

UNDERGRADUATE CATALOG 2016–17

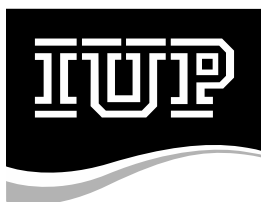
Department of Kinesiology, Health, and
Sport Science

College of Health and Human Services

www.iup.edu/kines

This document is a direct extract from the full 2016–17 *Undergraduate Catalog*. As a result, the original page numbering will appear.

For information on other colleges at IUP, or about specific courses, please consult the full 2016–17 catalog, available at www.iup.edu/registrar/catalog. Earlier catalogs are also available at this web address.



Indiana University of Pennsylvania

- in the Commonwealth of Pennsylvania, Community Health Education, and Recreation and Leisure Studies.*
4. Bachelor of science program in physical education and sport, which includes programs in exercise science and sport administration
 5. Bachelor of science degree program in athletic training
 6. Certification program in driver education

*The new Health and Physical Education curriculum will begin in Spring 2016.

Required Program—Liberal Studies

The department, through its Health and Wellness course in the Liberal Studies program, seeks to enhance the overall well-being of students through instruction planned to promote and maintain desirable levels of physical, mental, emotional, and social well-being. Self-responsibility in the following dimensions of wellness is emphasized: nutritional awareness, stress awareness and management, exercise and fitness, substance use and abuse, and sexually transmitted diseases/AIDS. The importance of reducing risk factors for chronic degenerative disease and managing lifestyle factors for promotion of health is presented with implications for both the present and future. Information is provided during class lectures and enhanced by a variety of practical learning experiences that give students opportunities for self-assessment and personal application of the subject matter.

In addition, the department offers a variety of 1-credit activity courses focusing on physical fitness and the development of skills essential for recreation and lifetime sports. Instruction may be offered in activities such as golf, resistive exercise, scuba, swimming, and tennis.

The university's Liberal Studies requirements require that each student successfully complete KHSS 143 or its alternates, FDNT 143 or NURS 143. Students may also elect to take 4 credits of the ROTC program (MLSC 101-102) as an alternate to the wellness courses. Activity courses will continue to be offered, although they are no longer required. It is encouraged and recommended that students choose these courses as elective credits.

Bachelor of Science Degree—Physical Education and Sport

The bachelor of science degree program in physical education and sport (PESP) provides greater emphasis on sport science subject matter/content and less on pedagogy. Students who select this degree program generally apply their knowledge in the areas of exercise science, community and corporate fitness, cardiac rehabilitation, sport industry management, and/or executive fitness programming. The PESP degree program is a non-teacher certification program. Students pursuing this degree may be required to purchase a personal liability insurance policy and obtain certain clearances before beginning the preprofessional experience, the internship, or any other field experience on or off campus.

Three specialty programs of study have been developed for the degree program in PESP. These programs consist of (1) Physical Education and Sport, (2) Physical Education and Sport—Exercise Science and (3) Physical Education and Sport—Sport Administration. These programs provide students with an innovative, relevant, and challenging curriculum and at the same time encourage the promotion of interdisciplinary work. Course content is focused toward specific professions, as well as toward different national credentialing possibilities. Student internships and preprofessional experiences can be more appropriately focused to enhance opportunities for postgraduate employment. Furthermore, these programs provide emphasis in specific subject content areas and teach skills necessary for students to assume leadership roles in careers related to the health fitness industry as well as the sport science industry.

Exercise Science

IUP's Exercise Science program is accredited by the Committee on Accreditation for the Exercise Sciences under the auspices of the Commission on Accreditation of Allied Health Education Programs. This program provides students with the knowledge, skills, and abilities to seek employment in private and commercial fitness clubs, medical fitness facilities, sport-specific and conditioning facilities, and clinical settings such as cardiac and pulmonary rehabilitation programs. This program has an academic core,

Department of Kinesiology, Health, and Sport Science

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Elaine H. Blair, Chairperson; Ronald L. Trenney, Assistant Chair; Alman, Bayles, Black, Castle, Hsiao, Kostelnik, Kulik, Lorenzi, McKee, Racchini, Rivera, Pesci, Sloniger, Smith, Storti, Wachob; and professors emeriti Beck, Blacksmith, Clark, Cortazzo, Davis, Dickie, Eltz, Grove, Hornfeck, Klingaman, Mill, Montgomery, Moore, Neal, Robinson, Sledzik, Sloniger, Sutton, Tucker

The Department of Kinesiology, Health, and Sport Science provides the following services:

1. Instruction in health and wellness courses as part of the university's Liberal Studies requirement
2. Instruction in health and physical education courses as physical education course electives
3. An undergraduate program in health and physical education that leads to the bachelor of science in education degree with three programs of study: Teacher Education with potential to earn certification to teach

specialty classes in exercise assessment, programming, and prescription, and opportunities for work-site experience.

