Missouri Southern State University
Kinesiology Department

Physical Education

Health Promotion & Wellness

Student Handbook
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Missouri Southern State University
Our Mission

Missouri Southern State University is a state-supported, comprehensive university offering programs leading to undergraduate and graduate degrees. Central to our mission is a strong commitment to international education, liberal arts, professional and pre-professional programs, and the complementary relationship that must exist among them to prepare individuals for success in careers and lifelong learning.

Vision

Missouri Southern State University will be recognized as a leader in offering undergraduate and graduate degree programs that foster the total education of each student. In order to remain loyal to the trust given to the University by the people of the State of Missouri, Missouri Southern State University will:

- fulfill its mission and objectives in an honorable and ethical manner;
- periodically review its mission in light of contemporary changes in society and in the needs of the people of Missouri and our communities;
- continually assess the effectiveness of its programs in order to ensure their quality and integrity.

Values

**International Education**
The University prepares its students to be global citizens in fulfillment of its statewide mission.

**Liberal Arts Education**
The University commits to a comprehensive program of general education requirements for all students.

**Teaching and Learning**
The University provides exemplary teaching and learning as supported by scholarship and creative expression.

**Student Success**
The University commits to the academic, personal, and career success of its students.

**Community Service**
The University leads the intellectual, creative, cultural, and economic advancement of our communities.
Department of Kinesiology
Mission

The Department of Kinesiology supports the Missouri Southern State University mission to offer a liberal arts baccalaureate program that fosters the total education of each student. The department emphasizes quality teaching and academic advising, while promoting dedicated community and university service. The curriculum prepares future professionals to be successful at promoting healthy, active lifestyles in a global society.

The Kinesiology Department offers two degrees: the Bachelor of Science in Education degree (B.S.E.) with a major in Physical Education K-12 and the Bachelor of Science (B.S.) degree with a major in Health Promotion and Wellness.

Physical Education Major

For students who desire certification as a teacher of physical education, the department of kinesiology offers a major in physical education with K-12 certification. Graduates with a degree in physical education may choose to teach or to pursue opportunities in coaching, athletic training, special physical education, or graduate school. The department offers areas of emphasis in Pre-Athletic Training, Coaching, and Health Education. Teacher education at Missouri Southern is recognized for its quality at the local, state, and national levels. The program is fully accredited by the National Council for the Accreditation of Teacher Education (NCATE), is approved by the Missouri Department of Elementary and Secondary Education (DESE), and is recognized by the National Association for Sport and Physical Education (NASPE).

Health Promotion and Wellness Major

Students in the department of kinesiology may choose to pursue a major in health promotion and wellness. Graduates in this major will be prepared to work with people and teach life-style strategies to prevent illness and improve the quality of life. Students have the option of choosing a “clinical” or “non-clinical” track. Students seeking the health promotion and wellness degree will actively participate in an internship experience in their final semester. Graduates in this major may seek professional opportunities in a wide variety of areas including, but not limited to:

- Fitness/wellness centers
- Community health/wellness
- Corporate wellness
- Group exercise/fitness
- Public Health
- Nursing home activities
- Youth/sport camps
- Personal trainer
- Physical therapy
- Occupational therapy
- Athletic training
- Exercise physiology
- Cardiac rehabilitation
- Fitness/medical sales

Note: Several career options require additional schooling and/or certifications
Health Certification

The Missouri Department of Elementary and Secondary Education (DESE) identifies health as a certification area. To teach health in the state of Missouri, one must be certified. Courses required for such certification are offered at Missouri Southern. An alternative path to health certification is passing the Praxis Exam for Health Education.

Additional Interest Areas

Athletic Training

To become a certified athletic trainer, one must pass the National Athletic Training Examination. Only persons with a degree in Athletic Training are eligible to take the exam. Missouri Southern does not offer a degree in Athletic Training; however, for students who desire to pursue athletic training at the graduate school level, we do offer a number of related courses.

Coaching

In the State of Missouri, head and assistant coaches in all sports must be certified teachers or administrators. For the coaching requirements of another state, you will need to contact the state’s governing agency. For students with an interest in coaching, we do offer a number of related courses. These courses are not required and are considered electives.

Physical Therapy

For a list of accredited physical therapy programs and their admission requirements, go to www.univsource.com/pt.htm or www.apta.org

Occupational Therapy

For a list of accredited occupational therapy programs and their admission requirements, go to www.univsource.com/ot.htm or www.aota.org

Medical School

For an overview of medical school requirements go to http://www.ama-assn.org/ama/pub/category/2371.html
Academic Integrity

Maintaining academic integrity is extremely important at Missouri Southern State University. The college strictly prohibits plagiarism, cheating, and other offenses to the integrity of the college. Academic work is evaluated on the assumption that the work presented is the student’s own, unless designated otherwise.

The Kinesiology Department faculty agrees with the APA ethical principles and with the Student Handbook’s definition of dishonesty. The handbook states that “... cheating includes, but is not limited to ...”:

1. use of any unauthorized assistance in taking quizzes, tests, or examinations;
2. dependence upon the aid of sources beyond those authorized by the instructor in writing papers, preparing reports, solving problems, or carrying out other assignments;
3. the acquisition, without permission, of tests or other academic material before such material is revealed or distributed by the instructor;
4. the misrepresentation of papers, reports, assignments, or other materials as the product of a student’s sole independent effort, for the purpose of affecting the student’s grade, credit or status in the college;
5. failing to abide by the instructions of the proctor concerning test-taking procedures; examples include, but are not limited to, talking, laughing, failing to take a seat assignment, failing to adhere to starting and stopping times, or other disruptive activity;
6. influencing, or attempting to influence, any college official, faculty member, or employee responsible for processing grades, evaluating students, or for maintaining academic records, through the use of bribery, threats, or any other means of coercion in order to affect a student’s grade or evaluation;
7. any forgery, alteration, unauthorized possession, or misuse of college documents pertaining to academic records. Alteration or misuse of college documents pertaining to academic records by means of computer resources or other equipment also in included within this definition of cheating.

The Kinesiology Department faculty explicitly defines cheating to include:

1. Copying exam answers from another student.
2. Use of unauthorized notes during testing.
3. Copying another student’s work partially or in total.

