Exercise & Sport Science

Major

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

<table>
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<tr>
<th>MAJOR</th>
<th>MAJOR AND TEACHING CERTIFICATION</th>
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<tbody>
<tr>
<td>Hours Required in KINE: 49</td>
<td>Hours Required in Kinesiology: 72</td>
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<tr>
<td>Hours Required in Other Departments: 27</td>
<td>Hours Required in Other Departments: 18</td>
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<tr>
<td>Total Hours Required: 76</td>
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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

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

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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

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

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<th>Minor</th>
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<td>Total Hours Required:</td>
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(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.)