

**KINESIOLOGY AND RECREATION (KNR) 512**

250 McCormick, (309) 438-8661

<https://KinRec.IllinoisState.edu>

Director: Dan Elkins

**Admission/Retention Requirements:** A student may be admitted to the Exercise Science Major, Physical Education Teacher Education Major or the Recreation and Park Administration Major as a new freshman, as a transfer student, or as a change of major at Illinois State University. New freshmen who meet the University's admission standards may elect to become a major in the School of Kinesiology and Recreation. Retention of students will be determined by the student's cumulative GPA and other specified criteria required for the major. All courses required in each major must be completed with a grade of C or better.

**Honors in Kinesiology and Recreation**

Majors in the School of Kinesiology and Recreation with superior academic records are invited to apply for admission to the School Honors Program. The program provides an opportunity for a scholastically gifted student to pursue personal interests through an independent honors project. Students successfully completing the Honors Program will receive the designation of Honors in Kinesiology and Recreation upon graduation. The student's official academic transcript and diploma will be so noted.

**Admission Requirements:**

- Be a declared Athletic Training, Physical Education Teacher Education, Exercise Science, or Recreation and Park Administration major with at least 30 and not more than 90 hours of coursework completed, including at least 6 hours of KNR courses
- Have a minimum 3.30 overall GPA
- Submit an application form to the School of Kinesiology and Recreation Honors advisor

**Honors Program Requirements:**

- Fulfill the general requirements for participation in the University Honors Program
- Successfully complete a minimum of 3 hours of School of Kinesiology and Recreation Honors courses
- Successfully complete KNR 295: Honors Seminar
- Initiate and complete a research project in KNR 299: Honors Independent Study (variable, 3-6 hours) under the direction of a faculty mentor in the student's major/sequence
- Maintain a minimum 3.30 overall GPA

Further details about the University Honors program are available at [Honors.IllinoisState.edu](https://Honors.IllinoisState.edu)

**Professional Practice/Student Teaching**

Internship and cooperative education experiences are available at all levels in Exercise Science (298, 398), and in Recreation and Park Administration (298, 398). Students may earn from 1-16 hours. No more than 16 hours may be applied toward graduation. Professional Practice experiences are supervised work experiences in businesses, agencies, organizations, and institutions and are either paid or unpaid. For further information, contact the Professional Practice coordinator in your major.

Student Teaching in Physical Education requires being accepted into the Teacher Education program at Illinois State University. Students

are placed in schools with physical education cooperating teachers at the elementary, middle school, and/or secondary school levels as required for teacher licensure. Student teachers are supervised by Physical Education faculty supervisors. The Physical Education Student Teaching Coordinator arranges for all student teaching placements.

**Exercise Science Program**

Degree Offered: B.S.

**Major in Exercise Science****Program Admission Requirements for New and Continuing**

**Students:** Admission to this academic program is limited and is based on space availability and the competitiveness of the applicant pool. Factors that may be considered include, but are not limited to: courses completed, cumulative GPA, hours completed, personal interview or written statement, and samples of work completed. For additional information on minimum requirements for admission and the application and selection process, visit [IllinoisState.edu/Majors](https://IllinoisState.edu/Majors) or contact the undergraduate advisor for the intended major.

**Credentialing Opportunities:** There is no single professional credential or certification that is necessary to pursue a career in Exercise Science. However, there are a number of optional credentialing opportunities that students are encouraged to examine. Coursework in this major is focused on the content areas needed for certification preparation by several organizations in this professional field of study. Students graduating in this major can strengthen their professional credentials by pursuing a variety of different certifications offered by organizations such as the American College of Sports Medicine and the National Strength and Conditioning Association. Students interested in learning more about these recommended certification options should consult the Exercise Science Program Director in the School of Kinesiology and Recreation for further information.

Students in the Exercise Science major must complete one of the following sequences.

**Allied Health Professions Sequence**

**Standards for Progress in the Major:** Once admitted to either sequence within the Exercise Science major, the student must maintain a minimum 2.50 cumulative GPA. A student falling below the required 2.50 GPA will be placed on probation for one semester. If after one semester the 2.50 GPA has not been re-established, the student will be dropped from the Exercise Science major. A student who has been thus dropped from the Exercise Science major may reapply for admission to the major after raising his or her GPA to the required standard. The student who is not readmitted after one semester of probation and has a minimum 2.00 GPA will have the option of entering the Kinesiology Studies Sequence.

**Health and Human Performance Sequence**

**Standards for Progress in the Major:** Once admitted to either sequence within the Exercise Science major, the student must maintain a minimum 2.50 cumulative GPA. A student falling below the required 2.50 GPA will be placed on probation for one semester. If after one semester the 2.50 GPA has not been re-established, the student will be dropped from the Exercise Science major. A student who has been thus dropped from the Exercise Science major may reapply for admission to the major after raising his or her GPA to

the required standard. The student who is not readmitted after one semester of probation and has a minimum 2.00 GPA will have the option of entering the Kinesiology Studies Sequence. A student must have a minimum 2.50 cumulative GPA and have completed all major courses with a grade of C or better to participate in the senior internship (KNR 398A11 Professional Practice: Internship in Exercise Science). Students seeking to take Option 2 (12 hours of advanced coursework in lieu of KNR 378A10 and KNR 398A11) must apply for approval of this option at the start of the semester in which they are registered to take KNR 298.10. The application must include a statement as to why the review committee should allow the student entry into this option, and it must also speak to what steps the student has taken to prepare for academic study beyond the B.S. in Exercise Science. Examples of such preparation might include indications of pre-requisites completed, observation hours completed, completion of research statistics or methods courses, applications to graduate or professional schools, etc. Applications for this option will be considered by a committee of Exercise Science faculty.

### Minor in Exercise Science

- 24 total hours required
- 10 hours in core courses: KNR 181, 182, 240, 280
- 11 hours in sequence courses:
  - KNR 298A10, 307, 309
  - One of KNR 311 or 313
- 3 hours minimum selected from:
  - KNR 282, 286, 303, 310

### Physical Education Program

Degrees Offered: B.S., B.S. in Education

### Major in Physical Education

The Physical Education program consists of two sequences. The Physical Education Teacher Education Sequence requires a minimum cumulative GPA of 2.50 for admission and retention. The Kinesiology Studies Sequence requires a minimum cumulative GPA of 2.00 for admission and retention. All physical education major courses must be completed with a grade of C or better.

### Kinesiology Studies Sequence (B.S.)

The Kinesiology Studies sequence is not available for direct admission. Contact the department or undergraduate advisor for more information. A student has the opportunity to select from a series of Physical Education courses to develop a plan of study. Students in the Kinesiology Studies Sequence must have earned a minimum cumulative 2.00 GPA.

### Kinesiology Studies Sequence

- 43 min. hours required
- 2-3 hours in an introductory course:
  - KNR 113, 156, 164 or 188
- PHY 105 (4 hrs) or 108 (5 hrs)
- 18 hours in core courses:
  - KNR 181, 182, 254, 257, 280, \*282
- 19-20 hours of Kinesiology courses
  - A minimum of 9 hours must be upper-division courses
  - 6 hours must be at the 300-level

\*KNR 282 requires PHY 105 or 108 which can be used as a General

Education Natural Science Alternative option.

**Graduation requirements:** all required major courses must be completed with a grade of C or better

**Standards for Progress in the Major:** After being officially admitted to the Kinesiology Studies Sequence, the student must maintain a minimum cumulative 2.00 GPA.

### Physical Education Teacher Education Sequence (PETE) (B.S. in Ed.)

The PETE program for undergraduate majors leads to a professional educator license with K-12 endorsement. All PETE majors planning on becoming licensed teachers must apply for and be admitted to the University's Teacher Education Program. (See the University-Wide Teacher Education Program section of this Undergraduate Catalog.)

### Program Admission Requirements for New and Continuing

**Students:** Admission to this academic program is limited and is based on space availability and the competitiveness of the applicant pool. Factors that may be considered include, but are not limited to: courses completed, cumulative GPA, hours completed, personal interview or written statement, and samples of work completed. For additional information on minimum requirements for admission and the application and selection process, visit [IllinoisState.edu/Majors](http://IllinoisState.edu/Majors) or contact the undergraduate advisor for the intended major.

Once accepted, the teacher candidate must meet all teacher education requirements, including, but not limited to "Standards for Progress in the Physical Education Teacher Education Major." Any Internal Transfer student wishing to become a PETE major must apply to the PETE Program at Illinois State University. Current application deadlines and forms can be found at [IllinoisState.edu/Majors](http://IllinoisState.edu/Majors).

