
Department of Kinesiology, Health Promotion and Recreation

Main Office
Physical Education Building, Room 209

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Allen Jackson, Interim Chair

Introduction

The Department of Kinesiology, Health Promotion and Recreation offers a variety of programs of study in kinesiology, health promotion, and recreation and leisure studies. The department offers teaching and non-teaching degrees and courses that fulfill university core requirements.

Programs of Study

The department offers the following undergraduate and graduate degrees:

- Bachelor of Science with a major in health promotion,
- Bachelor of Science, and
- Master of Science, both with majors in kinesiology, and recreation and leisure studies.

The Center for Sport Psychology and Performance Excellence (CSPPE) is a multi-disciplinary center devoted to offering sport psychology interventions, research and training. The center combines the expertise of faculty in psychology and kinesiology to produce the most comprehensive and state-of-the-art sport psychology services available.

Kinesiology

Main Office
Physical Education Building, Room 209
940-565-2651

Faculty

Professors Hill, Jackson, Morrow, Patton, J. Thomas
Associate Professors Goggin, Goodwin, Greenleaf, Martin, Weiller. *Assistant Professors* Driver, Vingren.
Instructor Way. *Lecturer* Maughan.

Introduction

The program in kinesiology offers a complete curriculum that prepares students for a variety of careers in the public and private sectors and in teaching. Degrees include Bachelor of Science and Master of Science with a major in kinesiology. A teacher certification program is available, which is a standard all-level certificate in physical education (kinesiology) at the bachelor's level.

Programs of Study

Kinesiology offers undergraduate and graduate programs in the following areas:

- Bachelor of Science with a major in health promotion;
- Bachelor of Science, and
- Master of Science, both with a major in kinesiology.

Bachelor of Science with a Major in Kinesiology

Degree Requirements

1. Hours Required and General/College of Education Requirements: A minimum of 120 semester hours (127 semester hours for those seeking all-level teacher certification), of which 42 must be advanced, and fulfillment of degree requirements for the Bachelor of Science degree as specified in the "General University Requirements" in the Academics section of this catalog and the College of Education requirements.

2. Major Requirements:

All kinesiology majors: BIOL 2301/2311, 2302/2312, COMM 1010, ENGL 2210 or 2220 and PHED 1000.

Theory Core, 24 hours:

KINE 2030, KINE 2050, KINE 3020, KINE 3050 (prerequisite BIOL 2301/2311 or consent of instructor), KINE 3080 (prerequisites: BIOL 2301/2311 and BIOL 2302/2312 or consent of instructor),

KINE 3090, KINE 4000, and KINE 4050 (prerequisites: MATH 1100 and LTEC 1100 or equivalent or consent of instructor).

Physical Performance Courses, 5 hours:

Non-Teacher Certification: PHED 1211 and one course from Group I, Section D are required of all students in the non-teacher certification option. In addition, students must choose two **additional** sport activities from Group I (each from a different section) and one selected from Group II. At least **one** activity must be at the intermediate or advanced level.

- Group I: Section A – PHED 1010 and 1030; Section B – PHED 1590, 1600 and 1610; Section C – PHED 1570 and 1660; Section D – PHED 1120 (considered intermediate- or advanced-level conditioning), 1200, 1220, 1230 and 1250.
- Group II: Section A – PHED 1700, 1710 and 1711; Section B – PHED 1780, 1781, 1790 and 1791; Section C – PHED 1740, 1750 and 1770.

All-Level Teacher Certification: Students must choose two **different** sport activities selected from Group I (A-D); select one sport activity from Group I (E); and select two sport activities from Group II (A-C). At least one activity from Group I or II must be at the intermediate or advanced level.

- Group I: Section A – PHED 1590, 1600 and 1610; Section B – PHED 1500 and 1510; Section C – PHED 1440 and 1470; Section D – PHED 1210 and 1211; Section E – PHED 1010, 1030, 1120 (considered intermediate- or advanced-level conditioning), 1200, 1220, 1230 and 1250.
- Group II: Section A – PHED 1700, 1710 and 1711; Section B – PHED 1780, 1781, 1790 and 1791; Section C – PHED 1740 and 1770.

Other kinesiology requirements:

General (Non-Teacher Certification): students select 15 hours from the following kinesiology electives:

- Athletics/Coaching — KINE 2220, KINE 2230, KINE 2250, KINE 3200, KINE 3250, KINE 4200;
- Health Fitness — KINE 4300, KINE 4320;
- Sport Management — KINE 3400, KINE 4410;
- Youth — KINE 3500, KINE 3550, KINE 4500, KINE 4550.

