KINESIOLOGY (B.S.)

The B.S. in Kinesiology is offered with two concentrations: 1) Physical Education or Physical Activity Leadership and 2) Exercise and Sport Science.

Physical Education or Physical Activity Leadership (PE-PAL Concentration)

Admission Requirements: Undergraduate students entering Wayne State University, either from high school or transferring from other universities or colleges, are admitted directly into the College of Education/Level 1. General Education courses are taken concurrently with Kinesiology requirements. Students must apply for formal admission to the College of Education Level 2, Room 489 Education Building, when they have completed fifty-three credits and must have met all the criteria listed below. Upon application, students should request admission into the Kinesiology major program.

1. Completion of fifty-three semester credits (includes twelve credits in the major).
2. A minimum cumulative grade point average of 2.50.
3. Completion of Intermediate Composition (IC).
4. Completion of KIN 5100, Anatomical and Physiological Bases of Physical (Cr. 3) for PE-PAL students only.
5. Completion of the College of Education mathematics requirement.
6. Physical Education and Physical Activity Leadership (PE-PAL) students only: Completion of thirty-two credits of major Level 1 courses.
7. Physical Education and Physical Activity Leadership (PE-PAL) students only: A passing score on each of the three sections of the Professional Readiness Exam of the Michigan Test for Teacher Certification (http://www.mttc.nesinc.com) (MTTC).
8. Physical Education and Physical Activity Leadership (PE-PAL) students only: A copy of a negative TB test (within the last three years).
9. Physical Education and Physical Activity Leadership (PE-PAL) students only: Verification of forty hours of successful group work with children. The State defines a group as three or more children (not one's own) between the ages of three and eighteen. The group work experience needs to be recent (within the last five years) at the time of admission to Level 2.
10. Physical Education and Physical Activity Leadership (PE-PAL) students only: A current (within the last six months) statewide criminal history check (http://www.michigan.gov/ichat).
11. Up-to-date transcripts from each undergraduate school attended.
12. A signed Plan-of-Work between student and major advisor must be submitted with Level 2 application.
13. Once the above requirements are fulfilled, students must complete a Level 2 Application form to be submitted to the College of Education (available in Room 489, College of Education or online (https://forms.wayne.edu/510946208e841).
14. Students with complete applications will be invited to attend a mandatory College of Education Orientation, which is the final requirement for admission to Level 2.

Exercise and Sport Science (ESS Concentration)

Admission Requirements: Undergraduate students entering Wayne State University, either from high school or transferring from other universities or colleges, are admitted directly into the College of Education Level 2 degree program.

A minimum of 124 credits are required for completion of this degree: satisfaction of the University General Education Program (http://bulletins.wayne.edu/undergraduate/general-information/general-education); and the major requirements as required by each specific degree program (see below). Electives to complete the 124 credit requirement may be used in any area. All course work must be completed in accordance with the academic procedures of the College of Education (http://bulletins.wayne.edu/undergraduate/college-education/academic-regulations) and University (http://bulletins.wayne.edu/undergraduate/general-information) governing undergraduate scholarship and degrees.

All major, minor, and education courses, must be completed with grades of ‘C’ or better and an overall 2.5 grade point average, to meet College graduation requirements. Course changes may occur through periodic curriculum revision and students are urged to consult assigned advisors prior to each registration period to insure that all requirements are met.

Physical Education and Physical Activity Leadership (PE-PAL) Concentration

The PE-PAL concentration prepares students for the field of physical education as well as the expanding physical activity and exercise market. Specific goals of this program include: physical education and physical activity leadership skills needed to provide instruction from childhood into adulthood and across school and community-based settings; acquisition of skills in and knowledge of a variety of movement activities, including fundamental motor skills, sports, fitness, adventure, aquatic and rhythmic activities; the ability to apply knowledge about human movement acquired from its sub-disciplines to the teaching of kinesiology; the ability to analyze and evaluate individual human motor performance in a variety of age groups and skill levels; and the capacity to systematically evaluate one’s own teaching performance and to plan, implement and manage effective instruction. Students may complete the degree program with or without teacher certification.