Once an applicant is accepted into the PETE Program, the teacher candidate must:

1. maintain a minimum cumulative GPA of 2.50 and a minimum major GPA of 2.50 each semester;
2. complete a projected program plan for graduation with the academic advisor for PETE; and
3. be admitted to Professional Studies through the College of Education.

### Standards for Progress in the PETE Program:

1. To progress through the program in a timely manner, the teacher candidate must continuously maintain a minimum cumulative 2.50 GPA and a minimum major 2.50 GPA to remain academically eligible.
2. A teacher candidate falling below the minimum GPA, cumulative or major, will be placed on academic probation within the School of Kinesiology and Recreation for one semester. If after one semester the 2.50 cumulative and/or major GPA has not been reestablished, the teacher candidate will be removed from the PETE Program. A student who is not readmitted after one semester of probation, but has a minimum 2.00 GPA, will have the choice to enter the Physical Education (general) Sequence or select another major on campus.
3. The student may submit an application to the program after reestablishing the minimum academic requirements. Acceptance into the program is competitive. (See Admission Requirements for New and Continuing Students.)
4. A student who has not been retained in the PETE program may appeal for reconsideration to the Physical Education Teacher Education Selection and Retention Committee, providing

evidence as to why readmittance to the program should be considered.

### Minor in Athletic Coaching

Students wishing to minor in Athletic Coaching must apply through the School of Kinesiology and Recreation on My.IllinoisState.edu in February. The number of students admitted to the minor each year is limited and highest priority will be given to the most qualified applicants.

- Minimum of 20 hours in Kinesiology and Recreation required
- Required courses (minimum of 8 hours):
  - KNR 205, 207
  - One of KNR 180 or 260
- Elective courses (12 hours): KNR 254, 257, 306, 317, 320, 382

**Certification Opportunity:** Students have the opportunity to qualify for the coaching certification.

### Recreation and Park Administration Program

Degree Offered: B.S.

Students may obtain advising material related to Recreation and Park Administration (RPA) in the School's main office. The Kinesiology and Recreation academic advisor will assist students with planning and completing an academic plan of study. All major courses in RPA must be completed with a grade of C or better.

### Major in Recreation and Park Administration

#### Program Admission Requirements for New and Continuing

**Students:** Admission to this academic program is limited and is based on space availability and the competitiveness of the applicant pool. Factors that may be considered include, but are not limited to: cumulative GPA, hours completed, and written responses on the application. For additional information on minimum requirements for admission and the application and selection process, visit IllinoisState.edu/Majors or contact the undergraduate advisor for the intended major.

**Standards for Progress in the Major:** A student must have a minimum 2.00 cumulative GPA and have completed all required courses with a grade of C or better.

### Recreation Management Sequence

**Certification Opportunity:** Students graduating from this program are immediately eligible to sit for the examination to become a Certified Park and Recreation Professional.

### Therapeutic Recreation Sequence

**Certification Opportunity:** Students graduating from the Therapeutic Recreation Sequence who have met all the National Council for Therapeutic Recreation Certification (NCTRC) requirements (major and recommended courses including an approved internship) should be eligible to apply to sit for the examination to become a Certified Therapeutic Recreation Specialist. Certification requirements are subject to change so students are strongly advised to obtain the latest certification requirements from NCTRC.

### Minor in Recreation and Park Administration

- 24 hours required
- Required courses: KNR 170, 171, 270, 271, 370, 376, 380
- 3 hours of courses selected from: KNR 275, 351, 354, 371, 374, 382

#### Kinesiology and Recreation Courses:

<https://coursefinder.illinoisstate.edu/directory/knr/>

#### All Courses:

<https://coursefinder.illinoisstate.edu/directory/>

## KINESIOLOGY AND RECREATION

### MAJOR IN ATHLETIC TRAINING (B.S.)

#### General Education (39 credit hours)

Refer to the General Education section of the Undergraduate Catalog for a complete list of General Education requirements and courses.

#### Communication and Composition (2 courses required)

- \_\_\_\_\_ 3 COM 110 Communication as Critical Inquiry  
 \_\_\_\_\_ 3 ENG 101 or ENG 101A10 Composition as Critical Inquiry

#### Mathematics (1 course required)

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#### Natural Science/Natural Science Alternatives (2 courses required)

Students must complete 1 course from 2 different sciences.

- \_\_\_\_\_ 4-5 PHY 105 Fundamentals of Physics or PHY 108 College Physics I

#### United States Traditions (1 course required)

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#### Individuals & Civic Life (1 course required)

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#### Fine Arts (1 course/3 credit hours required)\*\*\*

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#### Humanities (1 course required)\*\*\*

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#### Language in the Humanities (1 course required)\*\*\*

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#### Quantitative Reasoning (1 course required)

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#### Science, Math, & Technology (1 course required)

Exempt for Athletic Training majors

#### Social Sciences (1 course required)\*\*\*

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#### Additional Graduation Requirements

\_\_\_\_\_/120 minimum total credit hours

\_\_\_\_\_/42 minimum senior college hours

#### AMALI requirement

\*\*\*certain courses in General Education fulfill the AMALI requirement  
 See the AMALI Requirement section of the catalog or the Course Finder website for a list of courses.

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#### B.S. Science, Math, & Technology (1 course required)

See the B.S.—SMT Requirement section of the catalog or the Course Finder website for a list of courses.

- \_\_\_\_\_ 3 KNR 282 Biomechanics of Human Movement

#### Major (63 credit hours)

- \_\_\_\_\_ 3 KNR 181 Human Anatomy & Physiology I  
 \_\_\_\_\_ 3 KNR 182 Human Anatomy & Physiology II  
 \_\_\_\_\_ 2 KNR 188 Intro to Athletic Training  
 \_\_\_\_\_ 3 KNR 252\$ Emergency Aspects of Athletic Injuries (P: KNR 298A11)  
 \_\_\_\_\_ 3 KNR 257 Motor Learning & Performance  
 \_\_\_\_\_ 3 KNR 280 Exercise Physiology (P: KNR 181, 182, conc. reg. KNR 240)  
 \_\_\_\_\_ 3 KNR 282 Biomechanics of Human Movement (P: KNR 181, PHY 105 or PHY 108)  
 \_\_\_\_\_ 3 KNR 284 Prevention & Care of Athletic Injuries (P: KNR 181)  
 \_\_\_\_\_ 3 KNR 288 Therapeutic Modalities (P: KNR 181, 182, 188, 284)  
 \_\_\_\_\_ 1 KNR 298A11\$ Professional Practice: Athletic Training Clinical Competencies I  
 \_\_\_\_\_ 1 KNR 298A12\$ Professional Practice: Athletic Training Clinical Competencies II  
 \_\_\_\_\_ 1 KNR 298A13\$ Professional Practice: Athletic Training Clinical Competencies III  
 \_\_\_\_\_ 1 KNR 298A14\$ Professional Practice: Athletic Training Clinical Competencies IV  
 \_\_\_\_\_ 1 KNR 298A15\$ Professional Practice: Athletic Training Clinical Competencies V  
 \_\_\_\_\_ 4 KNR 334 Therapeutic Exercise (P: KNR 182, 188, 284, 288)  
 \_\_\_\_\_ 2 KNR 335 Administration of Athletic Training (P: KNR 188, 284)  
 \_\_\_\_\_ 3 KNR 345 Advanced Functional Anatomy (P: KNR 181, 182)  
 \_\_\_\_\_ 3 KNR 361 Pathology & Pharmacology in Athletic Training  
 \_\_\_\_\_ 1 KNR 362 Seminar in Sports Medicine I  
 \_\_\_\_\_ 2 KNR 363 Seminar in Sports Medicine II  
 \_\_\_\_\_ 3 KNR 387 Athletic Injury Assessment I (P: KNR 181, 284)  
 \_\_\_\_\_ 3 KNR 388 Athletic Injury Assessment II (P: KNR 188, 284)  
 \_\_\_\_\_ 6 KNR 398A12\$ Professional Practice: Internship in Athletic Training  
 \_\_\_\_\_ 3 FCS 102 Fundamentals of Human Nutrition  
 \_\_\_\_\_ 3 HSC 105 Medical Terminology

\$ Fees in addition to tuition are associated with these classes.

#### Kinesiology and Recreation Courses:

<https://coursefinder.illinoisstate.edu/directory/knr/>

#### All Courses:

<https://coursefinder.illinoisstate.edu/directory/>

## KINESIOLOGY AND RECREATION

### MAJOR IN ATHLETIC TRAINING (B.S.)

#### Transfer Students

#### Illinois Articulation Initiative (min. 37 credit hours)

To be eligible for IAI, at least one transfer course must have been articulated to an IAI core requirement. Refer to the Undergraduate Catalog for a complete list of IAI courses and policies.