Health Fitness Interest Area (Non-Teacher Certification):

9 hours — KINE 4300 and KINE 4320 plus 3 hours selected from the non-teacher certification kinesiology electives listed above. (**Note:** KINE 3080 is a

prerequisite to KINE 4300 and 4320, and students **must** complete 3080 prior to enrolling in these courses.)

All-Level Teacher Certification: 12 hours — KINE 3500, KINE 3550, KINE 4500, and 3 hours to be selected from KINE 2220, 2230, 3200, 3250 or 4200.

3. Other Course Requirements:

Health Fitness Interest Area (Non-Teacher Certification): 12 hours of cognate courses: SMHM 1450, RECR 3050, RECR 4050 and RECR 4060.

All-Level Teacher Certification: EDSE 4060; ENGL 2220; LTEC 1100; 18 hours of Professional Education (KINE 3160, DFST 3123, EDSE 3830, EDSE 4070, EDME 4104, EDSE 4108).

4. Minor:

General (Non-Teacher Certification), Minor:

Minimum of 18 hours from area other than kinesiology, 6 of which must be advanced.

Health Fitness Interest Area (Non-Teacher Certification): Minor in health promotion: HLTH 1900, 3300, 4100, 4130, 4300 and 4600.

All-Level Teacher Certification, Minor: Minimum of 18 hours, 6 of which must be advanced.

5. Electives:

General (Non-Teacher Certification): 14 hours, most of which must be advanced.

Health Fitness Interest Area (Non-Teacher Certification): Non-teacher certification students selecting the health fitness interest area must complete 8 hours of electives.

6. Other Requirements:

- 12 hours of KINE must be taken at UNT.
- 42 hours must be advanced; 24 of which must be taken at UNT.
- 6 hours minimum of minor must be advanced.

Total number of hours may be reduced if student follows recommendations for courses listed in university core. (Consult the Student Advising Office, Matthews Hall, Room 105, for details.)

All kinesiology majors: A minimum grade of C is required in MATH 1100, BIOL 2301 and BIOL 2302. A 3.0 GPA is required in PHED 1000, KINE 2030 and KINE 2050 prior to a kinesiology major being allowed to take any KINE 3000- or 4000-level courses.

Non-Teacher Certification (General and Health Fitness Interest Area):

A minimum grade of C is required in each course in the major; a minimum GPA of 2.7 5in the major, 2.0 in UNT courses, and

overall is required for graduation. (Overall GPA includes all course work transferred plus that taken at UNT.)

Teacher Certification:

Admission. To be admitted to teacher education, students must have:

- completed 60 semester hours, including all general education requirements, with at least a 2.75 GPA
 - a. in all UNT work attempted, and
 - b. overall. The overall GPA includes all course work transferred plus that taken at UNT;
- passed the THEA test (with scores of 240 reading, 230 math and 220 writing; contact the Student Advising Office in Matthews Hall, Room 105, for further information on the THEA requirements); and
- submitted a completed application for admission to the teacher education program (available in the Student Advising Office, Matthews Hall, Room 105) prior to enrolling in the first education course.

Completion. To receive final approval for teacher certification, students must have:

- fulfilled all requirements of an approved 127-hour degree plan;
- received a grade of C or better for each kinesiology course and each PHED course;
- obtained a 2.75 GPA in each of the following areas: each teaching field, all education courses, all UNT work, and overall;
- successfully completed student teaching (see Eligibility for Teacher Certification requirements listed in the Department of Teacher Education and Administration in this catalog for details); and
- passed appropriate sections of the Texas Examinations of Educator Standards (TExES).

Students should visit the Student Advising Office in Matthews Hall, Room 105, for additional information regarding degree audits. Questions about student teaching and/or the TExES exam should be addressed to the TExES Advising Office in Matthews Hall, Room 103 (940-369-8601).

Students are encouraged to see their academic or faculty advisor each term/semester for help with program decisions and enrollment.

Minor in Kinesiology

The requirements for a minor in kinesiology are 21 hours, including 15 hours selected from KINE 2000, 2030, 2050, 3020, 3050 (prerequisite: BIOL 2301/2311 or consent of instructor), 3080 (prerequisites: BIOL 2301/2311 and 2302/2312, or consent of instructor), 3090, 4000 and 4050 (prerequisite: MATH 1100 and LTEC 1100 or consent of instructor) plus 6 additional hours selected from any KINE courses. Six hours must be advanced. A minimum grade of C is required in each course in the minor.

