



# SCHOOL OF KINESIOLOGY PHYSICAL EDUCATION SPORTS & LEISURE

— FOUR-YEAR PLAN —

## ABOUT

The Kinesiology Department offers two physical education programs. The Sport and Leisure degree prepares students for the recreation industry or a possible alternative teaching education certificate. Sport and Leisure students will complete an internship in a professional setting, while Health and Safety students will student teach for their capstone experience. The Health and Safety P-12 accredited degree is designed to prepare students to teach Pre-K through 12 physical education and health and to become licensed teachers in the state of Oklahoma. This program aligns with Oklahoma state teacher education competencies and national Society of Health and Physical Education (SHAPE America) teacher education standards. Both programs are designed for people who have a passion for fitness, teaching, leadership, coaching, and/or achieving and applying knowledge for healthy living in adults and children in a variety of settings.



## DEGREE PLAN

*\*\*The courses listed are for this specific program and are in addition to the general education courses required for all students. See the reverse side or go to [snu.edu/gen-ed](http://snu.edu/gen-ed) for more information on those courses.*

### YEAR 1

First Aid/CPR  
Foundations of Kinesiology  
Motor and Sports Skills I  
Motor and Sport Skills II  
Motor and Sports Skills III  
Motor and Sports Skills IV  
Motor and Sports Skills V  
Fitness Assessment and Technology

### YEAR 2

Practicum/Clinical Experience  
Biomechanics/Kinesiology  
Personal and Community Health

### YEAR 3

School Health Curriculum  
Methods in Secondary PE  
Exercise Physiology  
Teach/Performance of Weight Training  
Research Measurement & Evaluation  
Care and Prevention of Athletic Injury

### YEAR 4

Methods in Elementary PE  
Adaptive Physical Education  
Organization & Management of PE  
Senior Seminar in PE  
Coaching  
Internship



# GENERAL EDUCATION

General Education forms the foundation of every student's academic journey at SNU. As a Christian liberal arts university, we are committed to equipping students with the knowledge, values, and skills essential for their development as both thoughtful Christians and engaged community leaders. Our General Education curriculum is intentionally designed to be both comprehensive and flexible—allowing students to pursue their individual interests while ensuring they graduate prepared for lifelong learning, service, and growth.

The General Education program consists of approximately 51 credit hours that introduce and develop important skills such as the:

- Importance of thinking critically and solving problems
- Ability to communicate effectively
- Appreciation of human creativity
- Importance of science and technology in the 21st century
- Power of social responsibility in our community
- Awareness of global diversity
- Role of our Christian faith in daily life

Students take at least one foundational course and one upper-level windows course in each of these areas.

Central to SNU's mission is the engagement of students in transformational learning experiences designed to explore what it means to seek truth together with a Christ-centered community of scholars.

---

## YEAR 1

- Composition I & Composition II
- Introduction to Speech
- A foundation course in Social Responsibility
- A foundation course in Science & Technology
- Christian Faith & Life

## YEAR 2

- Modern World
- Aesthetics
- A foundation course in Critical Thinking & Problem Solving
- Old Testament or New Testament Literature & Life

## YEAR 3

- A windows course in Social Responsibility
- A windows course in Effective Communication
- A windows course in Science & Technology
- A windows course in Critical Thinking & Problem Solving

## YEAR 4

- A windows course in Global Perspectives
- A windows course in Artistic Expression
- Foundations of Christian Belief