

KINESIOLOGY (BS) - HEALTH & PHYSICAL EDUCATION TEACHER CERTIFICATION CONCENTRATION

Program Overview

The B.S. Kinesiology degree with a concentration in Health and Physical Education Teacher Certification prepares students to teach at all grade levels preschool through high school. This program is approved by the Georgia Professional Standards Commission. The program of study is guided in part by the principles of the Interstate New Teacher and Support Consortium and the National Standards for Beginning Physical Education Teachers. 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.

Preparation to teach Health and Physical Education in the schools is dynamic. Students are enrolled in classes designed to develop sport skills and knowledge in a variety of physical activities. Extensive laboratory experiences include observations and teaching at all grade levels...preschool, elementary, middle level, and high school...a feature that sets the program apart from many others in the nation. Students are guided in the process of teacher development by a team consisting of local P-12 physical educators and university faculty. Post Baccalaureate and add-on certification options are available.

All educator preparation programs are approved by the Georgia Professional Standards Commission. In addition to the degree requirements, there are further requirements for teaching certification. Visit the Certification page on the CSU Center for Quality Teaching and Learning (CQTL) website for detailed information about certification requirements and the certification process.

Career Opportunities

Recent graduates have found great success in obtaining teaching positions in health and physical education in area schools. Columbus State University graduates are employed as elementary, middle level, and high school physical education teachers and coaches, often with responsibilities for health instruction and the teaching of children with special needs. Graduates of the program are recognized as effective teachers who are committed to the teaching profession. They are also prepared to continue their professional growth through graduate study.

Program of Study

Code	Title	Credit Hours
Core IMPACTS Area : Institutional Priorities ¹		4-5
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	
Core IMPACTS Area : Mathematics & Quantitative Skills ¹		3-7
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
Core IMPACTS Area : Political Science and U.S. History		6
HIST 2111	U. S. History to 1865	3
or HIST 2112	U. S. History since 1865	
POLS 1101	American Government	3
Core IMPACTS Area : Arts, Humanities, and Ethics		6
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 ²	
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 ²	
Core IMPACTS Area : Communicating in Writing		6
ENGL 1101	English Composition I	3
ENGL 1102	English Composition II	3
Core IMPACTS Area : Technology, Mathematics, and Sciences ¹		7-11
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
GEOL 1110	Natural Disasters: Our Hazardous Environment	3
GEOL 1121	Introductory Geoscience I: Physical Geology	3
GEOL 1121L	Introductory Geoscience I: Physical Geology Lab	1
GEOL 1122	Introductory Geo-sciences II: Historical Geology	3
GEOL 1322	Introductory Geo-sciences II: Historical Geology Lab	1
GEOL 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
Core IMPACTS Area : Social Sciences		6
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	3
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>)

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

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

Major Requirements

Code	Title	Credit Hours
Core Requirements		
Complete the core requirements for this program		45
Field of Study Requirements		
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 2221K		4
BIOL 2222K		4
PEDS 1***	Elective	1
Field of Study Requirements Total		18
Required for the Major		
Minimum grade of C is required, except for KINS 4245 that requires a minimum grade of B.		
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 4245	Physical Activity for Students with Disabilities (Students must earn a grade of B or better in order to be certified to teach in the state of Georgia.)	
KINS 4317	Health Related Fitness Education	
KINS 5215U	The Development of Motor Skills: A Lifespan Perspective	
HESC 5107U	Human Sexuality	
or HESC 5795U	Seminar in Alcohol and Drug Abuse	
Teaching Core:		25
EDUF 4205	Technology for the 21st Century Classroom	
KINS 4000	Fitness Testing for Health and Physical Education Certification Concentration	
KINS 4335	Assessment in Physical Education	
KINS 5216U	Physical Education in the Secondary School	
KINS 5218U	Teaching Health in P-8 Schools	
KINS 5219U	Teaching Health in High School	

KINS 5217U	Physical Education in the Elementary School	
KINS 5485U	Student Teaching in Health and Physical Education	
Required for the Major Total		57
Major Electives		3
Any KINS, HESC, or PEDS course		
Students must take 39 credit hours of 3000+ level courses		
Total Credit Hours		123