While students may select Exercise Science as one of several tracks in the Kinesiology, Health, and Sport Science Department, students must demonstrate above-average academic performance by maintaining programmatic standards including (1) minimum 2.5 cumulative GPA for transfer students outside and within IUP; (2) a minimum of a “C” grade in major/core exercise science classes, including KHSS 285, 286, 343, 347, 375, 410, 411, 414, 492, and 493; and (3) before graduation, successful completion of an NCCA (National Commission for Certifying Agencies) approved health and fitness certification. Student transcripts will be reviewed each semester by the individual academic advisor and reported to the Exercise Science program coordinator for compliance with the academic requirements. Specific work-site experiences may be contingent upon students’ obtaining student liability insurance and selected health clearances such as physical, TB, and drug screening. Purchase of small equipment such as stethoscopes and digital heart rate monitors will be required.

Sport Administration

This program prepares students to use a variety of skills to function in a management capacity within the sport industry. Graduates of this program can seek employment in such areas as school and college athletic departments, coaching, community recreation organizations, minor and major league sports franchises, commercial sport facilities, and golf courses, as well as other athletic and sports-related industries. Students acquire management skills that can be used in multiple career tracks. A minor that will enhance their career objectives is encouraged.

Bachelor of Science Degree—Athletic Training

IUP’s Athletic Training program is accredited by the Commission on Accreditation of Athletic Training Education. This program prepares students with the knowledge, skills, and experience to provide prevention, evaluation, acute management, and rehabilitation and/or reconditioning services to professional and amateur athletes and other individuals involved in sports, exercise, and physical activity in general. The program has an academic and a clinical education component. The clinical education component entails a series of sequential laboratory courses and a minimum of four semesters of supervised field experience with the IUP Athletics Department and affiliated clinical sites (sports medicine clinics, physicians’ offices/hospitals, high schools, and additional collegiate settings). Students must file an application for admission into the program during their third semester at IUP (fall of their sophomore year). Formal admission into the program is a prerequisite for assignment to clinical field experiences and enrollment in upper-level courses.

Admission into the program is competitive, and fulfillment of the minimum eligibility requirements does not guarantee admission. Each year, the program will select a predetermined number of students from the eligible candidate pool based on demonstrated academic achievement and the evaluation of other criteria (letters of recommendation, essay, etc.). The number of candidates admitted each year may vary with the quality of the candidate pool, available clinical experience sites, and available supervision. Students not admitted initially may reapply the following year. The minimum requirements for eligibility are (1) sophomore status (minimum of 36 credits), (2) minimum 2.8 cumulative and major GPA (major GPA for admission is calculated from the courses KHSS 185, 221, 345, and 346), (3) minimum of a “C” grade in KHSS 185, 221, 345, and 346, and (4) a completed application for admission. Additional details and required documentation that must accompany the application (clearances, screenings, directed observation, letters of recommendation, CPR certification, etc.) are outlined in the *Athletic Training Program Overview* and the Athletic Training program admissions packet. Both documents are readily available from the department office upon request. Once admitted, students must continue to demonstrate above-average academic and clinical performance in order to remain in good standing. Specific program progression and completion standards apply. Students must maintain a minimum 2.8 cumulative and major GPA, obtain a C grade or better in all required major courses, and pass a series of comprehensive examinations, including a mock/practice certification exam.

Program retention, completion, and Board of Certification examination endorsement are contingent upon meeting these stated minimum requirements. Students must obtain the *Athletic Training Program Overview* document from the department for full details regarding program progression, mediation, retention, and Board of Certification examination endorsement.

Bachelor of Science in Education Degree—Health and Physical Education

The Bachelor of Science in Education—Health and Physical Education provides emphasis on pedagogical content and application. This program prepares students with the knowledge and experience to instruct in various learning environments. Three specialty programs of study have been developed for this degree program, including the K-12 Teacher Education Certification Track and two non-teacher certification tracks, Community Health Education and Recreation and Leisure Studies. These programs provide students with the theory, strategy, and application necessary to work with individuals in various instructional settings. Each program provides an interdisciplinary experience that prepares students for specific career paths as well as multiple credentialing options.

