

# KINESIOLOGY (BS) - HEALTH & PHYSICAL EDUCATION NON-CERTIFICATION CONCENTRATION

## Program Overview

The B.S. Kinesiology non certification track prepares community based physical activity professionals to work in various sport, coaching, and movement settings with all age populations. Students are actively engaged in a variety of learning experiences in classrooms, labs, and public schools and have the opportunity to develop their knowledge and skills in a wide variety of physical activities while learning to teach others. Areas of emphasis in this program consist of instructional skills, pedagogical strategies, sport coaching, methods of evaluation in physical activity settings, and field-based experiences.

## Career Opportunities Program of Study

Code	Title	Credit Hours
<b>Core IMPACTS Area : Institutional Priorities <sup>1</sup></b>		<b>4-5</b>
COMM 1110	Public Speaking	3
ITDS 1779	Scholarship Across the Disciplines	2
LEAD 1705	Introduction to Servant Leadership	2
PERS 1506	Perspectives 1-hour	1
PERS 1507	Perspectives 2-hour	2
Foreign Language Course Options		
ARAB, CHIN, FREN, GERM, GREK, ITAL, JAPN, KREN, LATIN, PORT, SPAN - 1001, 1002, 2001, 2002		
SWAH 1001	Elementary Swahili I	
SWAH 1002	Elementary Swahili II	
<b>Core IMPACTS Area : Mathematics &amp; Quantitative Skills <sup>1</sup></b>		<b>3-7</b>
DATA 1501	Introduction to Data Science	3
MATH 1001	Quantitative Skills and Reasoning	3
MATH 1101	Introduction to Mathematical Modeling	3
MATH 1111	College Algebra	3
MATH 1113	Pre-Calculus	4
MATH 1125	Applied Calculus	3
MATH 1131	Calculus with Analytic Geometry I	4
MATH 1132	Calculus with Analytic Geometry II	4
MATH 1165	Computer-Assisted Problem Solving	3
MATH 1401	Introduction to Statistics	3
MATH 1501	Calculus I	4
MATH 2125	Introduction to Discrete Mathematics	3
STAT 1401	Elementary Statistics	3
<b>Core IMPACTS Area : Political Science and U.S. History</b>		<b>6</b>
HIST 2111	U. S. History to 1865	3
or HIST 2112	U. S. History since 1865	
POLS 1101	American Government	3
<b>Core IMPACTS Area : Arts, Humanities, and Ethics</b>		<b>6</b>

Select one Fine Arts course		3
ARTH 1100	Art Appreciation	
ARTH 2125	Introduction to the History of Art I– Prehistoric through Gothic	
ARTH 2126	Introduction to the History of Art II– Renaissance through Modern	
MUSC 1100	Music Appreciation	
THEA 1100	Theatre Appreciation	
ITDS 1145	Comparative Arts <sup>2</sup>	
Select one Humanities course		3
ENGL 2111	World Literature I	
ENGL 2112	World Literature II	
ITDS 1774	Introduction to Digital Humanities	
PHIL 2010	Introduction to Philosophy	
ITDS 1145	Comparative Arts <sup>2</sup>	
<b>Core IMPACTS Area : Communicating in Writing</b>		<b>6</b>
ENGL 1101	English Composition I	3
ENGL 1102	English Composition II	3
<b>Core IMPACTS Area : Technology, Mathematics, and Sciences <sup>1</sup></b>		<b>7-11</b>
ANTH 1145	Human Origins	3
ASTR 1105	Descriptive Astronomy: The Solar System	3
ASTR 1106	Descriptive Astronomy: Stars and Galaxies	3
ASTR 1305	Descriptive Astronomy Lab	1
ATSC 1112	Understanding the Weather	3
ATSC 1112L	Understanding the Weather Lab	1
BIOL 1125	Contemporary Issues in Biology Non-Lab	3
BIOL 1215K	Introductory Biology	4
BIOL 1225K	Contemporary Issues in Biology with Lab	4
CHEM 1151 & 1151L	Survey of Chemistry I and Survey of Chemistry I Lab	4
CHEM 1152 & 1152L	Survey of Chemistry II and Survey of Chemistry II Lab	4
CHEM 1211 & 1211L	Principles of Chemistry I and Principles of Chemistry I Lab	4
CHEM 1212 & 1212L	Principles of Chemistry II and Principles of Chemistry II Lab	4
CPSC 1105	Introduction to Computing Principles and Technology	3
CPSC 1301K	Computer Science I	4
ENVS 1105	Environmental Studies	3
ENVS 1105L	Environmental Studies Laboratory	1
ENVS 1205K	Sustainability and the Environment	4
GEOG 2215	Introduction to the Geographic Information Systems	3
GEO 1110	Natural Disasters: Our Hazardous Environment	3
GEO 1121	Introductory Geoscience I: Physical Geology	3
GEO 1121L	Introductory Geoscience I: Physical Geology Lab	1
GEO 1122	Introductory Geo-sciences II: Historical Geology	3
GEO 1322	Introductory Geo-sciences II: Historical Geology Lab	1
GEO 2225	The Fossil Record	4
PHYS 1111 & PHYS 1311	Introductory Physics I and Introductory Physics I Lab	4

