

SCHOOL OF EDUCATION

School Dean

Michael J. Horvath

Taylor Hall 220, 417.625.9314

Degrees and Majors

Bachelor of Art

Psychology

Bachelor of Science

Health Promotion & Wellness

Psychology

Bachelor of Science in Education

Elementary Education

K-12 Education

Middle School Education

Secondary Education

Role

The School of Education is comprised of three departments: Kinesiology, Psychology, and Teacher Education. The combined role of these departments involves mentors and scholars dedicated to human development and to shaping communities. Additionally, the school provides support courses in physical education and psychology for the Core Curriculum. All departments prepare students for professional careers and/or graduate school.

The faculty serve as professional mentors for their students by demonstrating current practices that have been developed from research. The faculty also contribute to the scholarly community through research and writing within their disciplines. The goal of the school is to provide an environment where scholars can expand their knowledge and apply new skills to shape communities.

Specific goals include:

1. To acquire a working knowledge and competency in the philosophical foundation of the discipline;
2. To provide cognitive, affective, and psychomotor learning in communication, problem solving, and values clarification;
3. To develop an understanding of how humans grow and develop. This understanding includes the theoretical basis for development and how this relates to behavior;
4. To internalize an awareness of the cultural diversity that exists in society and to provide knowledge relative to the contribution made by various cultures;
5. To integrate and apply technology relative to research and professional productivity;

6. To develop awareness in the assessment of developmental and behavioral problems;
7. To develop humanitarian values, professional attitudes, and ethical standards.

KINESIOLOGY

Robert E. Young Gymnasium 212, 417.625.9316

Faculty Lipira - Head, Bailey, Beard, Beeler, Conklin, Corn, Hazelton, Hobbs, Hubbard, Jimerson, Matheny, Mitts, Ressel, Rutledge, C. Turner, W. Turner, Vavra, Ware, Wash

Faculty in the Department of Kinesiology feel that all students at Missouri Southern State University should be trained in sound principles of fitness and wellness. It has been estimated that approximately 60% of Americans are not regularly physically active. This sedentary lifestyle may manifest itself in the form of chronic conditions including heart disease, obesity, diabetes, anxiety and depression, and certain cancers. The core course requirements (Kine 103, Lifetime Wellness and Kine 101, Introduction to Physical Activity) will assist all students in making the lifestyle changes necessary for becoming active, fit, and healthy.

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. It is the policy of the Department of Kinesiology that candidates be ambassadors of fitness and healthy life-styles. All candidates should have knowledge of, and will be assessed on, cardiovascular function, muscular strength and endurance, flexibility, and body composition.

Candidates in the Department of Kinesiology are strongly encouraged to become involved with professional clubs and organizations at the departmental, state, and national levels. The Department's programs of study reflect guidelines from the National Council for Accreditation of Teacher Education (NCATE), the American Alliance for Health, Physical Education, Recreation, and Dance (AAHPERD), the National Association for Sport and Physical Education (NASPE), Missouri Department of Elementary and Secondary Education (DESE), the American College of Sports Medicine (ACSM), the American Red Cross, and requirements from the School of Education at Missouri Southern State University. Students studying in the Department of Kinesiology must earn a grade of "C" or better in all required courses with a "Kine" prefix.

Physical Education

Students who desire certification as a teacher of physical education will become qualified at both the elementary and secondary level (K-12). Physical Education K-12 majors should refer to page 189 where the requirements for Missouri Southern's teacher education program are listed.

Health Promotion and Wellness

Graduates in this major will be prepared to promote life-style strategies to prevent illness and improve quality of life. An important component of this course of study includes a core of courses from the School of Business. Students seeking the health promotion and wellness degree will actively participate in an internship experience in their final semester. Upon completion of the program, graduates may seek professional opportunities in a wide variety of areas including, but not limited to:

- hospital wellness programs
- physical/occupational therapy
- cardiac rehabilitation
- graduate school
- business/corporate fitness
- exercise physiology
- fitness/wellness centers
- research
- geriatric programs

Students who wish to pursue the degree in health promotion and wellness must have a cumulative GPA of 2.5 for all university course work prior to admission into Kine 495, Internship in Wellness.

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 complete the following courses and contact DESE for certification. One must have a grade point average of 2.5 on a 4.0 scale in the subject area.

