

## SCHOOL OF BEHAVIORAL SCIENCES AND EDUCATION DEPARTMENT OF KINESIOLOGY

### FACULTY

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<https://bulldog.swosu.edu/academics/kinesiology/index.php>

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### DEPARTMENTAL GOALS

The Kinesiology department has the following objectives:

1. To provide the future health and physical education teacher and coach with skills necessary to develop exceptional programs in the public and private school.
2. To offer a four-year course of study leading to the Bachelor of Science in Education for the Health and Physical Education track student.
3. To offer specialized coursework, which includes health, physical education sciences, physical education programs, and athletic coaching theory.
4. To provide for all students a variety of programs and courses designed to aid the student in making proper choices involving healthy living styles, lifetime sports, leisure skills, and fitness skills.
5. To provide and assist the public and private schools with expertise and information in health and physical educations.
6. Prepare the future exercise science professional with skills necessary in preventive health services in a corporate or community setting or to provide rehabilitative health services in a clinical setting.
7. To offer a four-year course of study leading to the Bachelor of Science in Exercise Science.
8. To offer specialized course work, which includes applied sciences in exercise physiology, exercise testing and prescription, motor control, kinesiology and anatomy, and the sociology of exercise behavior.
9. To provide students the most contemporary issues and trends in the application of exercise for weight management, cardiopulmonary health, maintenance of functional movement throughout the lifespan, and the application of exercise science to athletic performance.

### PROGRAMS OF STUDY

**Majors:** B.S. Exercise Science  
B.S. Sports Management  
B.S.Ed. Health and Physical Education  
(Listed in Dept. of Education)

**Minors:** Athletic Coaching (Non-Certification)  
Athletic Training  
Health and Wellness  
Nutrition  
Sports Management

**Master:** M.Ed. Health and Physical Education  
M.Ed. Sports Management  
(See Graduate Catalog for more information.)

### GENERAL INFORMATION

Southwestern Oklahoma State University has one of the largest and most respected Kinesiology departments in the state. The degrees offered are the Bachelor of Science in Education in Health and Physical Education, the Bachelor of Science in Exercise Science, and the Bachelor of Science in Sports Management.

The Bachelor of Science in Education degree in Health and Physical Education is a teaching degree accredited by the National Council for the Accreditation of Teacher Education. The Health and Physical Education degree prepares the student for teaching and coaching positions in public and private schools.

Graduates will be able to pursue employment as:

- Kindergarten through 12th grade physical education teachers
- Kindergarten through 12th grade health teachers
- Middle school, junior high, and high school coaches
- Summer camps for children and youth
- Specialized sports camps

The Bachelor of Science in Exercise Science degree is a non-teaching degree. The degree prepares graduates for a broad range of health and fitness related professions. Graduates will be able to pursue employment as:

- Preventative health services in a corporate or community setting
- Rehabilitative health services in a clinic
- Preparation for other career endeavors: Personal Trainer; Strength and Conditioning Specialist; Pre-Physical Therapy; Sport Nutrition; Cardiac Rehabilitation; Fitness and Wellness Management; and others

The Bachelor of Science in Sports Management degree will provide students with a background in the business of sport and the concepts related to athletic administration. Graduates pursue employment in multiple fields related to sport.

All courses offered are taught in small classes by professors holding a Master's degree or higher. Presently there are two doctorate faculty in the department. The Kinesiology faculty hold positions and are active in state and national organizations.

For more information, visit our web site at:  
<https://bulldog.swosu.edu/academics/kinesiology/index.php>

## BACHELOR OF SCIENCE EXERCISE SCIENCE (EXSCI.BS)

### GENERAL EDUCATION (Min. 40 hours)

**Courses that are required.** *Courses that are recommended.*

**Communication** ..... 9

<b>ENGL</b>	<b>1113</b>	<b>English Composition I</b>
<b>ENGL</b>	<b>1213</b>	<b>English Composition II</b>
<b>COMM</b>	<b>1313</b>	<b>Introduction to Public Speaking</b> OR
<b>TECH</b>	<b>3143</b>	Technical Presentations (if permitted by degree program)