K-12 Teacher Education

The Health and Physical Education Teacher Education program is accredited by the National Council for Accreditation of Teacher Education in both Health Education (with accreditation criteria defined by the American Association for Health Education) and Physical Education (with accreditation criteria defined by the National Association for Sport and Physical Education). Requirements for the bachelor of science in education degree program in health and physical education include the university’s Liberal Studies requirements, Professional Education requirements, and the Health and Physical Education core requirements. Upon completion of the degree program and successfully passing the Praxis exam, the student is qualified for an Instructional I Certificate in Health and Physical Education, issued by the Pennsylvania Department of Education in Harrisburg. This certificate is valid for teaching health and physical education in grades K-12 for three years in the public schools of Pennsylvania. All students seeking Pennsylvania certification must follow the 3-Step Process described in the section “Admission to Teacher Education and Certification” found in the College of Education and Educational Technology section of this catalog.

Community Health Education (non-teacher certification)

This program of study focuses on health promotion and disease prevention through community educational services. This track prepares individuals to develop trainings and implement curriculum focused on better health and educational outcomes. Graduates of this program can seek employment with health and education agencies involved in community-based training and prevention related to HIV/STI/AIDS, obesity, dating violence and bullying, communicable diseases, tobacco, drugs and alcohol, sexual health and/or pregnancy prevention. Students can specialize in several emphasis areas, including Communications, Aging Populations, Nutrition, Physical Activity, Human Service, Child Studies, and Women’s and Gender Studies. Graduates will be eligible to sit for the NCHES’s Certified Health Education Specialist (CHES) exam. This track does not lead to K-12 teacher certification. Requirements for the Community Health Education track include the university’s Liberal Studies requirements, the departmental core courses, and the Community Health Education required courses. Students must also maintain a cumulative GPA of 2.7 and a “C” or better in all of the required core courses within this track.

Recreation and Leisure Studies (non-teacher certification)

This program provides students with competencies to plan, implement, and assess recreation and sports programs in a variety of settings, including adapted sport programs, youth leagues, city parks and recreation departments, adventure travel and tourism, and commercial recreation facilities. Students can focus on several emphasis areas including aquatics, special populations, coaching, and dance. This program provides graduates with the prerequisite knowledge necessary to sit for the National Recreation and Parks Association Certified Parks and Recreational Professional (CPRP) examination. Graduates interested in qualifying for the CPRP exam must also obtain no less than one year of full-time experience in the field. This track

does not lead to K-12 teacher certification. Requirements for the Recreation and Leisure Studies track include the university's Liberal Studies requirements, the departmental core courses, and the Recreation and Leisure Studies required courses. Students must also maintain a cumulative GPA of 2.7 and a "C" or better in all of the required core courses within this track.

Community Health Minor

The Community Health Minor will help prepare students who desire to work in programs that communicate and advocate for health and health education services. This minor would be of interest to sociology, child development and family relations, food and nutrition, and allied health majors who are interested in working with targeted populations on making healthy behavior changes through planned instruction and outreach.

Sport Management Minor

This minor is recommended for students majoring in related disciplines such as exercise science, health and physical education, athletic training, accounting, communications media, economics, finance, human resource management, management, and marketing and for students who have a personal interest in sport management. It provides students with the necessary skills to work in management within the sport industry.

Athletic Coaching Certificate

This certificate is recommended for students majoring in disciplines such as exercise science, health and physical education, athletic training, and education and for students who have a personal interest in coaching as a profession. It provides students with the necessary skills to work in the athletic coaching industry. Students will have a chance to earn a variety of certifications, including ASEP Coaching Certification, Certified Disability Sport Specialist, Certified Special Olympics Coach.

Driver Education

Candidates for the driver education certification must possess, or be a candidate for, a valid Pennsylvania certificate in any area of certification. A student must currently complete the following four courses: KHSS 251, 252, 353, and 354. Students must request the certificate in driver education when they apply for graduation. For students who have already graduated, contact the Office of the Dean, College of Education and Educational Technology, for correct procedures.

Health and Physical Education Core

The Health and Physical Education curriculum identifies a required core of studies that emphasizes a body of knowledge relevant to the study of professional health and physical education, as well as the study of physical education and sport. Courses contained in the core are those that are intended to enable students to identify and solve problems by applying relevant knowledge and also to engage in self-directed learning.

