Department of Health and Kinesiology

Purpose and Goals
The Department of Health and Kinesiology educates students to focus on active living and healthy lifestyles, while preparing students for professional careers, to be morally responsible leaders who think critically, act wisely, and work skillfully to advance various career paths associated with the fields of health and physical education.

Mission Statement
The missions of the Department of Health and Kinesiology are:

1. To provide students with a well-defined exercise program and planned experiences that will result in knowledge about the value of physical activities, essential motor skill development, stamina, strength and those social qualities that will last a lifetime.
2. To provide a broad base of knowledge which will enable a student to specialize or adapt to a variety of career opportunities which include: preparation for teaching and/or coaching at the elementary or secondary levels; preparation for graduate study that leads to productive professionals in health, health promotion, human performance and/or allied health therapeutic sciences; preparation for athletic training; preparation for recreational and/or community service programs; and preparation for professional health and wellness activities at the local, state and national levels by providing a challenging and innovative academic environment.

Program Purpose
The department is uniquely situated to ensure that candidates understand and practice healthy lifestyles in Water Safety Instruction, Athletic Training and Community Health in order to effectively deliver service to underserved communities. All university candidates are recommended to participate in courses offered by the Department of Health and Kinesiology. Candidates are exposed to rigorous programs focusing on improving overall quality of life. The learning environment is structured to provide a solid foundation for research in rural, urban, and suburban issues affecting health, wellness, and physical fitness. In addition, the program offers health and fitness activity classes to every Prairie View A&M student for physical activity participation opportunities.

Academic Standards and Academic Progress

Program Admittance
Students choosing to enroll within the Health and Kinesiology Department, as a major and/or a minor, must submit a current Criminal History Background Check, a current transcript indicating a 2.25 cumulative GPA, a career statement, a resume, and complete a Pre-test within the intended program area of study. Department Head approval for program admittance will not occur unless these four areas have been successfully met. Students majoring in Health or Kinesiology must meet all University and College of Education standards. Additionally, students must also complete all English Composition, Mathematics, and minor course work outside of the University Core, to be counted towards the 120 SCH degree, with a grade of “C” or better.

Requirements of Uniform Apparel
Students enrolled in activity classes are required to purchase and to wear special physical education uniforms in compliance with departmental standards. Regulation gymnasium shoes are also required. Students enrolled in swimming must wear swimming suits and swimming caps recommended by the department. All required apparel is available for purchase in the University Exchange Bookstore.

Bachelor of Science in Health and Kinesiology Program Requirements
The Department of Health and Kinesiology offers two undergraduate degrees (Health or Kinesiology). Our students have three options to pursue while obtaining their degrees. The options are: 1) select a minor in a different area, 2) Professional Non-Restrictive electives and 3) teaching certification. Students who have selected the teacher certification option must meet the following requirements to apply: minimum GPA of 2.5, “C” or higher in all English core courses, 44 SCH in the University Core must be completed before taking CUIN courses, successful criminal background check, and successfully complete their assessment test.

All students accepted into the program for teacher certification must meet the College of Education's Teacher Certification requirements. The College of Education's Office of Teacher Certification manages all records of students accepted into the teacher certification program. The Office of Teacher Certification has the TEA's students identification, reference letters, criminal background verification, assessment scores, field observation, student teaching results, passed or failed records and much more. The Department of Health and Kinesiology has files on all students who are enrolled in our department as it pertains to their degree plans and graduation audits.

Bachelor of Science in Health Degree Program Requirements
## Health Major

(Select 58 SCH out of the 68 SCH listed below):

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
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<tbody>
<tr>
<td>HLTH 1023</td>
<td>Human Sexuality</td>
</tr>
<tr>
<td>HLTH 1063</td>
<td>Environmental Health</td>
</tr>
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<td>HLTH 2003</td>
<td>Personal Health and Wellness</td>
</tr>
<tr>
<td>HLTH 2023</td>
<td>Communicable and Noncommunicable Diseases</td>
</tr>
<tr>
<td>HLTH 2033</td>
<td>Aging, Death and Dying</td>
</tr>
<tr>
<td>HLTH 3003</td>
<td>Health Education for the Elementary School</td>
</tr>
<tr>
<td>HLTH 3013</td>
<td>Nutrition</td>
</tr>
<tr>
<td>HLTH 3033</td>
<td>Research and Contemporary Issues in Health</td>
</tr>
<tr>
<td>HLTH 3043</td>
<td>Consumer Health</td>
</tr>
<tr>
<td>HLTH 3053</td>
<td>Public and Community Health</td>
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<tr>
<td>HLTH 3093</td>
<td>Drugs and Health</td>
</tr>
<tr>
<td>HLTH 4063</td>
<td>Health and Communities</td>
</tr>
<tr>
<td>HLTH 4073</td>
<td>Community Health Planning and Assessment</td>
</tr>
<tr>
<td>HLTH 4083</td>
<td>Problem Solving and Evaluation for Community Health Programs</td>
</tr>
<tr>
<td>KINE 1131</td>
<td>Physical Fitness</td>
</tr>
<tr>
<td>KINE 1211</td>
<td>Aerobic Activities</td>
</tr>
<tr>
<td>KINE 2023</td>
<td>First Aid, Safety and CPR</td>
</tr>
<tr>
<td>KINE 3033</td>
<td>Movement Activities for Elementary Children</td>
</tr>
<tr>
<td>KINE 4033</td>
<td>Measurement and Evaluation</td>
</tr>
<tr>
<td>KINE 4053</td>
<td>Special Topics in Health and Kinesiology</td>
</tr>
<tr>
<td>KINE 4073</td>
<td>Secondary Kinesiology</td>
</tr>
<tr>
<td>KINE 4083</td>
<td>Administrative Management of Kinesiology</td>
</tr>
<tr>
<td>KINE 4196</td>
<td>Internship in Health and Kinesiology</td>
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## Other Requirements

2 SCH

<table>
<thead>
<tr>
<th>Course</th>
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<tbody>
<tr>
<td>BIOL 1054</td>
<td>(1)</td>
</tr>
<tr>
<td>BIOL 1064</td>
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### Concentration (Select one from below)

18 SCH

#### Without Teacher Certification

18 hours of Electives

#### With Teacher Certification

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
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<tbody>
<tr>
<td>CUIN 3003</td>
<td>Educational Foundations</td>
</tr>
<tr>
<td>CUIN 3013</td>
<td>Educational Psychology</td>
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<tr>
<td>CUIN 4103</td>
<td>Instructional Planning and Assessment</td>
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<td>CUIN 4113</td>
<td>Instructional Methodology and Classroom Management</td>
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<td>CUIN 4403</td>
<td>Student Teaching/Elementary I</td>
</tr>
<tr>
<td>CUIN 4813</td>
<td>Student Teaching Secondary - All Level</td>
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## Bachelor of Science in Kinesiology Program Requirements

### University Core

42 SCH

(Select 58 SCH out of the 66 SCH list below):