Teacher Certification

Students should refer to the sections on “Teacher Certification,” “Teaching Certificates” and “Student Teaching” in the College of Education general information pages of this catalog for necessary requirements to qualify for recommendation for a Texas teaching certificate.

Degree Plan

The degree plan is the official document outlining the student’s course of study. The student is responsible for initiating the degree plan process and should do so as soon as possible after being formally enrolled at the university.

Career advising should be sought in the departmental office, Physical Education Building, Room 209. The student, with advisement, makes decisions relating to the program of study. The degree plan is subsequently prepared in the College of Education Student Advising Office in Matthews Hall, Room 105. Students should have their degree plans updated the term/semester before graduation in Matthews Hall, Room 105.

Graduate Degrees

The department offers the Master of Science degree with a major in kinesiology. Both thesis and non-thesis options are available. For further information, consult the *Graduate Catalog*.

Scholarships

The Irma Caton, John Douthitt Memorial, Corinne and David Hill, Morrow Family, and Peggy Richardson scholarships are awarded annually to a kinesiology major. The Eurice Miller Bass, Paramount Pictures KHPR and Delta Psi Kappa Beulah A. Harriss scholarships also are available. Information and applications are available in the departmental office, Physical Education Building, Room 209, and on the departmental web site (www.coe.unt.edu/khpr).

Courses of Instruction

All Courses of Instruction are located in one section at the back of this catalog.

Course and Subject Guide

The “Course and Subject Guide,” found in the Courses of Instruction section of this book, serves as a table of contents and provides quick access to subject areas and prefixes.

Health Promotion

Main Office
Physical Education Building, Room 209
940-565-2651

Faculty

Professor Chng. Lecturers Moore, Sexton. .

Introduction

This program offers courses for students seeking knowledge about their health along with methods by which to live a healthy lifestyle. In addition, courses are offered for students majoring in health promotion who have career goals in school or community health. The major in health promotion with a career option in community health promotion is designed to prepare students for professional careers in a variety of community health agencies, as well as in local, state and national government health agencies. This track does not lead to teacher certification. The major in health promotion with a career option in school health promotion is a course of study that leads to an All-Level (EC–12) teacher certification.

Programs of Study

Health Promotion offers an undergraduate program in the following area:

- Bachelor of Science with a major in health promotion.

Bachelor of Science with a Major in Health Promotion

All-level certification in Health Promotion has been approved by the State Board for Educator Certification. Students should consult their advisor in the Student Advising Office, Matthews Hall, Room 105, for the most current information.

Degree Requirements

1. **Hours Required and General/College of Education Requirements:** A minimum of 120 semester hours, of which 42 hours must be advanced, and fulfillment of degree requirements for Bachelor of

Science degree as specified in the “General University Requirements” in the Academics section of this catalog and the College of Education requirements.

2. Major Requirements:

All health promotion majors: BIOL 2301/2311, 2302/2312; COMM 2020 or 2040; ENGL 2210 and PHED 1000. (PHED 1000 also may be used to satisfy a portion of the Understanding the Human Community requirement of the University Core Curriculum.)

Non-Teacher Certification: 51 hours, 33 of which must be advanced, HLTH 1100, 1570, 1900, 2100, 2200, 3300, 4100, 4120, 4130, 4150, 4251, 4300, 4400, 4500, 4600, 4850 (6-hour internship). HLTH 4850 is an internship that must be completed during the last long term/semester of enrollment. A term/semester prior to the internship, students must consult with the internship coordinator to select a site and prepare for the internship placement. (Students should consult an advisor in Matthews Hall, Room 105, for the most current information.)

All-Level Standard Teacher Certification: Health Promotion, 36 hours

HLTH 1100, 1900, 2100, 2200, 3300, 4100, 4120, 4130, 4150, 4400, 4500, 4600.

3. Other Course Requirements:

Non-Teacher Certification: 9 hours, SMHM 1450, LTEC 3440, ENGL 2220.

All-Level Teacher Certification: 12 hours, DFST 3123, SMHM 1450, EDSE 4060, ENGL 2220, LTEC 1100 or CSCE 1010 or BCIS 2610.

School Health Promotion-Professional Education Courses: 18 hours, EDSE 3800, 3830, 4070, 4108, 4118 and 4840.

4. Minor:

Non-Teacher Certification: 12 hours minimum, of which 6 must be advanced, in a field outside of health promotion chosen in consultation with a faculty advisor.

5. **Electives:** See individual degree audit.

6. Other Requirements:

Non-Teacher Certification: A minimum grade of C is required in the major and all UNT course work, and a minimum overall GPA of 2.50 is required for graduation. (Overall GPA includes all course work transferred plus that taken at UNT.)

