

# KINESIOLOGY MAJOR FOR TEACHING SECONDARY PHYSICAL EDUCATION

*Updated March 2009*

The major in Kinesiology for Secondary teachers of Physical Education consists of a minimum of 31 credits. Candidates for certification in this major must pass the Michigan Test for Teacher Certification (MTTC) in Physical Education (Test #44). You must demonstrate your knowledge in the following categories:

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|---|----------------|
| 1. Physical Activity, Fitness & Health      | 11 to 20 items |
| 2. Movement & Lifelong Physical Activity    | 11 to 20 items |
| 3. Growth, Development & Learning           | 11 to 20 items |
| 4. Planning, Instruction & Assessment       | 11 to 20 items |
| 5. Management, Motivation & Communication   | 11 to 20 items |
| 6. Foundations & Professional Collaboration | 11 to 20 items |

You may access a study guide at the MTTC testing site; the courses below have been selected so that you will be well prepared for the test.

The following chart is intended to provide you a guide for scheduling your semesters and for keeping track of your grade point average.

### FOUNDATIONAL COURSES (8 credits)

SUBJECT/ COURSE	TITLE	CREDIT HOURS	SEMESTER	GRADE
KIN 201	Introduction to Physical Education and Lab	4		
After completion of the KIN 201, you will be assigned four skill development classes in areas of deficiency (basketball, softball, badminton, tennis, swimming, weight training, aerobics, dance – KIN 101-199). 4 credits – not KIN 140		4		
1. _____ 2. _____ 3. _____ 4. _____				

### GENERAL KINESIOLOGY REQUIRED (10 credits)

SUBJECT/ COURSE	TITLE	CREDIT HOURS	SEMESTER	GRADE
KIN 222	Exercise Physiology	3		
KIN 223	Exercise Physiology Lab	1		
KIN 301	Motor Development	3		
KIN 221 OR	Anatomical Kinesiology	3		
KIN 383	Mechanical Analysis of Human Movement	3		

### REQUIRED METHODS COURSES (13 credits)

SUBJECT/ COURSE	TITLE	CREDIT HOURS	SEMESTER	GRADE
KIN 330	Principles and Practices of Coaching	3		
KIN 344	Basic Methods of Teaching Physical Ed & Lab ( <i>must precede KIN 346</i> )	4		
KIN 346	Methods of Teaching Secondary P.E. & Lab	3		
KIN 350	Adapted and Therapeutic Physical Education	3		

**This MUST be completed prior to the student teaching semester!**