**Quantitative Reasoning** ..... 3

*Select one course.*

<b>MATH</b>	<b>1143</b>	Mathematical Concepts
<b>MATH</b>	<b>1153</b>	Mathematical Applications
<b>MATH</b>	<b>1193</b>	Elementary Statistics
<b>MATH</b>	<b>1313</b>	Functions and Modeling
<b>MATH</b>	<b>1513</b>	College Algebra

or a higher numbered math course

**U. S. History** ..... 3

*Select one course.*

<b>HIST</b>	<b>1043</b>	U.S. History to 1877
<b>HIST</b>	<b>1053</b>	U.S. History since 1877

**American Government** ..... 3

**POLSC 1103 American Government & Politics**

**Science** ..... 7-8

*Select one course from Life Science and one course from Physical Science. One Science course must be a lab science.*

**Life Science** ..... 3-4

<b>BIOL</b>	<b>1004</b>	Biological Concepts w/Lab
<b>BIOL</b>	<b>1013</b>	Current Issues in Biology
<b>BIOL</b>	<b>1054</b>	Principles of Biology I w/Lab

**Physical Science** ..... 3-4

<b>ASTRO</b>	<b>1904</b>	Astronomy
<b>CHEM</b>	<b>1004</b>	General Chemistry w/Lab
<b>GEOL</b>	<b>1934</b>	Physical Geology w/Lab
<b>PHY</b>	<b>1044</b>	Basic Physics I w/Lab
<b>PHY</b>	<b>1063</b>	General Physics (or a higher numbered chemistry or physics course)
<b>SCI</b>	<b>1501</b>	Concepts of Physical Science Lab
<b>SCI</b>	<b>1513</b>	Conc of Phy Science (can be taken w/wo lab)

**Humanities and Social Science** ..... 12

*Select one course from each sub-category and one additional course from any subcategory below.*

**Humanities** ..... 3

<b>GEOG</b>	<b>1103</b>	World Cultural Geography
<b>HIST</b>	<b>1033</b>	World History
<b>HUM</b>	<b>1103</b>	Introduction to Humanities

**Fine Arts** ..... 3

<b>ART</b>	<b>1223</b>	Art Survey
<b>COMM</b>	<b>1263</b>	Introduction to Theatre
<b>LIT</b>	<b>2333</b>	Introduction to Film
<b>LIT</b>	<b>2413</b>	Introduction to Literature
<b>MUSIC</b>	<b>1013</b>	Introduction to Music I
<b>MUSIC</b>	<b>1103</b>	Music and Culture (Music majors only)
<b>MUSIC</b>	<b>1123</b>	History of Rock-n-Roll
<b>PHILO</b>	<b>1453</b>	Introduction to Philosophy

**Social and Human Sciences** ..... 6

<b>ASL</b>	<b>2163</b>	American Sign Language I
<b>ECONO</b>	<b>2263</b>	Intro to Macroeconomics*
<b>ECONO</b>	<b>2363</b>	Intro to Microeconomics *
<b>ENTRP</b>	<b>1123</b>	Intro to Business
<b>FINAN</b>	<b>2113</b>	Personal Financial Planning
<b>ITAL</b>	<b>1004</b>	Elementary Italian I
<b>KINES</b>	<b>1133</b>	<b>Wellness Conc &amp; Exercise App</b>
<b>LATIN</b>	<b>1054</b>	Elementary Latin I (or higher number)
<b>PSYCH</b>	<b>1003</b>	<b>General Psychology</b>
<b>SOCIO</b>	<b>1003</b>	Introduction to Sociology
<b>SPAN</b>	<b>1054</b>	Elementary Spanish I (or higher number)
<b>TECH</b>	<b>1223</b>	Technology and Society

**Computer Proficiency** ..... 0-3

COMSC 1023 Computers and Info Access, or a department-assigned course which satisfies the Computer Proficiency in the major, or the SWOSU Proficiency Exam, or HS course clearly defined to meet our goals.

**GE Elective** ..... 0-3

Students who meet the computer proficiency by exam or HS course must choose an additional GE course from any category.