Candidates for degree programs in health and physical education must demonstrate acceptable cognitive and psychomotor qualifications as well as desirable character and personality traits. The professional programs seek to foster those qualities of individual character and competence that are inherent in personal and professional maturity. Specific competencies and curriculum requirements are defined within each degree-specific program, and student progress is supervised by the academic advisor.

Bachelor of Science—Physical Education and Sport (*)

Liberal Studies: As outlined in Liberal Studies section with the following specifications: 44

Mathematics: MATH 217

Natural Science: BIOL 104 and 106, CHEM 101 and 102, or SCI 105 and 107

Social Science: PSYC 101

Liberal Studies Electives: no courses with KHSS prefix

Major:

Core Requirements: 21-23

KHSS 135 Careers in Kinesiology, Health, and Sport 1cr

KHSS 175 Prevention and Care of Injuries to the Physically

or 185	Active or Introduction to Athletic Training	2-3cr
KHSS 209	Motor Behavior	3cr
KHSS 221 or	Human Structure and Function or	
KHSS 256 or	Applied Human Structure and Conditioning or	
or BIOL 150	Human Anatomy	3-4cr
KHSS 341	Evaluation in Health and Physical Education or	3cr
KHSS 344	Adapted Physical Activity and Sport	3cr
or 370	Adapted Physical Education	
KHSS 441	Psychosocial Implications for Health and	
or 225	Physical Education or Social Issues and Sport	3cr
KHSS 493	Internship	3cr

Professional Requirements: 24

(All students must compete one of the program specific content areas outlined below.)

Content Area 1

FDNT 145	Introduction to Nutrition	3cr
KHSS 261	Water Safety Instructor or	
or 263	Aquatics	1cr
KHSS 285	Group/Individual Exercise Leadership	3cr
KHSS 286	Strength/Personal Training Practicum	2cr
KHSS 315	Biomechanics	3cr
KHSS 343	Physiology of Exercise	3cr
KHSS 375	Physiological Basis of Strength Training	3cr

Content Area 2

FDNT 145	Introduction to Nutrition	3cr
KHSS 286	Strength/Personal Training Practicum	2cr
KHSS 315	Biomechanics	3cr
KHSS 343	Physiology of Exercise	3cr
KHSS 345	Survey of Orthopedic Injuries in Sport and Exercise	3cr
KHSS 346	Preventive and Acute Care Skills in Athletic Training	1cr
KHSS 375	Physiological Basis of Strength Training	3cr

Content Area 3

COMM 103	Digital Instructional Technology	3cr
EDSP 102	Educational Psychology	3cr
KHSS 213	Recreational Sports and Lifetime Activities or	3cr
or 325	School and Community Health	3cr
KHSS 216	Instruction of Fundamental Movement Skills or	3cr
or 316	Instruction of Child Health Concepts	3cr
KHSS 218	Instruction of Tactical Skills and Fitness	
or 426	Concepts or Health Science Instruction	3cr
KHSS 318	Preprofessional Experience I	3cr

Content Area 4

KHSS 280	Aquatic Facilities Management	2cr
KHSS 292	Introduction to Sport Management	3cr
KHSS 320	Managing Facilities and Events in Sports	3cr
KHSS 335	Athletic Coaching	3cr
KHSS 445	Business Practices in Sport	3cr
KHSS 460	Law and Issues in Managing Sport	3cr

Department Electives: 15-18

Free Electives: 15-23

Total Degree Requirements: 120

(*) Admission to this program is by permission of advisor only.

Bachelor of Science—Physical Education and Sport—Exercise Science

Liberal Studies: As outlined in Liberal Studies section with the following specifications: 47

