

**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 KSS 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 2230).
4. Students can take either PLS 1153G or HIS 3600G.
5. Requires university approval to take teacher education courses; see catalog.