

EXERCISE & SPORT SCIENCE • HEALTH & PHYSICAL EDUCATION

Exercise & Sport Science

Major

	MAJOR
Hours Required in KINE:	49
Hours Required in Other Departments:	27
Total Hours Required:	76

Assistant Professors:

M. Kentrus, Wright, Zaloga

Lecturer:

Brakeall

- You must complete a 9-credit internship during your senior year.
- Upon completion of degree requirements you will be eligible to take the National Strength and Conditioning Association (NSCA) certification exam for Personal Trainer and/or Certified Strength and Conditioning Specialist.

Summary of Requirements for Major in Exercise and Sport Science

Major

1. Discipline Core Courses:

(40 hours)

- HEED 103 Foundations of Exercise and Sport Science
- HEED 200 Nutrition
- HEED 305 Care and Prevention of Athletic Injuries
- HEED 306 Organization & Admin. of Exercise & Sport Science
- PHEC 115 Methods of Group Exercise Instruction
- PHEC 175 Foundations of Resistance Training
- PHEC 303 Biomechanics for Exercise and Sport Science
- PHEC 341 Psychology of Physical Activity
- PHEC 401 Physiology of Exercise
- PHEC 410 Advanced Strength Training
- PHEC 411 Evaluation and Prescription in Fitness
- PHEC 435 Lifespan Health and Fitness
- PHEC 482 Field Experience in Health Fitness (3 hours)
- PHEC 492 Seminar in Health Fitness
- PHEC 495 Internship in Health Fitness (Capstone - 9 hours)

2. Courses Required in Other Departments:

(27 hours)

- ACCT 211 Financial Accounting
- BIOL 149 General Biology I (GEP Group C)
- BIOL 321 Anatomy and Physiology I
- BIOL 322 Anatomy and Physiology II
- BUAD 100 Introduction to Business
- MATH 109 Elements of Applied Probability and Statistics (Core Skill 3)
- MGMT 315 New Business Ventures
- PSYC 150 General Psychology (GEP Group D)

Health & Physical Education

Major with Teaching Certification

	MAJOR AND TEACHING CERTIFICATION
Hours Required in Kinesiology:	72
Hours Required in Other Departments:	18
Total Hours Required:	90

Assistant Professors:

L. Simpson (Chair), R. Gallagher

Lecturer:

Bosley

- Upon successful completion of the program, you will be eligible to apply for PreK health certification and PreK physical education certification.
- The Department of Kinesiology also offers majors in athletic training and exercise and sport science.
- A minor is offered in coaching (see separate section of this catalog). You cannot minor in Health and Physical Education.

Summary of Requirements for Major in Health & Physical Education

Major

1. Discipline Core: (41 hours)

- HPED 103 Foundations of Physical Education
- HPED 104 Foundations of Health Education
- HPED 201 Teaching Fitness
- HPED 202 Teaching Tactical Games I
- HPED 203 Teaching Tactical Games II
- HPED 204 Teaching Dance and Gymnastics
- HPED 205 Teaching Outdoor Adventures and Group Initiatives
- HPED 208 Inclusion Strategies in Health Education
- HPED 230 Assessment in Health & Physical Education
- HPED 232 Teaching Health Content I: ATOD and Safety Education
- HPED 233 Teaching Health Content II: Human Sexuality & Nutrition Education
- HPED 234 Teaching Health Content III: Disease Prevention
- HPED 301 Applied Biomechanics
- HPED 406 Applied Physiology
- HPED 407 Motor Learning and Performance

2. Required Courses in Other Departments: (8 hours)

BIOL 149 General Biology I (*GEP Group C*)
 BIOL 211 Essentials of Anatomy and Physiology

3. Recommended Courses in Other Departments:

GEOG 104 Human Geography
 IDIS 150 Health in America (*GEP Group E*)
 PSYC 150 General Psychology (*GEP Group D*)

4. Professional Education Sequence (40 hours)

Phase I (9 hours) HPED 310 Technology in Health and Physical Education
 HPED 416 Curriculum Design in Health and Physical Education
 REED 317 Content Area Reading

Phase II (18 hours) EDUC 392 K-12 Field Experience
 HPED 402 Adapted Physical Education
 HPED 404 Health Instruction
 HPED 408 Elementary Methods of Physical Education
 HPED 418 Secondary Methods of Physical Education
 REED 418 Reading and Writing Connections

Phase III (14 hours) EDUC 406 Leadership Seminar
 HPED 497 Teaching Internship: K-12 Programs (*Capstone*)

5. Other Graduation/Program Exit Requirements

- Successful presentation of a portfolio that meets institutional, Maryland state and national standards
- Verification of taking Praxis II Health Education and Physical Education: Content and Design required by the Maryland State Department of Education before Phase III

Health Promotion

Minor

MINOR

Total Hours Required:

21

Coordinator:

Susan Gray,
 Professor, Department of
 Kinesiology and Recreation

- The curriculum is based on the professional responsibilities and competencies for health education and health promotion specialists developed by the American Association of Health Education.
- You cannot major in health promotion.

Summary of Requirements for Minor in Health Promotion**Minor**

(21 hours)

HLTH 101 Community Health Promotion
 HLTH 125 Health and Culture (*GEP Group F*)
 HLTH 330 Epidemiology of Health
 HLTH 405 Sexuality
 HLTH 430 Methods and Materials for Health Promotion
 HLTH 435 Health Promotion Programming
 or RECR 382 Program Planning
 HLTH 483 Field Experience in Health Promotion (3 cr.)