	Semester Hours
Kine 103 Lifetime Wellness	2
OR	
Kine 113 Wellness for the Health Professional	2
Kine 160 Personal and Community Health	2
OR	
Soc 354 Sociology of Health/Wellness	3
Kine 170 Drug Education	2
Kine 220 First Aid & Sport Safety	2
Psy 221 Personal Adjustment	3
Bio 201 Human Anatomy	4
Soc 221 Marriage and Family	3
OR	
Psy 343 Human Sexuality	3
Kine 370 School Health Education (WI)	3
Kine 385 Nutrition for Human Development	3

Coaching

In the state of Missouri, head and assistant coaches in all sports must be certified teachers or administrators and be contracted by the Board of Education for the full school year as a full or part-time teacher or administrator. The school

board may also hire, as an assistant coach only, an individual who possesses a valid substitute or temporary authorization certificate, provided the school gives evidence that the position is required to maintain existence of the program and/or an adequate safety level, the coach completes an in-service training program, and a copy of the current teaching certificate is on file at the school. All coaches must attend a Missouri State High School Activities Association (MSHSAA) rules meeting.

For the coaching requirements of another state, students 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.**

	Semester Hours
Kine 150 Rules and Officiating	3
Kine 220 First Aid & Sport Safety	2
Bio 201 Human Anatomy	4
Kine 342 Biomechanical Analysis of Movement	3
Kine 431 Physiology of Exercise	2
Kine 260 Theory of Basketball	2
Kine 261 Theory of Football	2
Kine 262 Theory of Track & Field	2
Kine 263 Theory of Volleyball	2
Kine 264 Theory of Baseball/Softball	2
Kine 265 Theory of Soccer	2

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.

	Semester Hours
Bio 201 Human Anatomy	4
Bio 301 Human Physiology	4
Kine 220 First Aid & Sport Safety	2
Kine 325 Practicum in Sports Medicine	2
Kine 342 Biomechanical Analysis of Movement	3
Kine 385 Nutrition for Human Development	3
Kine 431 Physiology of Exercise	2
Kine 432 Physiology of Exercise, Lab	2

Bachelor of Science in Education With a Major in Physical Education K-12

	Semester Hours
Core Requirements (p. 32) 51	48*
Physical Education Requirements	47
Bio 201 Human Anatomy	4
Kine 113 Wellness for the Health Professional	2
Kine 114 Fitness Programming and Assessment	2
Kine 135 History and Philosophy of Physical Education	2
Kine 220 First Aid and Sport Safety	2

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Kine 251	Lifetime Activities I	3
Kine 252	Lifetime Activities II	3
Kine 255	Theory & Technique of Dance & Exercise	2
Kine 310	Theory & Technique of Elementary Physical Education I	3
Kine 312	Theory & Technique of Elementary Physical Education II	3
Kine 321	Theory & Technique of Secondary Physical Education	3
Kine 332	Rhythmic Form and Analysis	2
Kine 340	Motor Learning in Physical Education	2
Kine 342	Biomechanical Analysis	3
Kine 345	Tests and Measurements in Physical Education	2
Kine 355	Sports Academy Practicum	1
Kine 365	Psychological Aspects of Physical Education	2
Kine 366	Social Aspects of Physical Education	2
Kine 375	Adapted Physical Education (WI)	2
Kine 431	Physiology of Exercise	2
Professional Certification Requirements		37
Educ 100	Introduction to Teacher Education I	1
Educ 200	Introduction to Teacher Education II	1
Educ 301	Use of Computer Software in the Classroom	3
Educ 302	The Exceptional Child	2
Educ 321	Microteaching	2
Educ 329	Pedagogical Theory, Methods & Practices	4
Educ 338	Teaching Physical Education	2
Educ 402	Foundations of Education	2
Educ 422	Content Area Literacy: Secondary	2
Educ 423	Classroom Management	2
Educ 432	Critical Issues in Education	2
Educ 464	Student Teaching - EL-SEC (PK-12)	8
Psy 305	Child/Adolescent Development	4
Psy 310	Educational Psychology	2
TOTAL		132

*The kinesiology requirements count for three hours of Core.