Mathematics: MATH 101

Natural Science: BIOL 104 and 106 or CHEM 101 and 102

Social Science: PSYC 101, SOC 151

Liberal Studies Electives: 6cr, FDNT 145, MATH 217, no courses with KHSS prefix

Major:	23
Core Requirements:	
KHSS 142 Foundations of Health, Physical Education, and Sport	3cr
KHSS 175 Prevention and Care of Injuries to the Physically Active	2cr
KHSS 209 Motor Behavior	3cr
KHSS 221 Human Structure and Function	3cr
KHSS 341 Evaluation in Health and Physical Education	3cr
KHSS 343 Physiology of Exercise	3cr
KHSS 344 Adapted Physical Activity and Sport	3cr
KHSS 441 Psychosocial Implications for Health and Physical Education	3cr
Exercise Science Requirements:	50
BIOL 240 Human Physiology	4cr
KHSS 261 Water Safety Instructor <i>or</i> 263 Aquatics	1cr
KHSS 285 Group/Individual Exercise Leadership	3cr
KHSS 286 Strength/Personal Training Practicum	2cr
KHSS 315 Biomechanics	3cr
KHSS 347 Physiology of Exercise Laboratory	1cr
KHSS 375 Physiological Basis of Strength Training	3cr
KHSS 410 Exercise Prescription	3cr
KHSS 411 Physical Fitness Appraisal	3cr
KHSS 413 Physical Activity and Aging	3cr
KHSS 414 Exercise Electrocardiography	3cr
KHSS 415 Lifestyle Behavior Management for Physical Activity	3cr
KHSS 416 Functional Training for Strength and Conditioning	3cr
KHSS 492 Health Fitness Instruction	3cr
KHSS 493 Internship	9cr
PHYS 151 Medical Physics Lecture	3cr
Total Degree Requirements:	120

Bachelor of Science—Physical Education and Sport—Sport Administration

Liberal Studies: As outlined in Liberal Studies section with the following specifications:	47
Mathematics: MATH 217	
Natural Science: Option I—BIOL 104 and one 4cr laboratory course	
Social Science: ECON 121, PSYC 101, Global and Multicultural Awareness	
Dimensions of Wellness: KHSS 143 recommended or FDNT/NURS 143	
Liberal Studies Electives: 6cr, BTED/COSC/IFMG 101, ECON 122, no course with KHSS prefix	
Major:	15
Core Requirements:	
KHSS 135 Careers in Kinesiology, Health, and Sport	1cr
KHSS 175 Prevention and Care of Injuries to the Physically Active	2cr
KHSS 209 Motor Behavior	3cr
KHSS 225 Social Issues in Sports	3cr
KHSS 341 Evaluation in Health and Physical Education	3cr
KHSS 344 Adapted Physical Activity and Sport <i>or</i> 337 Coaching Disability Sport	3cr
Sport Administration Requirements:	44
ACCT 201 Accounting Principles I	3cr
KHSS 256 Applied Human Structure and Conditioning	3cr
KHSS 280 Aquatic Facilities Management	2cr
KHSS 292 Introduction to Sport Management	3cr
KHSS 319 Field Practicum I	3cr
KHSS 320 Managing Facilities and Events in Sports	3cr
KHSS 351 Managing Budgets and Technology in Sport	3cr
KHSS 445 Business Practices in Sport	3cr

KHSS 460 Law and Issues in Managing Sport	3cr
KHSS 465 Sport Management Capstone	3cr
KHSS 493 Internship	3cr
MGMT 310 Principles of Management	3cr
MKTG 320 Principles of Marketing	3cr
Major Electives: Two courses from the following:	6cr
ACCT 202, BCOM 321, COMM 150, 251, ECON 239, FIN 310, HOSP 115, 280, HPED 315, 333, 335, 343, 375, 412, 441, MGMT 275, 300, MKTG 321	
Free Electives:	14
Total Degree Requirements:	120

Bachelor of Science—Athletic Training

Liberal Studies: As outlined in Liberal Studies section with the following specifications:	44
Dimensions of Wellness: FDNT/KHSS/NURS 143	
Mathematics: MATH 217	
Natural Science: BIOL 104 and 106	
Social Science: PSYC 101	
Liberal Studies Electives: 3cr, FDNT 145, no course with KHSS prefix	
Major:	
Core Requirements:	12-13
KHSS 209 Motor Behavior	3cr
KHSS 221 Human Structure and Function <i>or</i> BIOL 150 Human Anatomy	3-4cr
KHSS 343 Physiology of Exercise	3cr
KHSS 441 Psychosocial Implications for Health and Physical Education	3cr
Athletic Training Requirements:	50
KHSS 185 Introduction to Athletic Training	3cr
KHSS 286 Strength/Personal Training Practicum	2cr
KHSS 315 Biomechanics	3cr
KHSS 344 Adapted Physical Activity and Sport	3cr
KHSS 345 Survey of Orthopedic Injuries in Sport and Exercise	3cr
KHSS 346 Preventive and Acute Care Skills in Athletic Training	1cr
KHSS 347 Physiology of Exercise Laboratory	1cr
KHSS 365 Orthopedic Injury Assessment in Athletic Training	4cr
KHSS 375 Physiological Basis of Strength Training	3cr
KHSS 376 Athletic Training Clinical Practicum I	1cr
KHSS 377 Athletic Training Clinical Practicum II	1cr
KHSS 380 Organization and Administration in Athletic Training	3cr
KHSS 385 General Medical Conditions in Athletic Training	3cr
KHSS 411 Physical Fitness Appraisal	3cr
KHSS 415 Lifestyle Behavior Management for Physical Activity	3cr
KHSS 446 Therapeutic Modalities	4cr
KHSS 448 Therapeutic Exercise for Athletic Injury Management	4cr
KHSS 476 Athletic Training Clinical Practicum III	1cr
KHSS 477 Athletic Training Clinical Practicum IV	1cr
KHSS 480 Professional Issues in Athletic Training	3cr
Free Electives:	13-14
Total Degree Requirements:	120

