

# Department of Kinesiology

---

**Department Head: Stanley P. Brown**

Office: 216 McCarthy Gym

**Division of Exercise Science Coordinator: John Eric Smith**

Office: 235 McCarthy Gym

**Division of Sport Studies Coordinator: Brad Vickers**

Office: 123 McCarthy Gym

The Department of Kinesiology offers five undergraduate concentrations: Physical Education and Coaching (PEC), Neuromechanics (NM), Performance Fitness (PF), Clinical Exercise Physiology (CLEP), and Sport Administration (SA).

Community college transfer hours not to exceed 62 semester hours may be applied to the Kinesiology degree program.

All concentrations require the specified course requirements cited within the General Education and major core listings below. Specified area content courses vary among the five concentrations and are listed following the core section. Pre-Occupational Therapy and Pre-Physical Therapy curricula have different core and program requirements. Students electing to pursue Pre-OT or Pre-PT should consult their advisor.

## Physical Education and Coaching Concentration (PECO)

Major Advisors: J.J. Chen, Rachel Foreman, Kristy Gourley, Matthew Rye, and Brad Vickers

The physical education and coaching concentration requires 124 semester hours of prescribed courses to complete the Bachelor of Science in Kinesiology. The curriculum is designed to meet the need of students interested in becoming physical education teachers in public and private schools. The teaching block of courses must be included in the on-campus requirement of 32 semester hours of junior and senior courses. Students who complete the program will be eligible for teacher licensure by the Mississippi Department of Education.

## Neuromechanics Concentration (NRMC)

Major Advisors: Harish Chander, J.J. Chen, Rachel Foreman, Kristy Gourley, Adam Knight, John Lamberth, and Zhujun Pan

The Neuromechanics concentration requires 124 semester hours of prescribed courses to complete a Bachelor of Science in Kinesiology. The Neuromechanics concentration combines the disciplines of "neuroscience" and "biomechanics" and deals with the study of human movement accomplished by the interaction of the nervous, muscular, and skeletal systems of the human body. Students learn concepts of the neuromechanical basis of kinesiology in the development, learning, control, and production of human movement. This enhances their knowledge and understanding of neural, biomechanical, cognitive, and behavioral mechanisms underlying human movements to help improve performance and prevent injuries in a variety of populations ranging from recreational, athletic, occupational, geriatric, and special populations such as Downs' syndrome, autism, and Parkinson's disease. The curriculum provides students a foundation in the mechanisms underlying human movement to prepare them for careers in physical therapy, occupational therapy, medicine/physician assistance, neuromechanics, human factors ergonomics, sport science, and disability and rehabilitation science.

## Performance Fitness Concentration (PRFT)

Major Advisors: Rachel Foreman, Zachary Gillen, Kristy Gourley, Megan Holmes, JohnEric Smith, and Benjamin Wax

The Performance Fitness concentration provides students with the necessary knowledge to incorporate exercise physiology concepts into activities that enhance fitness and performance. This concentration covers everything from the development of plans to enhance fitness in apparently healthy populations to improving performance in elite athletes. Performance Fitness takes into consideration a combination of the physiological, biomechanical, and psychological aspects of training in the development of individual and team needs for customized programming. The concentration serves as the foundation for students to become sport scientists, strength and conditioning coaches, personal trainers, and specialists within corporate fitness/wellness programs.

## Clinical Exercise Physiology Concentration (CLEP)

Major Advisors: Stamatis Agiovlaitis, Erin Grant-Butler, Rachel Foreman, Kristy Gourley, Megan Holmes, Lee Ann Joe, Zhujun Pan, and Holly Wiley

The clinical exercise physiology concentration is designed as a professional preparation program of study that enables students to work in clinical settings as exercise physiologists in cardiac and pulmonary rehabilitation, or other clinical rehabilitation settings, such as those for individuals with diabetes, orthopedic limitations, arthritis, cancer, osteoporosis, renal failure, obesity, and in programs dealing with issues of aging. The clinical exercise physiology concentration also provides students with the necessary background to pursue graduate health professions, such as physical or occupational therapy, physician assistant studies, medicine, or other graduate level educational programs.

## Sport Administration Concentration (SPAD)

Major Advisors: Dae Eun Kim, Younghan Lee, Soyoun Lim, Matthew Rye, Matthew Zimmerman, and Gregory Twietmeyer

The Sport Administration concentration provides students with knowledge and skills necessary for careers in the sport industry. A concentration in Sport Administration helps prepare students to work in such fields as sport marketing & promotions, sporting event and/or facility management & operations, sport communication & media relations, and other administrative areas at the professional, collegiate, and recreational levels of the industry. The program seeks to combine classroom education with hands-on experience, as all students will complete an internship in the sport industry prior to graduation. Students choosing a concentration in Sport Administration choose either the Business, Communication, or Foreign Language cognate field.

