

Kinesiology Major

DEPARTMENT OF KINESIOLOGY

The primary purpose of the Department of Kinesiology is to develop competent educators and professionals who can make a positive contribution to school systems and to society and/or be admitted to and be successful in graduate studies. The department provides the curriculum, expertise, teaches the scientific basis of physical activity and the skills and fitness competencies inherent in the profession that will enable majors to be successful within the PE disciplines in the public and private sector (wellness/fitness training and promotion, recreation, sports programming in various settings), as well as instilling in the entire student body the awareness, appreciation, and benefits of lifetime physical activity.

The Department of Kinesiology is committed to excellence consistent with the overall liberal arts mission of the College. Majors seeking Alabama Physical Education Teacher Certification for grades P-12 can receive certification by successfully completing all requirements in the Stillman Teacher Education Program (STEP), which includes maintaining a 2.75 grade point average, passing all required state standardized tests, and passing the edTPA assessment (see the Teacher Education Program section of this catalog for overall required program details). All teacher education candidates are required to complete a background check using the Alabama State Department of Education process. Teacher candidates must have a background check before completing any field experiences hours. All students taking education courses with field experience hours are required to join the Student Alabama Education Association (SAEA).

All Human Performance majors must participate in a required fitness test each semester to assess candidates' skilled-based and fitness based competence levels. The test will be scheduled by the department chairperson. It is the student's responsibility to be medically cleared, condition, and be properly prepared for this test, as this is a graduation requirement.

HUMAN PERFORMANCE MAJOR

Student Learning Outcomes

Upon completion of the Human Performance major, students will be able to:

1. Demonstrate knowledge of content, disciplinary concepts, and the tools of inquiry related to the development of a physically educated person (Content).
2. Demonstrate understanding of how individuals differ in their approaches to learning and create appropriate instruction adapted to these differences (Critical Thinking).
3. Demonstrate knowledge of how individuals develop and can provide opportunities that support their physical, cognitive, social and emotional development (Critical Thinking).
4. Describe and demonstrate effective communication skills (Communication).

Program Outcomes

As a result of successful completion of the Human Performance Program, graduates will:

1. Actively participate in the professional physical education community and within the broader education field.
2. Describe and demonstrate effective communication skills.
3. Describe and implement strategies to enhance communication among students in physical activity settings.
4. Describe and apply bioscience (anatomical, physiological, biomechanical) and psychological concepts to skillful movement, physical activity, and fitness.
5. Describe performance concepts and strategies related to skillful movement and physical activity.
6. Demonstrate knowledge of how individuals develop and can provide opportunities that support their physical, cognitive, social and emotional development.
7. Demonstrate understanding of how individuals differ in their approaches to learning and create appropriate instruction adapted to these differences.
8. Demonstrate knowledge of content, disciplinary concepts and tools of inquiry related to the development of a physically educated person.
9. Demonstrate knowledge of approved state and national content standards and local program goals.
10. Demonstrate knowledge of current technologies and their application to physical education.
11. Demonstrate knowledge of and ability to use formal and informal assessment strategies to foster physical, cognitive, social, and emotional development of learners in physical activity.

Semester Plan

Included below are sample semester-by-semester plans for the major in Human Performance, both Teacher Certification and Non Teacher Certification.

NOTES

* For HPS 220, HPS 221, SED 433, EDU 422, EED 300 and SED 491, students must be accepted into STEP prior to enrollment in these courses.

Degree Type

Bachelor of Science

Major in Human Performance

Required courses for the major in Human Performance

The following courses are required for the major in Human Performance:

* For HPR 332, HPR 336, HPS 220 and HPS 221: All students taking any education courses requiring field placement are required to join the Student Alabama Education Association (SAEA).

Item #	Title	Credits
HPR 121	Lifetime Wellness	2
HPR 230	Applied Anatomy	3
HPR 231	History and Principles of Physical Education	3
HPR 331	Organization/Administration of Physical Education	3
HPR 332	Adapted Physical Education for Special Populations	3
HPR 333	Athletic Injuries and First Aid	3
HPR 334	Coaching and Officiating of Major Sports	3
HPR 335	Measurement and Evaluation of Physical Education	3
HPR 336	Methods/Materials for Teaching Physical Education P-12	3
HPR 432	Physiology of Exercise	3
HPR 433	Kinesiology	3
HPS 220	Methods of Teaching Striking, Field, Invasion, and Territory Games	2
HPS 221	Methods of Teaching Target, Net, and Wall Games	2

Minor in Human Performance

Required courses for the minor in Human Performance:

Any non-Human Performance student desiring to minor in Human Performance may do so by completing the following courses:

Item #	Title	Credits
HPR 230	Applied Anatomy	3
HPR 231	History and Principles of Physical Education	3
HPR 331	Organization/Administration of Physical Education	3
HPR 332	Adapted Physical Education for Special Populations	3
HPR 333	Athletic Injuries and First Aid	3
	HPR Elective	3
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Course Sequencing

Major in Human Performance (Physical Education Teacher Certification) FRESHMAN YEAR Fall Semester