### EXERCISE SCIENCE MAJOR

**Required Courses** ..... 43

<b>KINES</b>	<b>1153</b>	Nutrition
<b>KINES</b>	<b>2212</b>	First Aid
<b>KINES</b>	<b>2222</b>	Introduction to Kinesiology
<b>KINES</b>	<b>2502</b>	Care and Prevention of Athletic Injuries
<b>KINES</b>	<b>3353</b>	Health & Aging
<b>KINES</b>	<b>3443</b>	Kinesiology and Anatomy
<b>KINES</b>	<b>3662</b>	Exercise Prog for Special Populations
<b>KINES</b>	<b>4063</b>	Legal Aspects in PE, Rec, & Athletics
<b>KINES</b>	<b>4212</b>	Weight and Circuit Training App
<b>KINES</b>	<b>4234</b>	Exercise Physiology Lecture and Lab
<b>KINES</b>	<b>4262</b>	Motor Learning
<b>KINES</b>	<b>4383</b>	Dev of Programs, Facilities & Mngmt
<b>OR</b>	<b>SPRTM 4573</b>	Fitness Program Management
<b>KINES</b>	<b>4883</b>	Exercise Prescription & Testing
<b>KINES</b>	<b>4993</b>	Practicum in Exercise Science †
<b>SPRTM</b>	<b>4153</b>	Sports Management Statistics
<b>SPRTM</b>	<b>4163</b>	Sports Nutrition

**Minor** ..... 18-24

**Free Electives to total 120 hours** ..... 13-19

No activity courses

**Suggested:**

<b>KINES</b>	<b>4043</b>	Health and Wellness Programming
<b>KINES</b>	<b>4083</b>	Obesity and Weight Management

**Total hours for degree** ..... 120

† All course work must be completed before exercise practicum can be done.

Exercise Science Exit Exam required during the final semester of coursework.

### REGULATIONS PERTAINING TO GRADUATION

Minimum credit hours for graduation	120
Minimum credit hours in the liberal arts & sciences	55
Minimum credit hours in upper-division (3000/4000 courses)	40
Minimum credit hours (3000/4000 courses) in major completed at SWOSU	8
Minimum credit hours at SWOSU (15 of the last 30)	30
Minimum Grade Point Average in all coursework	2.25
Minimum Grade Point Average in major	2.25

## EXERCISE SCIENCE (EXSCI.BS) Suggested Course Sequence

### FIRST YEAR

FIRST SEMESTER	SECOND SEMESTER
1051 SWOSUConnect* (1) 1113 English Composition I (3) 1113 Wellness Concepts (3) General Education Required Course (3) General Education Required Course (3)	1003 General Psychology (3) 1213 English Composition II (3) 1313 Introduction to Public Speaking (3) 2502 Care and Prevention of Athletic Injury (2) General Education Course (3) General Education Required Course (3)
<b>Total (13)</b>	<b>Total (17)</b>

### SECOND YEAR

FIRST SEMESTER	SECOND SEMESTER
1153 Nutrition (3) 2222 Introduction to Kinesiology (2) General Education Courses (6) General Education Required Course (4) General Education Required Course (3) English Proficiency Exam**	3443 Kinesiology and Anatomy (3) 4212 Weight & Circuit Training (2) 4163 Sports Nutrition (3) General Education Required Course (3) General Education Required Course (3)
<b>Total (18)</b>	<b>Total (14)</b>

### THIRD YEAR

FIRST SEMESTER	SECOND SEMESTER
2212 First Aid (2) 4063 Legal Aspects (3) 4234 Exercise Physiology (4) Free Electives (2) Minor (6)	4262 Motor Learning (2) 4383 Dev Programs/Facility/Management OR 4573 Fitness Program Management (3) 4883 Exercise Prescription & Testing (3) Free Electives (5) Minor (3)
<b>Total (17)</b>	<b>Total (16)</b>

### FOURTH YEAR

FIRST SEMESTER	SECOND SEMESTER
3353 Health and Aging (3) 3662 Exercise Program for Specific Population (2) Minor (9)	4153 Sports Management Statistics (3) 4993 Practicum in Exercise Science (3) Free Electives (6)
<b>Total (14)</b>	<b>Total (12)</b>

\* First time entering SWOSU students need to take 1051 SWOSUConnect.

\*\* If applicable. See English Proficiency Program under the General Academic Information Section.

