

## SCHOOL OF BEHAVIORAL SCIENCES AND EDUCATION DEPARTMENT OF KINESIOLOGY

### FACULTY

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### DEPARTMENTAL GOALS

The Kinesiology department has the following objectives:

1. To provide the future health and physical education teacher and coach with skills necessary to develop exceptional programs in the public and private school.
2. To offer a four-year course of study leading to the Bachelor of Science in Education for the Health and Physical Education track student.
3. To offer specialized coursework, which includes health, physical education sciences, physical education programs, and athletic coaching theory.
4. To provide for all students a variety of programs and courses designed to aid the student in making proper choices involving healthy living styles, lifetime sports, leisure skills, and fitness skills.
5. To provide and assist the public and private schools with expertise and information in health and physical educations.
6. Prepare the future exercise science professional with skills necessary in preventive health services in a corporate or community setting or to provide rehabilitative health services in a clinical setting.
7. To offer a four-year course of study leading to the Bachelor of Science in Exercise Science.
8. To offer specialized course work, which includes applied sciences in exercise physiology, exercise testing and prescription, motor control, kinesiology and anatomy, and the sociology of exercise behavior.
9. To provide students the most contemporary issues and trends in the application of exercise for weight management, cardiopulmonary health, maintenance of functional movement throughout the lifespan, and the application of exercise science to athletic performance.

### PROGRAMS OF STUDY

**Majors:** B.S. Exercise Science  
B.S.Ed. Health and Physical Education  
(Listed in Dept. of Education)

**Minors:** Athletic Coaching (Non-Certification)  
Health and Wellness  
Sports Management

**Master:** M.Ed. Health and Physical Education  
M.Ed. Sports Management  
(See Graduate Catalog for more information.)

### GENERAL INFORMATION

Southwestern Oklahoma State University has one of the largest and most respected Kinesiology departments in the state. The degrees offered are the Bachelor of Science in Education in Health and Physical Education and the Bachelor of Science in Exercise Science.

The Bachelor of Science in Education degree in Health and Physical Education is a teaching degree accredited by the National Council for the Accreditation of Teacher Education. The Health and Physical Education degree prepares the student for teaching and coaching positions in public and private schools.

Graduates will be able to pursue employment as:

- Kindergarten through 12th grade physical education teachers
- Kindergarten through 12th grade health teachers
- Middle school, junior high, and high school coaches
- Summer camps for children and youth
- Specialized sports camps

The Bachelor of Science in Exercise Science degree is a non-teaching degree. The degree prepares graduates for a broad range of health and fitness related professions. Graduates will be able to pursue employment as:

- Preventative health services in a corporate or community setting
- Rehabilitative health services in a clinic
- Preparation for other career endeavors: Personal Trainer; Strength and Conditioning Specialist; Pre-Physical Therapy; Sport Nutrition; Cardiac Rehabilitation; Fitness and Wellness Management; and others

All courses offered are taught in small classes by professors holding a Master's degree or higher. Presently there are two doctorate faculty in the department. The Kinesiology faculty hold positions and are active in state and national organizations.

For more information, visit our web site at:  
<http://www.swosu.edu/kinesiology/>

## BACHELOR OF SCIENCE EXERCISE SCIENCE (Code No. 170)

### GENERAL EDUCATION

Courses that are **required** are in bold type.  
Courses that are *recommended* are in italics.

**TOTAL GENERAL EDUCATION HOURS** ..... **Min. 40**  
**REQUIRED CORE COURSES**..... **31-35**

**Written Communication**..... **6**

**ENGL 1113 English Composition I**  
**ENGL 1213 English Composition II**

**Mathematics**..... **3**

*Select one course.*

MATH 1143 Mathematical Concepts  
MATH 1153 Mathematical Applications  
MATH 1513 College Algebra  
or a higher numbered math course

**U. S. History** ..... **3**

*Select one course.*

HIST 1043 U.S. History to 1877  
HIST 1053 U.S. History since 1877

**American Government**..... **3**

**POLSC 1103 American Government & Politics**

**Science** ..... **7-8**

*Select one course from Life Science and one course from Physical Science. One Science course must be a lab science.*

**Life Science**..... **3-4**

BIOL 1004 Biological Concepts w/Lab  
BIOL 1054 Principles of Biology I w/Lab  
BIOL 1013 Current Issues in Biology

**Physical Science**..... **3-4**

ASTRO 1904 Astronomy  
CHEM 1004 General Chemistry w/Lab  
GEOL 1934 Physical Geology w/Lab  
SCI 1513 Conc of Phy Science (may also take w/lab)  
SCI 1501 Concepts of Phy Science Lab  
PHY 1044 Basic Physics I w/Lab  
PHY 1063 General Physics  
or a higher numbered chemistry or physics course

**Humanities** ..... **6**

HUM 1103 Introduction to Humanities  
**OR**

HIST 1033 World History

**AND one of the following:**

ART 1223 Art Survey  
COMM 1263 Introduction to Theatre  
LIT 2333 Introduction to Film  
LIT 2413 Introduction to Literature  
MUSIC 1013 Introduction to Music I  
MUSIC 1103 Music and Culture  
PHILO 1453 Introduction to Philosophy

**Human, Cultural, & Social Diversity** ..... **3**

**KINES 1133 Wellness Concepts & Exercise Appl**

**Computer Proficiency**..... **0-3**

Students must demonstrate computer proficiency (high school Computer Science course, SWOSU computer proficiency exam, or COMSC 1023 Computer & Info Access).