Item #	Title	Credits
STI 111	Orientation	1
REL 131	Introduction to the Old Testament	3
ENG 131	English Composition I	3
MAT 131	Algebra	3
HIS 131	Foundations of World Civilization	3
PHY 131	Physical Science	3

FRESHMAN YEAR Spring Semester

Item #	Title	Credits
STI 114	Orientation II	1
HPR 121	Lifetime Wellness	2
REL 132	Introduction to the New Testament	3
ENG 132	English Composition II	3
BIO 131	Life Science	3
HUM 130	African American Heritage	3
	HPS Elective	1

SOPHOMORE YEAR Fall Semester

Item #	Title	Credits
EDU 232	Foundations of Education	3
PSY 230	Introduction to Psychology	3
HPR 230	Applied Anatomy	3
HPR 231	History and Principles of Physical Education	3
SPE 232	Public Speaking	3
BUS 210	Financial Literacy	1
	HPS Elective	1
	HPS Elective	1

SOPHOMORE YEAR Spring Semester

Item #	Title	Credits
	200-level Religion	3
HPR 332	Adapted Physical Education for Special Populations	3
LOG 330	Logic	3
PSY 332	Educational Psychology	3
EDU 310	Test Taking Strategies	1
EDU 330	Educating Exceptional Children/Adolescents	3
	HPS Elective	1
	HPS Elective	1

JUNIOR YEAR Fall Semester

Item #	Title	Credits
	300-level Religion	3
HPR 331	Organization/Administration of Physical Education	3
HPR 333	Athletic Injuries and First Aid	3
HPR 420	Senior Thesis in Physical Education	2
HPS 220	Methods of Teaching Striking, Field, Invasion, and Territory Games	2
PSY 333	Adolescent Psychology	3

JUNIOR YEAR Spring Semester

Item #	Title	Credits
EDU 230	Integrating Technology in Education	3
HPR 335	Measurement and Evaluation of Physical Education	3
HPR 334	Coaching and Officiating of Major Sports	3
HPR 432	Physiology of Exercise	3
HPR 433	Kinesiology	3
HPS 221	Methods of Teaching Target, Net, and Wall Games	2

SENIOR YEAR Fall Semester

Item #	Title	Credits
HPR 336	Methods/Materials for Teaching Physical Education P-12	3
SED 433	Methods of Teaching Reading in the Content Areas	3
EDU 432	Assessment and Evaluation	3
EDU 300 Classroom Management		3
HPR 337	Methods and Materials in Secondary PE	3

SENIOR YEAR Spring Semester

Item #	Title	Credits
SED 491	Secondary Teacher Candidacy Internship (P-12)	12

Major in Human Performance (Non Teacher Certification) FRESHMAN YEAR Fall Semester

Item #	Title	Credits
STI 111	Orientation	1
REL 131	Introduction to the Old Testament	3
ENG 131	English Composition I	3
MAT 131	Algebra	3
HIS 131	Foundations of World Civilization	3
PHY 131	Physical Science	3

FRESHMAN YEAR Spring Semester

Item #	Title	Credits
HPR 121	Lifetime Wellness	2
REL 132	Introduction to the New Testament	3
ENG 132	English Composition II	3
BUS 210	Financial Literacy	1
BIO 131	Life Science	3
HUM 130	African American Heritage	3
STI 114	Orientation II	1

SOPHOMORE YEAR Fall Semester

Item #	Title	Credits
SPE 232	Public Speaking	3
PSY 230	Introduction to Psychology	3
HPR 230	Applied Anatomy	3
HPR 231	History and Principles of Physical Education	3
	General Elective (3 credits)	3

SOPHOMORE YEAR Spring Semester

Item #	Title	Credits
CSC 121	Critical Thinking in Digital Age	2
	200-level Religion	3
EDU 310	Test Taking Strategies	1
HPR 332	Adapted Physical Education for Special Populations	3
HPR 333	Athletic Injuries and First Aid	3
HPS 221	Methods of Teaching Target, Net, and Wall Games	2
	General Elective (2 credits)	2

JUNIOR YEAR Fall Semester

Item #	Title	Credits
HPR 331	Organization/Administration of Physical Education	3
HPR 336	Methods/Materials for Teaching Physical Education P-12	3
HPR 433	Kinesiology	3
HPS 220	Methods of Teaching Striking, Field, Invasion, and Territory Games	2
LOG 330	Logic	3

JUNIOR YEAR Spring Semester

Item #	Title	Credits
	300-level Religion	3
HPR 334	Coaching and Officiating of Major Sports	3
HPR 432	Physiology of Exercise	3
	General Elective (3 credits)	3
	General Elective (3 credits)	3

SENIOR YEAR Fall Semester

Item #	Title	Credits
HPR 335	Measurement and Evaluation of Physical Education	3
HPR 420	Senior Thesis in Physical Education	2
	General Elective (3 credits)	3
	General Elective (3 credits)	3
	General Elective (2 credits)	2

SENIOR YEAR Spring Semester

Item #	Title	Credits
HPR 434	Internship in Fitness/Wellness	3
	General Elective (3 credits)	3
	General Elective (3 credits)	3
	General Elective (3 credits)	3
	General Elective (3 credits)	3