The Kinesiology Department faculty explicitly defines plagiarism to include:

1. Copying another’s work and presenting it as one’s own.
2. Using more than two or three words from a source without using quotes.
3. Paraphrasing by simply rearranging another’s work.
4. Presenting a purchased paper as one’s own work.
The Kinesiology Department procedure for dealing with cases of academic dishonesty is consistent with the policy for all faculty. There are two options that the faculty member may choose from:

1. Instructor responds to the situation informally, usually failing the student in the course. Appeals are heard within the department.

2. Instructor responds formally by using the campus judicial system. It is a very serious violation when the instructor files an incident report with the Dean of Students. Possible sanctions include written warning, disciplinary probation, suspension, or expulsion. Appeals are heard by the Student/Faculty Hearing Committee.

To assist you in citing sources used in writing your papers and to understand the nature of plagiarism and how to avoid it, refer to “Citing Sources and Avoiding Plagiarism: Documentation Guidelines” at the following website: http://library.duke.edu/research/citing/
ADVISEMENT

Each student declaring Physical Education or Health Promotion as a major will be assigned an advisor from the Department of Kinesiology. If you have not yet been assigned an advisor, please see the departmental secretary. In consultation with the advisor, the student should discuss career interests and options and determine the degree plan best suited to the student’s goals.

Although the **student is ultimately responsible** for the program outlined on the Degree Plan Sheet, regular (at least once/semester) discussions and meetings with the advisor are necessary to avoid graduation conflicts.

It is the student’s responsibility to make appointments with his/her advisor well in advance of the deadline to: (1) pre-register for classes; (2) add and drop classes; (3) apply for Teacher Education and/or internships. It is also necessary to discuss any plans or desires to take courses elsewhere and transfer credit to Missouri Southern, including internet courses.
# Bachelor of Science in Education
## Physical Education (K-12)

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<th>Courses</th>
<th>Semester Hours</th>
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<td>Kine 114 Fitness Programming and Assessment</td>
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<td>Kine 135 History and Philosophy of Physical Education</td>
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<td>Kine 251 Lifetime Activities I</td>
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<td>Kine 252 Lifetime Activities II</td>
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<td>Kine 255 Dance and Recreational Pursuits</td>
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<td>Kine 321 Theory &amp; Technique of Secondary Physical Education</td>
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# Suggested Order of Study

## Bachelor of Science in Education

### Physical Education K-12

#### FRESHMAN

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<th>Fall Semester</th>
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#### SOPHOMORE

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#### SENIOR

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<td>Kine 342</td>
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<td>Kine 438</td>
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| SENIOR | 15 |

* Note Prerequisite(s)

# Application for Junior Block one semester in advance and note criteria for admission

@ Application for Professional Semester one semester in advance and note criteria for admission
Eng 101 English Composition  WI (3) _________
Eng 102 or 111 Eng Comp  WI (3) _________
Comm 100 Oral Communication (3) _________
Math 125 or above (3) _________
Bio 101 General Biology (4) _________
Physical Science elective (D2) (4-5) _________
Psc 120 Government (3) _________
Hist 110 or 120 American History (3) _________
Psy 100 General Psychology (3) _________
Social/Behavior Science elective (E2) (3) _________
Music, Art, or Theater elective (F1) (3) _________
Humanities/Fine Arts elective (F2) (3) _________
Ue100 University Experience (3) _________

International Studies (Area I) met with Educ 280 _________

Bio 201 Human Anatomy (4) _________
Psy 205 Child/Adolescent Development (4) _________
Psy 310 Educational Psychology (2) _________

Bio 135 History & Philosophy P.E. (S) _________

All candidates must submit an approved portfolio, pass the Praxis II Exam and complete an exit interview. For Oklahoma, Kansas, and Arkansas certification, see the certification officer in the Teacher Education Office.
Health. The Missouri Department of Elementary and Secondary Education (DESE) identifies Health as a certification area. To teach health in the State of Missouri, one must be certified. A student desiring health certification should plan to take the Praxis Exam for Health Education.

Athletic Training. To become a certified athletic trainer, one must pass the National Athletic Training Examination. Only persons with a degree in Athletic Training are eligible to take the exam. Missouri Southern does not offer a degree in Athletic Training, however, the following courses provide both classroom and hands-on experience for students who desire to pursue athletic training at the graduate school level.

- Bio 201 Human Anatomy
- Bio 301 Human Physiology
- Kine 220 First Aid & Sport Safety
- Kine 325 Practicum in Sports Medicine
- Kine 342 Biomechanical Analysis of Human Movement
- Kine 385 Nutrition for Human Development
- Kine 431 Physiology of Exercise
- Kine 432 Physiology of Exercise Lab
- Para 210 EMT-Basic
- HS 111/Rad 111 Medical Terminology

Coaching. In the state of Missouri, head and assistant coaches in all sports must be certified teachers or administrators. For the coaching requirements of another state, you will need to contact the state’s governing agency. For students with an interest in coaching, we offer the following related courses. These courses are not required and are considered electives.

- Kine 220 First Aid & Safety
- Kine 260 Theory of Basketball
- Kine 261 Theory of Football
- Kine 262 Theory of Track & Field
- Kine 263 Theory of Volleyball
- Kine 264 Theory of Baseball/Softball
- Kine 265 Theory of Soccer
- Kine 342 Biomechanical Analysis of Human Movement
- Kine 431 Physiology of Exercise
- Bio 201 Human Anatomy
Bachelor of Science in  
Health Promotion and Wellness