Teacher Certification:

- Admission.** To be admitted to teacher education, students must have:

- completed 60 semester hours with at least a 2.75 GPA
 - (1) in all UNT work attempted, and
 - (2) overall. The overall GPA includes all course work transferred plus that taken at UNT;
 - passed the THEA test (with scores of 240 reading, 230 math and 220 writing; contact the Student Advising Office in Matthews Hall, Room 105, for further information on the THEA requirements); and
 - submitted a completed application for admission into the teacher education program (available in the Student Advising Office, Matthews Hall, Room 105) prior to enrolling in the first education course.
- b. **Completion.** To receive final approval for teacher certification students must have:
- fulfilled all requirements of their degree audit;
 - received a grade of C or better for each health promotion course;
 - obtained a 2.75 GPA in each of the following areas: each teaching field, all education courses, all UNT work, and overall;
 - successfully completed student teaching, which includes attending appropriate required seminars and passing a comprehensive teacher preparedness exam; and
 - passed appropriate sections of the Texas Examinations of Educator Standards (TExES).

Students should visit the Student Advising Office in Matthews Hall, Room 105, for additional information regarding degree audits. Questions about student teaching and/or the TExES exam should be addressed to the TExES Advising Office in Matthews Hall, Room 103 (940-369-8601).

Students are encouraged to see their academic or faculty advisor each term/semester for help with program decisions and enrollment.

Health Promotion (All-Level Teacher Certification)

An all-level teacher certificate in health promotion has been recently approved by the State Board for Educator Certification. Please see the academic advisor at the Student Advising Office, Matthews Hall, Room 105, for details.

Minor in Health Promotion

Students who wish to minor in health promotion must take a minimum of 18 credit hours in health courses, including 12 hours at the advanced level. A minimum grade of C is required in each course in the minor.

Degree Plan

The degree plan is the official document outlining the student's course of study. The student is responsible for initiating the degree plan process and should do so as soon as possible after being formally enrolled at the university.

Career advising should be sought in the departmental office in PEB, Room 209. The student, with advisement, makes decisions relating to the program of study. The degree plan is subsequently prepared in the College of Education Student Advising Office in Matthews Hall, Room 105. Students should have their degree plans updated the term/semester before graduation in Matthews Hall, Room 105.

Scholarships

The Linda and Philip Dudley Health Promotion Scholarship is awarded to deserving undergraduate and graduate majors. The Eurice Miller Bass, Paramount Pictures KHPR, and Delta Psi Kappa Beulah A. Harriss scholarships also are available. For information, contact the departmental office or visit the departmental web site (www.coe.unt.edu/khpr).

Courses of Instruction

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Course and Subject Guide

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Recreation and Leisure Studies

Main Office
Physical Education Building, Room 209
940-565-2651

Faculty

Professor Keller. Associate Professors Collins, Hodges.

Introduction

The program's primary goals are the professional preparation of undergraduate and graduate students, research into the phenomena of leisure, development of new techniques for professional practice, community and professional service, continuing education, scholarly publications, and technical assistance.

The program in recreation and leisure studies leading to the Bachelor of Science degree prepares students for careers in three interest areas: program management, therapeutic recreation and sport

management. The undergraduate program emphasizes the study of leisure and the preparation of students for management and leadership positions in a variety of agency settings.

Career opportunities for program graduates include federal, state and local government park and recreation agencies; intramural, youth, community, intercollegiate and professional sport management agencies; commercial recreation agencies; corporate employee, campus and military recreation operations; hospital and other health care settings; and community-based therapeutic recreation operations.

Programs of Study

Recreation and Leisure Studies offers undergraduate and graduate programs in the following areas:

- Bachelor of Science, and
- Master of Science, both with a major in recreation and leisure studies.

Bachelor of Science with a Major in Recreation and Leisure Studies

Degree Requirements

1. Hours Required and General/College of Education Requirements: A minimum of 120 semester hours, of which 42 must be advanced, and fulfillment of degree requirements for the Bachelor of Science degree as specified in the “General University Requirements” in the Academics section of this catalog and the College of Education requirements.

2. Major Requirements: All recreation and leisure studies majors: BIOL 2301/2311¹ and 2302/2312¹ (may also satisfy a portion of the Natural Sciences requirement of the University Core Curriculum), COMM 2040^{1,2} (may also satisfy a portion of the Understanding the Human Community requirement of the University Core Curriculum), PHED 1000^{1,2} (may also fulfill a portion of the Understanding the Human Community requirement of the University Core Curriculum).