#### Communication and Composition (3 courses required)

A grade of C or better required in ENG 101 and 145 or equivalents

- \_\_\_\_\_ 3 C2 900 COM 110 Communication as Critical Inquiry
- \_\_\_\_\_ 3 C1 900 ENG 101 or ENG 101A10 Composition as Critical Inquiry
- \_\_\_\_\_ 3 C1 901 ENG 145 Writing in the Academic Disciplines

#### Mathematics (1 course required)

Please see major requirements for mathematics options

#### Physical & Life Sciences (2 courses/7-8 hours required)

Students must complete 1 life science and 1 physical science course; at least 1 course must have a lab.

- \_\_\_\_\_ 4-5 P1 900L PHY 105 Fund of Physics or P2 900L PHY 108 College Physics I

#### Humanities & Fine Arts (3 courses required)

At least 1 humanities and 1 fine arts course required

#### Social & Behavioral Sciences (3 courses required)

2 different disciplines must be represented

#### Additional Graduation Requirements

\_\_\_\_\_/120 minimum total credit hours

\_\_\_\_\_/42 minimum senior college hours

#### AMALI requirement

See the AMALI Requirement section of the catalog or the Course Finder website for a list of courses.

#### B.S. Science, Math, & Technology (1 course required)

See the B.S.—SMT Requirement section of the catalog or the Course Finder website for a list of courses.

- \_\_\_\_\_ 3 KNR 282 Biomechanics of Human Movement

#### Major (63 credit hours)

- \_\_\_\_\_ 3 KNR 181 Human Anatomy & Physiology I
- \_\_\_\_\_ 3 KNR 182 Human Anatomy & Physiology II
- \_\_\_\_\_ 2 KNR 188 Intro to Athletic Training
- \_\_\_\_\_ 3 KNR 252\$ Emergency Aspects of Athletic Injuries (P: KNR 298A11)
- \_\_\_\_\_ 3 KNR 257 Motor Learning & Performance
- \_\_\_\_\_ 3 KNR 280 Exercise Physiology (P: KNR 181, 182, conc. reg. KNR 240)
- \_\_\_\_\_ 3 KNR 282 Biomechanics of Human Movement (P: KNR 181, PHY 105 or PHY 108)
- \_\_\_\_\_ 3 KNR 284 Prevention & Care of Athletic Injuries (P: KNR 181)
- \_\_\_\_\_ 3 KNR 288 Therapeutic Modalities (P: KNR 181, 182, 188, 284)
- \_\_\_\_\_ 1 KNR 298A11\$ Professional Practice: Athletic Training Clinical Competencies I
- \_\_\_\_\_ 1 KNR 298A12\$ Professional Practice: Athletic Training Clinical Competencies II
- \_\_\_\_\_ 1 KNR 298A13\$ Professional Practice: Athletic Training Clinical Competencies III
- \_\_\_\_\_ 1 KNR 298A14\$ Professional Practice: Athletic Training Clinical Competencies IV
- \_\_\_\_\_ 1 KNR 298A15\$ Professional Practice: Athletic Training Clinical Competencies V
- \_\_\_\_\_ 4 KNR 334 Therapeutic Exercise (P: KNR 182, 188, 284, 288)
- \_\_\_\_\_ 2 KNR 335 Administration of Athletic Training (P: KNR 188, 284)
- \_\_\_\_\_ 3 KNR 345 Advanced Functional Anatomy (P: KNR 181, 182)
- \_\_\_\_\_ 3 KNR 361 Pathology & Pharmacology in Athletic Training
- \_\_\_\_\_ 1 KNR 362 Seminar in Sports Medicine I
- \_\_\_\_\_ 2 KNR 363 Seminar in Sports Medicine II
- \_\_\_\_\_ 3 KNR 387 Athletic Injury Assessment I (P: KNR 181, 284)
- \_\_\_\_\_ 3 KNR 388 Athletic Injury Assessment II (P: KNR 188, 284)
- \_\_\_\_\_ 6 KNR 398A12\$ Professional Practice: Internship in Athletic Training
- \_\_\_\_\_ 3 FCS 102 Fundamentals of Human Nutrition
- \_\_\_\_\_ 3 HSC 105 Medical Terminology

\$ Fees in addition to tuition are associated with these classes.

#### Kinesiology and Recreation Courses:

<https://coursefinder.illinoisstate.edu/directory/knr/>

#### All Courses:

<https://coursefinder.illinoisstate.edu/directory/>

**KINESIOLOGY AND RECREATION****MAJOR IN EXERCISE SCIENCE (B.S.)****ALLIED HEALTH PROFESSIONS SEQUENCE****General Education (39 credit hours)**

Refer to the General Education section of the Undergraduate Catalog for a complete list of General Education requirements and courses.

**Communication and Composition (2 courses required)**

- \_\_\_\_\_ 3 COM 110 Communication as Critical Inquiry  
 \_\_\_\_\_ 3 ENG 101 or ENG 101A10 Composition as Critical Inquiry

**Mathematics (1 course required)****Natural Science/Natural Science Alternatives (2 courses required)**

Students must complete 1 course from 2 different sciences.

- \_\_\_\_\_ 5 PHY 108 College Physics I  
 \_\_\_\_\_ 4 CHE 140 General Chemistry I

**United States Traditions (1 course required)****Individuals & Civic Life (1 course required)****Fine Arts (1 course/3 credit hours required)\*\*\*****Humanities (1 course required)\*\*\*****Language in the Humanities (1 course required)\*\*\*****Quantitative Reasoning (1 course required)****Science, Math, & Technology (1 course required)**

Exempt for Exercise Science majors

**Social Sciences (1 course required)\*\*\*****Additional Graduation Requirements**

\_\_\_\_\_/120 minimum total credit hours

\_\_\_\_\_/42 minimum senior college hours

**AMALI requirement**

\*\*\*certain courses in General Education fulfill the AMALI requirement  
 See the AMALI Requirement section of the catalog or the Course Finder website for a list of courses.

**B.S. Science, Math, & Technology (1 course required)**

See the B.S.—SMT Requirement section of the catalog or the Course Finder website for a list of courses.

- \_\_\_\_\_ 3 KNR 282 Biomechanics of Human Movement

**Major (66 credit hours)**

- \_\_\_\_\_ 4 CHE 140 General Chemistry I (P: Grade of C or better in MAT 119; or grade of C or better or concurrent registration in MAT 118 or 120 or 144 or 145)  
 \_\_\_\_\_ 4 CHE 141 General Chemistry II (P: CHE 140)  
 \_\_\_\_\_ 3 FCS 102 Fundamentals Of Human Nutrition  
 \_\_\_\_\_ 3 HSC 105 Medical Terminology  
 \_\_\_\_\_ 5 PHY 108 College Physics I (P: 2 years of high school algebra or equivalent)  
 \_\_\_\_\_ 5 PHY 109 College Physics II (P: PHY 108 or 110)  
 \_\_\_\_\_ 3 KNR 164 Introduction to Exercise Science  
 \_\_\_\_\_ 3 KNR 181 Human Anatomy & Physiology I  
 \_\_\_\_\_ 3 KNR 182 Human Anatomy & Physiology II  
 \_\_\_\_\_ 1 KNR 183 Human Anatomy And Physiology Laboratory I  
 \_\_\_\_\_ 1 KNR 184 Human Anatomy And Physiology Laboratory II  
 \_\_\_\_\_ 3 KNR 257 Motor Learning & Performance  
 \_\_\_\_\_ 3 KNR 280 Exercise Physiology (P: KNR 181, 182, conc. KNR 240)  
 \_\_\_\_\_ 3 KNR 282 Biomechanics of Human Movement (P: KNR 181, PHY 105 or PHY 108)  
 \_\_\_\_\_ 3 KNR 303 Exercise Psychology  
 \_\_\_\_\_ 3 KNR 307 Exercise in Health and Disease (P: KNR 164, 240, 280)  
 \_\_\_\_\_ 3 KNR 309 Principles and Techniques in Physiological Testing (P: KNR 164, 240, 280)

**Take 1 of the following courses:**

- \_\_\_\_\_ 4 BSC 196 Biological Diversity  
 \_\_\_\_\_ 4 BSC 197 Molecular And Cellular Basis Of Life

**Take 9 hours from the following courses:**

- \_\_\_\_\_ 3 KNR 305 Biomechanics Of Exercise And Physical Activity (P: Major or minor only. KNR 164 and 282 or consent of instructor)  
 \_\_\_\_\_ 3 KNR 311 Exercise Programming for Cardiovascular & Metabolic Fitness (KNR 307, 309)  
 \_\_\_\_\_ 3 KNR 313 Exercise Programming for Neuromuscular Fitness (P: KNR 307, 309)  
 \_\_\_\_\_ 3 KNR 345 Advanced Functional Anatomy (P: KNR 181, 182. A minimum of 60 hours completed or consent of the instructor)  
 \_\_\_\_\_ 3 KNR 353 Basic Electrocardiography & Clinical Exercise Testing

**Kinesiology and Recreation Courses:**

<https://coursefinder.illinoisstate.edu/directory/knr/>

**All Courses:**

<https://coursefinder.illinoisstate.edu/directory/>



**KINESIOLOGY AND RECREATION****MAJOR IN EXERCISE SCIENCE (B.S.)****ALLIED HEALTH PROFESSIONS SEQUENCE****Transfer Students****Illinois Articulation Initiative (min. 37 credit hours)**

To be eligible for IAI, at least one transfer course must have been articulated to an IAI core requirement. Refer to the Undergraduate Catalog for a complete list of IAI courses and policies.

