



# KINESIOLOGY

Personal Training Track

Ila Faye Miller School of Nursing & Health Professions

## Program Overview

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.

## Professional School Opportunities

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

## Career Opportunities

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

## Department Chair

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## Contact

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## Website

[www.uiw.edu/kinesiology](http://www.uiw.edu/kinesiology)

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**Bachelor of Science in Kinesiology with a Personal Training Track**  
**ILA FAYE MILLER SCHOOL OF NURSING & HEALTH PROFESSIONS**  
**2015-2017**

<b>Freshman Year: Fall</b>		<b>Hrs.</b>
DWHP 1200 Dimensions of Wellness	2	
ENGL 1311 or 1311L Composition I	3	
PHIL 1381 Introduction to Philosophy	3	
Social Science Core	3	
PEHP 1190 Activity Lab	1	
PEHP 1147 Tai Chi	1	
<b>Total hours</b>	<b>13</b>	

<b>Sophomore Year: Fall</b>		<b>Hrs.</b>
PEHP 3301 Motor/Fitness Develop Children	3	
PEHP 3312 Motor/Fitness Develop Adol.	3	
PEHP 2301 Tests and Measurement	3	
Modern Language I	3	
3000+ Level Religious or Philosophy Core	3	
PEHP 1114 Weight Training	1	
<b>Total hours</b>	<b>16</b>	

<b>Junior Year: Fall</b>		<b>Hrs.</b>
PEHP 3350 Theory of Movement Forms	3	
PEHP 3315 Principles of Health	3	
PEHP 3307 Worksite Health Promotion	3	
BIOL 2321 Anatomy and Physiology I	3	
BIOL 2121 Anatomy and Physiology I Lab	1	
3000+ Level Nutrition Course for Minor	3	
<b>Total hours</b>	<b>16</b>	

<b>Senior Year: Fall</b>		<b>Hrs.</b>
PEHP 4345 Psychomotor Development	3	
2 Fitness Modality Courses	2	
Fine Arts Core	3	
PEHP 1139 Yoga	1	
PEHP 1125 Pilates	1	
Electives as Needed	3	
<b>Total hours</b>	<b>13</b>	

<b>Freshman Year: Spring</b>		<b>Hrs.</b>
NUTR 2341 Intro to Nutrition	3	
ENGL 1312 Composition II	3	
History Core	3	
MATH 1304 College Algebra	3	
RELS 1305, 1315, 1325, 1335 or 1327H	3	
PEHP 1113 Physical Conditioning	1	
<b>Total hours</b>	<b>16</b>	

<b>Sophomore Year: Spring</b>		<b>Hrs.</b>
PEHP 3302 Motor/Fitness Develop Pre-Adol	3	
PEHP 3314 Theory of Coaching	3	
ENGL 2310 World Literature Studies	3	
Modern Language II	3	
3000+ Level Nutrition Minor Course	3	
Aquatic Activity Course	1	
<b>Total hours</b>	<b>16</b>	

<b>Junior Year: Spring</b>		<b>Hrs.</b>
PEHP 3371 Care & Prevent. of Injuries	3	
PEHP 4301 Principles of Human Move.	3	
PEHP 4333 Human Performance	3	
BIOL 2322 Anatomy and Physiology II	3	
BIOL 2122 Anatomy and Physiology II Lab	1	
NUTR 4356 Nutrition. and Human Perform.	3	
<b>Total hours</b>	<b>16</b>	

<b>Senior Year: Spring</b>		<b>Hrs.</b>
PEHP 3305 Motor Dev, Fit and Health	3	
PEHP 4395 Practical Experience	3	
Fitness Modality Course	1	
3000+ Level Nutrition Course for Minor	3	
Electives as Needed	4	
<b>Total hours</b>	<b>14</b>	

**Core Curriculum - Total Hours 43**  
**Major - Total Hours 77**  
**Degree - Total Hours 120**