Suggested Order of Study

Bachelor of Science in Education Major Code 9020 Physical Education PK-12

Freshman Year

Fall Semester		Hours
Course		
Kine 113	Wellness for the Health Professional	2
Eng 101	English Composition I (WI)	3
Educ 100	Introduction to Education I	1
Psy 100	General Psychology	3
Psy 120	College Orientation	1
Comm 100	Oral Communication	3
CORE		3
		16

Spring Semester		
Kine 114	Fitness Programming & Assessment	2
Eng 102	English Composition II (WI)	3
Phys 100	Fund of Physical Science	5
Kine 135	History & Philosophy of PE	2
CORE		6
		18

Sophomore Year

Fall Semester		
Kine 251	Lifetime Activities I	3
Educ 200	Introduction to Teacher Education II	1
Bio 101	General Biology	4
Psy 302	Exceptional Student	2
CORE		6
		16

Spring Semester		
Kine 252	Lifetime Activities II	3
Kine 255	Theory/Tech Dance & Exercise	2
Psy 310	Educational Psychology	2
Kine 220	First Aid & Sport Safety	2
Bio 201	Human Anatomy	4
CORE		3
		16

Junior Year

Fall Semester		
Kine 310	Theory/Technique of Elem P.E. I	3
Kine 321	Theory/Technique of Sec P.E.	3
Kine 332	Rhythmic Form & Analysis	2
Kine 340	Motor Learning	2
Psy 305	Child/Adolescent Development	4
CORE		3
		17

Spring Semester		
Kine 312	Theory/Technique of Elem P.E. II	3
Kine 342	Biomechanical Analysis	3
Kine 345	Tests/Measurements in P.E.	2
Kine 366	Social Aspects of P.E.	2
Educ 329	Ped Theory, Methods, & Practices#	4
Educ 321	Microteaching#	2
Educ 423	Classroom Management#	2
		18

Summer Semester		
Kine 355	Sports Academy Practicum	1
		1

Senior Year

Fall Semester		
Kine 365	Psychological Aspects of P.E.	2
Kine 375	Adapted Physical Education (WI)	2
Kine 431	Physiology of Exercise	2
Educ 301	Computer Software in Education	3
Educ 422	Content Area Lit: Sec (WI)	2
CORE		3
		14

Spring Semester		
Educ 338	Teaching Physical Education@	2
Educ 402	Foundations of Education (WI)@	2
Educ 432	Critical Issues in Education@	2
Educ 464	Student Teaching (K-12)@	8
		14

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

@ Application for Professional Semester one semester in advance and note criteria for admission

**Bachelor of Science in Health
Promotion and Wellness**

	Semester Hours
Core Requirements (p. 32) 51	50**
Health Promotion and Wellness Requirements . . .	73
Bio 201 Human Anatomy	4
GB 320 Business Communication (WI)	3
MM 300 Principles of Marketing	3
MM 350 Principles of Management (WI)	3
MM 352 Human Resource Management	3
MM 441 Organizational Behavior	3
CIS 105 Introduction to Microcomputer Use	3
Psy 221 Personal Adjustment	3
Select one of the following:	3
Psy 343 Human Sexuality (3)	3
Psy 282 Applied Behaviorism (3)	3
Soc 221 Marriage and Family (3)	3
Soc 322 Sociology of Work & Leisure (3)	3
Soc 354 Sociology of Health & Wellness (3)	3
Kine 113 Wellness for the Health Professional	2
Kine 114 Fitness Programming & Assessment	2
Kine 220 First Aid & Sport Safety	2
Kine 251 Lifetime Activities I	3
Kine 255 Theory/Technique of Dance/Exercise	2
Kine 292 Fitness and Weight Training	2
Kine 295 Orientation to Health Promotion/Wellness	1
Kine 305 Aging and Health	2
Kine 340 Motor Learning	2
Kine 342 Biomechanical Analysis	3
Kine 345 Tests and Measurements in Physical Education	2
Kine 352 Administration in Health Promotion	3
Kine 375 Adapted Physical Education (WI)	2
Kine 385 Nutrition for Human Development	3
Kine 395 Practicum in Wellness	2
Kine 431 Physiology of Exercise	2
Kine 432 Physiology of Exercise, Laboratory	2
Kine 495 Internship in Wellness	6
Electives	2-3
TOTAL	124

** NOTE: Students in the Health Promotion and Wellness degree program take Math 140 Algebra and Trigonometry and Econ 202 Principles of Economics (Micro) for the Core Curriculum requirements. A minimum of 124 hours are required for graduation.