**Communication and Composition (3 courses required)**

A grade of C or better required in ENG 101 and 145 or equivalents

- \_\_\_\_\_ 3 C2 900 COM 110 Communication as Critical Inquiry
- \_\_\_\_\_ 3 C1 900 ENG 101 or ENG 101A10 Composition as Critical Inquiry
- \_\_\_\_\_ 3 C1 901 ENG 145 Writing in the Academic Disciplines

**Mathematics (1 course required)**

Please see major requirements for mathematics options

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**Physical & Life Sciences (2 courses/7-8 hours required)**

Students must complete 1 life science and 1 physical science course; at least 1 course must have a lab.

- \_\_\_\_\_ 5 P2 900L PHY 108 College Physics I
- \_\_\_\_\_ 4 L1 910L BSC 196 Biological Diversity or BSC 197 Molecular And Cellular Basis Of Life

**Humanities & Fine Arts (3 courses required)**

At least 1 humanities and 1 fine arts course required

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**Social & Behavioral Sciences (3 courses required)**

2 different disciplines must be represented

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**Additional Graduation Requirements**

\_\_\_\_\_/120 minimum total credit hours

\_\_\_\_\_/42 minimum senior college hours

**AMALI requirement**

See the AMALI Requirement section of the catalog or the Course Finder website for a list of courses.

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**B.S. Science, Math, & Technology (1 course required)**

See the B.S.—SMT Requirement section of the catalog or the Course Finder website for a list of courses.

- \_\_\_\_\_ 3 KNR 282 Biomechanics of Human Movement

**Major (66 credit hours)**

- \_\_\_\_\_ 4 CHE 140 General Chemistry I (P: Grade of C or better in MAT 119; or grade of C or better or concurrent registration in MAT 118 or 120 or 144 or 145)
- \_\_\_\_\_ 4 CHE 141 General Chemistry II (P: CHE 140)
- \_\_\_\_\_ 3 FCS 102 Fundamentals Of Human Nutrition
- \_\_\_\_\_ 3 HSC 105 Medical Terminology
- \_\_\_\_\_ 5 PHY 108 College Physics I (P: 2 years of high school algebra or equivalent)
- \_\_\_\_\_ 5 PHY 109 College Physics II (P: PHY 108 or 110)
- \_\_\_\_\_ 3 KNR 164 Introduction to Exercise Science
- \_\_\_\_\_ 3 KNR 181 Human Anatomy & Physiology I
- \_\_\_\_\_ 3 KNR 182 Human Anatomy & Physiology II
- \_\_\_\_\_ 1 KNR 183 Human Anatomy And Physiology Laboratory I
- \_\_\_\_\_ 1 KNR 184 Human Anatomy And Physiology Laboratory II
- \_\_\_\_\_ 3 KNR 257 Motor Learning & Performance
- \_\_\_\_\_ 3 KNR 280 Exercise Physiology (P: KNR 181, 182, conc. KNR 240)
- \_\_\_\_\_ 3 KNR 282 Biomechanics of Human Movement (P: KNR 181, PHY 105 or PHY 108)
- \_\_\_\_\_ 3 KNR 303 Exercise Psychology
- \_\_\_\_\_ 3 KNR 307 Exercise in Health and Disease (P: KNR 164, 240, 280)
- \_\_\_\_\_ 3 KNR 309 Principles and Techniques in Physiological Testing (P: KNR 164, 240, 280)

**Take 1 of the following courses:**

- \_\_\_\_\_ 4 BSC 196 Biological Diversity
- \_\_\_\_\_ 4 BSC 197 Molecular And Cellular Basis Of Life

**Take 9 hours from the following courses:**

- \_\_\_\_\_ 3 KNR 305 Biomechanics Of Exercise And Physical Activity (P: Major or minor only. KNR 164 and 282 or consent of instructor)
- \_\_\_\_\_ 3 KNR 311 Exercise Programming for Cardiovascular & Metabolic Fitness (KNR 307, 309)
- \_\_\_\_\_ 3 KNR 313 Exercise Programming for Neuromuscular Fitness (P: KNR 307, 309)
- \_\_\_\_\_ 3 KNR 345 Advanced Functional Anatomy (P: KNR 181, 182. A minimum of 60 hours completed or consent of the instructor)
- \_\_\_\_\_ 3 KNR 353 Basic Electrocardiography & Clinical Exercise Testing

**Kinesiology and Recreation Courses:**

<https://coursefinder.illinoisstate.edu/directory/knr/>

**All Courses:**

<https://coursefinder.illinoisstate.edu/directory/>

## KINESIOLOGY AND RECREATION

### MAJOR IN EXERCISE SCIENCE (B.S.)

### HEALTH AND HUMAN PERFORMANCE SEQUENCE

#### General Education (39 credit hours)

Refer to the General Education section of the Undergraduate Catalog for a complete list of General Education requirements and courses.

#### Communication and Composition (2 courses required)

- \_\_\_\_\_ 3 COM 110 Communication as Critical Inquiry  
 \_\_\_\_\_ 3 ENG 101 or ENG 101A10 Composition as Critical Inquiry

#### Mathematics (1 course required)

#### Natural Science/Natural Science Alternatives (2 courses required)

Students must complete 1 course from 2 different sciences.

- \_\_\_\_\_ 4-5 PHY 105 Fund. Of Physics or PHY 108 College Physics I

#### United States Traditions (1 course required)

#### Individuals & Civic Life (1 course required)

#### Fine Arts (1 course/3 credit hours required)\*\*\*

#### Humanities (1 course required)\*\*\*

#### Language in the Humanities (1 course required)\*\*\*

#### Quantitative Reasoning (1 course required)

#### Science, Math, & Technology (1 course required)

Exempt for Exercise Science majors

#### Social Sciences (1 course required)\*\*\*

#### Additional Graduation Requirements

\_\_\_\_\_/120 minimum total credit hours

\_\_\_\_\_/42 minimum senior college hours

#### AMALI requirement

\*\*\*certain courses in General Education fulfill the AMALI requirement  
 See the AMALI Requirement section of the catalog or the Course Finder website for a list of courses.

#### B.S. Science, Math, & Technology (1 course required)

See the B.S.—SMT Requirement section of the catalog or the Course Finder website for a list of courses.

- \_\_\_\_\_ 3 KNR 282 Biomechanics of Human Movement

#### Major (59 credit hours)

- \_\_\_\_\_ 3 KNR 164 Introduction to Exercise Science  
 \_\_\_\_\_ 3 KNR 181 Human Anatomy & Physiology I  
 \_\_\_\_\_ 3 KNR 182 Human Anatomy & Physiology II  
 \_\_\_\_\_ 1 KNR 183 Human Anatomy And Physiology Laboratory I  
 \_\_\_\_\_ 1 KNR 240 Principles And Applications Of Field-Based Assessment (P: KNR 181 and 182; KNR 280 or conc reg)  
 \_\_\_\_\_ 3 KNR 254 Social-Psychological Perspectives In Physical Activity  
 \_\_\_\_\_ 3 KNR 257 Motor Learning & Performance  
 \_\_\_\_\_ 3 KNR 280 Exercise Physiology (P: KNR 181, 182, conc. KNR 240)  
 \_\_\_\_\_ 3 KNR 282 Biomechanics of Human Movement (P: KNR 181, PHY 105 or PHY 108)  
 \_\_\_\_\_ 2 KNR 298A10 Professional Practice: Exercise Science & Fitness (P: KNR 164, 240, 280; 60 hrs completed)  
 \_\_\_\_\_ 3 KNR 303 Exercise Psychology  
 \_\_\_\_\_ 3 KNR 307 Exercise in Health and Disease (P: KNR 164, 240, 280)  
 \_\_\_\_\_ 3 KNR 309 Principles and Techniques in Physiological Testing (P: KNR 164, 240, 280)  
 \_\_\_\_\_ 3 KNR 311 Exercise Programming For Cardiovascular & Metabolic Fitness (P: KNR 307 and 309)  
 \_\_\_\_\_ 3 KNR 313 Exercise Programming For Neuromuscular Fitness (P: KNR 307 and 309)