Recreation and Leisure Studies: (39 hours)
RECR 1950, RECR 2150, RECR 2550, RECR 3050, RECR 3450, RECR 4050, RECR 4080, RECR 4160, RECR 4180, plus 12 hours from RECR 4070, 4190, 4200, 4340^{2,3} or RECR 3500, 4060, 4560, 4760.¹

3. Other Course Requirements:

- DFST 1013
- Internship and Professional Development, 15 credit hours, RECR 4100 (12 credit hours) and RECR 4150 (3 credit hours). See detailed information below.

4. Minor Requirements:

• **Therapeutic Recreation Interest Area:** (18 hours) DFST 1013, PSYC 4610, KINE 3020. Nine additional hours selected from AGER 4500, HLTH 2100, HLTH 4150, KINE 3090, KINE 3500, RHAB 3050, RHAB 3200, RHAB 3400.¹

• **Program Management Interest Area:** 18 hours (6 advanced) in a field outside of recreation and leisure studies, chosen in consultation with an advisor.²

• **Sport Management Interest Area:** (18 hours) ACCT 2010; KINE 2050, 3400, 4000; and MKTG 3650; plus, select three hours from KINE 2220, 2230, 2250, 3200 and 3250.³

5. **Electives:** 0–2 hours chosen in consultation with an advisor.

6. Other Requirements:

• A minimum grade of C is required in each recreation course, and a 2.5 GPA is required on courses in the major. A minimum UNT GPA of 2.0 and an overall GPA of 2.0 are required for graduation. Overall GPA includes all course work transferred plus that taken at UNT.

• Internship:

a. Each recreation and leisure studies student is required to complete a total of 15 credit hours of internship and professional development [12 credit hours of on-site experience (RECR 4100) and RECR 4150].

b. Program management and sport management students must complete a minimum of 480 clock hours to meet this requirement.

c. Therapeutic recreation students must complete 600 hours during 15 consecutive weeks, necessitating doing the on-site internship during a fall or spring term/semester.

d. RECR 4100, Internship in Recreation, Parks and Leisure Agencies (12 hours) is required of all majors in an approved setting appropriate for their career interest area. The student must meet several requirements prior to enrollment in this course, including:

- completion of the required recreation major courses;
- a minimum of 2.25 overall GPA; minimum of 2.50 GPA in all recreation courses, with a C or better in each recreation course;
- verification of 400 hours of paid or voluntary experience in a recreation, park, or leisure service agency within the past 48 months;
- competency demonstrated through current certification in Standard First Aid and CPR,

and lifeguarding or water safety instruction, or a comparable alternative certification; and

- departmental permission to enroll in the course.

The internship is a full-time (i.e., 40 hours per week) affiliation with an approved agency. It is usually taken during the last term/semester.

Notes:

¹ Required for Therapeutic Recreation Interest Area.

² Required for Program Management Interest Area.

³ Required for Sport Management Interest Area.

Students are encouraged to see their academic or faculty advisor and the department degree audit advisor each term/semester for help with program decisions and enrollment.

Minor in Recreation and Leisure Studies

Students minoring in recreation and leisure studies are required to take 6 hours of major courses: RECR 1950 and 2550; and the 12 hours from the appropriate career interest sequence: either RECR 2150, 3050, 4050 and 4180 or RECR 3500, 4060, 4560 and 4760 upon consultation with the program coordinator. A minimum grade of C is required in each course in the minor.

Degree Plan

The degree plan is the official document outlining the student's course of study. The student is responsible for initiating the degree plan process and should do so as soon as possible after being formally enrolled at the university.

Advising should be sought in the departmental office. The student, with advisement, makes decisions related to the program of study. The degree plan is subsequently prepared in the College of Education Student Advising Office in Matthews Hall, Room 105. Students should have their degree plans updated the term/semester before their internship in Matthews Hall, Room 105.

Graduate Degrees

The program offers a Master of Science degree with a major in recreation and leisure studies with two interest areas: program management and therapeutic recreation. Both thesis and non-thesis options are available. Consult the *Graduate Catalog* for information.

Scholarships

The Don C. Bailey, Sue Delmark, Marian C. Keller, Rita Pilkey and Julia Wakeley Scholarships

are awarded annually on a competitive basis to undergraduate and graduate majors in the program. The Paramount Pictures KHPR and Delta Psi Kappa Beulah A. Harriss scholarships also are available. Information and applications are available in the departmental office and on the departmental web site (www.coe.unt.edu/khpr).

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