

Kinesiology (B.S.)

Brian Wigley, Associate Professor of Kinesiology; Department Chair

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Gregory Hall, Room 155, (540) 665-4791

The kinesiology department offers a Bachelor of Science in Kinesiology. Because of the diversity of the field, students are required to pursue one of three emphases within the major: sport management, exercise science or general kinesiology. Teacher licensure in the field of physical education is another option for Kinesiology majors, with the curriculum mandated by the state of Virginia. Minors in Kinesiology are also offered, and the sport management articulated program includes a minor in business.

In addition, a pre-athletic training program is offered in which students will complete 95 undergraduate hours prior to entering the athletic training graduate program, following the exercise science emphasis, in addition to specified elective hours. Upon completion of the first year of the graduate program, athletic training students will be eligible for the bachelor's degree in Kinesiology.

Kinesiology Core Requirements

Course Title Credit Hours

KIN 101 Health and Fitness 1

KIN 190 Introduction to Kinesiology 3

KIN 191 CPR and First Aid 1

Activity Course (one of the following activity courses):

KIN 106 Aerobics

KIN 110 Weight Training and Jogging 1

Field Experience (one of the following field experiences):

KIN 401 Internship in Sports Medicine 6

KIN 498 Internship in Sports Administration 6

AT 581/582 Clinical Field Experience I and II 8

KNS 451 Student Teaching 9

Health and Physical Education Teacher Licensure

This course of study will lead to licensure to teach in the public school system in the Commonwealth of Virginia.

Course Title Credit Hours

KIN 106 Aerobics 1

or

KIN 110 Weight Training and Jogging 1

(whichever class did not fulfill the core)

KIN Team Sport 1

KIN Individual/Dual Sport 1

KIN 252 Personal & Community Health 3

KIN 263 Games of Low Organization 1

KIN 280 Care and Treatment of Athletic Injuries 3

KIN 283 Measurement and Evaluation in Physical Education 3

KNS 303 Materials and Methods in Teaching Health 3

KNS 304 Materials and Methods in Teaching Elementary & Secondary 3

KIN 384 Exercise Physiology 4

KNS 481 Adapted Physical Education 3

DA 261 Creative Movement 2

BIO 231 Human Anatomy and Physiology I 4

BIO 232 Human Anatomy and Physiology II 4

Total hours 36

**Students must also complete all Professional Studies Requirements for Teacher Education.*

Secondary Teacher Education Professional Studies Certificate

(6-12 and K-12)

Mary Bowser, Professor of Education

Henkel Hall, Room 204, (540) 665-4590

This program contains the professional studies required by the Virginia Department of Licensure Regulations for secondary education teachers and K-12 endorsements.

Students may elect to add this program as a minor to their current or completed major in a liberal arts field so they could apply for a Virginia Teacher's license in that field.

Course Title Credit Hours

PSY 220 Child Development 3

EDU 221 Child Development Lab 1

EDU 301 Orientation to Teaching 3

RDG 425 Reading and Writing in the Content Area (6-12) 3

Pass PRAXIS II requirement before student teaching

**Teacher endorsement area requirements may be satisfied through transcript analysis by the Education Department faculty. The outcome of this analysis may be possible recommendations for supplementary coursework in order for students to achieve compliance with Virginia Department of Education regulations.*

Coaching Certificate

The Coaching Certificate Program is recommended for students majoring in Kinesiology who are interested in coaching interscholastic or intercollegiate athletics. In addition to the Kinesiology Core requirements, students seeking a Coaching Certificate are required to complete the following courses:

Course Title Credit Hours

KIN 477 Principles and Philosophy of Coaching 3

Choose any four of the following:

KIN 280 Care and Treatment of Athletic Injuries 3

KIN 283 Measurement and Evaluation in Physical Education 3

KIN 322 Motor Learning 3

KIN 342 Sports Ethics 3

KIN 350 Sport and Exercise Psychology 3

KIN 450 Sports Law 3

KIN 470 Facility Planning and Event Management 3

Subtotal 12

Choose any two of the following:

KIN 160 Coaching Football 1

KIN 162 Coaching Basketball 1

KIN 164 Coaching Volleyball 1

KIN 166 Coaching Baseball/Softball 1

KIN 168 Coaching Track & Field/Cross Country 1

KIN 170 Coaching Soccer 1

KIN 172 Coaching Lacrosse/Field Hockey 1

Subtotal 2

Total 17