#### Take 1 of the following courses:

- \_\_\_\_\_ 4 PHY 105 Fundamentals of Physics  
 \_\_\_\_\_ 5 PHY 108 College Physics I (P: 2 years of high school algebra or equivalent)

#### Take 1 of the following courses:

- \_\_\_\_\_ 3 KNR 286 Leading Exercise Sessions In The Fitness Setting (P: KNR 240, 280)  
 \_\_\_\_\_ 3 KNR 305 Biomechanics Of Exercise And Physical Activity (P: 164 and 282)  
 \_\_\_\_\_ 3 KNR 310 Fitness Management (P: KNR 164, 298A10)  
 \_\_\_\_\_ 3 KNR 353 Basic Electrocardiography & Clinical Exercise Testing (P: KNR 181, 182, 280)

#### Take 12 hours from 1 of the following options:

**Option 1:** KNR 378A10 and 10 hours in KNR 398A11

or

**Option 2:** (requires program approval) 12 hours in advanced studies from courses approved by exercise science faculty)

#### Kinesiology and Recreation Courses:

<https://coursefinder.illinoisstate.edu/directory/knr/>

#### All Courses:

<https://coursefinder.illinoisstate.edu/directory/>



**KINESIOLOGY AND RECREATION****MAJOR IN EXERCISE SCIENCE (B.S.)****HEALTH AND HUMAN PERFORMANCE SEQUENCE****Transfer Students****Illinois Articulation Initiative (min. 37 credit hours)**

To be eligible for IAI, at least one transfer course must have been articulated to an IAI core requirement. Refer to the Undergraduate Catalog for a complete list of IAI courses and policies.

**Communication and Composition (3 courses required)**

A grade of C or better required in ENG 101 and 145 or equivalents

- \_\_\_\_\_ 3 C2 900 COM 110 Communication as Critical Inquiry
- \_\_\_\_\_ 3 C1 900 ENG 101 or ENG 101A10 Composition as Critical Inquiry
- \_\_\_\_\_ 3 C1 901 ENG 145 Writing in the Academic Disciplines

**Mathematics (1 course required)**

Please see major requirements for mathematics options

**Physical & Life Sciences (2 courses/7-8 hours required)**

Students must complete 1 life science and 1 physical science course; at least 1 course must have a lab.

- \_\_\_\_\_ 4-5 P1 900L PHY 105 Fund of Physics or P2 900L PHY 108 College Physics I

**Humanities & Fine Arts (3 courses required)**

At least 1 humanities and 1 fine arts course required

**Social & Behavioral Sciences (3 courses required)**

2 different disciplines must be represented

**Additional Graduation Requirements**

\_\_\_\_\_/120 minimum total credit hours

\_\_\_\_\_/42 minimum senior college hours

**AMALI requirement**

See the AMALI Requirement section of the catalog or the Course Finder website for a list of courses.

**B.S. Science, Math, & Technology (1 course required)**

See the B.S.—SMT Requirement section of the catalog or the Course Finder website for a list of courses.

- \_\_\_\_\_ 3 KNR 282 Biomechanics of Human Movement

**Major (59 credit hours)**

- \_\_\_\_\_ 3 KNR 164 Introduction to Exercise Science
- \_\_\_\_\_ 3 KNR 181 Human Anatomy & Physiology I
- \_\_\_\_\_ 3 KNR 182 Human Anatomy & Physiology II
- \_\_\_\_\_ 1 KNR 183 Human Anatomy And Physiology Laboratory I
- \_\_\_\_\_ 1 KNR 240 Principles And Applications Of Field-Based Assessment (P: KNR 181 and 182; KNR 280 or conc reg)
- \_\_\_\_\_ 3 KNR 254 Social-Psychological Perspectives In Physical Activity
- \_\_\_\_\_ 3 KNR 257 Motor Learning & Performance
- \_\_\_\_\_ 3 KNR 280 Exercise Physiology (P: KNR 181, 182, conc. KNR 240)
- \_\_\_\_\_ 3 KNR 282 Biomechanics of Human Movement (P: KNR 181, PHY 105 or PHY 108)
- \_\_\_\_\_ 2 KNR 298A10 Professional Practice: Exercise Science & Fitness (P: KNR 164, 240, 280; 60 hrs completed)
- \_\_\_\_\_ 3 KNR 303 Exercise Psychology
- \_\_\_\_\_ 3 KNR 307 Exercise in Health and Disease (P: KNR 164, 240, 280)
- \_\_\_\_\_ 3 KNR 309 Principles and Techniques in Physiological Testing (P: KNR 164, 240, 280)
- \_\_\_\_\_ 3 KNR 311 Exercise Programming For Cardiovascular & Metabolic Fitness (P: KNR 307 and 309)
- \_\_\_\_\_ 3 KNR 313 Exercise Programming For Neuromuscular Fitness (P: KNR 307 and 309)

**Take 1 of the following courses:**

- \_\_\_\_\_ 4 PHY 105 Fundamentals of Physics
- \_\_\_\_\_ 5 PHY 108 College Physics I (P: 2 years of high school algebra or equivalent)

**Take 1 of the following courses:**

- \_\_\_\_\_ 3 KNR 286 Leading Exercise Sessions In The Fitness Setting (P: KNR 240, 280)
- \_\_\_\_\_ 3 KNR 305 Biomechanics Of Exercise And Physical Activity (P: 164 and 282)
- \_\_\_\_\_ 3 KNR 310 Fitness Management (P: KNR 164, 298A10)
- \_\_\_\_\_ 3 KNR 353 Basic Electrocardiography & Clinical Exercise Testing (P: KNR 181, 182, 280)

**Take 12 hours from 1 of the following options:**

**Option 1:** KNR 378A10 and 10 hours in KNR 398A11

or

**Option 2:** (requires program approval) 12 hours in advanced studies from courses approved by exercise science faculty)

**Kinesiology and Recreation Courses:**

<https://coursefinder.illinoisstate.edu/directory/knr/>

**All Courses:**

<https://coursefinder.illinoisstate.edu/directory/>

# KINESIOLOGY AND RECREATION

## MAJOR IN PHYSICAL EDUCATION

### PHYSICAL EDUCATION TEACHER EDUCATION (PETE) SEQUENCE (B.S. in Ed.)

#### General Education (39 credit hours)

Refer to the General Education section of the Undergraduate Catalog for a complete list of General Education requirements and courses.

#### Communication and Composition (2 courses required)

- \_\_\_\_\_ 3 COM 110 Communication as Critical Inquiry
- \_\_\_\_\_ 3 ENG 101 or ENG 101A10 Composition as Critical Inquiry

#### Mathematics (1 course required)

\_\_\_\_\_

#### Natural Science/Natural Science Alternatives (2 courses required)

Students must complete 1 course from 2 different sciences.

- \_\_\_\_\_ 4-5 PHY 105 Fundamentals of Physics or PHY 108 College Physics I

\_\_\_\_\_

#### United States Traditions (1 course required)

\_\_\_\_\_

#### Individuals & Civic Life (1 course required)

\_\_\_\_\_

#### Fine Arts (1 course/3 credit hours required)\*\*\*

\_\_\_\_\_

#### Humanities (1 course required)\*\*\*

\_\_\_\_\_

#### Language in the Humanities (1 course required)\*\*\*

\_\_\_\_\_

#### Quantitative Reasoning (1 course required)

\_\_\_\_\_

#### Science, Math, & Technology (1 course required)

Exempt for Physical Education Teacher Education majors

#### Social Sciences (1 course required)\*\*\*

- \_\_\_\_\_ 3 PSY 110 Fundamentals Of Psychology

#### Additional Graduation Requirements

\_\_\_\_\_/120 minimum total credit hours

\_\_\_\_\_/42 minimum senior college hours

#### AMALI requirement

\*\*\*certain courses in General Education fulfill the AMALI requirement  
See the AMALI Requirement section of the catalog or the Course Finder website for a list of courses.

\_\_\_\_\_

#### B.S. Science, Math, & Technology (1 course required)

See the B.S.—SMT Requirement section of the catalog or the Course Finder website for a list of courses.

