The program of study leading to the Bachelor of Science in Kinesiology prepares students to teach physical education in several environments. Students can choose from three different tracks: The All-Level Certification track, the Non-Certification track, and the Personal Training track. The All-Level Certification track enables students to complete a teacher certification in Elementary and Secondary Physical Education. Details for the requirements for Teacher Certification are explained in the Education section of the Undergraduate Bulletin. The Non-Certification track is prescribed for individuals who want to work in the private sector, camps and fitness centers. The Personal Training track is designed for individuals who would like to work as a personal trainer.

Graduate options include a Master’s Degree in Kinesiology or related areas.

Many school districts seek graduates from the University of the Incarnate Word. While most of our graduates stay in Texas, there is also the opportunity to teach in other states. For those wanting work in the private sector, the degree qualifies the individual for entry into the many different sports/recreation businesses.

As a Kinesiology major, students will be prepared to work in the following areas:

- K-12 Physical Education Teacher/Athletic Coach
- YMCA/YWCA
- Community Recreation
- Boys and Girls Club
- Sports Facilities
- Fitness and Health Clubs
- Personal Trainer

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Dr. Bill Carleton
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Dr. Greg Soukup
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Ms. Heather Barton-Weston
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Contact
Ila Faye Miller School of Nursing & Health Professions
210-283-5094 (phone)
210-829-3174 (fax)

Website
www.uiw.edu/kinesiology

continued on reverse side
## Bachelor of Science in Kinesiology with a Personal Training Track
### ILA FAYE MILLER SCHOOL OF NURSING & HEALTH PROFESSIONS
#### 2015-2017

<table>
<thead>
<tr>
<th>Freshman Year: Fall</th>
<th>Hrs.</th>
<th>Freshman Year: Spring</th>
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<tbody>
<tr>
<td>DWHP 1200 Dimensions of Wellness</td>
<td>2</td>
<td>NUTR 2341 Intro to Nutrition</td>
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<td>ENGL 1311 or 1311L Composition I</td>
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<td>PHIL 1381 Introduction to Philosophy</td>
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<tr>
<td>PEHP 1190 Activity Lab</td>
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<td>RELS 1305, 1315, 1325, 1335 or 1327H</td>
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<tr>
<td>PEHP 1147 Tai Chi</td>
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<td>PEHP 1113 Physical Conditioning</td>
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<tr>
<td>PEHP 3301 Motor/Fitness Develop Children</td>
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<td>PEHP 3302 Motor/Fitness Develop Pre-Adol</td>
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<td>PEHP 3312 Motor/Fitness Develop Adol.</td>
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<td>PEHP 3314 Theory of Coaching</td>
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<td>PEHP 2301 Tests and Measurement</td>
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<td>ENGL 2310 World Literature Studies</td>
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<td>3000+ Level Religious or Philosophy Core</td>
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<td>PEHP 1114 Weight Training</td>
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<tr>
<td>PEHP 3350 Theory of Movement Forms</td>
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<td>PEHP 3371 Care &amp; Prevent. of Injuries</td>
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<td>PEHP 3315 Principles of Health</td>
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<td>PEHP 4301 Principles of Human Move.</td>
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<td>PEHP 3307 Worksite Health Promotion</td>
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<td>PEHP 4333 Human Performance</td>
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<td>BIOL 2321 Anatomy and Physiology I</td>
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<td>BIOL 2121 Anatomy and Physiology I Lab</td>
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<tr>
<td>PEHP 4345 Psychomotor Development</td>
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<td>PEHP 3305 Motor Dev, Fit and Health</td>
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<td>2 Fitness Modality Courses</td>
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<td>PEHP 4395 Practical Experience</td>
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<td>PEHP 1139 Yoga</td>
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### Core Curriculum - Total Hours: 43
### Major - Total Hours: 77
### Degree - Total Hours: 120