<table>
<thead>
<tr>
<th>Courses</th>
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<td><strong>Kinesiology Requirements</strong></td>
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<td>Kine 113  Wellness for the Health Professional</td>
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<tr>
<td>Kine 114  Fitness Programming and Assessment</td>
<td>2</td>
</tr>
<tr>
<td>Kine 220  First Aid and Sport Safety</td>
<td>2</td>
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<tr>
<td>Kine 292  Fitness and Weight Training</td>
<td>2</td>
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<tr>
<td>Kine 295  Orientation to Health Promotion and Wellness</td>
<td>1</td>
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<tr>
<td>Kine 305  Aging and Health</td>
<td>2</td>
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<tr>
<td>Kine 340  Motor Learning</td>
<td>2</td>
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<td>Kine 342  Biomechanical Analysis of Movement</td>
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<td>Kine 345  Tests and Measurements in Physical Education</td>
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<td>Kine 351  Exercise Interventions</td>
<td>3</td>
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<td>Kine 352  Administration in Health Promotion</td>
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<td>Kine 375  Adapted Physical Education</td>
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<td>Kine 432  Physiology of Exercise Laboratory</td>
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<td>Kine 495  Internship in Wellness</td>
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<td><strong>Supporting Requirements</strong></td>
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<td>Bio 201  Human Anatomy</td>
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<td>Cis 105  Introduction to Microcomputer Use</td>
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<td>Psy 221  Psychology of Personal Adjustment</td>
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<td>GB 320  Business Communications</td>
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<td>MM 300  Principles of Marketing</td>
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<td>MM 350  Fundamental of Organizational Management</td>
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<td>MM 352  Human Resource Management</td>
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<td>MM 441  Organizational Behavior</td>
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<td>Psy 282  Applied Behaviorism</td>
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<td>Psy 320  Applied Statistics *</td>
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<td>Bio 301  Human Physiology *</td>
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* Courses needed to pursue the clinical track.

**NOTE:** Students in the Health Promotion and Wellness Program must take Math 140 Algebra /Trigonometry for the Core Curriculum requirements. A minimum of 124 hours are required for graduation.
**Suggested Order of Study**  
**Bachelor of Science in**  
**Health Promotion and Wellness**

### FRESHMAN  
**Fall Semester**  
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<thead>
<tr>
<th>Course</th>
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<td>Eng 101</td>
<td>English Composition I (WI)</td>
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<td>Comm100</td>
<td>Oral Communication</td>
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<td>Psy 100</td>
<td>General Psychology</td>
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<td>Psy 120</td>
<td>College Orientation</td>
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<td>Eng 102</td>
<td>English Composition II *(WI)</td>
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<td>Comp 105</td>
<td>Intro to Microcomputer Use</td>
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<td>Econ 180</td>
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### SOPHOMORE  
**Fall Semester**  
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<td>Kine 330</td>
<td>Psychological Adjustment*</td>
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<td>Kine 220</td>
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</tr>
<tr>
<td>Bio 101</td>
<td>General Biology</td>
<td>4</td>
</tr>
<tr>
<td>Psy 212</td>
<td>Psych of Personal Adjustment*</td>
<td>3</td>
</tr>
<tr>
<td>Kine 295</td>
<td>Orientation to Health Prom.</td>
<td>1</td>
</tr>
<tr>
<td>Kine 295</td>
<td>Theory/ Tech of Dance/ Exercise*</td>
<td>2</td>
</tr>
<tr>
<td>CORE</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td>18</td>
</tr>
</tbody>
</table>

**Spring Semester**  
<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kine 352</td>
<td>Administration in H.P. *</td>
<td>3</td>
</tr>
<tr>
<td>Kine 292</td>
<td>Fitness/ Weight Training</td>
<td>2</td>
</tr>
<tr>
<td>Bio 201</td>
<td>Human Anatomy</td>
<td>4</td>
</tr>
<tr>
<td>Phys 100</td>
<td>Fund of Physical Science</td>
<td>5</td>
</tr>
<tr>
<td>Elective(s)</td>
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<td>3-5</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td>17-19</td>
</tr>
</tbody>
</table>

### JUNIOR  
**Fall Semester**  
<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Math 140</td>
<td>Algebra and Trigonometry</td>
<td>5</td>
</tr>
<tr>
<td>Kine 375</td>
<td>Adapted P.E. (WI)</td>
<td>2</td>
</tr>
<tr>
<td>Kine 340</td>
<td>Motor Learning</td>
<td>2</td>
</tr>
<tr>
<td>Kine 385</td>
<td>Nutrition for Human Development</td>
<td>3</td>
</tr>
<tr>
<td>Elective</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td>CORE</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
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</tr>
</tbody>
</table>

**Spring Semester**  
<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kine 305</td>
<td>Aging and Health*</td>
<td>2</td>
</tr>
<tr>
<td>Kine 342</td>
<td>Biomechanical Analysis*</td>
<td>3</td>
</tr>
<tr>
<td>Kine 345</td>
<td>Tests &amp; Measurements in P.E.*</td>
<td>2</td>
</tr>
<tr>
<td>GB 320</td>
<td>Business Communication*(WI)</td>
<td>3</td>
</tr>
<tr>
<td>Kine 395</td>
<td>Practicum in Wellness*</td>
<td>2</td>
</tr>
<tr>
<td>Elective(s)</td>
<td></td>
<td>3-5</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td>18</td>
</tr>
</tbody>
</table>

### SENIOR  
**Fall Semester**  
<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kine 431</td>
<td>Physiology of Exercise</td>
<td>2</td>
</tr>
<tr>
<td>Kine 432</td>
<td>Physiology of Exercise Lab</td>
<td>2</td>
</tr>
<tr>
<td>CORE</td>
<td></td>
<td>3</td>
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<tr>
<td>Electives</td>
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</tr>
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<td><strong>Total</strong></td>
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<td>16-18</td>
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</table>

**Spring Semester**  
<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kine 495</td>
<td>Internship in Wellness*</td>
<td>6</td>
</tr>
</tbody>
</table>
MISSOURI SOUTHERN STATE UNIVERSITY
DEPARTMENT OF KINESIOLOGY
HEALTH PROMOTION AND WELLNESS CURRICULUM

NAME: ____________________________  S-I.D. # __________________
ADDRESS: ________________________________  ________________________________  ________________________________  ________________________________  ________________________________