- \_\_\_\_\_ 3 KNR 282 Biomechanics of Human Movement

#### Major (77 credit hours)

##### KNR requirements (51 credit hours)

- \_\_\_\_\_ 2 KNR 156 Introduction to Physical Education: Teacher Education
- \_\_\_\_\_ 3 KNR 158 Instructional Strategies
- \_\_\_\_\_ 3 KNR 181 Human Anatomy & Physiology I
- \_\_\_\_\_ 3 KNR 182 Human Anatomy & Physiology II
- \_\_\_\_\_ 3 KNR 221 Teaching Elementary Physical Education (P: KNR 158, 225, 245, 246)
- \_\_\_\_\_ 3 KNR 225 Motor Development (P: KNR 158)
- \_\_\_\_\_ 3 KNR 242 Secondary Methods & Practices in Physical Education† (P: KNR 158, 221, 244, 247)
- \_\_\_\_\_ 3 KNR 244 Teaching Team Sports (P: KNR 158, 225)
- \_\_\_\_\_ 3 KNR 245 Teaching Individual/Dual Sport & Activities (P: KNR 158)
- \_\_\_\_\_ 3 KNR 246 Teaching Dance & Tumbling/Gymnastic Forms (P: KNR 158)
- \_\_\_\_\_ 3 KNR 247 Promoting Physical Activity & Fitness in Physical Education (P: KNR 158, 225)
- \_\_\_\_\_ 3 KNR 254 Socio-Psychological Perspectives in Physical Activity
- \_\_\_\_\_ 3 KNR 280 Exercise Physiology (P: KNR 181, 182, conc. KNR 240)
- \_\_\_\_\_ 3 KNR 282 Biomechanics of Human Movement (P: KNR 181, PHY 105 or PHY 108)
- \_\_\_\_\_ 3 KNR 341 Assessment in Physical Education (P: KNR 158, 221, 225, 242)
- \_\_\_\_\_ 3 KNR 364 Senior Seminar in Physical Education Teacher Education (P: conc. reg. KNR 341)
- \_\_\_\_\_ 3 KNR 383 Adapted Physical Education (P: KNR 158, 221, 225, 247)
- \_\_\_\_\_ 1 KNR 391 Creating Positive Learning Environments in Physical Education

##### Professional Education requirements (26 credit hours)

- \_\_\_\_\_ 3 PSY 215 Educational Psychology (P: PSY 110)
- \_\_\_\_\_ 2 TCH 212 Issues in Secondary Education
- \_\_\_\_\_ 3 TCH 216 Principles & Practices for Teaching & Learning
- \_\_\_\_\_ 0 TCH 216A08 Lab for Principles & Practices for Teaching & Learning
- \_\_\_\_\_ 3 TCH 219 Integrating Multiple Literacies & Technology Across the Secondary Curriculum (P: TCH 216, 216A08)
- \_\_\_\_\_ 6 STT 399A74 Student Teaching in Secondary Physical Education‡
- \_\_\_\_\_ 6 STT 399A75 Student Teaching in Elementary Physical Education‡

##### Take one of the following courses (P: 45+ earned hours):

- \_\_\_\_\_ 3 EAF 228 Social Foundations
- \_\_\_\_\_ 3 EAF 231 Introduction to Philosophy of Education
- \_\_\_\_\_ 3 EAF 235 Historical Foundations

The School of Kinesiology & Recreation strongly recommends that Physical Education Teacher Education candidates complete an endorsement in a second teaching field.

† Admission to Professional Studies required

‡ Must meet the Test of Academic Proficiency (TAP) requirement

#### Kinesiology and Recreation Courses:

<https://coursefinder.illinoisstate.edu/directory/knr/>

#### All Courses:

<https://coursefinder.illinoisstate.edu/directory/>

**KINESIOLOGY AND RECREATION**  
**MAJOR IN PHYSICAL EDUCATION**  
**PHYSICAL EDUCATION TEACHER EDUCATION**  
**(PETE) SEQUENCE (B.S. in Ed.)**

**Transfer Students**

**Illinois Articulation Initiative (min. 37 credit hours)**

To be eligible for IAI, at least one transfer course must have been articulated to an IAI core requirement. Refer to the Undergraduate Catalog for a complete list of IAI courses and policies.

**Communication and Composition (3 courses required)**

A grade of C or better required in ENG 101 and 145 or equivalents

- \_\_\_\_\_ 3 C2 900 COM 110 Communication as Critical Inquiry  
 \_\_\_\_\_ 3 C1 900 ENG 101 or ENG 101A10 Composition as Critical Inquiry  
 \_\_\_\_\_ 3 C1 901 ENG 145 Writing in the Academic Disciplines

**Mathematics (1 course required)**

Please see major requirements for mathematics options

**Physical & Life Sciences (2 courses/7-8 hours required)**

Students must complete 1 life science and 1 physical science course; at least 1 course must have a lab.

- \_\_\_\_\_ 4-5 P1 900L PHY 105 Fund of Physics or P2 900L PHY 108 College Physics I

**Humanities & Fine Arts (3 courses required)**

At least 1 humanities and 1 fine arts course required

**Social & Behavioral Sciences (3 courses required)**

2 different disciplines must be represented

- \_\_\_\_\_ 3 S6 900 PSY 110 Fund of Psychology

**Additional Graduation Requirements**

\_\_\_\_\_/120 minimum total credit hours

\_\_\_\_\_/42 minimum senior college hours

**AMALI requirement**

See the AMALI Requirement section of the catalog or the Course Finder website for a list of courses.

**B.S. Science, Math, & Technology (1 course required)**

See the B.S.—SMT Requirement section of the catalog or the Course Finder website for a list of courses.

- \_\_\_\_\_ 3 KNR 282 Biomechanics of Human Movement

**Major (77 credit hours)**

**KNR requirements (51 credit hours)**

- \_\_\_\_\_ 2 KNR 156 Introduction to Physical Education: Teacher Education  
 \_\_\_\_\_ 3 KNR 158 Instructional Strategies  
 \_\_\_\_\_ 3 KNR 181 Human Anatomy & Physiology I  
 \_\_\_\_\_ 3 KNR 182 Human Anatomy & Physiology II  
 \_\_\_\_\_ 3 KNR 221 Teaching Elementary Physical Education (P: KNR 158, 225, 245, 246)  
 \_\_\_\_\_ 3 KNR 225 Motor Development (P: KNR 158)  
 \_\_\_\_\_ 3 KNR 242 Secondary Methods & Practices in Physical Education† (P: KNR 158, 221, 244, 247)  
 \_\_\_\_\_ 3 KNR 244 Teaching Team Sports (P: KNR 158, 225)  
 \_\_\_\_\_ 3 KNR 245 Teaching Individual/Dual Sport & Activities (P: KNR 158)  
 \_\_\_\_\_ 3 KNR 246 Teaching Dance & Tumbling/Gymnastic Forms (P: KNR 158)  
 \_\_\_\_\_ 3 KNR 247 Promoting Physical Activity & Fitness in Physical Education (P: KNR 158, 225)  
 \_\_\_\_\_ 3 KNR 254 Socio-Psychological Perspectives in Physical Activity  
 \_\_\_\_\_ 3 KNR 280 Exercise Physiology (P: KNR 181, 182, conc. KNR 240)  
 \_\_\_\_\_ 3 KNR 282 Biomechanics of Human Movement (P: KNR 181, PHY 105 or PHY 108)  
 \_\_\_\_\_ 3 KNR 341 Assessment in Physical Education (P: KNR 158, 221, 225, 242)  
 \_\_\_\_\_ 3 KNR 364 Senior Seminar in Physical Education Teacher Education (P: conc. reg. KNR 341)  
 \_\_\_\_\_ 3 KNR 383 Adapted Physical Education (P: KNR 158, 221, 225, 247)  
 \_\_\_\_\_ 1 KNR 391 Creating Positive Learning Environments in Physical Education

**Professional Education requirements (26 credit hours)**

- \_\_\_\_\_ 3 PSY 215 Educational Psychology (P: PSY 110)  
 \_\_\_\_\_ 2 TCH 212 Issues in Secondary Education  
 \_\_\_\_\_ 3 TCH 216 Principles & Practices for Teaching & Learning  
 \_\_\_\_\_ 0 TCH 216A08 Lab for Principles & Practices for Teaching & Learning  
 \_\_\_\_\_ 3 TCH 219 Integrating Multiple Literacies & Technology Across the Secondary Curriculum (P: TCH 216, 216A08)  
 \_\_\_\_\_ 6 STT 399A74 Student Teaching in Secondary Physical Education†  
 \_\_\_\_\_ 6 STT 399A75 Student Teaching in Elementary Physical Education†

**Take one of the following courses (P: 45+ earned hours):**

- \_\_\_\_\_ 3 EAF 228 Social Foundations  
 \_\_\_\_\_ 3 EAF 231 Introduction to Philosophy of Education  
 \_\_\_\_\_ 3 EAF 235 Historical Foundations

**The School of Kinesiology & Recreation strongly recommends that Physical Education Teacher Education candidates complete an endorsement in a second teaching field.**

† Admission to Professional Studies required

‡ Must meet the Test of Academic Proficiency (TAP) requirement

**Kinesiology and Recreation Courses:**

<https://coursefinder.illinoisstate.edu/directory/knr/>

**All Courses:**

<https://coursefinder.illinoisstate.edu/directory/>

## KINESIOLOGY AND RECREATION

### MAJOR IN RECREATION AND PARK ADMINISTRATION— RECREATION MANAGEMENT SEQUENCE (B.S.)

#### General Education (39 credit hours)

Refer to the General Education section of the Undergraduate Catalog for a complete list of General Education requirements and courses.