### Kinesiology Major

58 SCH

<table>
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<tr>
<th>Course</th>
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<tbody>
<tr>
<td>KINE 1012</td>
<td>Sports Skills I</td>
</tr>
<tr>
<td>KINE 1081</td>
<td>Golf I</td>
</tr>
<tr>
<td>KINE 1082</td>
<td>Fundamentals of Basic Movement</td>
</tr>
<tr>
<td>KINE 1112</td>
<td>Sports Skills II</td>
</tr>
<tr>
<td>KINE 1151</td>
<td>Low Organized Games</td>
</tr>
<tr>
<td>KINE 1303</td>
<td>Foundation to Kinesiology</td>
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</table>

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1. Health majors should take BIOL 1054 and BIOL 1064 to satisfy the Life and Physical Sciences requirement for the "University Core" and the "Other Requirements". A grade of "D" is acceptable in these courses.
<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
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</thead>
<tbody>
<tr>
<td>KINE 2043</td>
<td>Coaching Individual and Dual Sports</td>
</tr>
<tr>
<td>KINE 2052</td>
<td>Theory and Practice of Intramural Sports</td>
</tr>
<tr>
<td>KINE 2063</td>
<td>Outdoor Performance Activities</td>
</tr>
<tr>
<td>KINE 3023</td>
<td>App. Anatomy and Kinesiology</td>
</tr>
<tr>
<td>KINE 3033</td>
<td>Movement Activities for Elementary Children</td>
</tr>
<tr>
<td>KINE 3053</td>
<td>Theory and Practice of Officiating</td>
</tr>
<tr>
<td>KINE 3063</td>
<td>Theory and Practice of Coaching</td>
</tr>
<tr>
<td>KINE 3653</td>
<td>Motor Learning and Control</td>
</tr>
<tr>
<td>KINE 4033</td>
<td>Measurement and Evaluation</td>
</tr>
<tr>
<td>KINE 4042</td>
<td>Athletic Injuries and CPR</td>
</tr>
<tr>
<td>KINE 4053</td>
<td>Special Topics in Health and Kinesiology</td>
</tr>
<tr>
<td>KINE 4062</td>
<td>Correctives</td>
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<tr>
<td>KINE 4073</td>
<td>Secondary Kinesiology</td>
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<tr>
<td>KINE 4083</td>
<td>Administrative Management of Kinesiology</td>
</tr>
<tr>
<td>KINE 4232</td>
<td>Advanced Athletic Injuries</td>
</tr>
<tr>
<td>KINE 4233</td>
<td>Fitness Program</td>
</tr>
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<td>KINE 4196</td>
<td>Internship in Health and Kinesiology</td>
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<tr>
<td>DANC 2022</td>
<td>Fundamentals of Dance</td>
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<tr>
<td>HLTH 2003</td>
<td>Personal Health and Wellness</td>
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**Other Requirements**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
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<tbody>
<tr>
<td>BIOL 1054</td>
<td>Life and Physical Sciences</td>
</tr>
<tr>
<td>BIOL 1064</td>
<td>Life and Physical Sciences</td>
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**Concentration (Select one from below)**

**Without Teacher Certification**

18 hours of Non-Restricted Electives

**With Teacher Certification**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
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<tbody>
<tr>
<td>CUIN 3003</td>
<td>Educational Foundations</td>
</tr>
<tr>
<td>CUIN 3013</td>
<td>Educational Psychology</td>
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<td>CUIN 4813</td>
<td>Student Teaching Secondary - All Level</td>
</tr>
</tbody>
</table>

**Total Hours**

120

1 Kinesiology majors should take BIOL 1054 and BIOL 1064 to satisfy the Life and Physical Sciences requirement for the "University Core" and the "Other Requirements": A grade of "D" is acceptable in these courses.

**Minors**

**Health Minor**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
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<tbody>
<tr>
<td>HLTH 2003</td>
<td>Personal Health and Wellness</td>
</tr>
<tr>
<td>HLTH 2023</td>
<td>Communicable and Noncommunicable Diseases</td>
</tr>
<tr>
<td>HLTH 3013</td>
<td>Nutrition</td>
</tr>
<tr>
<td>HLTH 3043</td>
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<td>HLTH 4063</td>
<td>Health and Communities</td>
</tr>
<tr>
<td>HLTH 4073</td>
<td>Community Health Planning and Assessment</td>
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</tbody>
</table>

**Total Hours**

18

**Human Performance Minor**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
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<tbody>
<tr>
<td>HUPF 1082</td>
<td>Fundamentals of Basic Movement</td>
</tr>
<tr>
<td>HUPF 1172</td>
<td>Foundations I</td>
</tr>
<tr>
<td>HUPF 2043</td>
<td>Coaching Individual and Dual Sports</td>
</tr>
<tr>
<td>HUPF 3063</td>
<td>Theory and Practice of Coaching I</td>
</tr>
</tbody>
</table>
Department of Health and Kinesiology

HUPF 4053 Special Topics in Health and Human Performance 3
HUPF 4062 Correctives 2
HUPF 4073 Secondary Physical Education 3

Total Hours 18

Dance Minor
DANC 1031 Modern Dance I 1
DANC 1041 Folk and Ballroom Dance I 1
DANC 1051 Tap Dance I 1
DANC 1171 Modern Jazz I 1
DANC 1191 Ballet I 1
DANC 1261 Body Mechanics and Rhythmic Activities 1
DRAM 1323 Stage Movement 3
DANC 2011 Modern Dance II 1
DANC 2022 Fundamentals of Dance 2
DANC 2071 Modern Jazz II 1
DANC 2151 Ballet II 1
DANC 4022 Choreography 2
DANC 4032 Performance 2

Total Hours 18

Internship/Practicum in Health and Kinesiology

- The internship is an integral part of the instructional program in the Health, Physical Education, and Community Health curriculum. The experience is designed to enhance the understanding and application of knowledge and research findings to public health and wellness or physical fitness settings by providing an (EC-12) Professional (non-teacher track)

Student Outcomes

All degrees within the Department of Health and Kinesiology prepare students for various professional preparations in accordance with each degree’s curriculum. The Department offers candidates the opportunity to gain practical experience, at an appropriate level and content, in the Community/Public Health field. All students in Health and Kinesiology can obtain certifications in four areas to further career aspirations. Even though these outcomes are not required for degree completion, they are highly encouraged for each candidate to effectively compete in the current job market.

1. Bachelor of Science in Kinesiology: EC-12 Physical Education/Community Focus area Teacher Certification - Courses are aligned with NASPE/NCATE and TExES Standards in preparation for becoming an EC-12 Physical Education teacher.
2. Bachelor of Science in Kinesiology: Professional (non-teacher track) - Courses are aligned with ACE Standards in preparation for the Personal Training Certification Exam.
3. Bachelor of Science in Health: EC-12 Health Education Teacher Certification - Courses are aligned with AAHE/NCATE and TExES Standards in preparation for becoming an EC-12 Health Education teacher.
4. Bachelor of Science in Health: Professional (non-teacher track) - Courses are aligned with NCHEC Standards in preparation for the Certified Health Education Specialist (CHES) Exam.