"Candidates enrolled in initial teacher preparation programs are required to attempt all state-mandated assessments prior to program completion. Candidates will only be recommended for certification by CSU upon successful completion of all program requirements and state-mandated assessments." *Emergency Care and First Aid Proficiency: All students must have current certifications in First Aid and CPR (including infant, child, and adult) at the time of application to student teaching. Those certifications must remain current and on file in the SAFE Office through the end of the student teaching term. Students may demonstrate this proficiency by attaining the appropriate certifications from the American Heart Association, the American Red Cross, or by completing KINS 2345 Emergency Care and First Aid . Please note: The skills test for first aid and CPR cannot be taken online.*

Program Map

Course	Title	Credit Hours
First Year		
Fall		
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
CHEM 1151 & 1151L	Survey of Chemistry I and Survey of Chemistry I Lab ¹	4
KINS 2271	Skills and Concepts I (minimum grade of C)	3
Credit Hours		16
Spring		
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
PEDS****		1
Credit Hours		16

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
Credit Hours		16

Spring		
AREA C	Fine Arts Elective	3
AREA E	World Cultures	3
KINS 4131	Exercise Physiology (minimum grade of C)	3
KINS 4331	Exercise Physiology Laboratory (minimum grade of C)	1
EDUC 2120	Exploring Socio-Cultural Contexts on Diversity in Educational Settings (minimum grade of C)	3
POLS 1101	American Government	3
Credit Hours		16

Third Year		
Fall		
AREA E	Behavioral Science	3
KINS 1106 or PHED 1205	Lifetime Wellness or Concepts of Fitness	2
KINS 2105	Weight Control (minimum grade of C)	2
Area H	Elective: Select any KINS, HESC, PEDS course OR other approved course (minimum grade of C)	3
KINS 4000	Fitness Testing for Health and Physical Education Certification Concentration ^{2,3}	0
Area D	Science, Math, Tech (recommend STAT 1401 Elementary Statistics)	3
AREA D	Science	3
Credit Hours		16

Spring		
KINS 3135	Kinesiology (minimum grade of C)	3
KINS 5217U	Physical Education in the Elementary School (minimum grade of C)	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; see note below)	3

There is a recent rule change for certification from the GaPSC. As of July 1, 2019, students must make a B or higher in the Exceptional Children's course. The course could be any of the following depending on your major: SPED 2256, EDCI 6228, KINS 4245, SPED 4115, PHED 6219. This rule change will not affect your graduation but you cannot become a certified educator with the state of Georgia until you receive the grade of B or higher in this course.

KINS 5218U	Teaching Health in P-8 Schools (minimum grade of C) ²	2
KINS 4000	Fitness Testing for Health and Physical Education Certification Concentration ^{2,3}	0
PEDS**** (minimum grade of C)		1
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	2
KINS 5216U	Physical Education in the Secondary School (minimum grade of C) ²	4
KINS 5219U	Teaching Health in High School (minimum grade of C) ²	2
KINS 4335	Assessment in Physical Education (minimum grade of C)	2
HESC 5795U	Seminar in Alcohol and Drug Abuse (minimum grade of C)	3
or HESC 5107U Human Sexuality (minimum grade of C)		
KINS 4000	Fitness Testing for Health and Physical Education Certification Concentration ^{2,3}	0
Credit Hours		16
Spring		
KINS 5485U	Student Teaching in Health and Physical Education ²	10
EDUF 4205	Technology for the 21st Century Classroom (minimum grade of C) ²	2
KINS 4000	Fitness Testing for Health and Physical Education Certification Concentration ²	0
Credit Hours		12
Total Credit Hours		123

¹ Prerequisite for BIOL 2221K.

² Must be admitted to Teacher Education.

³ Choose which semester.

Admission Requirements

During the sophomore year, students intending to complete a teacher education program make formal application to the teacher education program. Normally, this occurs after the student has completed three semesters of full-time course work. Admission to Teacher Education is completed through TK20. For further information please go to <https://cctl.columbusstate.edu/teacher-education.php>. (<https://cctl.columbusstate.edu/teacher-education.php>)

Additional Program Requirements

Following admission to the teacher education program, a review is conducted each semester to determine retention in the teacher education program.