#### Communication and Composition (2 courses required)

- \_\_\_\_\_ 3 COM 110 Communication as Critical Inquiry  
\_\_\_\_\_ 3 ENG 101 or ENG 101A10 Composition as Critical Inquiry

#### Mathematics (1 course required)

\_\_\_\_\_

#### Natural Science/Natural Science Alternatives (2 courses required)

Students must complete 1 course from 2 different sciences.

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\_\_\_\_\_

#### United States Traditions (1 course required)

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#### Individuals & Civic Life (1 course required)

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#### Fine Arts (1 course/3 credit hours required)\*\*\*

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#### Humanities (1 course required)\*\*\*

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#### Language in the Humanities (1 course required)\*\*\*

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#### Quantitative Reasoning (1 course required)

\_\_\_\_\_

#### Science, Math, & Technology (1 course required)

Exempt for Recreation Management majors

#### Social Sciences (1 course required)\*\*\*

\_\_\_\_\_

#### Additional Graduation Requirements

\_\_\_\_\_/120 minimum total credit hours

\_\_\_\_\_/42 minimum senior college hours

#### AMALI requirement

\*\*\*certain courses in General Education fulfill the AMALI requirement  
See the AMALI Requirement section of the catalog or the Course Finder website for a list of courses.

\_\_\_\_\_

#### B.S. Science, Math, & Technology (1 course required)

See the B.S.—SMT Requirement section of the catalog or the Course Finder website for a list of courses.

\_\_\_\_\_

#### Major (52 credit hours)

- \_\_\_\_\_ 3 KNR 170 Intro to Leisure & Recreation (P: conc. reg. KNR 171)  
\_\_\_\_\_ 3 KNR 171 Recreation Leadership (P: conc. reg. KNR 170)  
\_\_\_\_\_ 3 KNR 270 Recreation for People with Disabilities (P: KNR 170, 171)  
\_\_\_\_\_ 3 KNR 271 Recreation Programming (P: KNR 170, 171)  
\_\_\_\_\_ 3 KNR 275 Planning & Design of Recreation Facilities (P: KNR 271)  
\_\_\_\_\_ 1 KNR 298A36 Pre-Practicum (P: KNR 271 or conc. reg.)  
\_\_\_\_\_ 2 KNR 298A30 Professional Practice Internship (P: KNR 271, 298A36; 60+ earned hours)  
\_\_\_\_\_ 3 KNR 370 Administration of Leisure Services Organizations (P: KNR 271, 298A30)  
\_\_\_\_\_ 3 KNR 374 Advanced Experience Facilitation (P: KNR 298A30)  
\_\_\_\_\_ 3 KNR 376 Evaluating Agency Services (P: KNR 271)  
\_\_\_\_\_ 3 KNR 378A30 Professional Issues in Recreation & Park Administration (P: KNR 298A30; 90+ earned hours)  
\_\_\_\_\_ 3 KNR 380 Administration of Human Resources in Leisure Services (P: KNR 298A30)  
\_\_\_\_\_ 3 KNR 382 Legal Aspects of Recreation & Kinesiology  
\_\_\_\_\_ 1 KNR 398A36 Professional Practice Seminar (P: KNR 298A30; 90+ earned hours)  
\_\_\_\_\_ 12 KNR 398A30 Professional Practice: Internship in Recreation & Park Administration (P: KNR 378A30; 2.0 cumulative GPA)

Take one class (3 credit hours) from the following courses:

- \_\_\_\_\_ 3 KNR 351 Tourism & Special Events (P: KNR 271)  
\_\_\_\_\_ 3 KNR 354 Contemporary Issues in the Sport Industry (P: KNR 271)  
\_\_\_\_\_ 3 KNR 371 Outdoor Recreation (P: KNR 271)  
\_\_\_\_\_ 3 KNR 381 Special Topics in Recreation (P: KNR 271)

#### Kinesiology and Recreation Courses:

<https://coursefinder.illinoisstate.edu/directory/knr/>

#### All Courses:

<https://coursefinder.illinoisstate.edu/directory/>

# KINESIOLOGY AND RECREATION

## MAJOR IN RECREATION AND PARK

### ADMINISTRATION—RECREATION MANAGEMENT

#### SEQUENCE (B.S.)

#### Transfer Students

#### Illinois Articulation Initiative (min. 37 credit hours)

Please consult your Undergraduate Catalog for a complete list of IAI courses.

#### Communication and Composition (3 courses required)

A grade of C or better required in ENG 101 and 145 or equivalents

- \_\_\_\_\_ 3 C2 900 COM 110 Communication as Critical Inquiry
- \_\_\_\_\_ 3 C1 900 ENG 101 or ENG 101A10 Composition as Critical Inquiry
- \_\_\_\_\_ 3 C1 901 ENG 145 Writing in the Academic Disciplines

#### Mathematics (1 course required)

Please see major requirements for mathematics options

#### Physical & Life Sciences (2 courses/7-8 hours required)

Students must complete 1 life science and 1 physical science course; at least 1 course must have a lab.

#### Humanities & Fine Arts (3 courses required)

At least 1 humanities and 1 fine arts course required

#### Social & Behavioral Sciences (3 courses required)

2 different disciplines must be represented

#### Additional Graduation Requirements

\_\_\_\_\_/120 minimum total credit hours

\_\_\_\_\_/42 minimum senior college hours

#### AMALI requirement

See the AMALI Requirement section of the catalog or the Course Finder website for a list of courses.

#### B.S. Science, Math, & Technology (1 course required)

See the B.S.—SMT Requirement section of the catalog or the Course Finder website for a list of courses.

#### Major (52 credit hours)

- \_\_\_\_\_ 3 KNR 170 Intro to Leisure & Recreation (P: conc. reg. KNR 171)
- \_\_\_\_\_ 3 KNR 171 Recreation Leadership (P: conc. reg. KNR 170)
- \_\_\_\_\_ 3 KNR 270 Recreation for People with Disabilities (P: KNR 170, 171)
- \_\_\_\_\_ 3 KNR 271 Recreation Programming (P: KNR 170, 171)
- \_\_\_\_\_ 3 KNR 275 Planning & Design of Recreation Facilities (P: KNR 271)
- \_\_\_\_\_ 1 KNR 298A36 Pre-Practicum (P: KNR 271 or conc. reg.)
- \_\_\_\_\_ 2 KNR 298A30 Professional Practice Internship (P: KNR 271, 298A36; 60+ earned hours)
- \_\_\_\_\_ 3 KNR 370 Administration of Leisure Services Organizations (P: KNR 271, 298A30)
- \_\_\_\_\_ 3 KNR 374 Advanced Experience Facilitation (P: KNR 298A30)
- \_\_\_\_\_ 3 KNR 376 Evaluating Agency Services (P: KNR 271)
- \_\_\_\_\_ 3 KNR 378A30 Professional Issues in Recreation & Park Administration (P: KNR 298A30; 90+ earned hours)
- \_\_\_\_\_ 3 KNR 380 Administration of Human Resources in Leisure Services (P: KNR 298A30)
- \_\_\_\_\_ 3 KNR 382 Legal Aspects of Recreation & Kinesiology
- \_\_\_\_\_ 1 KNR 398A36 Professional Practice Seminar (P: KNR 298A30; 90+ earned hours)
- \_\_\_\_\_ 12 KNR 398A30 Professional Practice: Internship in Recreation & Park Administration (P: KNR 378A30; 2.0 cumulative GPA)

Take one class (3 credit hours) from the following courses:

- \_\_\_\_\_ 3 KNR 351 Tourism & Special Events (P: KNR 271)
- \_\_\_\_\_ 3 KNR 354 Contemporary Issues in the Sport Industry (P: KNR 271)
- \_\_\_\_\_ 3 KNR 371 Outdoor Recreation (P: KNR 271)
- \_\_\_\_\_ 3 KNR 381 Special Topics in Recreation (P: KNR 271)

#### Kinesiology and Recreation Courses:

<https://coursefinder.illinoisstate.edu/directory/knr/>

#### All Courses:

<https://coursefinder.illinoisstate.edu/directory/>

## KINESIOLOGY AND RECREATION

### MAJOR IN RECREATION AND PARK ADMINISTRATION—THERAPEUTIC RECREATION SEQUENCE (B.S.)

#### General Education (39 credit hours)

Refer to the General Education section of the Undergraduate Catalog for a complete list of General Education requirements and courses.

