SCHOOL OF BEHAVIORAL SCIENCES AND EDUCATION
DEPARTMENT OF KINESIOLOGY

FACULTY

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http://www.swosu.edu/kinesiology/

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.......................................................................... (580) 774-7093
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............................................................................ (580) 774-3181
Dr. Amber Sturgeon .....................................HPE 60 ........................amber.sturgeon@swosu.edu ...................................................(580) 774-3184

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

Major:
B.S. Exercise Science
B.S. Sports Management
B.S.Ed. Health and Physical Education
(Listed in Dept. of Education)

Minor:
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/
GENERAL EDUCATION (Min. 40 hours)

Courses that are required. Courses that are recommended.

Communication................................................................. 9

ENGL 1113 English Composition I
ENGL 1213 English Composition II
COMM 1313 Introduction to Public Speaking OR
TECH 3143 Technical Presentations (if permitted by degree program)

Quantitative Reasoning ....................................................... 3
Select one course.
MATH 1143 Mathematical Concepts
MATH 1153 Mathematical Applications
MATH 1193 Elementary Statistics
MATH 1313 Functions and Modeling
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 1013 Current Issues in Biology
BIOL 1054 Principles of Biology I w/Lab

Physical Science ................................................................. 3-4
ASTRO 1904 Astronomy
CHEM 1004 General Chemistry w/Lab
GEOL 1934 Physical Geology w/Lab
PHY 1044 Basic Physics I w/Lab
PHY 1063 General Physics (or a higher numbered chemistry or physics course)
SCI 1501 Concepts of Physical Science Lab
SCI 1513 Conc of Phy Science (can be taken w/wo lab)

Humanities and Social Science ............................................. 12
Select one course from each sub-category and one additional course from any subcategory below.

Humanities ............................................................................ 3
GEOG 1103 World Cultural Geography
HIST 1033 World History
HUM 1103 Introduction to Humanities

Fine Arts ............................................................................... 3
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 (Music majors only)
MUSIC 1123 History of Rock-n-Roll
PHILO 1453 Introduction to Philosophy

Social and Human Sciences ............................................... 6
ASL 2163 American Sign Language I
ECON 2263 Intro to Macroeconomics*
ECON 2363 Intro to Microeconomics*
ENTRP 1123 Intro to Business
FINAN 2113 Personal Financial Planning
ITAL 1004 Elementary Italian I
KINES 1133 Wellness Conc & Exercise App
LATIN 1054 Elementary Latin I (or higher number)
PSYCH 1003 General Psychology
SOCI 1003 Introduction to Sociology
SPAN 1054 Elementary Spanish I (or higher number)
TECH 1223 Technology and Society

Computer Proficiency .......................................................... 0-3
COMSC 1023 Computers and Info Access, or a department-assigned course which satisfies the Computer Proficiency in the major, or the SWOSU Proficiency Exam, or HS course clearly defined to meet our goals.

GE Elective ............................................................................ 0-3
Students who meet the computer proficiency by exam or HS course must choose an additional GE course from any category.

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 4803 Exercise Prescription & Testing
KINES 4993 Practicum in Exercise Science
KINES 4883 Exercise Prescription & Testing
KINES 4234 Exercise Physiology Lecture and Lab
KINES 4803 Exercise Prescription & Testing
KINES 4993 Practicum in Exercise Science

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
# ExercisE Science (exsci.bs) (old code 170)

## Suggested Course Sequence

### First Year

<table>
<thead>
<tr>
<th>First Semester</th>
<th>Second Semester</th>
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<tbody>
<tr>
<td>1051 SWOSUConnect* (1)</td>
<td>1003 General Psychology (3)</td>
</tr>
<tr>
<td>1113 English Composition I (3)</td>
<td>1213 English Composition II (3)</td>
</tr>
<tr>
<td>1113 Wellness Concepts (3)</td>
<td>1313 Introduction to Public Speaking (3)</td>
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<td>General Education Required Course (3)</td>
<td>2502 Care and Prevention of Athletic Injury (2)</td>
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Total (13) Total (17)

