

Planning Worksheet
B. S. Degree in Kinesiology
with
K-12 Health and Physical Education Teacher Certification
Suggested Four Year Plan of Study
128 credits required

Revised September, 2008

First Fall			First Spring		
Number	Course Title	Credits	Number	Course Title	Credits
KIN 260 (F)	Intro to Kines/Hlth	1	1	HLTH 347 (B)	Stress Management
KIN 264 (B)	Skill/Basket-Soccer	1	1	KIN 263 (B)	Skill/Tennis-Golf
KIN 266	Skill/Volley-Soft	1	1		
HLTH 272(B)	Fitness & Wellness	3	3	Psych 205	Dev Psychology
ENG 101(B)	Eng Comp	3-4	3-4	NS 150	Intro to Nat Science
MATH (B)	Math	3	3	ENG 102 (B)	English Comp
	A Humanities Class	3	3	COMM (B)	Speech

Second Fall			Second Spring		
BIOL 175	Human Biology	4	4	KIN 348(S)	Sports Medicine
or	or			KIN355 (S)	Strats/Teach Act
BIOL 252 (F)	Anatomy & Phys	1	1	HLTH 342(S)	Community HLTH
HLTH 345 (B)	Death,Dying	1	1		
HLTH 346 (B)	Human Sexuality	3	3	ED 214 (B)	Principles of Ed
KIN 370(F)	Motor Learning	3	3		A Social Science Class
HLTH 346 (B)	Nutrition	3	3		
	A Social Science Class	3	3		
	A Humanities Class	3	3		

Key: F= course offered fall only S= course offered spring only B=Both Semesters

Third Fall			Third Spring		
KIN 352 (F)	Youth Sports	3	3	HLTH 456 (B)	Drugs in Society
KIN 381(F)	Tests and Measure	3	3	or	or
KIN 472(F)	Outdoor Education	3	3	HLTH 457(B)	Drugs & Athlete
KIN420(F)	Soc/Cult Aspects	3	3	Or	or
KIN 486(F)	Organiz/Admin:PE	3	3	Psych 243	Intro /Addiction

HLTH 288(B)	AED/CPR/Prof Resc	1	KIN 362(S)	Physiology of EX	3
350 or 351(B)	Integrative Seminar	3	KIN 381(S)	Biomechanics	3
			ED 453(S)	Media & Technology	3
			ED 329 (S)	Culture in Class	1
			ED 327(S)	Theories/Assessment	3
				Apply to Internship one year ahead.	
	Apply to Teacher ED after Core, ED 214, ED 327			Take the Health Praxis #20550 And PE PRAXIS # 10091	

Fourth Fall**Fourth Spring or Fall****(These 3 courses must be taken together)**

ED 454(F)	Prof'l Strats for Teach	3	ED 430 (B)	Prof Seminar	1
ED 456(F)	Content Methods:PE	2	ED 461 (B)	Prof Internship k-12 II	12
ED 456(F)	Content Methods:Hlth (new)	2	SE 407 (B)	Adaptive Teaching	2
KIN 467(F)	Phy Act Special Needs	3			
RE 422 (B)	Reading in Content	3			
	Electives				
				Exit Interview Portfolio	

Note: Mandatory requirements may change during your time at LCSC. In addition, you must be accepted by the Division of Education and pass the PRAXIS in Health and the PRAXIS in Physical Education before you can start your Professional Internship in the schools. Your internship will be half a semester in elementary physical education and half a semester in secondary health and physical education.

If you have time to take extra credits, you might consider taking another teaching minor. A coaching minor will not be as beneficial as another endorsement.