Purpose and Goals

The programs in the Department of Health and Kinesiology are designed to meet the professional needs and interests of students who wish to pursue a Master of Science or a Master of Education, with a major in Health or Physical Education. The graduate programs are designed for those students with special interests in the areas of Health and Physical Education.

The Master’s degree in Physical Education is primarily for teachers, coaches, and school administrators. The curriculum prepares students for advanced teaching and/or administrative endeavors at the elementary or secondary levels.

The Master’s degree in Health is primarily for those students who are interested in school health education or working in various health care settings such as hospitals, public and private health and education agencies, or health promotion programs. An internship is required.
Master of Science and Master of Education Degree Programs

Students seeking certification must meet all requirements listed in the teacher certification section of this catalog. Specific requirements may be obtained from the Office of Teacher Certification in the College of Education.

Degree Requirements for Applicants without a Baccalaureate Degree in Health and/or Physical Education

Professional students who seek admission to the master’s program must meet the same prerequisite and degree requirements as baccalaureate degree students. Students are expected to complete the prerequisite curriculum within two years of the initial admission date.

Two “C” Rule

Please Note: Continual matriculation at PVAMU requires that no more than two C’s shall be earned in a graduate degree program. A student, who earned more than two C’s, will be automatic dismissed from the graduate program.

NOTE: No grade of “C” or below will be accepted toward certification.

Internship/Practicum in Health and Kinesiology

The internship is an integral part of the instructional program in the Health/Physical Education/Community Health curriculum. The experience is designed to enhance the understanding and application of knowledge and research findings to public health and wellness or physical fitness settings by providing an opportunity to gain practical experience, at an appropriate level and content, in the Health/Physical Education/Community Health curriculum. All students in the Health and Physical Education/Community Health focus area are required to complete a minimum of two hundred hours of an internship/practicum experience. Further information regarding the internship/practicum will be provided upon matriculation by the Department of Health and Kinesiology.

Thesis

For the capstone of their educational experience, students in the department are expected to conduct an original piece of publishable research and/or contribute to the knowledge base of behavioral sciences and health education. Thesis are written under the supervision of individual faculty members in the department. Research topics and support for studies are provided by health agencies and organizations in the area.

Master of Science (M.S) in Physical Education

<table>
<thead>
<tr>
<th>Common Core For Each of the Four Graduate Degrees</th>
<th></th>
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<tbody>
<tr>
<td>PHED 5133 Physical Education Curriculum</td>
<td>3</td>
</tr>
<tr>
<td>EDFN 5103 Foundations of Educational Research</td>
<td>3</td>
</tr>
<tr>
<td>EDFN 5113 Psychology of Learning and Development</td>
<td>3</td>
</tr>
<tr>
<td>EDFN 5123 Socio-Cultural Issues in Education</td>
<td>3</td>
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<table>
<thead>
<tr>
<th>Program Concentration</th>
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<tbody>
<tr>
<td>PHED 5123 Scientific Foundations of Physical Education</td>
<td>3</td>
</tr>
<tr>
<td>PHED 5143 Sociol Of Sport</td>
<td>3</td>
</tr>
<tr>
<td>PHED 5303 Research Methods</td>
<td>3</td>
</tr>
<tr>
<td>PHED 5503 Teaching Physical Education</td>
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<table>
<thead>
<tr>
<th>Research and Resource</th>
<th></th>
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<tbody>
<tr>
<td>EDFN 5143 Advanced Educational Statistics</td>
<td>3</td>
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<tr>
<td>EDFN 5903 Thesis Research</td>
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Select two of the following:

|  |
|-----------------------|--|
| PHED 5103 Psychology of Motor Learning | 1 |
| PHED 5113 Supervision in Physical Education | 1 |
| PHED 5203 Physiology of Muscular Exercises | 1 |
| PHED 5343 Professional Preparation in Health, Physical Education, Recreation, and Dance | 1 |
| PHED 5353 Mainstreaming in Health, Physical Education, Recreation, and Dance |  |
| HLTH 5043 Alcohol and Drugs |  |
| HLTH 5073 Epidemiology and Diseases |  |
| HLTH 5133 Seminar- Selected Topics |  |
| HLTH 5143 Medical Foundations for Health Professions |  |
### Masters of Education (M.Ed.) in Physical Education

**Common Core**

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Hours</th>
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<tbody>
<tr>
<td>PHED 5133</td>
<td>Physical Education Curriculum $^1$</td>
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<tr>
<td>EDFN 5103</td>
<td>Foundations of Educational Research</td>
<td>3</td>
</tr>
<tr>
<td>EDFN 5113</td>
<td>Psychology of Learning and Development</td>
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<td>Socio-Cultural Issues in Education</td>
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<th>Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>PHED 5123</td>
<td>Scientific Foundations of Physical Education</td>
<td>3</td>
</tr>
<tr>
<td>PHED 5143</td>
<td>Sociol Of Sport</td>
<td>3</td>
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<td>PHED 5303</td>
<td>Research Methods</td>
<td>3</td>
</tr>
<tr>
<td>PHED 5503</td>
<td>Teaching Physical Education $^1$</td>
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**Research and Resource**

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Select three of the following:

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<th>Hours</th>
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<tbody>
<tr>
<td>PHED 5103</td>
<td>Psychology of Motor Learning $^1$</td>
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<td>PHED 5113</td>
<td>Supervision in Physical Education $^1$</td>
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<td>PHED 5203</td>
<td>Physiology of Muscular Exercises $^1$</td>
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<td>Professional Preparation in Health, Physical Education, Recreation, and Dance $^1$</td>
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<td>Mainstreaming in Health, Physical Education, Recreation, and Dance $^1$</td>
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<td>Seminar- Selected Topics</td>
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<tr>
<td>HLTH 5143</td>
<td>Medical Foundations for Health Professions</td>
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<tr>
<td>HLTH 5183</td>
<td>Contemporary Health</td>
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Total Hours: 36

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### Master of Science (M.S.) in Health

**Common Core**

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<tbody>
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<td>Human Behavior and Health Education</td>
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</tr>
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<td>HLTH 5173</td>
<td>Nutrition and the Environment</td>
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</tr>
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<td>HLTH 5193</td>
<td>Community Health</td>
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</tr>
<tr>
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**Research and Resource**

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<td>EDFN 5903</td>
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</tr>
<tr>
<td>or HLTH 5993</td>
<td>Independent Study</td>
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Select two of the following:

<table>
<thead>
<tr>
<th>Course</th>
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<th>Hours</th>
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<tbody>
<tr>
<td>PHED 5103</td>
<td>Psychology of Motor Learning $^1$</td>
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<td>PHED 5113</td>
<td>Supervision in Physical Education $^1$</td>
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<td>PHED 5203</td>
<td>Physiology of Muscular Exercises $^1$</td>
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<td>PHED 5343</td>
<td>Professional Preparation in Health, Physical Education, Recreation, and Dance $^1$</td>
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<td>PHED 5353</td>
<td>Mainstreaming in Health, Physical Education, Recreation, and Dance $^1$</td>
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<td>HLTH 5043</td>
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<td>HLTH 5073</td>
<td>Epidemiology and Diseases</td>
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Total Hours: 36
HLTH 5133  Seminar- Selected Topics  
HLTH 5143  Medical Foundations for Health Professions  
HLTH 5183  Contemporary Health  

