

University of the Incarnate Word®

Bachelor of Science in

Kinesiology - Coaching and Leadership

Ila Faye Miller School of Nursing and Health Professions

PROGRAM OVERVIEW

The Bachelor of Science (B.S.) in Kinesiology – Coaching and Leadership at the Ila Faye Miller School of Nursing and Health Professions at the University of the Incarnate Word is designed to help students develop, implement, and provide leadership to a variety of different coaching programs. The curriculum emphasizes the overall development of athletes and working in diverse athletic and sport settings. Students will learn the unique challenges of administering and interacting with athletes in youth, recreational, secondary, university, and professional sport programs.

QUICK FACTS

- UIW Kinesiology alumni have also found employment in a variety of fields to include physical educators, coaches, personal trainers, professional sport management, and professional athletes.

ADMISSION REQUIREMENTS

The requirements for admission to the B.S. in Kinesiology - Coaching and Leadership are the same as the requirements for admission to the University of the Incarnate Word.

CONTACT

UIW Admissions

(210) 829-6005

admission@uiwtx.edu

This publication is available in alternate format by request. To request an alternate format, please contact the UIW Office of Admissions at (210) 829-6005. 6/2021 50

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B.S. in **Kinesiology - Coaching and Leadership**

FRESHMAN YEAR

Fall

ENGL 1311: Composition I (3 hours)
 PHIL 1381: Introduction to Philosophy (3 hours)
 PSYC 1301: Introduction to Psychology (3 hours)
 DWHP 1200: Dimensions of Wellness (2 hours)
 KEHP 1301: Foundations in Kinesiology (3 hours)
 PEHP 1162: Foundations of Training and Cond (1 hour)

Total Hours: 15

Spring

ENGL 1312: Composition II (3 hours)
 MATH 1304: College Algebra (3 hours)
 RELS 1305, 1315, 1325, 1335 or 1327H (3 hours)
 HIST 1311, 1312, 1321, 1322 (3 hours)
 BIOL 2321: Anatomy and Physiology I (3 hours)
 BIOL 2121: Anatomy and Physiology I Lab (1 hour)

Total Hours: 16

SOPHOMORE YEAR

Fall

Modern Language I (3 hours)
 KEHP 2301: Fitness Assess & Exercise Prescript (3 hours)
 KEHP 2305: Motor Learning and Development (3 hours)
 BIOL 2322: Anatomy and Physiology II (3 hours)
 BIOL 2122: Anatomy and Physiology II Lab (1 hour)
 KEHP 2315: Principles of Health (3 hours)

Total Hours: 16

Spring

Modern Language II (Same Language) (3 hours)
 ENGL 2310: World Literature Studies (3 hours)
 Fine Arts (ARTS/ARTH/DANC/MUSI/THAR) (3 hours)
 KEHP 3307: Health and Fitness Promotion 3 hours)
 NUTR 2341: Introduction to Nutrition (3 hours)

Total Hours: 15

JUNIOR YEAR

Fall

KEHP 1201: Individual Sports for Kinesiology Majors (2 hours)
 KEHP 3350: Biomechanics (3 hours)
 KEHP 3333: Exercise Physiology (3 hours)
 PSYC 3345: Sport Psychology (3 hours)
 SMHP 3301: Introduction to Sport Management (3 hours)
 PEHP Aquatic Class (1 Hour)

Total Hours: 15

Spring

KEHP 3334: Strength and Conditioning (3 hours)
 KEHP 4395: Practical Experience (3 hours)
 KEHP 3303: Elementary PE Methods (3 hours)
 KEHP 3314: Theories of Coaching (3 hours)
 SPT Management Elective (3 hours)

Total Hours: 15

SENIOR YEAR

Fall

RELS/PHIL 3000 or 4000 Level Course (3 hours)
 KEHP 1203: Developmental Activities (2 hours)
 KEHP 3312: Secondary PE Methods (3 hours)
 KEHP 1202: Team Sports for Kinesiology Majors (2 hours)
 SPT Management Elective (3 hours)

Total Hours: 13

Spring

KEHP 3321: Sport History (3 hours)
 KEHP 4314: Coaching Seminar (3 hours)
 KEHP 4346: Adapted Physical Activity and Sport (3 hours)
 SOCI 3350: Sociology of Sport (3 Hours)
 Elective/Minor (3 Hours)

Total Hours: 15

120 hours needed to complete the B.S. in Kinesiology - Coaching and Leadership.