training & Conditioning	3	

Other Requirements (do not count towards major)

Subject	#	Title	Cr.	Notes
Kinesiol	105	Active Lifestyle	2	
Kinesiol	392	Instructional Methods for Elementary School	3	

II. Physical Education Major

Subject	#	Title	Cr.	Notes
Health	104	Basic First Aid	1	
Kinesiol	190	Movement Activities: PreK-2 nd Grade	2	
Kinesiol	191	Innovative Games and Lead-up Activities	2	
Kinesiol	192	Outdoor Recreation and Leisure Activities	2	
Kinesiol	193	Adventure, Challenge, and Coop Activities in P.E.	2	
Kinesiol	224	PreK-12 Methods for Swimming	2	
Kinesiol	266	Dance	3	
Kinesiol	279	PreK-12 Stunts and Tumbling	2	
Kinesiol	295	Class Management and Instruction in Physical Education	3	
Kinesiol	373	Adapted Physical Education	3	
Kinesiol	375	Lifespan Motor Development	2	
Kinesiol	393	Instructional Methods for Middle School Phy Education	2	
Kinesiol	394	Instructional Methods for High School Phys Education	2	
Kinesiol	421	Evaluation, Assessment, and Technology	3	
Kinesiol	441	Organization and Administration of Physical Education	2	
Kinesiol	460	History and Philosophy of Physical Education	2	
Kinesiol	472	PreK-12 Physical Education Curriculum	2	
Kinesiol	200+	Elective	3	

III. Education Requirements

Subject	#	Title	Cr.	Notes
Kinesiol	392	Methods for Elem School Phy Ed	3	