### Choose one of the following concentrations:

#### Physical Education and Coaching Concentration (PECO)

<b>English</b>		<b>6</b>
EN 1103 or EN 1104	English Composition I Expanded English Composition I	
EN 1113 or EN 1173	English Composition II Accelerated Composition II	
<b>Fine Arts</b>		<b>3</b>
PE 1323	History and Appreciation of Dance (or other approved Fine Art elective)	
<b>Natural Sciences</b>		<b>10</b>
BIO 1023	Plants and Humans (or any core approved lab science)	
BIO 1004	Anatomy and Physiology	
BIO 1123	Animal Biology (or any core approved lab science)	
<b>Math</b>		<b>6</b>
MA 1313	College Algebra (or higher )	
ST 2113	Introduction to Statistics (or math above MA 1313)	
<b>Humanities</b> <sup>1</sup>		<b>6</b>
EN 2203 or EN 2243 or EN 2253	Introduction to Literature (or other approved humanities course) American Literature Before 1865 American Literature After 1865	
HI 1063 or HI 1073	Early U.S. History (or other approved humanities course) Modern U.S. History	
<b>Social/Behavioral Sciences</b> <sup>1</sup>		<b>6</b>
PSY 1013	General Psychology	
SO 1203	Sociology of Families (or other approved Gen Ed course)	
<b>Major Core Courses</b>		<b>31</b>
EP 3304	Exercise Physiology	
PE 1243	Methods of Teaching Games and Sports	
PE 1253	Methods of Teaching Lifetime Activities	
PE 1263	Methods of Teaching Rhythms	
PE 3133	Adapted Physical Education	
PE 3153	Methods of Elementary Physical Education	
PE 3223	Motor Development and Movement	
PE 3533	Coaching Sports	
PE 4533	Developing Coaching Expertise	
PE 4283	Sport Biomechanics	
<b>Kinesiology Core Courses</b>		<b>11</b>
PE 1000	Play, Fitness & Physical Activity (or any 2 PE activity courses)	
PE 3163	Sport Psychology	
EP 2013	Fundamentals of Kinesiology	
EP 3233	Anatomical Kinesiology	
<b>Select one of the following:</b>		<b>3</b>
KI 3273	Athletic Training	

KI 2213	Emergency Health Care	
<b>Professional Education Courses</b>		<b>6</b>
EDF 3333	Social Foundations of Education	
EDX 3213	Individualizing Instruction for Exceptional Children	
<b>Courses Required for Admission into Teacher Ed</b>		<b>21</b>
PE 4163	Principles and Methods of Secondary School Health and Physical Education	
PE 4173	Tests and Measurements in Health and Physical Education	
PE 4853	Motor Learning and Skill Analysis	
PE 4883	School Health Education	
EPY 3143	Human Development and Learning Strategies in Education	
EPY 3253	Evaluating Learning	
EDF 4243	Planning for the Diversity of Learners	
<b>Final Semester: Teaching Internship</b>		<b>15</b>
PE 4873	Professional Classroom Management Seminar in Physical Education and Athletics	
PE 4886	Teaching Internship in Physical Education	
PE 4896	Teaching Internship in Physical Education	
<b>Total Hours</b>		<b>124</b>
<b>Neuromechanics (NRMC)</b>		
<b>English</b>		<b>6</b>
EN 1103	English Composition I	
EN 1113	English Composition II	
or EN 1173	Accelerated Composition II	
<b>Fine Arts</b>		<b>3</b>
Any Gen Ed course		
<b>Natural Sciences</b>		<b>8</b>
Biology	BIO 1134 or other four credit hour approved Gen Ed BIO Lab Science course above or equivalent <sup>1</sup>	
Chemistry	CH 1213/1211 or other four credit hour approved Gen Ed CH Lab Science course above or equivalent <sup>1</sup>	
<b>Natural Science (if appropriate) <sup>1</sup></b>		<b>3</b>
Any Gen Ed course		
<b>Math</b>		<b>6</b>
MA 1313	College Algebra (or higher )	
ST 2113	Introduction to Statistics	
<b>Humanities <sup>1</sup></b>		<b>6</b>
Any Gen Ed course(s)		
<b>Social/Behavioral Sciences <sup>1</sup></b>		<b>6</b>
PSY 1013	General Psychology (or other approved Gen Ed course)	
SO 1003	Introduction to Sociology (or other approved Gen Ed course)	
<b>Exercise Science Core</b>		<b>27</b>
KI 2023	Foundations of Health Education	
EP 3304	Exercise Physiology	
EP 3643	Applied Anatomy and Pathophysiology	
EP 4113	Fitness Programs and Testing Procedures	
EP 4183	Exercise and Weight Control	
EP 4504	Mechanical Analysis of Movement	
EP 4603	Physical Activity Epidemiology	
EP 4814	Exercise Science Internship	
<b>Kinesiology Core Courses</b>		<b>12</b>
PE 1000	Play, Fitness & Physical Activity (or any 3 PE activity courses)	
SS 4003	Philosophy of Sport & Physical Activity	