**GE electives (from at least two different categories) ..... to total 40**

**COMM 1313 Intro to Public Speaking**  
**PSYCH 1003 General Psychology**

### EXERCISE SCIENCE MAJOR

**Required Courses**..... **43**

KINES 1153 Nutrition  
KINES 2212 First Aid  
KINES 2222 Introduction to Kinesiology  
KINES 2502 Care and Prevention of Athletic Injuries  
KINES 3353 Health & Aging  
KINES 3443 Kinesiology and Anatomy  
KINES 3662 Exercise Prog for Special Populations  
KINES 4063 Legal Aspects in PE, Rec, & Athletics  
KINES 4212 Weight and Circuit Training App  
KINES 4234 Exercise Physiology Lecture and Lab  
KINES 4262 Motor Learning  
KINES 4383 Dev of Programs, Facilities & Mngmt  
**OR** SPRTM 4573 Fitness Program Management  
KINES 4883 Exercise Prescription & Testing  
KINES 4993 Practicum in Exercise Science †  
SPRTM 4153 Sports Management Statistics  
SPRTM 4163 Sports Nutrition

**Minor** ..... **18-24**

**Free Electives to total 120 hours** ..... **13-19**

No activity courses

**Suggested:**

KINES 4043 Health and Wellness Programming  
KINES 4083 Obesity and Weight Management

**Total hours for degree** ..... **120**

† All course work must be completed before exercise practicum can be done.

Exercise Science Exit Exam required during the final semester of coursework.

### REGULATIONS PERTAINING TO GRADUATION

Minimum credit hours for graduation ..... 120  
Minimum credit hours in the liberal arts & sciences..... 55  
Minimum credit hours in upper-division (3000/4000 courses). 40  
Minimum credit hours (3000/4000 courses)  
in major completed at SWOSU ..... 8  
Minimum credit hours at SWOSU (15 of the last 30) ..... 30  
Minimum Grade Point Average in all coursework ..... 2.25  
Minimum Grade Point Average in major ..... 2.25

FOR INFORMATION CONTACT:

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## EXERCISE SCIENCE (Code 170) Suggested Course Sequence

### FIRST YEAR

FIRST SEMESTER	SECOND SEMESTER
1001 Freshman Orientation* (1) 1113 English Composition I (3) 1113 Wellness Concepts (3) General Education Required Course (3) General Education Required Course (3)	1003 General Psychology (3) 1213 English Composition II (3) 1313 Introduction to Public Speaking (3) 2502 Care and Prevention of Athletic Injury (2) General Education Course (3) General Education Required Course (3)
<b>Total (13)</b>	<b>Total (17)</b>

### SECOND YEAR

FIRST SEMESTER	SECOND SEMESTER
1153 Nutrition (3) 2222 Introduction to Kinesiology (2) General Education Course (6) General Education Required Course (4) General Education Required Course (3) English Proficiency Exam**	3443 Kinesiology and Anatomy (3) 4212 Weight & Circuit Training (2) 4163 Sports Nutrition (3) General Education Required Course (3) General Education Required Course (3)
<b>Total (18)</b>	<b>Total (14)</b>

### THIRD YEAR

FIRST SEMESTER	SECOND SEMESTER
2212 First Aid (2) 4063 Legal Aspects (3) 4234 Exercise Physiology (4) Free Electives (2) Minor (6)	4262 Motor Learning (2) 4383 Dev Programs/Facility/Management <b>OR</b> 4573 Fitness Program Management (3) 4883 Exercise Prescription & Testing (3) Free Electives (5) Minor (3)
<b>Total (17)</b>	<b>Total (16)</b>

### FOURTH YEAR

FIRST SEMESTER	SECOND SEMESTER
3353 Health and Aging (3) 3662 Exercise Program for Specific Population (2) Minor (9)	4153 Sports Management Statistics (3) 4993 Practicum in Exercise Science (3) Free Electives (6)
<b>Total (14)</b>	<b>Total (12)</b>

\* First time entering freshmen need to take 1001 Freshman Orientation

\*\* If applicable. See English Proficiency Program under the General Academic Information Section.