Suggested Order of Study

**Bachelor of Science
Health Promotion and Wellness
Code 6000**

Freshman Year			Hours
Course			
Fall Semester			
Kine 113	Wellness for the Health Professional	2	
Eng 101	English Composition I (WI)	3	

Comm 100	Oral Communication	3
CORE		3
Psy 100	General Psychology (3)	3
OR		
Soc 110	Sociology (3)	1
Psy 120	College Orientation	15

Spring Semester		
Kine 114	Fitness Programming & Assessment	2
Eng 102	English Composition II (WI)	3
CIS 105	Introduction to Microcomputer Use	3
CORE		9
		17

Sophomore Year		
Fall Semester		
Kine 220	First Aid & Sport Safety	2
Kine 251	Lifetime Activities I	3
Bio 101	General Biology	4
Econ 202	Principles of Economics-Micro	3
Psy 221	Personal Adjustment	3
Kine 295	Orientation to Health Prom/Wellness	1
Kine 255	Theory/Tech of Dance/Exercise	2
		18

Spring Semester		
Kine 352	Administration in Health Promotion	3
MM 300	Principles of Marketing	3
Phys 100	Fund of Physical Science	5
Kine 292	Fitness/Weight Training	2
Bio 201	Human Anatomy	4
		17

Junior Year		
Fall Semester		
Math 140	Algebra and Trigonometry	5
Kine 340	Motor Learning	2
MM 350	Principles of Management (WI)	3
Kine 375	Adapted Physical Education (WI)	2
Kine 385	Nutrition for Human Development	3
CORE		3
		18

Spring Semester		
Kine 305	Aging and Health	2
Kine 342	Biomechanics	3
Kine 345	Tests/Measurements in P.E.	2
GB 320	Business Communication (WI)	3
Kine 395	Practicum in Wellness	2
CORE and Elective		6
		18

Senior Year		
Fall Semester		
Kine 431	Physiology of Exercise	2
Kine 432	Physiology of Exercise Lab	2
MM 352	Human Resource Management	3
Psy 282	Applied Behaviorism	3
MM 441	Organizational Behavior	3
CORE		3
		16

Spring Semester		
Kine 495	Internship in Wellness	6
		6

For additional information contact:

Dr. Pat Lipira
Office: Young Gymnasium 214
Phone: 417.625.9573
Email: lipira-p@mssu.edu

Course Descriptions

Kine 101 (F,S) 1 hr. cr.

Introduction to Physical Activity

Designed to assist students in developing proficiency in a physical activity to increase the likelihood of lifetime participation. Required course for Core Curriculum. Non-repeated activities may be taken a maximum of three times for credit.

Kine 103 (F,S) 2 hrs. cr.

Lifetime Wellness

Designed to provide students with the knowledge and self-management skills that will assist them in adopting healthy life-styles. The course will encompass all areas of wellness: physical, emotional, spiritual, social, and intellectual. Required course for Core Curriculum.

Kine 113 (F, S) 2 hrs. cr.

Wellness for the Health Professional

Contemporary information about the beneficial effects of a positive health life-style and how to implement and live such a life-style. Required and limited to students studying in the Department of Kinesiology.

Kine 114 (F, S) 2 hrs. cr.

Fitness Programming and Assessment

Designed to teach introductory theory and technique in exercise programming and testing. Techniques for conducting physical fitness assessments are studied. Tests of cardiorespiratory fitness, muscular strength and endurance, joint flexibility, body composition, and pulmonary capacity are addressed. Prerequisite: Kine 113.

Kine 135 (S) 2 hrs. cr.

History and Philosophy of Physical Education

Changing role of physical education from past to present as evidenced through the influence of the various philosophies. Prerequisite: Kine 113 or concurrently.

Kine 150 (S) 3 hrs. cr.

Rules and Officiating of Team Sports

Knowledge and skills for officiating basketball, volleyball, softball, baseball, and football; officiating laboratory required in some areas. Open to all students.

Kine 160 (F) 2 hrs. cr.

Personal and Community Health

Study of the major risk factors determining health status, with special considerations given to principles and practices of good health for individual and community concerns, including personal and community assessments, body mechanics, nutrition, legal and illegal substances, responsible sexual behavior, mental health, and the cause and prevention of disease. Not recommended for elementary education majors.

Kine 170 (S) 2 hrs. cr.

Drug Education

Examine the dimensions and problems of drug use and abuse in our society. Basic information on drug classifications, as well as specific content areas dealing with pharmacology, legislation, drug testing, drug education, and prevention efforts will be covered. Key societal influences will be addressed including drugs in the workplace, in sports, in medicine, and throughout our culture.

