

UNIVERSITY OF THE INCARATE WORD
Un-Official Degree Plan Based on CAPP System

Degree: Bachelor of Science

Major: Kinesiology

Catalog: 2013-2015

Hours: 120-127

Bachelors Degree Institutional Requirements: A minimum of 120 hours required for graduation to include: 45 hours of residency, 36 advanced hours (junior/community college courses will not satisfy), 36 of the last 45 hours from UIW, and 45 clock hours community service. Student must have a "C" or better in ENGL 1311, ENGL 1312, and all courses for major, minor, concentration and/or specialization.

UNIVERSITY GENERAL CORE REQUIREMENTS

English Rhetoric Requirement (6 hours) – "C" or Better

ENGL 1311 Composition I or ENGL 1311L Composition I with Lab	3	+
ENGL 1312 Composition II	3	+

Wellness Development Requirement (3 hours)

DWHP 1200 Dimensions of Wellness or DWHP 3200 Dimensions of Wellness	2	
1 Hour Physical Education Activity Course	1	

Philosophy and Religion Requirement (9 hours)

1000 Level Religious Studies Course	3	
PHIL 1381 Intro to Philosophy	3	
3000+ Level Philosophy OR Religious Studies	3	

Literature and Fine Arts Requirement (6 hours)

3 Hours Fine Arts Course (ARTS, ARTH, MUAP, MUSCI, THAR, DANC)	3	
ENGL 2310 World Literature Studies	3	

Mathematics and Science with Lab Requirement (3 hours)

MATH 1304 College Algebra OR Higher	3	
Science with Lab Requirement (included in major)		

History and Social Sciences Requirement (6 hours)

3 Hours from: HIST 1311, 1312, 1321, 1322	3	
3 Hours from CRJU 1310 Introduction to Criminal Justice PSYC 1301 Introduction to Psychology SOCI 1311 Introduction to Sociology ECON 2301 Principles of Economics POLS 1315 American Politics POLS 1316 State and Local Politics	3	

Modern Language Requirement (6 hours)

6 Hours Modern Language (from same language) Arabic, American Sign Language, Chinese, French, German, Italian, Japanese, Portuguese, Spanish	3	
	3	

Community Service (45 Non-Credit Clock Hours)

Community Service Clock Hours	45	
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+ indicates a C or better

DEGREE/MAJOR REQUIREMENTS - "C" or Better

Biology Coursework

BIOL 2321 Anatomy and Physiology I	3	+
BIOL 2121 Anatomy and Physiology I Lab	1	+
BIOL 2322 Anatomy and Physiology II	3	+
BIOL 2122 Anatomy and Physiology II Lab	1	+

Kinesiology Core Curriculum Coursework

PEHP 1190 Activity Lab	1	+
PEHP 2301 Tests & Measurement	3	+
PEHP 3301 Motor & Fitness Develop for Children	3	+
PEHP 3302 Motor & Fitness Develop for Pre-Ad	3	+
PEHP 3312 Motor & Fitness Develop for Adolescents	3	+
PEHP 3314 Theory of Coaching	3	+
PEHP 3315 Principles of Health	3	+
PEHP 3350 Theory of Movement Forms: Analysis and Construction	3	+
PEHP 3371 Care & Prevention of Injuries	3	+
PEHP 4301 Principles of Human Movement	3	+
PEHP 4333 Fundamentals of Human Performance	3	+
PEHP 4345 Psychomotor Develop: Educational Implications	3	+

ALL-LEVEL EDUCATION CERTIFICATION TRACK

Kinesiology Coursework

3 Individual/Dual Activity Courses • • •	3	+
3 Team Activity Courses • • •	3	+
PEHP 1113 Physical Conditioning	1	+
1 Rhythmic Activity Course •	1	+
1 Aquatic Activity Course •	1	+

Pre-Professional Education Coursework

EDUC 2305 Foundations of Education	3	+
EDUC 3345 Critical Concepts/Secondary Ed	3	+