## BACHELOR OF SCIENCE IN SPORTS MANAGEMENT (SPMNG.BS)

### GENERAL EDUCATION (Min. 40 hours)

**Courses that are required.** *Courses that are recommended.*

**Communication** ..... 9

**ENGL 1113 English Composition I**  
**ENGL 1213 English Composition II**  
**COMM 1313 Introduction to Public Speaking** OR  
**TECH 3143 Technical Presentations** (if permitted by degree program)

**Quantitative Reasoning** ..... 3

*Select one course.*

**MATH 1143 Mathematical Concepts**  
**MATH 1153 Mathematical Applications**  
**MATH 1193 Elementary Statistics**  
**MATH 1313 Functions and Modeling**  
**MATH 1513 College Algebra**  
 or a higher numbered math course

**U. S. History** ..... 3

*Select one course.*

**HIST 1043 U.S. History to 1877**  
**HIST 1053 U.S. History since 1877**

**American Government** ..... 3

**POLSC 1103 American Government & Politics**

**Science** ..... 7-8

*Select one course from Life Science and one course from Physical Science. One Science course must be a lab science.*

**Life Science** ..... 3-4

**BIOL 1004 Biological Concepts w/Lab**  
**BIOL 1013 Current Issues in Biology**  
**BIOL 1054 Principles of Biology I w/Lab**

**Physical Science** ..... 3-4

**ASTRO 1904 Astronomy**  
**CHEM 1004 General Chemistry w/Lab**  
**GEOL 1934 Physical Geology w/Lab**  
**PHY 1044 Basic Physics I w/Lab**  
**PHY 1063 General Physics** (or a higher numbered chemistry or physics course)  
**SCI 1501 Concepts of Physical Science Lab**  
**SCI 1513 Conc of Phy Science** (can be taken w/wo lab)

**Humanities and Social Science** ..... 12

*Select one course from each sub-category and one additional course from any subcategory below.*

**Humanities** ..... 3

**GEOG 1103 World Cultural Geography**  
**HIST 1033 World History**  
**HUM 1103 Introduction to Humanities**

**Fine Arts** ..... 3

**ART 1223 Art Survey**  
**COMM 1263 Introduction to Theatre**  
**LIT 2333 Introduction to Film**  
**LIT 2413 Introduction to Literature**  
**MUSIC 1013 Introduction to Music I**  
**MUSIC 1103 Music and Culture** (Music majors only)  
**MUSIC 1123 History of Rock-n-Roll**  
**PHILO 1453 Introduction to Philosophy**

**Social and Human Sciences** ..... 6

**ASL 2163 American Sign Language I**  
**ECONO 2263 Intro to Macroeconomics\***  
**ECONO 2363 Intro to Microeconomics \***  
**ENTRP 1123 Intro to Business**  
**FINAN 2113 Personal Financial Planning**  
**ITAL 1004 Elementary Italian I**  
**KINES 1133 Wellness Conc & Exercise App**  
**LATIN 1054 Elementary Latin I** (or higher number)  
**PSYCH 1003 General Psychology**  
**SOCIO 1003 Introduction to Sociology**  
**SPAN 1054 Elementary Spanish I** (or higher number)  
**TECH 1223 Technology and Society**

**Computer Proficiency** ..... 0-3

**COMSC 1023 Computers and Info Access**, or a department-assigned course which satisfies the Computer Proficiency in the major, or the

SWOSU Proficiency Exam, or HS course clearly defined to meet our goals.

**GE Elective** ..... 0-3

Students who meet the computer proficiency by exam or HS course must choose an additional GE course from any category.

### SPORTS MANAGEMENT MAJOR

**Required Courses** ..... 40

**Sports Management Core** ..... 24

**PSYCH 4133 Psychology of Sports**  
**SPRTM 3503 Sports Management**  
**SPRTM 3513 Sport Finance**  
**SPRTM 3523 Leadership in Sport**  
**SPRTM 3533 Olympism and Olympics**  
**SPRTM 4153 Sports Management Statistics**  
**SPRTM 4163 Sports Nutrition**  
**SPRTM 4533 Sports Information Management**