Kine 220 (F,S) 2 hrs. cr.

First Aid and Sport Safety

Designed to offer students the knowledge and skills necessary to sustain life, in an emergency situation, by minimizing the consequences of injury and sudden illness until medical help arrives. Strategies for providing a safe environment for athletes and injury prevention will also be presented.

Kine 251 (F) 3 hrs. cr.

Lifetime Activities I

Study of the skills and instructional strategies of selected lifetime activities commonly found in the school physical education curriculum. Health Promotion majors will participate in traditional as well as contemporary exercise interventions. Enrollment restricted to students studying in the Kinesiology Department. Prerequisite: Kine 113.

Kine 252 (S) 3 hrs. cr.

Lifetime Activities II

Study of the skills and instructional strategies of selected lifetime activities commonly found in the school physical education curriculum. Enrollment restricted to Physical Education majors. Prerequisite: Kine 113.

Kine 255 (F,S) 2 hrs. cr.

Theory and Technique of Dance and Exercise

Students will develop and refine the content knowledge and pedagogical skills needed for instructing dance, rhythms, and lifelong leisure activities.

Kine 260 (S) 2 hrs. cr.

Theory of Basketball

Organization and management of a school basketball program. Offensive and defensive systems, rules, strategies, drills, and fundamentals are studied.

Kine 261 (S) 2 hrs. cr.

Theory of Football

Organization and management of a school football program. Offensive and defensive systems, rules, strategies, drills, and fundamentals are studied.

Kine 262 (S) 2 hrs. cr.

Theory of Track and Field

Organization and administration of meets, coaching, physical conditioning, and training for each event in track and field programs.

Kine 263 (F) 2 hrs. cr.

Theory of Volleyball

Organization and management of volleyball competition. Offensive and defensive systems, rules, strategies, drills, and fundamentals are studied.

Kine 264 (F) 2 hrs. cr.

Theory of Baseball and Softball

Organization and management of a school baseball/softball program including individual techniques, team play, and challenges in coaching.

Kine 265 (S) 2 hr. cr.

Theory of Soccer

Organization and management of soccer competition. Systems of offense and defense, rules, strategy, and fundamentals of soccer are studied.

Kine 292 (F,S) 2 hrs. cr.

Fitness and Weight Training

Designed to assist health promotion professionals with designing and implementing strength training programs and with weight room management. Restricted to Health Promotion majors. Prerequisite: Kine 113

Kine 295 (F, S) 1 hr. cr.

Orientation to Health Promotion and Wellness

An orientation to health promotion and wellness. A 15 clock-hour field based component is a part of this class. Students will receive initial exposure to community and hospital health promotion and wellness programs as well as Southern's Wellness Program. Limited to Kine majors. Prerequisites: Kine 114 and Kine 220.

Kine 305 (S) 2 hrs. cr.

Aging and Health

Designed to explore the physiological process of aging and the role of interventions. Prerequisite: Kine 103 or Kine 113.