PHYS 1112 & PHYS 1312	Introductory Physics II and Introductory Physics II Lab	4
PHYS 1125	Physics of Color and Sound	3
PHYS 1325	Physics of Color and Sound Lab	1
PHYS 2211 & PHYS 2311	Principles of Physics I and Principles of Physics I Lab	4
PHYS 2212 & PHYS 2312	Principles of Physics II and Principles of Physics II Lab	4
<b>Core IMPACTS Area : Social Sciences</b>		<b>6</b>
Select one Behavioral Science course		
ECON 2105	Principles of Macroeconomics	
ECON 2106	Principles of Microeconomics	
PHIL 2030	Moral Philosophy	
PSYC 1101	Introduction to General Psychology	
SOCI 1101	Introduction to Sociology	
Select one World Cultures course		
ANTH 1107	Discovering Archaeology	
ANTH 1105	Cultural Anthropology	
ANTH 2105	Ancient World Civilizations	
ANTH 2136	Language and Culture	
ENGL 2136	Language and Culture	
GEOG 1101	World Regional Geography	
HIST 1111	World History to 1500	
HIST 1112	World History since 1500	
ITDS 1155	The Western Intellectual Tradition	
ITDS 1156	Understanding Non-Western Cultures	

**Core IMPACTS Total Hours** **42**

**Health and Wellness** **3**

KINS 1106	Lifetime Wellness	2
	or PHED 1205 Concepts of Fitness	

Select one PEDS course (<https://catalog.columbusstate.edu/course-descriptions/peds/#peds>)

<sup>1</sup> The hours applied in the Institutional Priorities; Mathematics & Quantitative Skills; and Technology, Mathematics, and Sciences areas must add to 18 credit hours.

<sup>2</sup> ITDS 1145 Comparative Arts, though listed under both Fine Arts and Humanities, may be taken only once.

## Major Requirements

Code	Title	Credit Hours
<b>Core Requirements</b>		
Complete the core requirements for this program		45
<b>Field of Study Requirements</b>		
Minimum grade of C is required		
EDUC 2110	Investigating Critical & Contemporary Issues in Education	3
EDUC 2120	Exploring Socio-Cultural Contexts on Diversity in Educational Settings	3
EDUC 2130	Exploring Learning and Teaching	3
BIOL 2251K	Anatomy & Physiology I	4

BIOL 2252K	Anatomy & Physiology II	4
PEDS 1***	Elective	1
Field of Study Requirements Total		18
<b>Required for the Major</b>		
Minimum grade of C is required		
Kinesiology Core Requirements:		15
HESC 2105	Personal Health	
KINS 1105	Introduction to Kinesiology	
KINS 2105	Weight Control	
KINS 3135	Kinesiology	
KINS 4131	Exercise Physiology	
KINS 4331	Exercise Physiology Laboratory	
General Requirements:		17
KINS 2271	Skills and Concepts I	
KINS 2272	Skills and Concepts of Physical Activity II	
KINS 4317	Health Related Fitness Education	
KINS 5215U	The Development of Motor Skills: A Lifespan Perspective	
KINS 4245	Physical Activity for Students with Disabilities	
HESC 5107U	Human Sexuality	
	or HESC 5795 Seminar in Alcohol and Drug Abuse	
Non Certification Core:		28
KINS 4146	Measurement and Evaluation in Kinesiology	
KINS 3165	Principles of Sport Coaching	
KINS 4147	Organization and Administration	
KINS 4698	Internship / Practicum (at least 6 hours required)	
Select 7-13 Electives, Advisor approved		
Required for the Major Total		60
<b>Total Credit Hours</b>		<b>123</b>

