

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 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 as physical educators, coaches, personal trainers, professional athletes and within sport management.

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

**YOUR JOURNEY.
OUR MISSION.**

LEARN MORE | uiw.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. 08/2022



Kinesiology - Coaching and Leadership

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)
 FYES 1211: First Year Experience Seminar (2 hours)
 KEHP 1301: Foundations in Kinesiology (3 hours)
 PEHP 1162: Found. 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 & Physiology I (3 hours)
 BIOL 2121: Anatomy & Physiology I Lab (1 hour)

Total Hours: 16

SOPHOMORE YEAR

Fall

Modern Language I (3 hours)
 KEHP 2301: Fit Assess & Exercise Prescript (3 hours)
 KEHP 2305: Motor Learning and Development (3 hours)
 BIOL 2322: Anatomy & Physiology II (3 hours)
 BIOL 2122: Anatomy & 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: Ind. Sports for Kines Majors (2 hours)
 KEHP 3350: Biomechanics (3 hours)
 KEHP 3333: Exercise Physiology (3 hours)
 PSYC 3345: Sport Psychology (3 hours)
 SMHP 3301: Intro 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)
 SMHP 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 Kines Majors (2 hours)
 SMHP Elective (3 hours)

Total Hours: 13

Spring

KEHP 3321: Sport History (3 hours)
 KEHP 4314: Coaching Seminar (3 hours)
 KEHP 4346: Adapt Phys 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.

LEARN MORE | bit.ly/uiw-kinesiology