

Kinesiology

Suggested Course of Study for University Transfer Students (62-65 Credit Hours)

Freshman Year	Sophomore Year
ENGL 1301	GOVT 2305
ENGL 1302	GOVT 2306
HIST 1301	Literature (3-6 Credit Hours)*
HIST 1302	PHED 1301
Lab Science (8 Credit Hours)	PHED 1304
MATH 1314	PHED 1306
PHED 1134	PHED 1308
PHED Activity (1 Credit Hour)	PHED 1346
Social/Behavioral Science (3 Credit Hours)	Visual/Fine Arts (3 Credit Hours)
SPCH 1315 or 1321	Computer (3-4 Credit Hours)

*Twelve semester hours of English are required for the Associate of Arts degree: nine semester hours of English are required for the Associate of Science degree.

PHED 1101	Aerobics I Activity class.	1-0-3
PHED 1102	Aerobics II Activity class.	1-0-3
PHED 1107	Backpacking I Activity class.	1-0-3
PHED 1108	Backpacking II Activity class.	1-0-3
PHED 1113	Basketball I Activity class.	1-0-3
PHED 1114	Basketball II Activity class.	1-0-3
PHED 1115	Bowling I Activity class.	1-0-3
PHED 1116	Bowling II Activity class.	1-0-3

PHED 1117	Camping I Activity class.	1-0-3
PHED 1118	Camping II Activity class.	1-0-3
PHED 1121	Cheerleading I Activity class.	1-0-3
PHED 1122	Cheerleading II Activity class.	1-0-3
PHED 1125	Dance I Activity class.	1-0-3
PHED 1126	Dance II Activity class.	1-0-3
PHED 1127	Dance III Activity class.	1-0-3
PHED 1129	Golf I Activity class.	1-0-3
PHED 1130	Golf II Activity class.	1-0-3
PHED 1134	Introduction to Wellness Activity class. Core Curriculum satisfied for Kinesiology.	1-0-3
PHED 1138	Maintenance of Wellness Activity class.	1-0-3
PHED 1144	Varsity Softball I Activity class.	1-0-3
PHED 1145	Varsity Softball II Activity class.	1-0-3
PHED 1147	Step Aerobics I Activity class.	1-0-3
PHED 1148	Step Aerobics II Activity class.	1-0-3

PHED 1151	Tennis I Activity class.	1-0-3
PHED 1152	Tennis II Activity class.	1-0-3
PHED 1153	Volleyball I Activity class.	1-0-3
PHED 1154	Volleyball II Activity class.	1-0-3
PHED 1156	Weight Lifting I Activity class.	1-0-3
PHED 1157	Weight Lifting II Activity class.	1-0-3
PHED 1164	Concepts of Physical Fitness I* Activity class. *Must be taken concurrently with PHED 1238.	1-0-3
PHED 1170	Varsity Baseball I Activity class.	1-0-3
PHED 1171	Varsity Baseball II Activity class.	1-0-3
PHED 1172	Varsity (Men) Basketball I Activity class.	1-0-3
PHED 1173	Varsity (Men) Basketball II Activity class.	1-0-3
PHED 1174	Varsity (Women) Basketball I Activity class.	1-0-3
PHED 1175	Varsity (Women) Basketball II Activity class.	1-0-3
PHED 1176	Varsity Golf I Activity class.	1-0-3
PHED 1177	Varsity Golf II Activity class.	1-0-3

- PHED 1238 Concepts of Physical Fitness II*** 2.3.0
Study of the concepts and use of selected physiological variables of fitness, individual testing and consultation, and the introduction of suitable fitness programs. Must be taken concurrently with *PHED 1164.
- PHED 1301 Introduction to Kinesiology and Sport** 3.3.0
Introductory course in human movement that includes the historical development of movement and sport from ancient to contemporary cultures. Physiological and psychological principles affecting human movement and sport, programs, professional requirements, and opportunities.
- PHED 1304 Personal and Community Hygiene** 3.3.0
A study of personal and community health for the kinesiology and elementary education major dealing with the human body, its organs and functions. Emphasis is placed on causative factors of various diseases, means of transmission and prevention.
- PHED 1306 First Aid Safety** 3.3.0
This course combines the study of First Aid and Safety Education as recommended by the American Red Cross, together with the methods of prevention and care of injuries occurring in physical education and athletics. CPR procedures will be covered.
- PHED 1308 Sports Officiating** 3.3.1
Rules, interpretations and mechanics in officiating football, and basketball.
- PHED 1346 Drug Use and Abuse** 3.3.0
Study of use and abuse of drugs in today's society, emphasizing physiological, sociological and psychological factors involved.