## Program Map

Course	Title	Credit Hours
<b>First Year</b>		
<b>Fall</b>		
ENGL 1101	English Composition I (minimum grade of C)	3
MATH 1001 or MATH 1101	Quantitative Skills and Reasoning (or higher; recommend MATH 1111 College Algebra) or Introduction to Mathematical Modeling	3
EDUC 2130	Exploring Learning and Teaching (minimum grade of C)	3
KINS 2271	Skills and Concepts I (minimum grade of C)	3
CHEM 1151 & 1151L	Survey of Chemistry I and Survey of Chemistry I Lab <sup>1</sup>	4
<b>Credit Hours</b>		<b>16</b>
<b>Spring</b>		
ENGL 1102	English Composition II (minimum grade of C)	3
Area B2	ITDS 1779 (2), LEAD 1705 (2), PERS 1506 (1; may be repeated with different topic), PERS 1507 (2)	2

KINS 2272	Skills and Concepts of Physical Activity II (minimum grade of C)	3
EDUC 2110	Investigating Critical & Contemporary Issues in Education (minimum grade of C)	3
BIOL 2251K	Anatomy & Physiology I (minimum grade of C)	4

---

**Credit Hours** 15

**Second Year****Fall**

AREA C	Humanities Elective	3
HESC 2105	Personal Health (minimum grade of C)	3
Area B1	COMM 1110 Public Speaking or foreign language 1001, 1002, 2001, 2002	3
KINS 1105	Introduction to Kinesiology (minimum grade of C)	3
BIOL 2252K	Anatomy & Physiology II (minimum grade of C)	4
PEDS****		1

---

**Credit Hours** 17

**Spring**

AREA C	Fine Arts Elective	3
EDUC 2120	Exploring Socio-Cultural Contexts on Diversity in Educational Settings (minimum grade of C)	3
POLS 1101	American Government	3
KINS 3165	Principles of Sport Coaching (minimum grade of C)	2
KINS 4131	Exercise Physiology (minimum grade of C)	3
KINS 4331	Exercise Physiology Laboratory (minimum grade of C)	1

---

**Credit Hours** 15

**Third Year****Fall**

AREA E	Area E Behavioral Science	3
KINS 1106 or PHED 1205	Lifetime Wellness or Concepts of Fitness	2
KINS 5116U	minimum grade of C	3
AREA D	Science	3
AREA E	World Cultures	3
Area D	Science, Math, Tech (recommend STAT 1401 Elementary Statistics)	3

---

**Credit Hours** 17

**Spring**

AREA F	PEDS**** (minimum grade of C)	1
AREA G	Elective (minimum grade of C) <sup>2</sup>	3
KINS 5215U	The Development of Motor Skills: A Lifespan Perspective (minimum grade of C)	3
KINS 4245	Physical Activity for Students with Disabilities (minimum grade of C)	3
KINS 2105	Weight Control (minimum grade of C)	2
KINS 3135	Kinesiology (minimum grade of C)	3

---

**Credit Hours** 15

**Fourth Year****Fall**

HIST 2111 or HIST 2112	U. S. History to 1865 or U. S. History since 1865	3
KINS 4317	Health Related Fitness Education (minimum grade of C)	2
KINS 4146	Measurement and Evaluation in Kinesiology (minimum grade of C)	3
KINS 4415	Coaching Practicum (minimum grade of C)	2
AREA G	Elective (minimum grade of C) <sup>2</sup>	3
HESC 5795U	Seminar in Alcohol and Drug Abuse (minimum grade of C)	3
	or HESC 5107U Human Sexuality (minimum grade of C)	

---

**Credit Hours** 16

**Spring**

KINS 4698	Internship / Practicum <sup>3</sup>	12
-----------	-------------------------------------	----

---

**Credit Hours** 12

---

**Total Credit Hours** 123

<sup>1</sup> Prerequisite for BIOL 2221K.

<sup>2</sup> Requires advisor approval.

<sup>3</sup> KINS 4698 Internship / Practicum 6 to 12 hour option; requires approval.

## Admission Requirements

## Additional Program Requirements