Required KHS Courses

<table>
<thead>
<tr>
<th>Level 1</th>
<th>KIN 1991</th>
<th>Professional Perspectives in Kinesiology</th>
<th>3</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>KIN 3580</td>
<td>Biomechanics</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>KIN 5100</td>
<td>Anatomical and Physiological Bases of Physical Activity</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>KIN 5110</td>
<td>Motor Learning and Development</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>KIN 5200</td>
<td>Effective Teaching and Instructional Practices</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>KIN 5210</td>
<td>Movement Education</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>KIN 5220</td>
<td>Sports I</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>KIN 5240</td>
<td>Fitness Instruction</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>KIN Elective, select two of the following:</td>
<td>6</td>
<td></td>
</tr>
<tr>
<td></td>
<td>KIN 5230</td>
<td>Sports II</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>KIN 5250</td>
<td>Adventure and Outdoor Pursuits</td>
<td>3</td>
</tr>
</tbody>
</table>
KIN 5260 Aquatic Leadership

Level 2
KIN 5400 Adapted Physical Activity 3
KIN 5530 Technology and Assessment in Kinesiology 3
KIN 5600 Socio-cultural Issues in Physical Activity 3

Total Credits 39

Required Professional Courses

Level 1
EDP 3310 Educational Psychology 3

Level 2 (select one of the following options) 13

Physical Activity Leadership Option
KIN 5770 Physical Activity Leadership Internship

Physical Education Teacher Certification Option
KIN 5780 Student Teaching and Seminar
RLL 6121 Teaching Reading in the Content Areas: Grades 6-12

Total Credits 16

PE-PAL with Teacher Certification (Requirements)
The following requirements apply only to students completing the concentration for teacher certification:

1. Students must complete one semester of student teaching (elementary and secondary levels) with a seminar.
2. Students must submit student teaching applications for the Fall Semester by Dec. 1 of the previous year. Applications for student teaching are obtained from the academic advisor. An appointment with the coordinator of student teaching is also required.
3. Students must have a satisfactory health record and a tuberculosis test within six months before student teaching. A copy of the test results must be submitted with the application.
4. Students must meet the following conditions to qualify for student teaching:
   a. Ninety-two credits must be completed (incomplete grade credits will not count).
   b. 'C' or better grades must be earned in all major, minor, and professional education courses.
   c. A 2.5 grade point average overall and in the major is required.
   d. Successful completion of the Michigan Test for Teacher Certification (MTTC) Professional Readiness Exam (PRE).
   e. Successful completion of the Michigan Test for Teacher Certification (MTTC) Physical Education Test #44.
5. The following courses must be satisfactorily completed with a 'C' or higher grade. (An incomplete grade does not constitute satisfactory completion):
   EDP 3310 Educational Psychology 3
   RLL 6121 Teaching Reading in the Content Areas: Grades 6-12
   KIN 1991 Professional Perspectives in Kinesiology 3
   KIN 3580 Biomechanics 3
   KIN 5100 Anatomical and Physiological Bases of Physical Activity 3
6. CPR and First Aid certifications are required for student teaching.

Exercise and Sport Science (ESS) Concentration

The ESS concentration is designed to prepare students for professional fields or graduate studies in the broad field of exercise and sport science, with tailored specializations in exercise physiology, sport and exercise psychology, human development, biomechanics, applied anatomy, fitness evaluation and prescription, and basic health studies. This degree is a prerequisite to the necessary postgraduate study or additional certification requirements in this field.

Required Courses

HE 2310 Dynamics of Personal Health 3
HE 3440 Nutrition and Health Education 3
HE 3500 Human Disease 3
KIN 5523 Physical Activity and Exercise Psychology 3
KIN 1991 Professional Perspectives in Kinesiology 3
KIN 3400 Lifespan Growth and Development 3
KIN 3540 Cultural Foundations of Kinesiology 3
KIN 3550 (WI) Motor Learning and Control 3
KIN 3570 Physiology of Exercise I 3
KIN 3580 Biomechanics 3
KIN 3590 Exercise Science Internship 4
KIN 6100 Methods of Group Exercise Instruction 2
KIN 6320 Fitness Assessment and Exercise Prescription 3
LFA 2330 First Aid and CPR 3
PHY 1020 (PS) Conceptual Physics: The Basic Science 4

Total Credits 46

ELECTIVES (twenty-five credits) with the consent of the advisor: Note that some courses which might be chosen can only be taken in Level 2. No more than four credits from Lifestyle Fitness Activity (LFA) courses can be used towards elective credits. Students should consult their advisor for further information and prior to registering for any elective courses not listed on the curriculum guide or plan of work.