or SS 4303	Globalization and Sport	
or PE 3163	Sport Psychology	
or EP 3183	Exercise Psychology	
EP 2013	Fundamentals of Kinesiology	
EP 3233	Anatomical Kinesiology	
<b>Concentration Courses</b>		<b>15</b>
EP 4143	Disability & Physical Activity	
EP 4703	Neural Control of Human Movement	
PE 3223	Motor Development and Movement	
PE 4283	Sport Biomechanics	
PE 4853	Motor Learning and Skill Analysis	
<b>Electives</b>		<b>15</b>
See advisor for approved list of courses		
<b>Additional Requirements</b>		<b>11</b>
BIO 3004	Human Anatomy (or equivalent Gen Ed Bio/Lab Science course)	
BIO 3014	Human Physiology (or equivalent Gen Ed Bio/Lab Science course)	
KI 2603	Medical Terminology	
<b>Oral Communication Requirement</b>		
CO 1003	Fundamentals of Public Speaking	3
or CO 1013	Introduction to Communication	
or CO 2253	Fundamentals of Interpersonal Communication	
<b>Computer Literacy Requirement</b>		
Satisfied by successful completion of EP 4803		
<b>Writing Requirement</b>		
EDF 3413	Writing for Thinking	3
or MGT 3213	Organizational Communications	
or BIO 3013	Professional Writing for Biologists	
<b>Total Hours</b>		<b>124</b>
<b>Performance Fitness Concentration (PRFT)</b>		
<b>English</b>		<b>6</b>
EN 1103	English Composition I	
EN 1113	English Composition II	
or EN 1173	Accelerated Composition II	
<b>Fine Arts</b>		<b>3</b>
Any Gen Ed course		
<b>Natural Sciences</b>		<b>8</b>
Biology	BIO 1134 or other four credit hour approved Gen Ed BIO Lab Science course above or equivalent <sup>1</sup>	
Chemistry	CH 1213/1211 or other four credit hour approved Gen Ed CH Lab Science course above or equivalent <sup>1</sup>	
<b>Natural Science (if appropriate) <sup>1</sup></b>		<b>3</b>
Any Gen Ed Natural Science course		
<b>Math</b>		<b>6</b>
MA 1313	College Algebra (or higher )	
ST 2113	Introduction to Statistics	
<b>Humanities <sup>1</sup></b>		<b>6</b>
Any Gen Ed course(s)		
<b>Social/Behavioral Sciences <sup>1</sup></b>		<b>6</b>
PSY 1013	General Psychology (or other approved Gen Ed course)	
SO 1003	Introduction to Sociology (or other approved Gen Ed course)	
<b>Exercise Science Core</b>		<b>27</b>