DEPARTMENT OF KINESIOLOGY

GENERAL EDUCATION (46-47)  Hrs.  Completed

<table>
<thead>
<tr>
<th>Course</th>
<th>Hrs.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eng 101 English Composition WI</td>
<td>3</td>
</tr>
<tr>
<td>Eng 102 or 111 Eng Comp WI</td>
<td>3</td>
</tr>
<tr>
<td>Comm 100 Oral Communication</td>
<td>3</td>
</tr>
<tr>
<td>Math 140 Algebra and Trig</td>
<td>5</td>
</tr>
<tr>
<td>Bio 101 General Biology</td>
<td>4</td>
</tr>
<tr>
<td>Physical Science elective (D2)</td>
<td>4-5</td>
</tr>
<tr>
<td>*Phys 151 College Physics I</td>
<td>5</td>
</tr>
<tr>
<td>PSC 120 Government</td>
<td>3</td>
</tr>
<tr>
<td>Hist 110 or 120 American History</td>
<td>3</td>
</tr>
<tr>
<td>Psy 100 General Psychology</td>
<td>3</td>
</tr>
<tr>
<td>Social/Behavior Science elective (E2)</td>
<td>3</td>
</tr>
<tr>
<td>Music, Art, or Theater elective (F1)</td>
<td>3</td>
</tr>
<tr>
<td>Humanities/Fine Art elective (F2)</td>
<td>3</td>
</tr>
<tr>
<td>International Studies Elective (Area I)</td>
<td>3</td>
</tr>
<tr>
<td>Ue 100 University Experience</td>
<td>3</td>
</tr>
</tbody>
</table>

DEPARTMENT OF KINESIOLOGY

REQUIREMENTS (41)

<table>
<thead>
<tr>
<th>Course</th>
<th>Hrs.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kine 113 Wellness for the Health Prof.</td>
<td>2</td>
</tr>
<tr>
<td>Kine 114 Fitness Prog/Assessment</td>
<td>2</td>
</tr>
<tr>
<td>Kine 220 First Aid and Sport Safety</td>
<td>2</td>
</tr>
<tr>
<td>Kine 498 (251) Exercise Interventions</td>
<td>3</td>
</tr>
<tr>
<td>Kine 292 Theory/Tech Strength Training</td>
<td>2</td>
</tr>
<tr>
<td>Kine 295 Orientation to H.P./Wellness</td>
<td>1</td>
</tr>
<tr>
<td>Kine 305 Aging and Health (S)</td>
<td>2</td>
</tr>
<tr>
<td>Kine 340 Motor Learning</td>
<td>2</td>
</tr>
<tr>
<td>Kine 342 Biomechanics</td>
<td>3</td>
</tr>
<tr>
<td>Kine 345 Tests &amp; Measurements</td>
<td>2</td>
</tr>
<tr>
<td>Kine 352 Administration in H.P.</td>
<td>3</td>
</tr>
<tr>
<td>Kine 375 Adapted P.E. WI</td>
<td>2</td>
</tr>
<tr>
<td>Kine 385 Nutrition for Human Dev.</td>
<td>3</td>
</tr>
<tr>
<td>Kine 395 Practicum in Wellness</td>
<td>2</td>
</tr>
<tr>
<td>Kine 431 Physiology of Exercise</td>
<td>2</td>
</tr>
<tr>
<td>Kine 432 Physiology of Exercise Lab</td>
<td>2</td>
</tr>
<tr>
<td>Kine 495 Internship in Wellness</td>
<td>6</td>
</tr>
<tr>
<td>GB 320 Business Communications WI</td>
<td>3</td>
</tr>
<tr>
<td>MM 300 Principles of Marketing</td>
<td>3</td>
</tr>
<tr>
<td>MM 350 Fund. of Org. Management WI</td>
<td>3</td>
</tr>
<tr>
<td>MM 352 Human Resource Management</td>
<td>3</td>
</tr>
<tr>
<td>MM 441 Organizational Behavior</td>
<td>3</td>
</tr>
<tr>
<td>Psy 282 Applied Behaviorism (F)</td>
<td>3</td>
</tr>
<tr>
<td>*Psy 320 Applied Statistics</td>
<td>3</td>
</tr>
<tr>
<td>*Bio 301 Human Physiology</td>
<td>4</td>
</tr>
<tr>
<td>*Chem 151 General Chemistry I</td>
<td>5</td>
</tr>
<tr>
<td>*Chem 152 General Chemistry II</td>
<td>5</td>
</tr>
<tr>
<td>*Phys152 College Physics II (S)</td>
<td>4</td>
</tr>
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</table>

SUPPORTING ELECTIVES (23-24)  Hrs.  Completed

<table>
<thead>
<tr>
<th>Course</th>
<th>Hrs.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cis 105 Intro Micro Use</td>
<td>3</td>
</tr>
<tr>
<td>Psy 221 Psych of Personal Adj.</td>
<td>3</td>
</tr>
<tr>
<td>Bio 201 Human Anatomy</td>
<td>4</td>
</tr>
<tr>
<td>MM 441 Organizational Behavior</td>
<td>3</td>
</tr>
<tr>
<td>Psy 282 Applied Behaviorism (F)</td>
<td>3</td>
</tr>
<tr>
<td>*Psy 320 Applied Statistics</td>
<td>3</td>
</tr>
<tr>
<td>*Bio 301 Human Physiology</td>
<td>4</td>
</tr>
<tr>
<td>*Chem 151 General Chemistry I</td>
<td>5</td>
</tr>
<tr>
<td>*Chem 152 General Chemistry II</td>
<td>5</td>
</tr>
<tr>
<td>*Phys152 College Physics II (S)</td>
<td>4</td>
</tr>
</tbody>
</table>

OR other Approved Elective(s) to total 23 hours

* Courses recommended for students pursuing the clinical track

Choose the elective courses that are appropriate to your career interest area.

124 hours minimum required for graduation

Application for internship, Kine 495, must be filed with Marty Conklin at least one semester prior to the experience to receive departmental endorsement.

FILING DEADLINES: 1st week of November for Spring intern.
1st week of April for Fall or Summer intern.

A MINIMUM OF 400 HOURS IS REQUIRED FOR THE INTERNSHIP EXPERIENCE.

ALL COURSE WORK MUST BE COMPLETED PRIOR TO BEGINNING THE INTERNSHIP.

Note and follow all prerequisites. Bio 201 is a prerequisite for Kine 342, 431, and 432. Math 140 is a prerequisite for PHYS 151.

