



# COLLEGE OF HUMAN KINETICS

## KOLEHIYO ng PANTAONG KINETIKA

Location: Yllanan Hall, Magsaysay cor. E. Jacinto Avenue, University of the Philippines Diliman, Quezon City, 1101 Philippines  
Telephone Numbers: +63-2-981-8500 locals 4136, 4128 | +63-2-929-6033 (telefax)  
Website: [upchk.weebly.com](http://upchk.weebly.com)

The Department of Physical Education, attached to the UP College of Education, was created in 1921 to promote, direct and supervise physical education and recreation among the students of the university. The Department of Physical Education had two sections: one for men and another for women. Since its creation in 1921, the Department of Physical Education has taken an active stance in promoting sports in the university via an intramural program. The Bachelor of Science in Education major in Physical Education was offered by the UP College of Education in 1928. The Department of Physical Education proposed a Certificate in Physical Education program which was approved by the University Council in 1930.

To maximize the growth and development of physical education and sports in the University, the proposal to create the UP Institute of Physical Education in conjunction with the Bureau of Education was approved by the Board of Regents on 05 May 1967. After revisions were made in the Bachelor of Science in Education major in Physical Education curriculum, the UP Institute of Sports, Physical Education and Recreation (ISPEAR) was established in April 1976. ISPEAR offered the following programs: Certificate in Sports, Certificate in Dance, Bachelor of Physical Education, Master of Physical Education and Master of Science in Physical Education.

A request for a change in name from Institute of Sports, Physical Education and Recreation (ISPEAR) to College of Human Kinetics (CHK) was proposed in 1989 to reflect the academic discipline on which the practice of sports, dance, aquatics, physical education and recreation is based. This discipline is a scientific, inter-disciplinary program which combines theory and practice. The Board of Regents approved the request on 28 September 1989.

### PROGRAMS OFFERED

manage simple recreational programs.

### UNDERGRADUATE PROGRAMS

#### Certificate in Sports Studies

This is a two-year program for those interested in being employed as recreation activity leaders and assistants, coaching staff of sports teams or dance groups in settings such as *barangay* centers, sports clubs, resorts, school sports and recreation clubs, and fitness centers.

#### Bachelor of Physical Education

This program develops the required skills for one to: (a) perform and teach some dance and sports activities reasonably well; and (b)

#### Bachelor of Sports Science

This program aims to develop individuals who will have the competencies to function effectively as science-oriented sports specialists prepared to work in an environment characterized by technological advances.

#### Diploma in Exercise and Sports Sciences

This post-baccalaureate program is for those who would like to take up physical education or sports science as another area of specialization.

**GRADUATE PROGRAM**

**Master of Science in Human Movement Science**

This graduate level program is a comprehensive and systematic study of human movement designed to increase the depth of knowledge and research capabilities of exercise science, physical education and leisure studies professionals.

**ADMISSION POLICIES/REQUIREMENTS**

The Certificate program of CHK requires an UPCAT grade no lower than '2.800', passing a talent/skills test and an interview.

The baccalaureate programs require one to pass the UPCAT. Applicants to the baccalaureate programs from other UP autonomous units and other schools are also required to pass a talent/skills test and an interview.

CHK accepts applicants from other UP Diliman colleges, other UP autonomous units and other schools in the baccalaureate programs, as well as new applicants for the diploma and graduate (masters) programs at the start of every academic year (i.e., every first semester only). Applications are entertained during the summer session prior to the academic year applied for.

**CSS (New High School Graduates)**

- 1) Original 4th year High School Report Card
- 2) Copy of the UPCAT Result (not lower than 2.800). Those with UPCAT score of 2.801 and below need not apply.
- 3) Four (4) copies 2" x 2" colored photo of applicant.
- 4) Medical Clearance issued by the University Health Service
- 5) Certificate of Athletic Performance (if any) from former coach or athletic organization
- 6) Passing the Sports Readiness Test, Sports Skills Test, Guidance Test, and panel interview.

Failure to submit any of the above requirements may disqualify the applicant from admission.