KI 2023	Foundations of Health Education	
EP 3304	Exercise Physiology	
EP 3643	Applied Anatomy and Pathophysiology	
EP 4113	Fitness Programs and Testing Procedures	
EP 4183	Exercise and Weight Control	
EP 4504	Mechanical Analysis of Movement	
EP 4603	Physical Activity Epidemiology	
EP 4814	Exercise Science Internship	
<b>Kinesiology Core Courses</b>		<b>12</b>
PE 1000	Play, Fitness & Physical Activity (or any 3 PE activity courses)	
SS 4003	Philosophy of Sport & Physical Activity	
or SS 4303	Globalization and Sport	
or PE 3163	Sport Psychology	
or EP 3183	Exercise Psychology	
EP 2013	Fundamentals of Kinesiology	
EP 3233	Anatomical Kinesiology	
<b>Concentration Courses</b>		<b>15</b>
FNH 4223	Sports Nutrition	
PE 3313	Sport Physiology	
EP 4153	Training Techniques for Exercise and Sport	
PE 4283	Sport Biomechanics	
PE 4533	Developing Coaching Expertise	
<b>Electives</b>		<b>15</b>
See advisor for approved list of courses		
<b>Additional Requirements</b>		<b>11</b>
BIO 3004	Human Anatomy (or equivalent Gen Ed Bio/Lab Science course)	
BIO 3014	Human Physiology (or equivalent Gen Ed Bio/Lab Science course)	
KI 2603	Medical Terminology	
<b>Oral Communication Requirement</b>		
CO 1003	Fundamentals of Public Speaking	3
or CO 1013	Introduction to Communication	
or CO 2253	Fundamentals of Interpersonal Communication	
<b>Computer Literacy Requirement</b>		
Satisfied by successful completion of EP 4803		
<b>Writing Requirement</b>		
EDF 3413	Writing for Thinking	3
or MGT 3213	Organizational Communications	
or BIO 3013	Professional Writing for Biologists	
<b>Total Hours</b>		<b>124</b>
<b>Clinical Exercise Physiology Concentration (CLEP)</b>		
<b>English</b>		<b>6</b>
EN 1103	English Composition I	
EN 1113	English Composition II	
or EN 1173	Accelerated Composition II	
<b>Fine Arts</b>		<b>3</b>
Any Gen Ed course		
<b>Natural Sciences</b>		<b>8</b>
Biology	BIO 1134 or other four credit hour approved Gen Ed BIO Lab Science course above or equivalent <sup>1</sup>	
Chemistry	CH 1213/1211 or other four credit hour approved Gen Ed CH Lab Science course above or equivalent <sup>1</sup>	

<b>Natural Science (if appropriate) <sup>1</sup></b>		<b>3</b>
Any Gen Ed course		
<b>Math</b>		<b>6</b>
MA 1313	College Algebra (or higher )	
ST 2113	Introduction to Statistics	
<b>Humanities <sup>1</sup></b>		<b>6</b>
Any Gen Ed course(s)		
<b>Social/Behavioral Sciences <sup>1</sup></b>		<b>6</b>
PSY 1013	General Psychology (or other approved Gen Ed course)	
SO 1003	Introduction to Sociology (or other approved Gen Ed course)	
<b>Exercise Science Core</b>		<b>27</b>
KI 2023	Foundations of Health Education	
EP 3304	Exercise Physiology	
EP 3643	Applied Anatomy and Pathophysiology	
EP 4113	Fitness Programs and Testing Procedures	
EP 4183	Exercise and Weight Control	
EP 4504	Mechanical Analysis of Movement	
EP 4603	Physical Activity Epidemiology	
EP 4814	Exercise Science Internship	
<b>Kinesiology Core Courses</b>		<b>12</b>
PE 1000	Play, Fitness & Physical Activity (or any 3 PE activity courses)	
SS 4003	Philosophy of Sport & Physical Activity	
or SS 4303	Globalization and Sport	
or PE 3163	Sport Psychology	
or EP 3183	Exercise Psychology	
EP 2013	Fundamentals of Kinesiology	
EP 3233	Anatomical Kinesiology	
<b>Concentration Courses</b>		<b>15</b>
EP 3803	Advanced Exercise Physiology	
EP 3613	Exercise Electrocardiography	
EP 4123	Aging and Physical Activity	
EP 4133	Exercise Programs for Clinical Populations	
EP 4143	Disability & Physical Activity	
<b>Electives</b>		<b>15</b>
See advisor for approved list of courses		
<b>Additional Requirements</b>		<b>11</b>
BIO 3004	Human Anatomy (or equivalent Gen Ed Bio/Lab Science course)	
BIO 3014	Human Physiology (or equivalent Gen Ed Bio/Lab Science course)	
KI 2603	Medical Terminology	
<b>Oral Communication Requirement</b>		
CO 1003	Fundamentals of Public Speaking	<b>3</b>
or CO 1013	Introduction to Communication	
or CO 2253	Fundamentals of Interpersonal Communication	
<b>Computer Literacy Requirement</b>		
Satisfied by successful completion of EP 4803		
<b>Writing Requirement</b>		
EDF 3413	Writing for Thinking	<b>3</b>
or MGT 3213	Organizational Communications	
or BIO 3013	Professional Writing for Biologists	
<b>Total Hours</b>		<b>124</b>