- Kine 310 (F) 3 hrs. cr.
Theory and Technique of Elementary Physical Education I
 Designed to provide pedagogical knowledge and application necessary for instruction of physical education with the elementary school child. Emphasis on motor skill instruction and analysis, curricular design, lesson planning, and class management. Enrollment restricted to Physical Education majors. Prerequisite: Kine 251 or Kine 252.
- Kine 311 (F,S) 2 hrs. cr.
Physical Education for the Elementary School
 Provides elementary education candidates with the skill, content and pedagogical knowledge necessary to design and implement an interdisciplinary physical education program. Emphasis is on development of the total child through physical activity. Prerequisite: a biology course and 60 hours
- Kine 312 (S) 3 hrs. cr.
Theory and Technique of Elementary Physical Education II
 Designed to provide pedagogical knowledge and practical experience for instruction in the elementary school physical education setting. Emphasis on physical fitness assessment, unit planning, and lifetime activity and sport instruction. Includes an 18-hour field experience. Prerequisite: Kine 310.
- Kine 321 (F) 3 hrs. cr.
Theory and Technique of Secondary Physical Education
 Offers pedagogical considerations necessary to develop teaching methodologies relative to lesson plan construction, class organization, and evaluation of students. Teaching sessions will provide the opportunity to experience a variety of teaching methods and organizational styles. Enrollment restricted to Physical Education majors. Prerequisite: Kine 251 or Kine 252.
- Kine 325 (F,S) 2 hrs. cr.
Practicum in Sports Medicine
 This course is designed to provide the student the opportunity to observe and participate in athletic training procedures performed on athletes in the MSSU athletic training facility. (80 hours). Can be repeated once for credit. Prerequisites: Kine 220 and permission of instructor.
- Kine 332 (F) 2 hrs. cr.
Rhythmic Form and Analysis
 Designed to develop content knowledge and pedagogical skill in the area of dance and rhythmic activities developmentally appropriate for the PK-6 elementary physical education curriculum. Emphasis on movement concepts through activities involving creative dance, singing games, dances of American origin, international folk dances, and a variety of rhythmic activities. Includes a five-hour pre-school experience. Prerequisite: Kine 310 or concurrent enrollment in Kine 310.
- Kine 340 (F,S) 2 hrs. cr.
Motor Learning in Physical Education
 Designed to provide students with the background necessary for identification of physical, mental, social, and emotional development and the effects on behavior movement. Prerequisite: 30 hours.
- Kine 342 (F,S) 3 hrs. cr.
Biomechanical Analysis of Movement
 A biomechanical approach to the study of forces on the human body with an emphasis on performance improvement, injury prevention, and rehabilitation in sport and exercise. Prerequisite: Bio 201.
- Kine 345 (F,S) 2 hrs. cr.
Tests and Measurements in Physical Education
 Designed to introduce students to the techniques of measuring and evaluating performance. Includes preparation and administration of skill, fitness, and written tests along with statistical procedures for data analysis. Prerequisite: Kine 114.
- Kine 352 (S) 3 hrs. cr.
Administration in Health Promotion
 Provides students with the skills and knowledge necessary to design, organize, and implement appropriate health promotion programs.
- Required and limited to students seeking a degree in Health Promotion and Wellness. Prerequisites: Kine 113 and Kine 295.
- Kine 355 (Summer) 1 hr. cr.
Lifetime Sports Academy Practicum
 A one-week practicum designed to provide students with practical teaching experience of children in lifetime sports and recreational activities. The Lifetime Sports Academy is held annually on the campus of Missouri Southern State University during the second week of June and is open to all elementary-aged children. Required of Physical Education majors. Can be repeated once for credit.
- Kine 365 (F) 2 hrs. cr.
Psychological Aspects of Physical Education
 Behavior exhibited in the learning of skills and physical performance related to psychological concepts connected with the demands of physical activities. Particular attention given to self-efficacy, motivation, and participation and their effect on physical performance and personal wellness.
- Kine 366 (S) 2 hrs. cr.
Social Aspects of Physical Education
 Knowledge of the sociological aspects of physical activity relevant to physical education in schools. Particular attention given to the role of physical activity in social, ethical, and moral development of citizens.
- Kine 370 (F,S) 3 hrs. cr.
School Health Education *(Writing Intensive)*
 This course provides the background information and skills teachers need to implement comprehensive school health education at the grade levels in which they are certified. Prerequisite: Educ 329 or current enrollment in Educ 329.
- Kine 375 (F,S) 2 hrs. cr.
Adapted Physical Education *(Writing Intensive)*
 Provides information and strategies to assist professionals in designing and implementing appropriate physical activity programs for individuals with disabilities.
- Kine 385 (F,S) 3 hrs. cr.
Nutrition for Human Development
 Students will examine nutrition associated with human development and performance. Emphasis on the physiological and biochemical basis of nutrient absorption and utilization. Particular attention will be given to evaluating and developing strategies for optimal nutrition at various life stages. Prerequisite: any biology or chemistry course.
- Kine 395 (F,S) 2 hrs. cr.
Practicum in Wellness
 Students will gain experience in planning, implementing, and evaluating various aspects of health promotion programs. Knowledge of wellness programs will be enhanced by the development and refinement of skills appropriate to the discipline. Out of class opportunities will include working with the Missouri Southern Wellness Program and/or the community. Prerequisite: Kine 295.
- Kine 431 (F,S) 2 hrs. cr.
Physiology of Exercise
 Study of the effects of acute and chronic exercise on the systems of the body. Emphasis on energy, nutrition, and human performance. Prerequisite: Bio 201.
- Kine 432 (F) 2 hrs. cr.
Physiology of Exercise Laboratory
 Lab activities with emphasis on instrumentation and techniques used in the assessment of the physiological response to exercise. Required course for Health Promotion and Wellness majors. Prerequisite: Bio 201.
- Kine 495 (F, S) 6 hrs. cr.
Internship in Wellness
 Extensive, off-campus internship providing opportunity for students to be an integral component of a wellness or health promotion facility. Students and on-site supervisor will develop a contractual

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agreement that provides specific learning experiences for the internship. Prerequisites: health promotion and wellness major, application for experience at least one semester in advance, and consent of department.