Total Hours  36  

**Masters of Education (M.Ed.) in Health**

**Common Core**
- PHED 5133  Physical Education Curriculum  
- EDFN 5103  Foundations of Educational Research  
- EDFN 5113  Psychology of Learning and Development  
- EDFN 5123  Socio-Cultural Issues in Education  

**Program Concentration**
- HLTH 5063  Human Behavior and Health Education  
- HLTH 5173  Nutrition and the Environment  
- HLTH 5193  Community Health  
- PHED 5303  Research Methods  

**Research and Resource**
- EDFN 5923  Master's Seminar  

Select three of the following:  9  
- HLTH 5183  Contemporary Health  
- HLTH 5043  Alcohol and Drugs  
- HLTH 5073  Epidemiology and Diseases  
- HLTH 5133  Seminar- Selected Topics  
- HLTH 5143  Medical Foundations for Health Professions  
- PHED 5103  Psychology of Motor Learning  
- PHED 5113  Supervision in Physical Education  
- PHED 5203  Physiology of Muscular Exercises  
- PHED 5343  Professional Preparation in Health, Physical Education, Recreation, and Dance  
- PHED 5353  Mainstreaming in Health, Physical Education, Recreation, and Dance  

Total Hours  36  

1  Requires Department Administration Approval

**Professional and Service Organizations**

*Panther Association for Health, Physical Education, Recreation and Dance (PAHPERD)* is open to all majors and minors in the department. A grade point average of 2.0 or higher is required for membership. All Health and Kinesiology majors are expected to participate in PAHPERD.

*Texas Association For Health, Physical Education, Recreation and Dance (TAHPERD)* is the professional organization for the State of Texas which supports the fields of Health, Human Performance, and Dance.

*American Alliance For Health, Physical Education Recreation, and Dance (AAHPERD)* is an educational organization at the national level that is structured for the purposes of supporting, encouraging, and providing assistance to member groups and their personnel throughout the nation as they seek to initiate, develop, and conduct programs in health, leisure, and movement-related activities for the enrichment of human life.

*National Association of Sport and Physical Education (NASPE)* is a division of AAHPERD which controls the quality of Physical Education and Sport by enhancing knowledge, improving professional practice, and increasing support for high quality physical education, sport, and physical activity programs.

*American Association of Health Educators (AAHE)* is a division of AAHPERD which controls the quality of Health Education programs by advancing the profession by serving health educators and others who strive to promote the health of all people through education and other systematic strategies.

*The American College of Sports Medicine (ACSM)* is the driving professional organization in the Sports Sciences. ACSM promotes and integrates scientific research, education, and practical applications of sports medicine and exercise science to maintain and enhance physical performance, fitness, health, and quality of life.
The National Commission for Health Education Credentialing (NCHEC) strives to enhance the professional practice of Health Education by promoting and sustaining a credentialed body of Health Education Specialists. To meet this mission, NCHEC certifies health education specialists, promotes professional development, and strengthens professional preparation and practice.

The American Council on Exercise (ACE) is a nonprofit organization committed to enriching quality of life through safe and effective exercise and physical activity. As America’s authority on fitness, ACE protects all segments of society against ineffective fitness products, programs and trends through its ongoing public education, outreach and research. ACE further protects the public by setting certification and continuing education standards for fitness professionals.

Eta Sigma Gamma (ESG) is the Health Honorary organization for men and women who are in the field of Health or Health Education. The mission of the organization is promotion of the discipline by elevating the standards, ideals, competence and ethics of professionally prepared men and women in Health Education. The objectives of the PV Chapter of Eta Sigma Gamma are 1) Epsilon Epsilon to provide the opportunity to become acquainted with and enjoy the fellowship of students and faculty whose professional interests are dedicated to the Health Education discipline; 2) to keep the members informed of recent trends in Health Education; 3) to promote professional growth and leadership; 4) to encourage outstanding people to enter the Health Education field; 5) to evaluate professional standards and ethics of the discipline; 6) to stimulate and recognize research, service, and academic achievement within the membership; and 7) to assist in the professional preparation of Health Education students and faculty at PVAMU. To be eligible for membership, applicants must be either an undergraduate or graduate student with a GPA of 2.75 or higher and have a major or minor in Health or Health Education.

HUPF Courses

**HUPF 1011 Swimming I: 1 semester hour.**
Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

**HUPF 1012 Sports Skills I: 2 semester hours.**
Theory and application of fundamental skills in flag and touch football, soccer, wrestling and gymnastics I.

**HUPF 1031 Modern Dance I: 1 semester hour.**
Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

**HUPF 1041 Folk and Ballroom Dance I: 1 semester hour.**
Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

**HUPF 1051 Tap Dance I: 1 semester hour.**
Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

**HUPF 1061 Gymnastics: 1 semester hour.**
Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

**HUPF 1081 Golf I: 1 semester hour.**
Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

**HUPF 1082 Fundamentals of Basic Movement: 2 semester hours.**
Theory and practice in movement improvisation, exploration, and rhythmic exercising methods, and fundamentals of presenting creative and rhythmic activities to elementary age children.

**HUPF 1091 Badminton I: 1 semester hour.**
Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

**HUPF 1101 Basketball and Volleyball I: 1 semester hour.**
Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

**HUPF 1111 Flag and Touch Football I: 1 semester hour.**
Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

**HUPF 1112 Sports Skills II: 2 semester hours.**
Emphasis given to theory and application skills for fundamentals in badminton, bowling, tennis, and racquetball.

**HUPF 1121 Conditioning and Self Analysis: 1 semester hour.**
Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.
HUPF 1131 Physical Fitness: 1 semester hour.
Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

HUPF 1141 Personal Defense Activities: 1 semester hour.
Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

HUPF 1151 Low Organized Games: 1 semester hour.
Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

HUPF 1161 Softball, Track and Field I: 1 semester hour.
Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

HUPF 1171 Modern Jazz I: 1 semester hour.
Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

HUPF 1172 Foundations I: 2 semester hours.
Foundations of health and human performance. Areas of concentration will focus on history and philosophy, developmental stages, movement-related experiences and career development in health and human performance.

HUPF 1181 Soccer and Field Hockey: 1 semester hour.
Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

HUPF 1191 Ballet I: 1 semester hour.
Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

HUPF 1211 Aerobic Activities: 1 semester hour.
Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

HUPF 1221 Jogging and Track and Field Activities: 1 semester hour.
Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

HUPF 1231 Bowling I: 1 semester hour.
Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

HUPF 1241 Racquetball: 1 semester hour.
Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

HUPF 1251 Wrestling I: 1 semester hour.
Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

HUPF 1261 Body Mechanics and Rhythmic Activities: 1 semester hour.
Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

HUPF 1271 Cycling: 1 semester hour.
Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

HUPF 1272 Foundations II: 2 semester hours.
Areas of concentration will focus on current health and human performance programs, physical fitness, and conditioning and self-analysis.