**SHIFTEE**

**Shiftee within the College**

- 1) Applicants are accepted during the 1st and 2nd Semesters and Summer.
- 2) Grade Requirement
  - For BPE : GWA of 2.50 or better
  - For BSS : GWA of 2.25 or better

**Shiftee within UP Diliman**

- 1) Applicants are accepted during the 1st Semester only
- 2) True Copy of Grades (TCG) from applicant's current college
- 3) Grade Requirement
  - For CSS : GWA of 2.51 to 2.800
  - For BPE : GWA of 2.50 or better
  - For BSS : GWA of 2.25 or better
- 4) Permit to Transfer issued by applicant's current college
- 5) College Clearance issued by the applicant's current college
- 6) Four (4) pieces 2" x 2" colored photo of applicant
- 7) Medical Clearance issued by the University Health Services
- 8) Certificate of Athletic Performance (if any) from former coach or athletic organization

Failure to submit any of the above requirements may disqualify the applicant from admission.

**TRANSFEEE**

**Transferee from other Autonomous Units**

- 1) Applicants are accepted during the 1st Semester only
- 2) True Copy of Grades (TCG) from applicant's current college
- Grade Requirement:
  - For CSS : GWA of 2.51 to 2.800
  - For BPE : GWA of 2.50 or better
  - For BSS : GWA of 2.25 or better
- 3) Permit to Transfer issued by applicant's current college
- 4) College Clearance issued by applicant's current college
- 5) Four (4) pieces 2" x 2" colored photo of the applicant
- 6) Medical Clearance from the University Health Service
- 7) Certificate of Athletic Performance (if any) from former coach or athletic organization
- 8) Passing the Sports Readiness Test, Sports Skills Test, Guidance Test, and panel interview.

Failure to submit any of the above requirements may disqualify the applicant from admission.

**Graduate Program**

Holders of the BPE, BS Education Major in Physical Education, or DPE who have obtained a general weighted average of 2.75 or better in their undergraduate work may apply for admission in the master's program.

Applicants must pass the written examination and interview.

CERTIFICATE IN SPORTS STUDIES 66 units			
APPROVAL 120th UPD UC : 02 April 2012   President AEPascual : 04 June 2012			
F I R S T Y E A R			
1st Semester 18 units		2nd Semester 15 units	
GE (AH 1) Eng 10	3	GE (AH 2) Comm 3	3
GE (MST 1) Math 2	3	GE (MST 2) in Sci or Tech	3
GE (SSP 1) Kas 1*	3	Elective Activity	3
Elective Activity	3	PeD 190	3
Elective Activity	3	SS 102	3
PEd 91	3	PE	(2)
PE 1	(2)		
S E C O N D Y E A R			
1st Semester 18 units		2nd Semester 15 units	
SS 104	3	GE (AH 3) in oral or written	3
PEd 93	3	comm skills	
SS 130	3	Elective Activity	3
PEd 92	3	PEd 172	3
Elective Activity	3	PEd 174	3
Elective Activity	3	PEd 196	3
PE	(2)	PE	(2)
NSTP	(3)	NSTP	(3)
<i>ELECTIVE ACTIVITY MAJOR COURSE REQUIREMENTS</i>			
<i>a. 12 units - at least 1 dance series (from PEd 150 series) and at least 1 sport series (from PEd 120 to 130 series)</i>			
<i>or</i>			
<i>12 units - 2 sport series (from PEd 120 to 130 series)</i>			
<i>b. 3 units - at least 1 dance (from PEd 150 series)</i>			
<i>3 units - at least 1 sport (from PEd 120 to 130 series) or</i>			
<i>3 units - at least 1 SS Elective (from SS 110 to 120 series)</i>			
<i>(2 courses or 6 units for PEd 120 to 130 series may be taken as .1 and .2)</i>			
<i>Note: As a requirement for graduation, all students must take six (6) units in one of the National Service Training Program (NSTP) components: Civic Welfare Training Service (CWTS), Literacy Training Service (LTS), and Reserved Officer's Training Corps Military Science (ROTC Mil Sci). These are offered by UPD.</i>			