Kine 498 (Demand) 1-3 hrs. cr.
Seminar in Health or Physical Education

A thorough study of an advanced problem in health or physical education for selected students. Prerequisites: senior standing, and permission of department head.

Kine 499 (F,S) 1-3 hrs. cr.
Independent Study

Research of a problem or field of study relating to kinesiology. Material, content, credit, and schedule to be arranged by the department head. Prerequisites: senior standing, 3.0 GPA in major, and permission of department head.



Faculty Murdock - Head, Cathey, Cochran, A. Cole, C. Cole, Griffin, Huffman, McDermid

The Psychology Department offers two degrees: the Bachelor of Arts (B.A.) and the Bachelor of Science (B.S.). Both degrees have the same requirements in the core and psychology. The B.A. includes an emphasis on foreign language; the B.S. includes an emphasis in math or science. Both degrees prepare students for careers that require a broad liberal arts education at the bachelor's level. Recent graduates with the bachelor's degree (B.A. & B.S.) have entered careers in human and social services, research, and business. The B.A. and B.S. degrees provide an excellent foundation for students who wish to earn advanced graduate degrees or go to professional school. Almost half of the recent graduates have entered into graduate programs.

Many psychology courses are taken by students with other majors. Psy 100 fulfills a requirement in the Core Curriculum. Several degrees require supporting courses in psychology. Students may also obtain a minor in psychology.

Student Organizations

Psychology Club is open to all students who are interested in psychology. The club provides an informal setting for students to learn more about psychology. The club sponsors a wide variety of social and intellectual activities each semester.

Psi Chi is the national honor society in psychology. Psi Chi recognizes academic excellence and stimulates further scholarship. Psi Chi members are invited to participate in national and regional professional organizations. Locally the Psi Chi members share many activities with the Psychology Club.

Bachelor of Arts in Psychology

	Semester Hours
Core Requirements (p. 32)	51
Psychology Requirements	46-48

Psy 100	General Psychology *	3
Psy 305	Child & Adolescent Development (4)	
OR		
Psy 300	Child Development (3)	
AND		
Psy 301	Adolescent Development (3)	4-6
Psy 320	Applied Statistics	3
Psy 325	Computers in the Behavioral Sciences	3
Psy 330	Experimental Psychology	5
Psy 386	Conditioning & Learning	3
Psy 411	Sensation & Perception	
OR		
Psy 415	Animal Behavior	
OR		
Psy 442	Physiological Psychology	3
Psy 341	Social Psychology	
OR		
Psy 422	Theories of Personality	3
Psy 390	Junior Seminar	1
Psy 443	Memory & Cognition	3
Psy 432	Abnormal Psychology	3
Psy 481	Senior Thesis	3
Psychology Electives		6
400 Level Psychology Electives		3

Choose one:

Psy 435	Clinical Psychology	
Psy 460	Advanced Research Projects	
Psy 470	Psychological Measurement	
OR		
Psy 498	Seminar in Psychology	

Supporting Area 15

The supporting area requires at least 15 hours in one discipline. It is possible, with approval of the adviser and the department head, to use a combination of areas.

Foreign Language* 12
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*This course meets a three hour core requirement

Bachelor of Science in Psychology

	Semester Hours	
Core Requirements (p. 32)	51	
Psychology Requirements	46-48	
Psy 100	General Psychology *	3
Psy 305	Child & Adolescent Development (4)	
OR		
Psy 300	Child Development (3)	
AND		
Psy 301	Adolescent Development (3)	4-6
Psy 320	Applied Statistics	3
Psy 325	Computers in the Behavioral Science	3
Psy 330	Experimental Psychology	5
Psy 386	Conditioning & Learning	3
Psy 411	Sensation and Perception	
OR		
Psy 415	Animal Behavior	
OR		
Psy 442	Physiological Psychology	3