HUPF 1281 Tennis I: 1 semester hour.
Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

HUPF 1291 Archery I: 1 semester hour.
Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.
HUPF 1301 Weight Training: 1 semester hour.
Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

HUPF 1312 Sports Skills III: 2 semester hours.
Emphasis given to theory and application skills for fundamentals in physical fitness, conditioning and self-analysis, archery, and softball.

HUPF 1321 Swimming II: 1 semester hour.
Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational. Student may enroll without Swimming I as a prerequisite if the student can demonstrate that he/she can swim.

HUPF 1401 Restricted Performance Activities: 1 semester hour.
(Adapted to individual need and capacity.) Theory and practice of body mechanics, and techniques of relaxation; also quiet games, walking, calisthenics, and health films. Written recommendation of a physician is required.

HUPF 1411 Restricted Performance Activities: 1 semester hour.
(Adapted to individual need and capacity.) Theory and practice of forming habits for good posture; also table tennis, rope jumping, goal shooting, walking and calisthenics. Written recommendation of a physician is required.

HUPF 1412 Sports Skills IV: 2 semester hours.
Emphasis given to theory and application skills for fundamentals in aerobics, body mechanics, folk and ballroom dance, and modern dance.

HUPF 2011 Modern Dance I: 1 semester hour.
Designed for the student with intermediate and/or advanced levels of skills; emphasis is on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

HUPF 2021 Tap Dance II: 1 semester hour.
Designed for the student with intermediate and/or advanced levels of skills; emphasis is on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

HUPF 2022 Fundamentals of Dance: 2 semester hours.
Application of theory and fundamental skills in dance.

HUPF 2023 First Aid, Safety, and CPR: 3 semester hours.
Certification program (The American Red Cross) for emergency care procedures for illness, injuries, and cardiopulmonary resuscitation.

HUPF 2031 Gymnastics II: 1 semester hour.
Designed for the student with intermediate and/or advanced levels of skills; emphasis is on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

HUPF 2032 Life Saving: 2 semester hours.
Demonstration and practice in the fundamentals of life saving; opportunity for completion of requirements for the American Red Cross Senior Life Saving Certificate.

HUPF 2041 Badminton and Tennis II: 1 semester hour.
Designed for the student with intermediate and/or advanced levels of skills; emphasis is on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

HUPF 2043 Coaching Individual and Dual Sports: 3 semester hours.
Designed for majors with intermediate and advanced skills; deals with strategy, rules, and court layouts, with special emphasis on fundamentals and materials for individual and dual sports.
Prerequisites: HUPF 1091 (http://catalog.pvamu.edu/search/?P=HUPF%201091) and HUPF 1101 (http://catalog.pvamu.edu/search/?P=HUPF%201101) and HUPF 1281 (http://catalog.pvamu.edu/search/?P=HUPF%201281) and HUPF 1291 (http://catalog.pvamu.edu/search/?P=HUPF%201291).

HUPF 2051 Basketball and Volleyball II: 1 semester hour.
Designed for the student with intermediate and/or advanced levels of skills; emphasis is on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

HUPF 2052 Theory and Practice of Intramural Sports: 2 semester hours.
Theory and practice in organizing and conducting tournaments, meets, and field days.

HUPF 2053 Recreation for the Aged: 3 semester hours.
A study of the nature, scope, and significance of leisure and recreation. Emphasis is placed on methods and materials for planning, organizing, and conducting social activities for the aged in a variety of social situations.

HUPF 2061 Folk and Ballroom Dance II: 1 semester hour.
Designed for the student with intermediate and/or advanced levels of skills; emphasis is on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

HUPF 2063 Outdoor Performance Activities: 3 semester hours.
Introduction to outdoor activities with emphasis on principles and purposes; skills and activities for individual and group activities; practices and skills of low and high intensity levels.
HUPF 2071 Modern Jazz II: 1 semester hour.
Designed for the student with intermediate and/or advanced levels of skills; emphasis is on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

HUPF 2081 Golf and Archery II: 1 semester hour.
Designed for the student with intermediate and/or advanced levels of skills; emphasis is on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

HUPF 2091 Swimming III: 1 semester hour.
Designed for the student with intermediate and/or advanced levels of skills; emphasis is on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

HUPF 2101 Advanced Basketball: 1 semester hour.
Designed for the student with intermediate and/or advanced levels of skills; emphasis is on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

HUPF 2111 Advanced Volleyball: 1 semester hour.
Designed for the student with intermediate and/or advanced levels of skills; emphasis is on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

HUPF 2141 Flag Football and Track II: 1 semester hour.
Designed for the student with intermediate and/or advanced levels of skills; emphasis is on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

HUPF 2151 Ballet II: 1 semester hour.
Designed for the student with intermediate and/or advanced levels of skills; emphasis is on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

HUPF 3012 Water Safety Instruction: 2 semester hours.
Swimming and lifesaving skills required for water safety instruction. Opportunity for completion of requirements for the American Red Cross Water Safety Instructor's Certificate.

HUPF 3023 Applied Anatomy and Kinesiology: 3 semester hours.
A scientific study of the muscles and human movement. Prerequisites: BIOL 1054 or BIOL 1064 and HUPF 1082.

HUPF 3033 Movement Activities for Elementary Children: 3 semester hours.
Theory of human performance for young children; classroom demonstration and field laboratory assignments. Emphasis is placed on stages of development and gross motor skills.

HUPF 3053 Theory and Practice of Officiating: 3 semester hours.
Treats the theory and practice of officiating selected sports; emphasis on rules, mechanics, and officiating individual, dual and team sports.

HUPF 3063 Theory and Practice of Coaching I: 3 semester hours.
Theory and strategy of coaching football, basketball, and volleyball. Prerequisites: HUPF 1101 and HUPF 1111.

HUPF 3083 Theory and Practice of Coaching II: 3 semester hours.
Theory and strategy of coaching baseball/softball, track and field, and soccer. Prerequisites: HUPF 1161 and HUPF 1181 and HUPF 1221.

HUPF 3421 Restricted Performance Activities: 1 semester hour.
Adapted to individual need and capacity. Theory and practice of physical fitness techniques; also shuffleboard, horse shoes, dance, volleyball, health and safety films, walking and calisthenics. Written recommendation of a physician is required.

HUPF 4032 Advanced Athletic Injuries: 2 semester hours.
This course provides the student athletic trainer with knowledge of clinical techniques, rules and regulations governing licensure and certification. Emphasis will be given to application techniques and therapeutic modalities.

HUPF 4033 Measurement and Evaluation: 3 semester hours.
A study of various kinds of tests and test usage in the field of health and human performance includes practical experience in the construction and administration of tests and in the use of elementary statistics to interpret test scores.