Writing Intensive – Five writing intensive courses are required of all baccalaureate degree candidates. Students transferring to MSSU with ≥ 30 hours will only be required to complete four writing intensive courses; ≥ 90 will need three.
A. WRITTEN COMMUNICATION .............. 6 hours
   Eng 101 College Composition I (3)
   Eng 102 College Composition II (3)
   OR Eng 111 Advanced College Composition (3)

B. ORAL COMMUNICATION .................. 3 hours
   Comm 100 Oral Communication (3)

C. MATHEMATICS ......................... 3 hours
   Math 120 or above (3)

D. LIFE AND PHYSICAL SCIENCES .......... 8-9 hours
   Required: At least one course from each area.
   1. Life Sciences (4 credit hours)
      Bio 101 General Biology/Lab (4)
      Bio 105 Environmental Emphasis/Lab (4)
      Bio 110 Principles of Biology I (4)
      Bio 121 Human Anatomy & Physiology I/Lab (4)
   2. Physical Sciences (4-5 credit hours)
      Chem 120 Chemistry for Allied Health Sciences (5)
      Chem 151 General Chemistry I/Lab (5)
      Geol 120 Intro to Geology/Lab (4)
      Geol 180 Intro to Meteorology (3)
      Geol 210 Earth and Space Science (3)
      Geol 212 Earth and Space Science Lab (1)
      Phys 100 Fund. of Physical Science (5)
      Phys 150 Environmental Physics (5)
      Phys 151 Elementary College Physics I/Lab (5)
      Phys 300 Astronomy (3)

E. SOCIAL AND BEHAVIOR SCIENCES ....... 12 hours
   1. Required Courses:
      Hist 110 or 120 U.S. History (3)
      Psc 120 Gov’t: U.S., State, Local (3)
   2. Select two courses with different prefixes:
      Anth 101 General Anthropology (3)
      Econ 180, 201, or 202 Economics (3)
      Geog 101 Introduction to Geography (3)
      Soc 110 Sociology (3)
      Psy 100 General Psychology (3)

F. HUMANITIES AND FINE ARTS ........... 6 hours
   1. Select One:
      Art 110 Art Appreciation (3)
      Mus 106 World Music (3)
      Mus 110 Music Appreciation (3)
      Th 110 Theatre Appreciation (3)
   2. Select One:
      Eng 150 Intro to Literature (3)
      Eng 261, 262 World Literature (3)
      Eng 271, 272 British Literature (3)
      Eng 281, 282 American Literature (3)
      Eng 305 Short Story (3)
      Phil 201 Introduction to Philosophy (3)
      Phil 212 Ethics (3)

G. HEALTH AND WELLNESS.................. 2 hours
   Kine 103 Lifetime Wellness (2)

H. UNIVERSITY EXPERIENCE ................ 3 hours
   UE100 University Experience (3)

I. INSTITUTIONAL REQUIREMENTS .......... 3 hours
   International Studies
   Select One:
      Anth 155 Physical Anthropology and Archeology
      Anth 342 Comparative Cultures
      CJAd 301 International Justice Systems
      CJAd 370 International Terrorism
      Comm 305 Intercultural Communication
      Educ 280 Education in the Global Society
      Eng 385 Continental Novel
      Foreign Language
      Geog 211 Regions and Nations
      Geog 310 Human & Cultural Geography
      Hist 130 or 140 Western Civilization
      Hist 150 Asian Civilizations
      Hist 160 History of Latin America
      IB 210 Global Business Literacy
      IB 310 International Business
      IntS 201 Intro to International Studies
      Phil 320 Comparative Religion
      Soc 303 The Arab World

TOTAL GENERAL EDUCATION REQUIREMENTS WITH INSTITUTIONAL REQUIREMENTS ....... 46-47 HOURS

MANAGEMENT MINOR

Choose two:
   ACCT 201 Principles of Acct. I (3)
   ECON 201 or 202 (3)
   GB 320 Business Communications WI (3)
   GB 321 Business Statistics I (3)

Required:
   MM 350 Fund. of Org. Management WI (3)

Choose four:
   MM 337 Management Info Systems (3)
   MM 352 Human Resource Mgmt (3)
   MM 354 Quality Management (3)
   MM 411 Labor and Employment Law (3)
   MM 431 Operations Management (F) (3)
   MM 441 Organizational Behavior (3)
   MM 450 The Psy of HRM (Demand) (3)
   IB 410 International Management (3)

Total hours for minor in Management: 21
PROFESSIONALISM

1. Classroom Behavior

The goal of our faculty is to adequately prepare physical educators and health promotion professionals for positions. We want to be proud of our product and hope that our students will represent our department and college well as they begin their professional careers. We believe that professionalism begins in the classroom. You are expected to:

- Regularly attend class
- Be on time for class
- Be prepared
- Be attentive and participate
- Be prompt in completing and turning in assignments
- Dress appropriately
- Be dependable

In addition to the above qualities, the Kinesiology faculty has agreed to the following policies:

- No late assignments will be accepted.
- Habitual tardiness may be counted as an absence.
- Six unexcused absences may result in your being dropped from the course.

2. Dress Code Policy

Your appearance in class reflects your pride in our department. The faculty agree on the following dress guidelines:

- No t-shirts that advertise alcohol, tobacco, drugs, or display inappropriate language should be worn.
- No caps or hats should be worn in a classroom.

When dressed for activity:

- Try to wear school colors as often as possible . . . green, white, gold, gray
- No jeans or cut-off jean shorts
- No cut-off sweats
- Wear tennis shoes and socks

3. Organizations

Membership in professional organizations and the establishment of professional affiliations are important for young professionals. Membership will facilitate the development of professional contacts. It provides the opportunity to update one’s skills and knowledge through continuing education programs, workshops, and conventions.

a. K-Club (Kinesiology Club)

Who can join K-Club?

- Any student studying in the Kinesiology department
Why should I join K-Club?

- Professional growth
- Enhance resume
- Get involved with campus activities
- Promote healthy lifestyles and quality Physical Education
- Fun & Fellowship
- Attend State, District & National Conventions

How do I join K-Club?

