



PHYSICAL EDUCATION HEALTH & SAFETY

FOUR YEAR PLAN

SCHOOL OF KINESIOLOGY
SOUTHERN NAZARENE UNIVERSITY



PE - HEALTH & SAFETY

ABOUT

The Kinesiology Department offers two physical education programs. 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. 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. 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, II, III, IV, V (5 Courses)
 Educational Technology
 Biology or Anatomy
 Intro to Ed and Teaching Lab

02

Practicum/Clinical Experience
 Biomechanics/Kinesiology
 Foundations of Education
 Personal and Community Health
 Fitness Assessment and Technology
 Psychology of Children and Youth

03

School Health Curriculum
 Methods in Secondary PE
 Exercise Physiology
 Care and Prevention of Athletic Injuries
 Motor Learning
 Research Measurement & Evaluation

04

Methods in Elementary PE
 Adaptive Physical Education
 Organization & Management of PE
 Professional Decision Making
 Senior Seminar in PE
 Survey of the Exceptional Child
 Student Teaching Seminar (Elementary, Secondary)



"My favorite memory from the Physical Education program was when we got to play a big game of flag football at 8 a.m. in one of my classes. It was really fun and made me excited about my future. Also, I love knowing that if I need help I can count on the people here."
 -Zaccheaus Brown

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