HUPF 4042 Athletic Injuries and CPR: 2 semester hours.
Theory and practice of prevention and treatment of athletic injuries; laboratory experience in techniques of massaging and bandaging; emergency care procedures for cardiopulmonary resuscitation.
HUPF 4053 Special Topics in Health and Human Performance: 3 semester hours.
Detailed study of selected topics and activities. Class meets once per week. Consent of the instructor and department head. Cross listed with HLTH 4053.

HUPF 4062 Correctives: 2 semester hours.
A study of the general organization of programs of therapeutic exercise, recreational sports, and aquatic skills for use in correctional procedures; evaluation and classification of exercises; practice in planning and presenting activities for special programs.

HUPF 4073 Secondary Physical Education: 3 semester hours.
Scientific examination of current human movement concepts. Emphasis on curricular and evaluative concepts designed to assist the student in selecting, appraising, utilizing and analyzing movement related materials, resources, and instruments.

HUPF 4083 Administrative Management of Human Performance Programs: 3 semester hours.
Principles and fundamentals in the organization, administration and supervision of the health, human performance, intramural, and athletic programs.

HUPF 4093 Practicum in Athletic Training: 3 semester hours.
Designed to acquaint the Athletic Trainer Intern, Pre-Physical Therapist, and Sports Certified Specialist with the principles of application for an orthopedic examination of the joints and muscles. A hands-on clinical approach to physical assessment and rehabilitations techniques involving basic theories and principles as they relate to applied human anatomy.

HUPF 4196 Internship in Health and Human Performance: 6 semester hours.
Supervised study and practice in community, recreation, sports, fitness and rehabilitation centers, hospitals, clinics and other approved agencies, organizations and institutions.

HUPF 4431 Restricted Performance Activities: 1 semester hour.
(Adapted to individual need and capacity.) Theory and practice of adaptive corrective exercises; also archery, badminton, arts and crafts, musical games, calisthenics, and isometric exercises.

HUPF 4993 Independent Study: 1-3 semester hour.
Readings, research, and/or field work on selected topics.

Health Courses

HLTH 1023 Human Sexuality: 3 semester hours.
Examination of the foundations and characteristics of the American family; factors involved in learning sex roles, biological and emotional motivations, preparation for marriage, family planning, and parental roles.

HLTH 1063 Environmental Health: 3 semester hours.
Health aspects of environment, including health problems related to water, air, and noise pollution, pesticides, population, and radiation.

HLTH 2003 Personal Health and Wellness: 3 semester hours.
Study of the personal health concepts with emphasis on body systems, emotional health, drug use and abuse, disease, nutrition, and family and community health. Theory and practice in developing, implementing and evaluating philosophies of wellness programs.

HLTH 2023 Communicable and Noncommunicable Diseases: 3 semester hours.
Nature, prevention, control, and treatment of communicable, chronic, degenerative, and idiopathic human disease, with principles related to causality of disease and to the body’s ability to resist.

HLTH 2033 Aging, Death and Dying: 3 semester hours.
Examination of the aging process and health problems of the elderly; differing perceptions of death; dimensions of death and dying; euthanasia: and grief and mourning.

HLTH 3003 Health Education for the Elementary School: 3 semester hours.
Fundamentals of health including health problems, interests, school health appraisal, and promotion of a healthful environment. Emphasis on health agencies and organizations on the local, state, and national levels.

HLTH 3013 Nutrition: 3 semester hours.
Basic scientific information on nutrition and on its relationship to the biological needs of humans. An analysis and review of the selection and quality of nutrients essential to growth, development, and efficiency.

HLTH 3033 Research and Contemporary Issues in Health: 3 semester hours.
Scientific examination of current health concepts. Emphasis on those curricular and evaluative concepts necessary for selecting, appraising, utilizing and analyzing health related materials, resources, and instruments.

HLTH 3043 Consumer Health: 3 semester hours.
Investigation and analysis of consumer health problems, with emphasis on the function, organization, and administration of public health services at the local, state, regional and national levels.

HLTH 3053 Public and Community Health: 3 semester hours.
Focus on the aspects of the community that relate to health; identification and analysis of community health programs; organizational patterns and functions of voluntary and governmental health agencies; organizing the community for health action; and coordination of school and community health programs.
HLTH 3093 Drugs and Health: 3 semester hours.
Focus on substances that modify human behavior and emotions; the nature of drugs; historical and contemporary use; drug abuse; social implications; development and implementation of drug programs; and legislative implications.

HLTH 4063 Health and Communities: 3 semester hours.
Principles of community health education as a foundation for subsequent consideration of health issues and problems of populations. In-depth focus on assessment and analysis of specific health problems in defined population of client organizations, institutions, and/or community members.

HLTH 4073 Community Health Planning and Assessment: 3 semester hours.
Examines the relationship of community health planning and assessment to health education in both urban and rural communities. Emphasizes theory processes and methods applicable to the health care services delivery system.

HLTH 4083 Problem Solving and Evaluation for Community Health Programs: 3 semester hours.
Evaluation of psycho-social-cultural health problems and influences on human behavior and health education strategies and outcome measurement.

HLTH 4991 Independent Study: 1 semester hour.
Reading, research, and/or field work on selected topics.

HLTH 4993 Independent Study: 3 semester hours.
Readings, research, and/or field work on selected topics.

HLTH 5043 Alcohol and Drugs: 3 semester hours.
Development and evaluation of educational approaches for primary and secondary prevention of alcohol and other drug abuse and misuse within populations in elementary and secondary schools, businesses, health agencies, higher education and general communities.

HLTH 5063 Human Behavior and Health Education: 3 semester hours.
Analysis of social, psychological and cultural determinants of health related behaviors. Critical review of each factor for interpretation and application in a variety of settings, including classrooms, worksites, health care agencies, and higher education centers.

HLTH 5073 Epidemiology and Diseases: 3 semester hours.
Epidemiologic methods for administrators, policy analysts, and education planners. Identification of and analysis factors influencing infections and chronic diseases in groups of people with a variety of community settings, including schools, businesses, industry, and the health care market.

HLTH 5133 Seminar- Selected Topics: 3 semester hours.
Etiology, epidemiology and impact of health-related behaviors on illness and wellness within specific populations which may impact school, occupational and community health.

HLTH 5143 Medical Foundations for Health Professions: 3 semester hours.
Medical and psychosocial approached to disease detection, prevention and rehabilitation. Emphasis on current trends for the advancement of primary health in school groups, public communities, and special populations.

HLTH 5173 Nutrition and the Environment: 3 semester hours.
Understanding natural principles underlying health issues related to human ecology, nutrition, and non-infectious disease control and population problems.

HLTH 5183 Contemporary Health: 3 semester hours.
Review of factors relating to selected high morbidity and mortality in urban and rural environments. Study of related psycho-social health problems faced by practicing health educators in a dynamic health care market involving school-based and community-based populations.

Kinesiology Courses

KINE 1011 Swimming I: 1 semester hour.
Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

KINE 1012 Sports Skills I: 2 semester hours.
Theory and application of fundamental skills in flag and touch football, soccer, wrestling and gymnastics I.