Professional Education Coursework

EDUC 3340 Technology in Education	3	+
EDUC 3373 Learning Theories	3	+
EDUC 3380 Pedagogy Secondary/Middle School	3	+
EDUC 3383 Integ Pedagogy Sec/Middle Schools	3	+
EDUC 3385 Culturally Responsive Teaching	3	+
EDUC 4305 Teaching Apprenticeship	3	+
EDUC 4605 Teaching Apprenticeship	6	+

NON-CERTIFICATION TRACK

Kinesiology Coursework

4 Individual/Dual Activity Courses • • • •	4	+
3 Team Activity Courses • • •	3	+
2 Developmental Activity Courses • •	2	+
PEHP 1113 Physical Conditioning	1	+
1 Rhythmic Activity Course •	1	+
1 Aquatic Activity Course •	1	+
PEHP 3305 Motor Development Fitness & Health	3	+
PEHP 3307 Worksite Health Promotion	3	+
PEHP 4395 Practical Experience	3	+

Minor (12-18 hours)

		+
		+
		+
		+
		+
		+

PERSONAL TRAINING TRACK

Kinesiology Coursework

PEHP 1113 Physical Conditioning	1	+
PEHP 1114 Weight Training	1	+
PEHP 1125 Pilates	1	+
PEHP 1139 Yoga	1	+
PEHP 1147 Tai Chi	1	+
3 Group Fitness Modalities (PEHP 1127, PEHP 1150, PEHP 1151, PEHP 1153, PEHP 1154, PEHP 1155) • • •	3	+
1 Aquatic Activity Course •	1	+
PEHP 3305 Motor Development Fitness & Health	3	+
PEHP 3307 Worksite Health Promotion	3	+
PEHP 4395 Practical Experience	3	+

Nutrition Minor Coursework (12)

NUTR 2341 Introduction to Nutrition		+
NUTR 4356 Nutrition for Human Performance		+
3000+ Level NUTR Course •		+
3000+ Level NUTR Course •		+
3000+ Level NUTR Course •		+

ACTIVITY COURSE LIST

Individual/Dual Activity Courses

PEHP 1101 Archery
PEHP 1102 Badminton
PEHP 1103 Bowling
PEHP 1104 Golf
PEHP 1129 Racquetball
PEHP 1133 Beginning Tennis
PEHP 1134 Intermediate Tennis
PEHP 1138 Badminton/Racquetball
PEHP 1143 Fencing
PEHP 1144 Racket Sport
PEHP 1152 Kayaking

Team Activity Courses

PEHP 1105 Basketball
PEHP 1106 Flag Football
PEHP 1107 Soccer
PEHP 1108 Softball
PEHP 1109 Track and Field
PEHP 1110 Volleyball
PEHP 1128 Floor Hockey

Rhythmic Activity Courses

PEHP 1115 Ballet
PEHP 1116 Basic Rhythms
PEHP 1117 Folk & Square Dance
PEHP 1136 Clogging
PEHP 1145 Beginning Social Dance
PEHP 1146 Country Western Dance

Developmental Activity Courses

PEHP 1111 Self-Defense
PEHP 1112 Gymnastics
PEHP 1113 Physical Conditioning
PEHP 1114 Weight Training
PEHP 1125 Pilates
PEHP 1127 Aerobic Dance
PEHP 1131 Walking
PEHP 1139 Yoga
PEHP 1140 Advanced Yoga
PEHP 1141 Intro to Martial Arts
PEHP 1147 Tai Chi
PEHP 1148 Exercise with Instr
PEHP 1149 Rock Climbing
PEHP 1150 Kickboxing
PEHP 1151 Boot Camp
PEHP 1153 Salsa Aerobic Dance
PEHP 1154 Hip Hop
PEHP 1155 Aerobic Cycling
PEHP 1156 Aerobic Walking
PEHP 1157 Running

Aquatic Activity Courses

PEHP 1118 Beginning Swimming
PEHP 1119 Intermediate Swimming
PEHP 1120 Life Saving
PEHP 1121 Water Safety Instruction
PEHP 1122 Water Games
PEHP 1132 Swimming for Fitness