



PHYSICAL EDUCATION SPORTS & LEISURE

FOUR YEAR PLAN

SCHOOL OF KINESIOLOGY
SOUTHERN NAZARENE UNIVERSITY



PE - SPORTS & LEISURE

ABOUT

The Kinesiology Department offers two physical education programs. The Sports and Leisure degree prepares students for the recreation industry or a possible alternative teaching education certificate. Sports and Leisure students will complete an internship in a professional setting. 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. Health and Safety students will student teach for their capstone experience. 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 General Education brochure or go to snu.edu/gen-ed for more information on those courses.*

01

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

02

Practicum/Clinical Experience
Biomechanics/Kinesiology
Personal and Community Health

03

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

04

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



"My professors have designed classes and assignments that line up with what I will actually be doing professionally. I have been given tools that will be beneficial for my career like books, journals, and even assignments that will be great resources in the future."

-Meagan Ellis

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