#### Communication and Composition (2 courses required)

- \_\_\_\_\_ 3 COM 110 Communication as Critical Inquiry  
\_\_\_\_\_ 3 ENG 101 or ENG 101A10 Composition as Critical Inquiry

#### Mathematics (1 course required)

\_\_\_\_\_

#### Natural Science/Natural Science Alternatives (2 courses required)

Students must complete 1 course from 2 different sciences.

\_\_\_\_\_

\_\_\_\_\_

#### United States Traditions (1 course required)

\_\_\_\_\_

#### Individuals & Civic Life (1 course required)

\_\_\_\_\_

#### Fine Arts (1 course/3 credit hours required)\*\*\*

\_\_\_\_\_

#### Humanities (1 course required)\*\*\*

\_\_\_\_\_

#### Language in the Humanities (1 course required)\*\*\*

\_\_\_\_\_

#### Quantitative Reasoning (1 course required)

\_\_\_\_\_

#### Science, Math, & Technology (1 course required)

Exempt for Therapeutic Recreation majors

#### Social Sciences (1 course required)\*\*\*

- \_\_\_\_\_ 3 PSY 110 Fundamentals of Psychology

#### Additional Graduation Requirements

\_\_\_\_\_/120 minimum total credit hours

\_\_\_\_\_/42 minimum senior college hours

#### AMALI requirement

\*\*\*certain courses in General Education fulfill the AMALI requirement  
See the AMALI Requirement section of the catalog or the Course Finder website for a list of courses.

\_\_\_\_\_

#### B.S. Science, Math, & Technology (1 course required)

See the B.S.—SMT Requirement section of the catalog or the Course Finder website for a list of courses.

\_\_\_\_\_

#### Major (min. 70 credit hours)

- \_\_\_\_\_ 3 KNR 170 Intro to Leisure & Recreation (P: conc. reg. KNR 171)  
\_\_\_\_\_ 3 KNR 171 Recreation Leadership (P: conc. reg. KNR 170)  
\_\_\_\_\_ 3 KNR 253 Techniques in Therapeutic Recreation (P: KNR 273)  
\_\_\_\_\_ 3 KNR 270 Recreation for People with Disabilities (P: KNR 170, 171)  
\_\_\_\_\_ 3 KNR 271 Recreation Programming (P: KNR 170, 171)  
\_\_\_\_\_ 3 KNR 273 Introduction to Therapeutic Recreation (P: KNR 270 or conc. reg.)  
\_\_\_\_\_ 3 KNR 275 Planning & Design of Recreation Facilities (P: KNR 271)  
\_\_\_\_\_ 3 KNR 278 Therapeutic Recreation Service Delivery (P: KNR 253, 279)  
\_\_\_\_\_ 3 KNR 279 Client Documentation (P: KNR 270, 273)  
\_\_\_\_\_ 1 KNR 298A36 Pre-Practicum (P: KNR 271 or conc. reg.)  
\_\_\_\_\_ 2 KNR 298A30 Professional Practice Internship (P: KNR 271, 298A36; 60+ earned hours)  
\_\_\_\_\_ 3 KNR 365 Advanced Therapeutic Recreation Practices (P: KNR 253, 279)  
\_\_\_\_\_ 3 KNR 370 Administration of Leisure Services Organizations (P: KNR 271, 298A30)  
\_\_\_\_\_ 3 KNR 376 Evaluating Agency Services (P: KNR 271)  
\_\_\_\_\_ 3 KNR 380 Administration of Human Resources in Leisure Services (P: KNR 298A30)  
\_\_\_\_\_ 1 KNR 398A36 Professional Practice Seminar (P: KNR 298A30; 90+ earned hours)  
\_\_\_\_\_ 12 KNR 398A30 Professional Practice: Internship in Recreation & Park Administration (P: KNR 378A30; 2.0 cumulative GPA)  
\_\_\_\_\_ 3 HSC 105 Medical Terminology  
\_\_\_\_\_ 3 PSY 213 Lifespan Development (P: PSY 110 or 111)  
\_\_\_\_\_ 3 PSY 350 Psychopathology (P: PSY 110 or 111)  
\_\_\_\_\_ 3 N.C.T.R.C. support course – please see academic advisor for course options.

#### Take 1 of the following courses:

- \_\_\_\_\_ 4 BSC 181 Human Physiology & Anatomy I  
\_\_\_\_\_ 3 KNR 181 Human Anatomy & Physiology

#### Kinesiology and Recreation Courses:

<https://coursefinder.illinoisstate.edu/directory/knr/>

#### All Courses:

<https://coursefinder.illinoisstate.edu/directory/>



## KINESIOLOGY AND RECREATION

### MAJOR IN RECREATION AND PARK ADMINISTRATION—THERAPEUTIC RECREATION SEQUENCE (B.S.)

#### Transfer Students

#### Illinois Articulation Initiative (min. 37 credit hours)

Please consult your Undergraduate Catalog for a complete list of IAI courses.

##### Communication and Composition (3 courses required)

A grade of C or better required in ENG 101 and 145 or equivalents

- \_\_\_\_\_ 3 C2 900 COM 110 Communication as Critical Inquiry
- \_\_\_\_\_ 3 C1 900 ENG 101 or ENG 101A10 Composition as Critical Inquiry
- \_\_\_\_\_ 3 C1 901 ENG 145 Writing in the Academic Disciplines

##### Mathematics (1 course required)

Please see major requirements for mathematics options

##### Physical & Life Sciences (2 courses/7-8 hours required)

Students must complete 1 life science and 1 physical science course; at least 1 course must have a lab.

##### Humanities & Fine Arts (3 courses required)

At least 1 humanities and 1 fine arts course required

##### Social & Behavioral Sciences (3 courses required)

2 different disciplines must be represented

- \_\_\_\_\_ 3 S6 900 PSY 110 Fund of Psychology or PSY 111 Intro to Psychology

#### Additional Graduation Requirements

\_\_\_\_\_/120 minimum total credit hours

\_\_\_\_\_/42 minimum senior college hours

##### AMALI requirement

See the AMALI Requirement section of the catalog or the Course Finder website for a list of courses.

##### B.S. Science, Math, & Technology (1 course required)

See the B.S.—SMT Requirement section of the catalog or the Course Finder website for a list of courses.

#### Major (min. 70 credit hours)

- \_\_\_\_\_ 3 KNR 170 Intro to Leisure & Recreation (P: conc. reg. KNR 171)
- \_\_\_\_\_ 3 KNR 171 Recreation Leadership (P: conc. reg. KNR 170)
- \_\_\_\_\_ 3 KNR 253 Techniques in Therapeutic Recreation (P: KNR 273)
- \_\_\_\_\_ 3 KNR 270 Recreation for People with Disabilities (P: KNR 170, 171)
- \_\_\_\_\_ 3 KNR 271 Recreation Programming (P: KNR 170, 171)
- \_\_\_\_\_ 3 KNR 273 Introduction to Therapeutic Recreation (P: KNR 270 or conc. reg.)
- \_\_\_\_\_ 3 KNR 275 Planning & Design of Recreation Facilities (P: KNR 271)
- \_\_\_\_\_ 3 KNR 278 Therapeutic Recreation Service Delivery (P: KNR 253, 279)
- \_\_\_\_\_ 3 KNR 279 Client Documentation (P: KNR 270, 273)
- \_\_\_\_\_ 1 KNR 298A36 Pre-Practicum (P: KNR 271 or conc. reg.)
- \_\_\_\_\_ 2 KNR 298A30 Professional Practice Internship (P: KNR 271, 298A36; 60+ earned hours)
- \_\_\_\_\_ 3 KNR 365 Advanced Therapeutic Recreation Practices (P: KNR 253, 279)
- \_\_\_\_\_ 3 KNR 370 Administration of Leisure Services Organizations (P: KNR 271, 298A30)
- \_\_\_\_\_ 3 KNR 376 Evaluating Agency Services (P: KNR 271)
- \_\_\_\_\_ 3 KNR 380 Administration of Human Resources in Leisure Services (P: KNR 298A30)
- \_\_\_\_\_ 1 KNR 398A36 Professional Practice Seminar (P: KNR 298A30; 90+ earned hours)
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