## Sport Administration Concentration (SPAD)

<b>English</b>		<b>6</b>
EN 1103	English Composition I	
EN 1113 or EN 1173	English Composition II Accelerated Composition II	
<b>Fine Arts</b>		<b>3</b>
PE 1323	History and Appreciation of Dance (or any approved Fine Arts Gen Ed course)	
<b>Natural Sciences (2 labs required from Gen Ed)</b>		<b>8</b>
BIO 1004	Anatomy and Physiology	
Any 3-4 hour Gen Ed lab science course		
<b>Extra Science <sup>1</sup></b>		<b>3</b>
Any Gen Ed course		
<b>Math</b>		<b>6</b>
MA 1313	College Algebra (or higher )	
MA 1613	Calculus for Business and Life Sciences I	
<b>Humanities <sup>1</sup></b>		<b>6</b>
PHI 1123	Introduction to Ethics (or other approved Humanities Gen Ed course)	
See Gen Ed course list for an additional 3 hour course		
<b>Social/Behavioral Sciences <sup>1</sup></b>		<b>6</b>
SO 1003	Introduction to Sociology	
EC 2113	Principles of Macroeconomics	
<b>Kinesiology Core Courses</b>		<b>12</b>
EP 2013	Fundamentals of Kinesiology	
PE 1000	Play, Fitness & Physical Activity (or any 3 PE activity courses)	
SS 4003	Philosophy of Sport & Physical Activity	
or SS 4303	Globalization and Sport	
or PE 3163	Sport Psychology	
or EP 3183	Exercise Psychology	
EP 3233	Anatomical Kinesiology	
<b>Concentration Courses</b>		<b>30</b>
SS 2003	Foundations of Sport Industry	
SS 2103	Sport Careers and Practicum	
SS 3103	Sport Sponsorship	
SS 3203	Sport Law	
SS 3403	Facility and Event Management in Sport	
SS 4103	Ethics in Sport Management	
SS 4203	Funding of Sport	
SS 4396	Sports Studies Internship	
SS 4803	Seminar in Sports Studies	
<b>Concentration Electives</b>		<b>15</b>
SS 3303	Communication Management in Sport	
SS 3503	Sport and Recreational Leadership	
SS 3603	Program Planning in Sport and Recreation	
SS 3703	Contemporary Issues in Intercollegiate Athletics	
SS 3903	Ancient and Medieval Sport History	
SS 4000	Directed Individual Study in Sport Studies	
SS 4003	Philosophy of Sport & Physical Activity	
SS 4403	Gender and Sport	
SS 4503	Sport Promotion and Sales Management	
PE 3163	Sport Psychology	
PE 3313	Sport Physiology	
PE 4283	Sport Biomechanics	

KI 2213	Emergency Health Care
SO 4333	Sociology of Sport
<b>Cognate Courses</b>	
<b>24-26</b>	
Choose one of the following cognates to complete the concentration requirements:	
<b>--Business (25 hrs)</b>	
ACC 2013	Principles of Financial Accounting
ACC 2023	Principles of Managerial Accounting
MA 2113	Introduction to Statistics
EC 2123	Principles of Microeconomics
MKT 3013	Principles of Marketing
FIN 3113	Financial Systems
FIN 3123	Financial Management
MGT 3113	Principles of Management
7 hours of Free Electives	
<b>--Communication (24 hrs)</b>	
CO 1223	Introduction to Communication Theory
CO 1403	Introduction to the Mass Media
CO 2333	Television Production
CO 2413	Introduction to News Writing and Reporting
CO 3313	News Writing for the Electronic Media
CO 3423	Feature Writing
CO 3713	Digital Communication
CO 3803	Principles of Public Relations
8 hours of Free Electives	
<b>--Foreign Language (26 hours)</b>	
FLS 1113	Spanish I
or FLF 1113	French I
or FLG 1113	German I
FLS 1123	Spanish II
or FLF 1123	French II
or FLG 1123	German II
FLS 2133	Spanish III
or FLF 2133	French III
or FLG 2133	German III
FLS 2143	Spanish IV
or FLF 2143	French IV
or FLG 2143	German IV
FLS 3113 & FLS 3111	Advanced Spanish Composition and Advanced Spanish Laboratory
or FLF 3114	Advanced French Composition
or FLG 3114	Advanced German Composition
FLS 3233 & FLS 3121	Advanced Spanish Conversation and Advanced Spanish Conversation Practicum
or FLF 3124	Advanced French Conversation
or FLG 3124	Advanced German Conversation
FLS 3143	Hispanic Civilization
or FLF 3143	French Civilization
or FLG 3143	German Civilization
FLS 3313	Economics of the Spanish-Speaking World
or FLF 3313	Business French I
or FLG 3313	Business German I



6 hours of Free Electives

**Total Hours**

**124**