**Specialization Area (choose one)** ..... 16

#### Athletic Training

**ALHLT 2633 Cardiac and Emergency Care**  
**ATEP 1922 Intro to Athletic Training**  
**ATEP 2433 Athletic Train Care & Prevention/Lab**  
**ATEP 4722 Administrative Issues in AT**  
**ATEP 4813 Application of Athletic Training I**  
**ATEP 4823 Application of Athletic Training II**

#### Operations

**KINES 2212 First Aid**  
**KINES 2222 Intro to Kinesiology**  
**KINES 4383 Dev of Programs, Facilities & Mngmt**  
**SPRTM 4173 Strategic Planning in Athletics**  
**SPRTM 4993 Practicum in Sports Management**  
**MRKTG 4133 Sports Marketing**

#### Coaching - a minor in Sports Psychology is suggested

**KINES 1932 Tech Applied to Gym/Fitness/Aquatics**  
**KINES 1942 Tech Applied to Individual Sports**  
**KINES 1952 Tech Applied to Team Sports**  
**KINES 2212 First Aid**  
**KINES 2222 Intro to Kinesiology**  
**KINES 2502 Care & Prevention of Athletic Injuries**  
**KINES 4122 Organization/Administration Athletics**  
**KINES 4802 Football, or 4832 Basketball, or 4862 Baseball**

#### Nutrition and Health

**KINES 1153 Nutrition**  
**KINES 2212 First Aid**  
**KINES 2222 Intro to Kinesiology**  
**KINES 3393 Nutrition for Children**  
**KINES 4083 Obesity & Weight Management**  
**KINES 4533 Consumer Health Education**

#### Performance

**KINES 1511 Physical Fitness**  
**KINES 2222 Intro to Kinesiology**  
**KINES 3443 Kinesiology & Anatomy**  
**KINES 4234 Exercise Physiology Lecture & Lab**  
**SPRTM 4573 Fitness Program Management**  
**SPRTM 4993 Practicum in Sports Management**

**Minor** ..... 18-24

**Free Electives to total 120 hours** ..... 16-22

**Total hours for degree** ..... 120

### REGULATIONS PERTAINING TO GRADUATION

Minimum credit hours for graduation ..... 120  
 Minimum credit hours in the liberal arts & sciences ..... 55  
 Minimum credit hours in upper-division (3000/4000 courses) ..... 40  
 Minimum credit hours (3000/4000 courses) in major completed at SWOSU ..... 8  
 Minimum credit hours at SWOSU (15 of the last 30) ..... 30  
 Minimum Grade Point Average in all coursework ..... 2.25  
 Minimum Grade Point Average in major ..... 2.25

## SPORTS MANAGEMENT (SPMNG.BS) Suggested Course Sequence

### FIRST YEAR

FIRST SEMESTER	SECOND SEMESTER
1051 SWOSUConnect* (1) 1113 English Composition I (3) 1113 Wellness Concepts (3) General Education Required Course (3) General Education Required Course (3) General Education Required Course (3)	1003 General Psychology (3) 1213 English Composition II (3) 1313 Introduction to Public Speaking (3) 3503 Sports Management (3) General Education Course (3)
<b>Total (16)</b>	<b>Total (15)</b>

### SECOND YEAR

FIRST SEMESTER	SECOND SEMESTER
3513 Sports Finance (3) Free Electives (2) General Education Course (3) General Education Required Course (4) General Education Required Course (3) English Proficiency Exam**	3523 Leadership in Sport (3) 3533 Olympism and Olympics (3) 4163 Sports Nutrition (3) General Education Required Course (3) Free Electives (3)
<b>Total (15)</b>	<b>Total (15)</b>

### THIRD YEAR

FIRST SEMESTER	SECOND SEMESTER
4133 Psychology of Sports (3) 4533 Sports Information Management (3) Free Electives (3) Minor (3) Specialization Area (3)	4153 Sports Management Statistics (3) Free Electives (6) Minor (3) Specialization Area (4)
<b>Total (15)</b>	<b>Total (16)</b>

### FOURTH YEAR

FIRST SEMESTER	SECOND SEMESTER
Minor (9) Specialization Area (5)	Free Electives (8) Minor (3) Specialization Area (4)
<b>Total (14)</b>	<b>Total (15)</b>

\* First time entering SWOSU students need to take 1051 SWOSUConnect.

\*\* If applicable. See English Proficiency Program under the General Academic Information Section.