Note: All students must obtain an *Athletic Training Program Overview*, available from the KHSS office or the office of the curriculum coordinator, for full details on admission, retention, and program completion requirements.

Bachelor of Science in Education—Health and Physical Education/K-12 Teacher Education (*)

Liberal Studies: As outlined in Liberal Studies section with the following specifications: 44

Mathematics: MATH 101 or higher (must be approved as Liberal Studies Mathematics courses)

Natural Science: BIOL 104 and 106 or CHEM 101 and 102

Social Science: PSYC 101

Liberal Studies Electives: 3cr, MATH 217, no course with KHSS prefix

Major: (1) 25

Required Courses:

KHSS 135	Careers in Kinesiology, Health, and Sport	1cr
KHSS 175	Prevention and Care of Injuries to the Physically Active	2cr
KHSS 209	Motor Behavior	3cr
KHSS 221	Human Structure and Function	3cr
KHSS 261	Water Safety Instruction	1cr
KHSS 315	Biomechanics	3cr
KHSS 341	Evaluation in Health and Physical Education	3cr
KHSS 343	Physiology of Exercise	3cr
KHSS 441	Psychosocial Implications for Health and Physical Education	3cr
KHSS 442	Senior Seminar: Professional Development in Health, Physical Education, and Sport	3cr

Professional Requirements:

Health and Physical Education Requirements: 24

KHSS 213	Recreational Sports and Lifetime Activities	3cr
KHSS 216	Instruction of Fundamental Movement Skills	3cr
KHSS 218	Instruction of Tactical Skills and Fitness Concepts	3cr
KHSS 316	Instruction of Child Health Concepts	3cr
KHSS 318	Preprofessional Experience I	3cr
KHSS 325	School and Community Health	3cr
KHSS 370	Adapted Health and Physical Education	3cr
KHSS 426	Health Science Instruction	3cr

College:

Preprofessional Education Requirements: 23

COMM 103	Digital Instructional Technology	3cr
EDSP 102	Educational Psychology	3cr
EDEX 323	Instruction of English Language Learners with Special Needs	2cr

Professional Education Requirements:

EDUC 242	Pre-student Teaching Clinical Experience I	1cr
EDUC 342	Pre-student Teaching Clinical Experience II	1cr
EDUC 421	Student Teaching	6cr
EDUC 441	Student Teaching	6cr
EDUC 442	School Law	1cr

Free Electives: 4

(#) Total Degree Requirements: 120

(*) See requirements leading to teacher certification, titled “3-Step Process for Teacher Education,” in the College of Education and Educational Technology section of this catalog.

(#) See advisory paragraph “Timely Completion of Degree Requirements” in the section on Requirements for Graduation.

(1) Students are required to obtain and keep CPR instructor certification and water safety instructor certification current before student teaching and through graduation.

Bachelor of Science in Education—Health and Physical Education/Community Health Education

Liberal Studies: As outlined in Liberal Studies section with the following specifications: 44

Mathematics: MATH 101 or higher (must be approved as Liberal Studies Mathematics courses)

Natural Science: BIOL 104 and 106 or CHEM 101 and 102

Social Science: PSYC 101

Liberal Studies Electives: 3cr, MATH 217

Major: 18

Required Courses:

KHSS 135	Careers in Kinesiology, Health, and Sport	1cr
KHSS 175	Prevention and Care of Injuries to the Physically Active	2cr
KHSS 209	Motor Behavior	3cr
KHSS 256	Applied Human Structure and Conditioning	3cr
KHSS 341	Evaluation in Health and Physical Education	3cr
KHSS 441	Psychosocial Implications for Health and Physical Education	3cr
KHSS 442	Senior Seminar: Professional Development in Health, Physical Education, and Sport	3cr

Professional Requirements:

Community Health Education Requirements: 24

EDSP 102	Educational Psychology	3cr
HOSP 343	Fund-Raising for Special Events	3cr
KHSS 316	Instruction of Child Health Concepts	3cr
KHSS 318	Preprofessional Experience I	3cr
KHSS 325	School and Community Health	3cr
KHSS 370	Adapted Health and Physical Education	3cr
KHSS 426	Health Science Instruction	3cr
KHSS 450	Curriculum and Programming in Sexuality Education	3cr
KHSS 493	Internship	6cr

Controlled Electives: 9-12

(Must choose one emphasis area from A-G)

A. Communications (9cr)

COMM 101	Communications Media in American Society	3cr
COMM 205	Making Presentations with Media	3cr
COMM 230	Global Media and Communication	3cr

B. Nutrition (12cr)

FDNT 212	Nutrition	3cr
FDNT 213	Life Cycle Nutrition	3cr
FDNT 245	Sports Nutrition	3cr
FDNT 402	Community Nutrition	3cr

C. Physical Activity (12cr)

FDNT 245	Sports Nutrition	3cr
KHSS 285	Group/Individual Exercise Leadership	3cr
KHSS 350	Health Aspects of Aging	3cr
KHSS 413	Physical Activity and Aging	3cr

D. Aging Populations (12cr)

KHSS 350	Health Aspects of Aging	3cr
KHSS 413	Physical Activity and Aging	3cr
PSYC 312	Adult Development and Aging	3cr
SOC 357	Sociology of Aging and the Life-course	3cr

E. Human Service (12cr)

PSYC 330	Social Psychology	3cr
SOC 320	Sociological Theory	3cr
SOC 336	Sociology of the Family	3cr
SOC 391	Foundations of Sociological Practice	3cr

F. Women’s Studies (12cr)

PSYC 379	Psychology of Human Sexuality	3cr
SOC 251	Sociology of Human Sexuality	3cr
SOC 427	Social Perspectives on Intimate Partner Violence	3cr
WMST 200	Introduction to Women’s and Gender Studies	3cr

G. Child Studies (9cr)		
SOC 231	Contemporary Social Problems	3cr
SOC 333	Delinquency and Youth	3cr
SOC 428	Child Abuse	3cr
Free Electives:		16-19
Total Degree Requirements:		120

Bachelor of Science in Education—Health and Physical Education/Recreation and Leisure Studies

Liberal Studies: As outlined in Liberal Studies section with the following specifications: 44

Mathematics: MATH 101 or higher (must be approved as Liberal Studies Mathematics courses)

Natural Science: BIOL 104 and 106 or CHEM 101 and 102

Social Science: PSYC 101

Liberal Studies Electives: 3cr, MATH 217

Major: 22

Required Courses:

KHSS 135	Careers in Kinesiology, Health, and Sport	1cr
KHSS 175	Prevention and Care of Injuries to the Physically Active	2cr
KHSS 209	Motor Behavior	3cr
KHSS 221	Human Structure and Function	3cr
KHSS 261	Water Safety Instruction	1cr
KHSS 341	Evaluation in Health and Physical Education	3cr
KHSS 343	Physiology of Exercise	3cr
KHSS 441	Psychosocial Implications for Health and Physical Education	3cr
KHSS 442	Senior Seminar: Professional Development in Health, Physical Education, and Sport	3cr

Professional Requirements:

Recreation and Leisure Studies Requirements: 27

EDSP 102	Educational Psychology	3cr
HOSP 115	Introduction to Tourism	3cr
KHSS 213	Recreational Sports and Lifetime Activities	3cr
KHSS 216	Instruction of Fundamental Movement Skills	3cr
KHSS 218	Instruction of Tactical Skills and Fitness Concepts	3cr
KHSS 318	Preprofessional Experience I	3cr
KHSS 320	Managing Facilities and Events in Sports	3cr
KHSS 370	Adapted Health and Physical Education	3cr
KHSS 493	Internship	3cr

Controlled Electives: 7-9

Three courses from the following:		
DANC 150	Fundamentals of Dance (3)	3cr
DANCE 353	Dance Curriculum and Instruction	3cr
HOSP 343	Fund-Raising for Special Events	3cr
KHSS 280	Aquatic Facilities Management	2cr
KHSS 292	Introduction to Sport Management	3cr
KHSS 333	Psychology of Coaching (1)	2cr
KHSS 335	Athletic Coaching	3cr
KHSS 413	Physical Activity and Aging	3cr
KHSS 437	Coaching Disability Sport (1)	3cr
KHSS 445	Business Practices in Sport	3cr