KINE 1061 Gymnastics: 1 semester hour.
Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.
KINE 1081 Golf I: 1 semester hour.
Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

KINE 1082 Fundamentals of Basic Movement: 2 semester hours.
Theory and practice in movement improvisation, exploration, and rhythmic exercising methods and fundamentals of presenting creative and rhythmic activities to elementary age children.

KINE 1091 Badminton I: 1 semester hour.
KINE 1101 Basketball and Volleyball I: 1 semester hour.
Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

KINE 1111 Flag and Touch Football I: 1 semester hour.
Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

KINE 1112 Sports Skills II: 2 semester hours.
Emphasis given to theory and application skills for fundamentals in badminton, bowling, tennis, and racquetball.

KINE 1121 Conditioning and Self Analysis: 1 semester hour.
Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

KINE 1131 Physical Fitness: 1 semester hour.
KINE 1141 Personal Defense Activities: 1 semester hour.
Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

KINE 1151 Low Organized Games: 1 semester hour.
Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

KINE 1161 Softball, Track and Field I: 1 semester hour.
Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

KINE 1172 Foundations I: 2 semester hours.
Areas of concentration will focus on history and philosophy, developmental stages, movement-related experiences and career development in health and kinesiology.

KINE 1181 Soccer and Field Hockey: 1 semester hour.
Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

KINE 1211 Aerobic Activities: 1 semester hour.
Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

KINE 1221 Jogging and Track and Field Activities: 1 semester hour.
Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

KINE 1231 Bowling I: 1 semester hour.
Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

KINE 1241 Racquetball: 1 semester hour.
Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

KINE 1251 Wrestling I: 1 semester hour.
Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

KINE 1271 Cycling: 1 semester hour.
Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

KINE 1272 Foundations II: 2 semester hours.
Areas of concentration will focus on current health and kinesiology programs, physical fitness and conditioning and self-analysis.
KINE 1281 Tennis I: 1 semester hour.
Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

KINE 1291 Archery I: 1 semester hour.
Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

KINE 1301 Weight Training: 1 semester hour.
Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

KINE 1303 Foundation to Kinesiology: 3 semester hours.
Instruction is offered at beginning levels with emphasis on mechanical principles that regulate human movement, how to analyze movement and how to create the efficient movements possible to increase structure of the human body.

KINE 1312 Sports Skills III: 2 semester hours.
Emphasis given to theory and application skills for fundamentals in physical fitness, conditioning and self-analysis, archery and softball.

KINE 1321 Swimming II: 1 semester hour.
Instruction is offered at beginning levels of skills with emphasis on the development of total fitness and recreational skills for leisure time. All classes are coeducational. Students may enroll without swimming I as a prerequisite if the student can demonstrate that he/she can swim.

KINE 1401 Restricted Performance Activities: 1 semester hour.
Adapted to individual need and capacity. Theory and practice of body mechanics and techniques of relaxation; also quiet games, walking, calisthenics, and health films. Written recommendation of a physician is required.

KINE 1411 Restricted Performance Activities: 1 semester hour.
(Adapted to individual need and capacity) Theory and practice of forming habits for good posture; also table tennis, rope jumping, goal shooting, walking and calisthenics. Written recommendation of a physician is required.
Prerequisites: KINE 1401 (http://catalog.pvamu.edu/search/?P=KINE%201401).

KINE 1412 Sports Skills IV: 2 semester hours.
Emphasis given to theory and application skills for fundamentals in aerobics, body mechanics, folk and ballroom dance, and modern dance.

KINE 2023 First Aid, Safety and CPR: 3 semester hours.
Certification program (The American Red Cross) for emergency care procedures for illness, injuries and cardiopulmonary resuscitation.

KINE 2031 Gymnastics II: 1 semester hour.
Designed for the student with intermediate and/or advanced levels of skills; emphasis is on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

KINE 2032 Life Saving: 2 semester hours.
Demonstration and practice in the fundamentals of life saving: opportunity for completion of requirements for the American Red Cross Senior Life Saving Certificate. Must be proficient in five basic strokes (front and back crawls; elementary back, side and breast strokes).

KINE 2041 Badminton and Tennis II: 1 semester hour.
Designed for the student with intermediate and/or advanced levels of skills; emphasis is on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

KINE 2043 Coaching Individual and Dual Sports: 3 semester hours.
Designed for majors with intermediate and advanced skills; deals with strategy, rules, and court layouts, with special emphasis on fundamentals and materials for individual and dual sports.
Prerequisites: KINE 1091 (http://catalog.pvamu.edu/search/?P=KINE%201091) and KINE 1101 (http://catalog.pvamu.edu/search/?P=KINE%201101) and KINE 1281 (http://catalog.pvamu.edu/search/?P=KINE%201281) and KINE 1291 (http://catalog.pvamu.edu/search/?P=KINE%201291).

KINE 2051 Basketball and Volleyball II: 1 semester hour.
Designed for the student with intermediate and/or advanced levels of skills; emphasis is on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

KINE 2052 Theory and Practice of Intramural Sports: 2 semester hours.
Theory and practice in organizing and conducting tournaments, meets, and field days.

KINE 2053 Recreation of the Aged: 3 semester hours.
A study of the nature, scope and significance of leisure and recreation. Emphasis is placed on methods and materials for planning, organizing, and conducting social activities for the aged in a variety of social situations.

KINE 2063 Outdoor Performance Activities: 3 semester hours.
Introduction to outdoor activities with emphasis on principles and purposes; skills and activities for individual and group activities; practices and skills of low and high intensity levels.
KINE 2081 Golf and Archery II: 1 semester hour.
Designed for the student with intermediate and/or advanced levels of skills; emphasis is on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

KINE 2091 Swimming III: 1 semester hour.
Designed for the student with intermediate and/or advanced levels of skills; emphasis is on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

KINE 2101 Advanced Basketball: 1 semester hour.
Designed for the student with intermediate and/or advanced levels of skills; emphasis is on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

KINE 2111 Advanced Volleyball: 1 semester hour.
Designed for the student with intermediate and/or advanced levels of skills; emphasis is on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

KINE 2141 Flag Football and Track II: 1 semester hour.
Designed for the student with intermediate and/or advanced levels of skills; emphasis is on the development of total fitness and recreational skills for leisure time. All classes are coeducational.

KINE 3012 Water Safety Instruction: 2 semester hours.
Swimming and lifesaving skills required for water safety instruction. Opportunity for completion of requirements for the American Red Cross Water Safety Instructor's Certificate. Must have a current Red Cross Senior Life Saving Certificate.

KINE 3023 App. Anatomy and Kinesiology: 3 semester hours.
A scientific study of the muscles and human movement.
Prerequisites: BIOL 1054 and BIOL 1064 (http://catalog.pvamu.edu/search/?P=BIOL%201054) and BIOL 1064 (http://catalog.pvamu.edu/search/?P=BIOL%201064) and KINE 1082 (http://catalog.pvamu.edu/search/?P=KINE%201082).

KINE 3033 Movement Activities for Elementary Children: 3 semester hours.
Theory of Kinesiology for young children; classroom demonstration and field laboratory assignments. Emphasis is placed on stages of development and gross motor skills.
Prerequisites: KINE 1151 and KINE 1261.

