

**Kinesiology and Sports Studies**  
*Eastern Illinois University*  
 Charleston, Illinois 61920

**Degree Program: BS in Kinesiology and Sports Studies---K-12 Teacher Certification**

**Freshman Year**

<i>Fall Semester</i>			<i>SH</i>	<i>Spring Semester</i>			<i>SH</i>
<sup>1</sup> ENG	1001G	Composition and Language	3	<sup>2</sup> BIO	2001G	Human Physiology	4
<sup>1</sup> CMN	1310G	Intro to Speech Communication	3	<sup>1</sup> ENG	1002G	Composition and Literature	3
<sup>1</sup> GEN	xxxx	Gen Ed Physical Science	3-4	<sup>1</sup> MAT	xxxx	Gen Ed Mathematics	3
<sup>1</sup> GEN	xxxx	Gen Ed Social/Behavioral Science	3	<sup>1</sup> GEN	xxxx	Gen Ed Humanities	3
<sup>1</sup> GEN	xxxx	Gen Ed Humanities or Fine Arts	3	<sup>2</sup> KSS	xxxx	KSS Activity Class	1
<sup>2</sup> KSS	1600/92	Weight Training/Aerobic Exercise	1	<sup>2</sup> KSS	1500	Physical Education as a Profession	2
			16-17				16

**Sophomore Year**

<i>Fall Semester</i>			<i>SH</i>	<i>Spring Semester</i>			<i>SH</i>
<sup>2</sup> KSS	2440	Structural Kinesiology	3	<sup>2</sup> KSS	2000	Technique & Practice of Teaching PE	1
<sup>2</sup> KSS	2850	Fitness for Life	3	<sup>3</sup> KSS	2xxx	Technique and Theory Course	2
<sup>2</sup> KSS	3600	Intro to Elementary School PE	2	<sup>3</sup> KSS	2xxx	Technique and Theory Course	2
<sup>3</sup> KSS	2xxx	Technique and Theory Course	2	<sup>2</sup> KSS	2450	PE for Exceptional Individuals	3
<sup>1</sup> GEN	xxxx	Gen Ed Social/Behavioral Science	3	<sup>4</sup> PLS	1153G	American Government & Constitution	3
<sup>1</sup> GEN	xxxx	Gen Ed Fine Arts	3	<sup>5</sup> EDF	2555	Diversity of Schools and Societies	3
			16				14

**Junior Year**

<i>Fall Semester</i>			<i>SH</i>	<i>Spring Semester</i>			<i>SH</i>
<sup>2</sup> KSS	4320	Org, Admin & Curriculum of PE	3	<sup>2</sup> KSS	4340	Principles of Exercise Physiology	3
<sup>2</sup> KSS	xxxx	KSS Coaching Class	3	<sup>3</sup> KSS	2xxx	Technique and Theory Course	2
<sup>2</sup> KSS	xxxx	Aquatics	1-2	<sup>2</sup> KSS	3641	Rhythm/Dance/Tumbling for Elem PE	1
<sup>3</sup> KSS	2xxx	Technique and Theory Course	2	XXX	xxxx	Foreign Language or Elective	3-4
XXX	xxxx	Foreign Language or Elective	3-4	<sup>5</sup> SED	3330	Instructional Tasks in Secondary School	3
<sup>5</sup> EDF	4450	Philosophy and History of Education	3	<sup>5</sup> EDP	3331	Theories of Learning & Development	3
			15-17				15-16

**Senior Year**

<i>Fall Semester</i>			<i>SH</i>	<i>Spring Semester</i>			<i>SH</i>
<sup>2</sup> KSS	4470	Measurement and Evaluation	3	STG	4000	Multicultural/Disabilities Practicum	1
<sup>5</sup> KSS	3400	Secondary PE Methods	4	STG	4001	Student Teaching	14
<sup>5</sup> KSS	3401	Elementary PE Methods	4				
<sup>1</sup> EIU	4xxx	Senior Seminar	3				

14

15

TOTAL: 121-125 credit hours

*This is a generic semester-by-semester guide to completing your degree requirements. Please consult your academic advisor to determine whether this plan meets your particular academic needs and interests.*

1. For a listing of General Education courses, see catalog.
2. Students must receive a "C" or better in all Kinesiology and Sports Studies courses and BIO 2001G.
3. Students should take two individual sport (KSS 2101, 2102, 2103 or 2104), two team sport (KSS 2106, 2360, 2380 or 2390) and one dance (KSS 2220 or 2221).
4. Students can take either PLS 1153G or HIS 3600G.
5. Requires university approval to take teacher education courses; see catalog.