BACHELOR OF PHYSICAL EDUCATION 151 / 152 units			
APPROVAL 122nd UPD UC : 09 July 2012   President AEPascual : 01 August 2012			
F I R S T Y E A R			
1st Semester 18 units		2nd Semester 20/21 units	
GE (AH 1) Eng 10	3	GE (AH 2) Comm 3	3
GE (SSP 1) Kas 1*	3	GE (SSP 2) Free Choice	3
GE (MST 1) Math 1	3	GE (MST 2) Free Choice	3
Elective Activity	3	Math 17 or	
Elective Activity	3	Math 11 and Math 14	5/6
PEd 91	3	PEd 92	3
PE 1	(2)	Elective Activity	3
		PE	(2)
S E C O N D Y E A R			
1st Semester 21 units		2nd Semester 21 units	
GE (AH 3) Fil 40*	3	GE (AH 4) Free Choice	3
GE (SSP 3) Philo 1	3	GE (SSP 4) Free Choice	3
GE (MST 3) Free Choice	3	GE (MST 4) Free Choice	3
SS 102	3	PEd 93	3
Elective Activity	3	SS 103	3
Elective Activity	3	SS 100	3
Elective Activity	3	Elective Activity	3
PE	(2)	PE	(2)
NSTP	(3)	NSTP	(3)
T H I R D Y E A R			
1st Semester 21 units		2nd Semester 18 units	
GE (AH 5) Free Choice	3	GE (SSP 5) Free Choice	3
EDFD 116	3	Elective Activity	3
SS 130	3	SS 150	3
SS 151	3	SS 152	3
SS 140	3	Elective Activity	3
Elective Activity	3	PEd 95	3
Elective Activity	3		
F O U R T H Y E A R			
1st Semester 18 units		2nd Semester 14 units	
GE (MST 5) STS	3	PEd 94	3
SS 131	3	PI 100	3
SS 104	3	SS 170	3
PEd 190	3	PEd 197	5
SS 191	3		
PEd 194	3		
<i>* Kas 1 and Fil 40 satisfy the 6-unit Philippine Studies requirement</i>			
<i>ELECTIVE ACTIVITY MAJOR COURSE REQUIREMENTS</i>			
<i>a. 12 units (2 diff. sports in .1 and .2 levels from PEd 120/130 series)</i>			
<i>b. 6 units (2 dance activities from PEd 150 series and/or SS 120 and 121)</i>			
<i>c. 6 units (2 recreation activities from PEd 170 series)</i>			
<i>d. 9 units: sport (from PEd 120 to 130 series, from .1 or .2 levels) and/or SS Elective Activity (from SS 110 to 120 series) and/or dance (from PEd 150 series) and/or recreation activities (from PEd 170 series)</i>			
<i>Note: As a requirement for graduation, all students must take six (6) units in one of the National Service Training Program (NSTP) components: Civic Welfare Training Service (CWTS), Literacy Training Service (LTS), and Reserved Officer's Training Corps Military Science (ROTC Mil Sci). These are offered by UPD.</i>			

BACHELOR OF SPORTS SCIENCE 152 / 153 units			
APPROVAL 122nd UPD UC : 09 July 2012   President AEPascual : 01 August 2012			
F I R S T Y E A R			
1st Semester 18 units		2nd Semester 20/21 units	
GE (AH 1) Eng 10	3	GE (AH 3) Comm 3	3
GE (AH 2) <sup>1</sup>	3	GE (SSP 3) <sup>2</sup>	3
GE (SSP 1) Kas 1*	3	GE (MST 3) <sup>4</sup>	3
GE (SSP 2) Free Choice	3	GE (MST 2) <sup>3</sup>	3
GE (MST 1) Math 1	3	Math 17 or	
PEd 91	3	Math 11 and Math 14	5/6
PE	(2)	Elective Activity	3
		PE	(2)
S E C O N D Y E A R			
1st Semester 21 units		2nd Semester 21 units	
GE (AH 4) Fil 40*	3	GE (AH 5) Free Choice	3
GE (SSP 4) Philo 1	3	GE (SSP 5) Free Choice	3
GE (MST 4) <sup>5</sup>	3	SS 101	3
SS 100	3	SS 103	3
SS 102	3	Elective Activity	3
Psych 101	3	Elective Activity	3
Elective Activity	3	Elective Activity	3
PE	(2)	PE	(2)
NSTP	(3)	NSTP	(3)
T H I R D Y E A R			
1st Semester 21 units		2nd Semester 21 units	
SS 104	3	SS 141	3
SS 130	3	SS 150	3
SS 140	3	SS 152	3
SS 151	3	SS 161	3
SS 160	3	SS 170	3
PEd 93	3	Stat 101	3
Elective Activity	3	Elective Activity	3