- Each year the current officers will conduct a membership drive. Student membership dues are $20.00/year, which includes membership in our state organization (MOAHPERD).

b. MOAHPERD (Missouri Association for Health Physical Education, Recreation, and Dance)

**Mission:** MOAHPERD is a professional organization structured for the purpose of supporting, encouraging, and providing assistance to initiate and conduct programs in health, physical education, and movement related activities for the enrichment of human life. Plan to attend the annual convention held in Mid-November. There will be sessions in several areas of interest, including:

- Adapted
- Athletics
- College
- Dance
- Elementary physical education
- Health
- Outdoor/Experiential Education
- Research
- Technology
- Secondary physical education

Joining MOAHPERD will enable you to share knowledge and expertise with others in the profession and assist in improving health and movement related programs for students and schools in Missouri. The strength of any profession lies in the quality, dedication, expertise, and enthusiasm of the individuals of the profession.


c. AAHPERD (American Alliance for Health Physical Education Recreation and Dance)

**Mission:** AAHPERD is an educational organization designed to support, encourage, and provide assistance to member groups and their personnel nationwide as they initiate, develop, and conduct programs in health, leisure, and movement-related activities. AAHPERD seeks to:

- Encourage, guide, and support professional growth and development in health, leisure, and movement-related programs based on individual needs, interests, and capabilities.
Communicate the importance of health, leisure, and movement-related activities as they contribute to human well-being.
Encourage and facilitate research which will enrich health, leisure, and movement-related activities, and disseminate the findings to professionals and the public.
Develop and evaluate standards and guidelines for personnel and programs in health, leisure, and movement-related activities.
Coordinate and administer a planned program of professional, public, and government relations that improves education in areas of health, leisure, and movement-related activities.

Membership Dues:
Students may join AAHPERD for annual dues of $30. Members receive JOPERD, the Journal of Physical Education, Recreation & Dance, which is published monthly. AAHPERD’s annual convention is held in March.
http://www.aahperd.org

d. ACSM (American College of Sports Medicine)
   http://www.acsm.org

e. NSCA (National Strength and Conditioning Association)
   http://www.nsca-lift.org

f. NAHF (National Association for Health and Fitness)
   http://www.physicalfitness.org

g. NWA (National Wellness Association)
   http://www.nationalwellness.org

h. NATA (National Athletic Training Association)
   http://www.nata.org

i. NIRSA (National Intramural/Recreational Sports Association)
   http://www.nirsa.org

4. Certifications
Certification programs offered by professional organizations ensure that individuals who receive certification have the necessary skills and knowledge to competently plan and administer programs. Pursuing certifications can greatly increase your professional marketability. They serve to enhance your credentials and assist you as you seek a position. Information about certification can be obtained via the Web. Below is a list of the most common certifications available in the health and fitness-related discipline:

ACSM (American College of Sports Medicine)
Certifies and qualifies professionals as Exercise Specialists; Program Directors; Exercise Leaders/Aerobics; Health/fitness Instructors; Health/Fitness Directors; Personal Trainers; and Exercise Test Technologists. To access online applications for ACSM certification workshops, go to www.acsm.org/certification/getcertified.htm.
NATA (National Athletic Trainer Association)  
Provides a certification program that is widely used as an entrance criterion to jobs as athletic trainers. To access NATA certification examination sites and dates, go to www.bocatc.org/becomeatc/EXAMDATES/

CPR and First Aid Instructor  
Certification enables one to teach CPR or first aid in a corporate fitness center.

YMCA (Young Men’s Christian Association)  
Offers certification as Basic Fitness Leader; Fitness Specialist; and Advanced Exercise Specialist.

ACE (American Council on Exercise)  
Offers certification as Personal Trainer; Group Fitness Instructor; and Lifestyle & Weight Management Consultant.  
http://www.acefitness.org

AFAA (Aerobics and Fitness Association of America)  
Certification programs include Primary Aerobic Instructor; Personal Trainer/Fitness Counselor; Weight Training; Step Certification; and Emergency Response.  
http://www.afaa.com

NSCA (National Strength and Conditioning Association)  
Offers certification as Certified Strength and Conditioning Specialists and Certified Personal Trainer. To access online applications for NSCA certification workshops, go to www.nsca-cc.org/

The Cooper Institute. Dallas, Texas  
Provides several exercise-related training and certifications including Personal Trainer, Aerobics Instructor, Biomechanics of Resistance Training, Fitness Specialist for Older Adults, Special Populations, Martial Arts, Indoor Cycling, Aquatics, Health Promotion Director, Dietary Guidance.  
http://www.cooperinst.org

DESE (Missouri Department of Elementary and Secondary Education)  
Contact for Health Certification course requirements.  
http://www.dese.mo.gov

NCPERID (National Consortium for Physical Education and Recreation for Individuals with Disabilities)  
Offers certification as Certified Adapted Physical Educator.  
http://www.uwlax.edu/sah/ncperid/

5. Additional Career Options:

Physical Therapy. For a list of accredited physical therapy programs and their admission requirements, go to www.univsource.com/pt.htm or www.apta.org
- **Occupational Therapy.** For a list of accredited occupational therapy programs and their admission requirements, go to [www.univsource.com/ot.htm](http://www.univsource.com/ot.htm) or [www.aota.org](http://www.aota.org).

- **Medical School.** For an overview of medical school requirements go to [http://www.ama-assn.org/ama/pub/category/2371.html](http://www.ama-assn.org/ama/pub/category/2371.html).

- **Allied Health.** For a listing of careers in, including educational programs, salary ranges, accrediting agencies, go to [www.ama-assn.org/ama/pub/category/10481.html](http://www.ama-assn.org/ama/pub/category/10481.html).

6. **Additional Opportunities/Experiences**

   a. **Children’s Lifetime Sports Academy**

   Missouri Southern physical education and health promotion majors are asked to serve as leaders, counselors, and instructors during the *Lifetime Sports Academy* held each summer. The goal of the academy is to teach the skills and to promote the appreciation of selected lifetime activities... bowling, golf, disc games, rhythms, fishing, canoeing, and racquet sports to area children. Effective with the 2002-2003 catalog, Physical Education majors will be required to enroll in the Academy (Kine 355) for credit once during their academic program.

   b. **Health Fair**

   Missouri Southern physical education and health promotion majors have the opportunity to take an active role in the faculty, staff, and student health fair held annually at the college. Participation includes fitness screenings and assessments as well as data analysis.