### Second Year

<table>
<thead>
<tr>
<th>First Semester</th>
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<tbody>
<tr>
<td>1153 Nutrition (3)</td>
<td>3443 Kinesiology and Anatomy (3)</td>
</tr>
<tr>
<td>2222 Introduction to Kinesiology (2)</td>
<td>4212 Weight &amp; Circuit Training (2)</td>
</tr>
<tr>
<td>General Education Courses (6)</td>
<td>4163 Sports Nutrition (3)</td>
</tr>
<tr>
<td>General Education Required Course (4)</td>
<td>General Education Required Course (3)</td>
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<td>General Education Required Course (3)</td>
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<tr>
<td>English Proficiency Exam**</td>
<td>General Education Required Course (3)</td>
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Total (18) Total (14)

### Third Year

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<tr>
<th>First Semester</th>
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<tr>
<td>2212 First Aid (2)</td>
<td>4262 Motor Learning (2)</td>
</tr>
<tr>
<td>4063 Legal Aspects (3)</td>
<td>4383 Dev Programs/Facility/Management</td>
</tr>
<tr>
<td>4234 Exercise Physiology (4)</td>
<td>**OR 4573 Fitness Program Management (3)</td>
</tr>
<tr>
<td>Free Electives (2)</td>
<td>4883 Exercise Prescription &amp; Testing (3)</td>
</tr>
<tr>
<td>Minor (6)</td>
<td>Free Electives (5)</td>
</tr>
<tr>
<td>Minor (3)</td>
<td>Minor (3)</td>
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Total (17) Total (16)

### Fourth Year

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<thead>
<tr>
<th>First Semester</th>
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<tr>
<td>3353 Health and Aging (3)</td>
<td>4153 Sports Management Statistics (3)</td>
</tr>
<tr>
<td>3662 Exercise Program for Specific Population (2)</td>
<td>4993 Practicum in Exercise Science (3)</td>
</tr>
<tr>
<td>Minor (9)</td>
<td>Free Electives (6)</td>
</tr>
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Total (14) Total (12)

* First time entering SWOSU students need to take 1051 SWOSUConnect.

** If applicable. See English Proficiency Program under the General Academic Information Section.
BACHELOR OF SCIENCE IN
SPORTS MANAGEMENT (SPMNG.BS) (No Old Code)

GENERAL EDUCATION (Min. 40 hours)

Courses that are required. Courses that are recommended.

Communication ................................................................. 9
ENGL 1113 English Composition I
ENGL 1213 English Composition II
COMM 1313 Introduction to Public Speaking OR
TECH 3143 Technical Presentations (if permitted by degree
program)

Quantitative Reasoning ........................................................ 3
Select one course.
MATH 1143 Mathematical Concepts
MATH 1153 Mathematical Applications
MATH 1193 Elementary Statistics
MATH 1313 Functions and Modeling
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 1013 Current Issues in Biology
BIOL 1054 Principles of Biology I w/Lab

Physical Science ...................................................................... 3-4
ASTRO 1904 Astronomy
CHEM 1004 General Chemistry w/Lab
GEOL 1934 Physical Geology w/Lab
PHY 1044 Basic Physics I w/Lab
PHY 1063 General Physics (or a higher numbered
chemistry or physics course)
SCI 1501 Concepts of Physical Science Lab
SCI 1513 Conc of Phy Science (can be taken w/wo lab)

Humanities and Social Science .............................................. 12
Select one course from each sub-category and one additional course
from any subcategory below.