KINE 3053 Theory and Practice of Officiating: 3 semester hours.
Treats the theory and practice of officiating selected sports; emphasis on rules, mechanics, and officiating individual, dual and team sports.
Prerequisites: KINE 2042 and KINE 3063 (http://catalog.pvamu.edu/search/?P=KINE%203063).

KINE 3063 Theory and Practice of Coaching: 3 semester hours.
Theory and strategy of coaching football, basketball, and volleyball.
Prerequisites: KINE 1101 and KINE 1111 (http://catalog.pvamu.edu/search/?P=KINE%201111).

KINE 3083 Theory and Practice of Officiating II: 3 semester hours.
Theory and strategy of coaching baseball/softball, track and field, and soccer.
Prerequisites: KINE 1161 and KINE 1181 (http://catalog.pvamu.edu/search/?P=KINE%201181) and KINE 1221 (http://catalog.pvamu.edu/search/?P=KINE%201221).

KINE 3421 Restricted Performance Activities: 1 semester hour.
(Adapted to individual need and capacity) Theory and practice of physical fitness techniques; also shuffleboard, horse shoes, dance, volleyball, health, and safety films, walking and calisthenics. Written recommendation of a physician is required.
Prerequisites: KINE 1411 (http://catalog.pvamu.edu/search/?P=KINE%201411).

KINE 3653 Motor Learning and Control: 3 semester hours.
This course is designed to review basic principles of motor control and motor learning with emphasis on the application of these principles in the neurologic population.

KINE 4033 Measurement and Evaluation: 3 semester hours.
A study of various kinds of tests and test usage in the field of health and kinesiology includes practical experience in the construction and administration of tests and in use of elementary statistics to interpret test scores.
Prerequisites: KINE 1082 and KINE 1172 (http://catalog.pvamu.edu/search/?P=KINE%201172) and BIOL 1054 (http://catalog.pvamu.edu/search/?P=BIOL%201054) and BIOL 1064 (http://catalog.pvamu.edu/search/?P=BIOL%201064).

KINE 4042 Athletic Injuries and CPR: 2 semester hours.
Theory and practice of prevention and treatment of athletic injuries; laboratory experience in techniques of massaging and bandaging; emergency care procedures for cardiopulmonary resuscitation.

KINE 4053 Special Topics in Health and Kinesiology: 3 semester hours.
Detailed study of selected topic and activities.
KINE 4062 Correctives: 2 semester hours.
A study of the general organization of programs of therapeutic exercise, recreational sports, and aquatic skills for use in correctional procedures; evaluation and classification of exercises; practice in planning and presenting activities for special programs. Prerequisites: KINE 1082 and KINE 1172 and KINE 2043 and KINE 2063.

KINE 4073 Secondary Kinesiology: 3 semester hours.
Scientific examination of current human movement concepts, emphasis on curricular and evaluative concepts designed to assist the student in selecting, appraising, utilizing and analyzing movement related materials, resources, and instruments. Prerequisites: KINE 1082 and KINE 1172 and BIOL 1054 and BIOL 1064.

KINE 4083 Administrative Management of Kinesiology: 3 semester hours.
Principles and fundamentals in the organization, administration and supervision of the health, kinesiology, intramural, and athletic programs. Prerequisites: KINE 1082 and KINE 1172 and BIOL 1054 and BIOL 1064.

KINE 4093 Practicum in Athletic Training: 3 semester hours.
Designed to acquaint the Athletic Trainer Intern, Pre-Physical Therapist, and Sports Certified Specialist with the principles of application for an orthopedic examination of the joints and muscles. A hands-on clinical approach to physical assessment and rehabilitation techniques involving basic theories and principles.

KINE 4196 Internship in Health and Kinesiology: 6 semester hours.
Supervised study and practice in community, recreation, sports, fitness, and rehabilitation centers, hospitals, clinics, and other approved agencies, organizations and institutions.

KINE 4232 Advanced Athletic Injuries: 2 semester hours.
This course provides the student athletic trainer with the knowledge of clinical techniques, rules and regulations governing licensure and certification. Emphasis will be given to application techniques and therapeutic modalities.

KINE 4233 Fitness Program: 3 semester hours.
This course uses health, wellness and fitness assessments to develop healthy lifestyles.

KINE 4431 Restricted Performance Activities: 1 semester hour.
(Adapted to individual need and capacity) Theory and practice of adaptive corrective exercises; archery, badminton, arts and crafts, musical games, calisthenics and isometric exercises. Written recommendation of a physician is required. Prerequisites: KINE 3421.

KINE 4993 Independent Study: 1-3 semester hour.
Readings, research and/or field work on selected topics.

Physical Education Courses
PHED 5103 Psychology of Motor Learning: 3 semester hours.
Learning process in motor skills as the foundation of teaching methods in physical education activities. Practical experience in testing theories.

PHED 5113 Supervision in Physical Education: 3 semester hours.
Study of principles and practices of educational supervision and their application to physical education.

PHED 5123 Scientific Foundations of Physical Education: 3 semester hours.
Study of the scientific foundations of physical activity as they relate to biological, psychological, sociological, and biomechanical factors in the teaching of physical education.

PHED 5133 Physical Education Curriculum: 3 semester hours.
Study of activities, aims, objectives, and outcomes as they relate to courses and their construction. Development of a course of study based on individual student needs.

PHED 5143 Sociol Of Sport: 3 semester hours.
The reasons for studying sport are reviewed, and they include personal development, scholarly study, and professional practice. Since sport is so pervasive in U.S. society, studying its effects and its contribution to society is important. Through studying sport we can recognize historical precedents in sport, health, and physical activity. The sport sciences are categorized in three domains: (1) biophysical, (2) psychosocial, and (3) sociocultural. These three domains contain 10 individual sport sciences, which are integrated and allow us to better use and interpret our knowledge.

PHED 5203 Physiology of Muscular Exercises: 3 semester hours.
Physiological effects of exercise upon the body. Basic physiological concepts and their relation to the total physical education program.

PHED 5303 Research Methods: 3 semester hours.
Design and methodologies for health education and physical education. Data collection, statistical applications, analyses, interpretation for evaluation and reporting.

PHED 5343 Professional Preparation in Health, Physical Education, Recreation, and Dance: 3 semester hours.
Focus on professional preparation for those students who are teachers and/or administrators of health, physical education, recreation, or dance.
PHED 5353 Mainstreaming in Health, Physical Education, Recreation, and Dance: 3 semester hours.
Principles and methods of providing educational services for handicapped students in the least restrictive environment.

PHED 5503 Teaching Physical Education: 3 semester hours.
A study of traditional and innovative teaching techniques in physical education, including the practical application of teaching styles.

PHED 5703 Kinesiology: 3 semester hours.
Muscular and bone structure of the body in relation to the science of movement; joint mechanism and muscle action with special application to sports participation and training.

PHED 5993 Independent Study: 1-3 semester hour.
Readings, research and/or field work on selected topics.