   There are numerous opportunities to participate in health-related activities and events, both on our campus and in the community.
Application for Membership
Kinesiology Club (K-Club)

Name ________________________ Gender ____ Year in School _____ Major ____________

School Address ___________________________________ Phone _______________________

City _____________________  State ______  Zip ________  Voice Mailbox _______________

Permanent Address ___________________________________ Phone _______________________

City _____________________  State ______  Zip ________  E-mail Address _______________

Areas of interest or ideas for programs ______________________________________________

______________________________________________________________________________

Extra Curricular Activities: _______________________________________________________

Membership Dues:                                                                 National AAHPERD Dues (Optional)

<table>
<thead>
<tr>
<th>Student</th>
<th>Faculty</th>
<th>National AAHPERD Dues (Optional)</th>
</tr>
</thead>
<tbody>
<tr>
<td>$5.00</td>
<td>$5.00</td>
<td>$125.00 Professional (faculty)</td>
</tr>
<tr>
<td>$15.00</td>
<td>$35.00</td>
<td>$45.00 Undergraduate</td>
</tr>
<tr>
<td>$20.00</td>
<td>$40.00</td>
<td>(Includes subscription to Update Newsletter and one periodical)</td>
</tr>
</tbody>
</table>

Make checks payable to: K-Club

Make checks payable to: AAHPERD

Membership Application to MOAHPERD
(Missouri Association for Health, Physical Education, Recreation and Dance)
Website: www.moahperd.org

Name _____________________________ Permanent Address __________________________________________

City ______________________________ State _______  Zip ____________ Phone _______________________

E-mail Address _________________________________  County in which you live _________________________

School: Missouri Southern State University   District: Southwest   Code: G

Membership Status: New _______   Renewal _______   AAHPERD Member? Yes ___  No ___

Check Appropriate Category:

_____ Professional ($35.00)
_____ Student ($15.00)

Teaching/Interest Area (check one):

_____ Physical Education (1)
_____ Health (2)
_____ P.E. / Health (3)
_____ P.E. / Athletics (4)
_____ Dance (5)
_____ Adapted (6)
_____ Other (7)

Convention Registration Fee: Professionals $100.00 / Future Professionals $30.00
Please take advantage of the valuable references in our library for your assignments, papers, and projects. In addition to the journals listed below, there are numerous books available in our discipline. Our faculty will be happy to assist you with resources after you have searched the library.

- ACSM’s Health and Fitness Journal
- Adapted Physical Activity Quarterly
- American Journal of Education
- American Teacher
- Athletic Business
- Coach and Athletics Director
- Dance Magazine
- Exceptional Children
- Health
- International Journal of Sport Nutrition and Exercise Metabolism
- Journal of Aging and Physical Activity
- Journal of Applied Biomechanics
- Journal of Athletic Training
- Journal of Health Education
- Journal of Learning Disabilities
- Journal of Motor Behavior
- Journal of Nutrition Education
- Journal of Physical Education, Recreation, and Dance
- Journal of School Health
- Journal of Sport and Exercise Psychology
- Journal of Sport History
- Journal of Sports Medicine and Physical Fitness
- Journal of Teacher Education
- Journal of Teaching in Physical Education
- Medicine and Science in Sports and Exercise
- Mental Retardation
- Nutrition Today
- Perceptual and Motor Skills
- Physical Educator
- Physical Therapy
- Physician and Sportsmedicine
- Quest
- Research Quarterly for Exercise and Sport
- Runner’s World
- Sociology of Sport Journal
- Sport
- Strategies
- Teaching Elementary Physical Education
- Therapeutic Recreation Journal
- Track and Field News
- Women’s Sports and Fitness
Teacher Education Guidelines

After a student declares a major in education, there are two levels of admission to the teacher education program: (1) tentative formal admission and (2) formal admission

Application for tentative formal admission

Applications for tentative formal admission to the teacher education program may be filed with the Dean of the School of Education after the student has declared an education major and successfully completed 55 semester hours of prescribed course work. The deadline for application is early in February for those seeking formal admission in the subsequent fall semester. The deadline for application for those seeking admission in the spring semester is the first of October.

Students must have tentative formal admittance before courses can be taken in professional education. Courses with an EDUC prefix cannot be taken until the Junior Block (Educ 329, 321, & 423) has been completed, except for Educ 302, which may be taken at any time. Educ 301 must be taken before or concurrently with the Junior Block. Educ 422, Content Area Literacy may be taken with the Junior Block classes or the semester following.

Qualifications for tentative formal admission include the following:

- Submit a completed application that is signed by the student's advisor.
- Have a cumulative GPA of 2.75 in all course work. All students in education must maintain a cumulative GPA of 2.5 in their teaching areas, e.g. physical education.
- Pass all sections of the Missouri C-Base Test with a minimum score of 235. (This test is not required of post baccalaureates.)
- Have a composite ACT enhanced score of 20 or an SAT (VM) of 800.
- Completion of the Human Relations Incident (HRI) form.
- Submit a faculty recommendation form completed by an MSSU faculty member.
- Convicted felons must identify themselves by so indicating on the application for admission form. Upon identification the candidate will need to make certain documents and information available to the Admissions and Retention Committee of the Teacher Education Program, i.e., conviction status, probation information, recommendations from court and public officials associated with the conviction. This process must be repeated when application is made for student teaching. There is a process that must be followed before consideration is given for certification in the State of Missouri. Failure to identify oneself will cause the candidate to be removed from the program at once.

When candidates attain these qualifications, they will receive tentative formal admission to the teacher education program and subsequent notification.

Formal admission

Formal admission to the teacher education program is granted after the student successfully completes the eight credit hour Junior Block: Educ 329, Pedagogical Theory, Methods, and Practices; Educ 321, Microteaching; and Educ 423, Classroom Management. The candidate must be recommended by the instructors of these courses. The candidate must maintain a cumulative GPA
of 2.75. If at any point in the program a student’s GPA drops below accepted levels, the candidate will be dismissed from the teacher education program.