Humanities ........................................................................... 3
GEOG 1103 World Cultural Geography
HIST 1033 World History
HUM 1103 Introduction to Humanities

Art ................................................................. 3
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 (Music majors only)
MUSIC 1123 History of Rock'n Roll
PHIL 1453 Introduction to Philosophy

Social and Human Sciences ..................................................... 6
ASL 2163 American Sign Language I
ECON 2263 Intro to Microeconomics*
ECON 2363 Intro to Microeconomics *
ENTRP 1123 Intro to Business
FIN 2113 Personal Financial Planning
ITAL 1004 Elementary Italian I
KINES 1133 Wellness Conc & Exercise App
LATIN 1054 Elementary Latin I (or higher number)
PSYCH 1003 General Psychology
SOCIO 1003 Introduction to Sociology
SPAN 1054 Elementary Spanish I (or higher number)
TECH 1223 Technology and Society

Computer Proficiency ............................................................. 0-3
COMSC 1023 Computers and Info Access, or a department-assigned
course which satisfies the Computer Proficiency in the major, or the

SWOSU Proficiency Exam, or HS course clearly defined to meet our
goals.

GE Elective .............................................................................. 0-3
Students who meet the computer proficiency by exam or HS course
must choose an additional GE course from any category.

SPORTS MANAGEMENT MAJOR

Required Courses ..................................................................... 40

Sports Management Core ...................................................... 24
PSYCH 4123 Psychology of Sports
SPRTM 3503 Sports Management
SPRTM 3513 Sport Finance
SPRTM 3523 Leadership in Sport
SPRTM 3533 Olympism and Olympics
SPRTM 4153 Sports Management Statistics
SPRTM 4163 Sports Nutrition
SPRTM 4533 Sports Information Management

Specialization Area (choose one) ............................................. 16

Athletic Training ..................................................................... 16
ALHLT 2633 Cardiac and Emergency Care
ATEP 1922 Intro to Athletic Training
ATEP 2433 Athletic Train Care & Prevention/Lab
ATEP 4722 Administrative Issues in AT
ATEP 4813 Application of Athletic Training I
ATEP 4823 Application of Athletic Training II

Operations ........................................................................... 16
KINES 2212 First Aid
KINES 2222 Intro to Kinesiology
KINES 4303 Dev of Programs, Facilities & Mgmt
SPRTM 4173 Strategic Planning in Athletics
SPRTM 4993 Practicum in Sports Management
MRKTG 4133 Sports Marketing

Coaching ............................................................................... 16
KINES 1932 Tech Applied to Gym/Fitness/Aquatics
KINES 1942 Tech Applied to Individual Sports
KINES 1952 Tech Applied to Team Sports
KINES 2212 First Aid
KINES 2222 Intro to Kinesiology
KINES 2502 Care & Prevention of Athletic Injuries
KINES 4122 Organization/Administration Athletics
KINES 4163 Theory of Coaching
4802 Football, or 4832 Basketball, or 4862 Baseball

Nutrition and Health ............................................................. 16
KINES 1153 Nutrition
KINES 2212 First Aid
KINES 2222 Intro to Kinesiology
KINES 3393 Nutrition for Children
KINES 4083 Obesity & Weight Management
KINES 4533 Consumer Health Education

Performance ........................................................................... 16
KINES 1511 Physical Fitness
KINES 2222 Intro to Kinesiology
KINES 3443 Kinesiology & Anatomy
KINES 4234 Exercise Physiology Lecture & Lab
SPRTM 4573 Fitness Program Management
SPRTM 4993 Practicum in Sports Management

Minor .................................................................................... 10-24

Free Electives to total 120 hours ............................................. 16-22

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

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
## SPORTS MANAGEMENT (SPMNG.BS) (No Old Code)
### Suggested Course Sequence

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<thead>
<tr>
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<th>SECOND SEMESTER</th>
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<td>3513 Sports Finance (3)</td>
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<td>4133 Psychology of Sports (3)</td>
<td>4153 Sports Management Statistics (3)</td>
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<td>4533 Sports Information Management (3)</td>
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<td><strong>FIRST SEMESTER</strong></td>
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** If applicable. See English Proficiency Program under the General Academic Information Section.