

**School of Kinesiology, Counseling, and Rehabilitative Sciences
Northern Kentucky University**

MAJOR: Physical Education & Health

TRACK/OPTION: P-12 Non-Certification

FIRST YEAR	Fall Semester		Spring Semester	
<i>Work closely with your advisor to ensure you take courses in the correct sequence and will be on target to graduate in four years.</i>	Gen Ed: Math & Statistics (STA 113 or STA 205)	3	Gen Ed: Natural Science (BIO 121 Diseases and the Body Systems with Lab) (2 nd 7 weeks)	4
	Gen Ed: Individual & Society (PSY 100)	3	Gen Ed: Culture & Creativity (choice)	3
	Gen Ed: Written I Communication (ENG 101)	3	Gen Ed: Oral Communication (CMST 101)	3
	HEA 125 Introduction to Health Education	3	Gen Ed: Written II Communication (ENG 102)	3
	KIN 125 Intro to PE, Fitness, & Sport	3	Elective	3
	TOTAL	15	TOTAL	16
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SECOND YEAR	Fall Semester		Spring Semester	
<i>Work closely with your advisor to ensure you take courses in the correct sequence and will be on target to graduate in four years.</i>	Gen Ed: Individual & Society (SOC 100)	3	Gen Ed: Cultural Pluralism (EDU 316)	3
	PHE 234 Team Sports	2	KIN 295 Anatomical Kinesiology (Pre-Req 260)	3
	KIN 260 Introduction to Strength and Conditioning	3	PHE 235 Individual/ Dual Sports	2
	HEA 230 Personal Health and Wellness	3	HEA 135 Safety & First Aid	3
	PHE 230 – Motor Skills and Fitness Activities for Children	3	HEA 270 Community Health	3
	TOTAL	14	TOTAL	14
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THIRD YEAR		Fall Semester		Spring Semester	
<i>In spring, work with major professor to secure a practicum placement for the fall semester of senior year.</i>	PHE 325 Adapted Physical Education (Pre-Req: EDU 300-will need to permit in)	3	Gen Ed: Global Viewpoints (choice)	3	
	HEA 350 Sexuality Education	3	HEA 320 Drug & Alcohol Education	3	
	Gen Ed: Natural Science ENV 110 Intro to Environmental Science and Issues	3	KIN 360 Statistics and Measurement in Kinesiology (Pre-Req MAT 099 or placement)	3	
	KIN 325 Motor Development, Learning and Control (Pre-Req KIN 125 & KIN 260)	3	PHE 231 Dance & Rhythmic Activities	2	
	KIN 325 Lab Motor Development, Learning and Control Lab (Pre-Req KIN 125 & KIN 260)	1	KIN 313 Computer Apps/Health & Kinesiology	2	
	KIN 200 – Concepts of Lifetime Fitness	2	Elective	3	
	TOTAL	15	TOTAL	16	
FOURTH YEAR		Fall Semester		Spring Semester	
<i>Apply to graduate.</i> <i>In fall, work with major professor to secure an internship placement.</i>	Gen Ed: Culture & Creativity (choice)	3	PHE 496- Internship I Recreation Leadership (Pre-Req PHE 390)	9	
	KIN 450- Organization and Administration of Kinesiology and Athletics (Pre-Req KIN 125)	3	KIN 350- Psychology of Physical Activity (Pre-Req KIN 200, PSY 100)	3	
	PHE 390- Practicum in Recreational Leadership	3	Elective	3	
	Elective	3			
	Elective	3			
	TOTAL	15	TOTAL	15	
GRAND TOTAL OF CREDITS				120	
15 hours electives in PHE, KIN, HEA, EDU, or SPB					