Free Electives: 18-20

Total Degree Requirements: 120

Minor—Community Health 18

Required Courses: 6

KHSS 325	School and Community Health	3cr
KHSS 417	Contemporary Issues in School and Community Health	
KHSS 420	Health Education and Promotion at the Workplace	

Controlled Electives: (1) 12

Three courses from the following:		
FDNT 212	Nutrition	3cr
FDNT 402	Community Nutrition	3cr
HOSP 343	Fund-Raising for Special Events	3cr
KHSS 341	Evaluation in Health and Physical Education	3cr
KHSS 350	Health Aspects of Aging	3cr
KHSS 450	Curriculum and Programming in Sexuality Education	3cr
SOC 231	Contemporary Social Problems	3cr
SOC 333	Delinquency and Youth	3cr
SOC 336	Sociology of the Family	3cr

(1) Only two courses with the same prefix may be used as electives.

Minor—Sport Management 18

Required Courses: 12

KHSS 292	Introduction to Sport Management	3cr
KHSS 320	Managing Facilities and Events in Sports	3cr
KHSS 445	Business Practices in Sport	3cr
KHSS 460	Law and Issues in Managing Sport	3cr

Controlled Electives: 6

Two courses from the following:		
ECON 239	Economics of Sports	3cr
KHSS 335	Athletic Coaching	3cr
KHSS 351	Managing Budgets and Technology in Sport	3cr
KHSS 493	Internship	3cr

Certificate—Athletic Coaching 19

Required Courses: 16

KHSS 175	Prevention and Care of Injuries to the Physically Active (1)	2cr
KHSS 209	Motor Behavior (1)	3cr
KHSS 333	Psychology of Coaching (1)	2cr
KHSS 335	Athletic Coaching (1)	3cr
KHSS 437	Coaching Disability Sport (1)	3cr
KHSS 493	Internship	

Controlled Elective: 3

One course from the following:		
KHSS 221	Human Structure and Function	3cr
KHSS 256	Applied Human Structure and Conditioning (1)	3cr
KHSS 292	Introduction to Sport Management (1)	3cr

(1) Courses have been designed as distance education courses.

Certification—Driver Education 12

Certification in driver education may be added to a valid Pennsylvania Instructional Certificate with the completion of the following:

KHSS 251	Foundations of Safety and Emergency Health Care (1)	3cr
KHSS 252	Introduction to the Driving Task	3cr
KHSS 353	Driving Education Program Management	3cr
KHSS 354	Application of Driver Education Instructional Modes	3cr

(1) KHSS 251 may be substituted for KHSS 242 in the core curriculum.

Institute for Rural Health and Safety

IUP's Institute for Rural Health and Safety addresses rural health and high-way safety needs of the commonwealth through a variety of programs and activities. The Institute for Rural Health and Safety programs encompass activity in five major areas: (1) research, surveys, and studies, (2) education (teaching), (3) training and conferences, (4) field and extension services, and (5) traffic safety communications and information exchange.

Teacher Certification in Driver Education: Through cooperative effort with the Department of Kinesiology, Health, and Sport Science, the Institute for Rural Health and Safety coordinates and directs IUP's teacher certification program in driver education.

IUP Highway Safety Project: This project is a federally funded program contracted with the Pennsylvania Department of Transportation's Center for Highway Safety. Originating at IUP in January 1987, under the title of the Indiana County Seat Belt Program, its purpose was to increase public awareness and the usage of occupant restraints. The program expanded its emphasis and territory in 1989 and now includes the counties of Armstrong, Jefferson, and Clearfield. Programs for corporations, schools, civic groups, law enforcement agencies, etc., include topics such as occupant safety, bicycle safety, pedestrian safety, safe driving characteristics, and DUI. The project also serves as a resource to other community safety groups by providing printed materials, audiovisual aids, crash-car dummy costumes, and the "Seat Belt Convincer." A car seat loaner program provides car seats to Indiana County residents.

Driver Training Programs: From basic driver education programs for beginning drivers to truck driver training to advanced driver training programs in emergency driving techniques, the Institute for Rural Health and Safety provides a cadre of courses, all designed to meet the needs of the student.

Emergency Services Training: This program area is designed to meet the training needs of ambulance, fire, and police personnel in the areas of emergency medical services and rescue.

Traffic Accident Investigation: Traffic accident investigation programs are available for safety directors, insurance adjusters, and police personnel. Courses range from basic investigation up to and including accident reconstruction.