Grades below a "C" in professional education courses will not be accepted for the degree requirements in teacher education.

Candidates qualifying for formal admission to the program will be notified in writing. The date of formal admission will be entered on the candidate’s record by the Registrar. Candidates who have not met the criteria will also be notified and corrective measures suggested.

Admission to Student Teaching

The student teaching program is intended for students who have met all of the requirements for student teaching at Missouri Southern State University. Requirements that must be met prior to admission to student teaching are:

- Be fully admitted to the teacher education program.
- Have a cumulative GPA of 2.75.
- Have all previous course work completed at the time of student teaching.
- Have a completed application for student teaching on file at least one semester prior to the student teaching semester.
- Have a grade of "C" or better in each professional education course.
- Have an approved typewritten autobiography on file. The autobiography must consist of two or more paragraphs.

Graduation Requirements

In order to graduate from the Teacher Education Program, the candidate must successfully complete the following exit requirements, in addition to all other academic requirements of the University:

- Demonstrate mastery of pedagogical knowledge and skills included in the 11 standards which are required of all teacher education students.
- Submit a portfolio of the candidate's work in the teacher education program for faculty assessment.
- Have a cumulative GPA of 2.75 or higher.
- Have a cumulative GPA of 2.5 or higher in the teaching specialty area.
- Pass the Teaching Specialty Exam, currently the ETS PRAXIS II Series.
- Successfully complete student teaching requirements.
- Complete the exit interview.
- Clear the state required background check.
- Be eligible for current Missouri teacher certification.
Health Promotion Internship Guidelines

Philosophy of the Internship
It is imperative that each Health Promotion and Wellness major receive extensive exposure to the professional field. The internship is a catalyst to assist the student in relating textbook knowledge and classroom discussions with the actual, practical job experience. Most entry level jobs in this profession are gained by experience. The internship can help the student to build professional experience and enhance a resume.

Requirements for Enrolling in Kine 495, Internship in Wellness
The student must have completed all course work and have a cumulative GPA of at least 2.5 prior to admission into Kine 495. Application must be made at least one semester prior to the experience to receive departmental endorsement. Filing deadlines are November 1 for a Spring internship and April 1 for a Fall or Summer internship. Please see Marty Conklin, director of internships, for your Internship in Wellness Handbook. The handbook includes the objectives of the internship as well as the responsibilities of the student, the university supervisor, and the agency supervisor. A contract with the agency, weekly logs, and evaluation forms are also included. You should read and understand all guidelines in the handbook.

Selecting an Agency for Your Internship Experience
Students are encouraged to exercise their freedom in selecting the agency with which they do their internship. It is recommended that you investigate and research potential agencies in or near your hometown. The summer is an ideal time to complete your internship experience. Make an effort to select an agency that may interest you upon graduation. Contact the supervisor of the agency seeking his/her permission to do an internship. Meet with the university supervisor and/or faculty advisor to discuss your internship interests and to receive approval.

Following Completion of the Internship Experience
To fulfill all requirements for the Kine 495 course, students must complete a portfolio and make a formal presentation of their internship experience to a faculty committee.
KINESIOLOGY COMPUTER LAB

LAB LOCATION: Young Room 103

LAB HOURS: Monday – Friday  8:00 a.m. – 5:00 p.m.
If the door is locked or if you experience a problem with a computer, printer, or software, contact the Kinesiology Office, Y212

THE LAB IS AN ACADEMIC COMPUTER LAB, PRIORITY IS GIVEN TO:

1. Homework assignments
2. Internet Access (Academic Research)
3. Internet Access (e-mail)
4. Surfin’ the Web and Games*

*During peak usage, you may be asked to give up your computer.

COMPUTER LAB POLICIES:

➢ The Department of Kinesiology will assume maintenance and repair costs for the computers and printers.
➢ Save your work on your own disk using the “Save As” command. DO NOT save any work to the hard drive. (It will be deleted from the hard drive).
➢ No food, drink, or tobacco use of any kind.
➢ Recognize and follow the above listed lab priorities.
➢ All lab materials are the property of MSSU and should remain in the room. This includes books, magazines, and journal articles.

PLEASE KEEP THE LAB IN PRESENTABLE CONDITION. IT IS YOUR LAB, PROVIDED TO ENHANCE YOUR EDUCATION.

MSSU’s academic computing facilities are provided in order to promote and support academic pursuits. Academic computing facilities are therefore to be used only for instruction and research activities. Listed in the computer lab are certain responsibilities and the ethical behavior expected of you as a computer user. In addition, since we are members of the MOREnet Consortium all computer users at MSSU are bound by their acceptable use policy, which can be viewed in the lab.
KINESIOLOGY FACULTY

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Marty Conklin ............................................................... 9330
Robert Corn ................................................................. 9312
Bryce Darnell ............................................................... 9873
Bill Gray ................................................................. 9745
Jean Hobbs ................................................................. 9753
Ronda Hubbard ........................................................... 9581
Pat Lipira ................................................................. 9573
Maryann Mitts ............................................................ 9581
Ronnie Ressel ............................................................ 9701
Tom Rutledge ............................................................. 9554
Bart Tatum ................................................................. 9358
John Tatum ................................................................. 9361
Patty Vavra ............................................................... 3063
Chris Willis ............................................................... 9705
David Wright ............................................................ 9576

CAMPUS  625-XXXX

Admissions ................................................................. 3152
Bookstore ................................................................. 9380
Education Department .................................................. 9314
Financial Aid ............................................................. 9325
Health Center ........................................................... 9323
Kinesiology Department ............................................... 9316
Learning Center ........................................................ 9373
Library ................................................................. 9386
Pool/Racquetball/Intramural ......................................... 9390
Registrar ................................................................. 9389
Student Life Center ..................................................... 4461
Ticket Office ............................................................ 9366
EMERGENCY NUMBERS

All Emergency Calls ........................................ 911/8911(on campus)
Ambulance ......................................................... 911
Fire Department .................................................... 623-0403
Freeman Hospital ................................................ 623-2801
Missouri Southern Security .................................. 626-2222/2222
Police Department ............................................... 623-3131
Poison Control .................................................... 625-2305
St. John’s Hospital .............................................. 781-2727