BACHELOR OF SPORTS SCIENCE 152 / 153 units			
APPROVAL 122nd UPD UC : 09 July 2012   President AEPascual : 01 August 2012			
F O U R T H Y E A R			
1st Semester 18 units		2nd Semester 12 units	
GE (MST 5) STS	3	PI 100	3
SS 131	3	SS 191	3
SS 181	3	SS 197	3
PEd 190	3	SS 200	3
SS 199	3		
FN 110	3		
<sup>1</sup> Writing in English ( Suggested Courses: CW 10, Eng 1, Eng 30) <sup>2</sup> Sociology (Suggested courses: Anthro 10, Sociology 10) <sup>3</sup> Chemistry (Suggested courses: Chemistry 1, NatSci 1) <sup>4</sup> Biology (Suggested courses: Bio 1, MBB 1) <sup>5</sup> Physics (Suggested courses: Physics 10, ES 10)			
<b>ELECTIVE ACTIVITY MAJOR COURSE REQUIREMENTS</b>			
a. 6 units (2 sport activities in .1 or .2 levels from PEd 120/130 series)			
b. 6 units (2 dance activities from Ped 150 series and/or SS 120 and 121)			
c. 6 units (2 recreation activities from PEd 170 series)			
d. 3 units: sport (from PEd 120 to 130 series, from .1 or .2 levels)			
and/or SS Elective Activity (from SS 110 to 120 series)			
and/or dance (from PEd 150 series)			
and/or recreation activities (from PEd 170 series)			
*Kas 1 and Fil 40 satisfy the 6-unit Philippine Studies requirement			
Note: As a requirement for graduation, all students must take six (6) units in one of the National Service Training Program (NSTP) components: Civic Welfare Training Service (CWTS), Literacy Training Service (LTS), and Reserved Officer's Training Corps Military Science (ROTC Mil Sci). These are offered by UPD.			

DIPLOMA IN EXERCISE AND SPORTS SCIENCES 39 units			
APPROVAL 112th SPECIAL UC : 26 March 2010   President's Approval : 19 April 2010			
Foundation Courses 18 units		PEd and/or Combination of SS Electives 21 units	
PEd 93	3	PEd and/or Combination of SS Electives	21
SS 102	3		
SS 103	3		
SS 140	3		
SS 150	3		
SS 130	3		

MASTER OF SCIENCE IN HUMAN MOVEMENT SCIENCE 39 units			
APPROVAL 124th UPD UC : 19 November 2012   President AEPascual : 29 November 2012			
F I R S T Y E A R			
1st Semester 12 units		2nd Semester 12 units	
HMS 201	3	Non-HMS Elective	3
HMS 299	3	Area of Specialization	3
HMS 206	3	Area of Specialization	3
Area of Specialization	3	HMS Elective	3
S E C O N D Y E A R			
1st Semester 9 units		2nd Semester 6 units	
Area of Specialization	3	HMS 300	6
HMS Elective	3		
HMS Elective	3		
<i>HMS Electives</i>			
221	3 u		
222	3 u		
223	3 u		
224	3 u		
225	3 u		
203	3 u		
211	3 u		
212	3 u		
233	3 u		
298	3 u		
<i>Foundation courses:</i>		9 units	
<i>Area of Specialization:</i>		12 units	
<i>HMS Electives:</i>		9 units	
<i>Non-HMS Elective:</i>		3 units	
<i>Thesis</i>		6 units	
<b>TOTAL NUMBER OF UNITS:</b>		39 units	

**COURSE OFFERINGS**

**UNDERGRADUATE**

**PHYSICAL EDUCATION (PE)**

- 1 Foundations of Physical Fitness.** A survey of the physiological and recreational bases of physical activity and their relation to the development and maintenance of physical fitness. 2 u.
- 2 A Variety of Elective Physical Education Activities for Beginners.** 2 u.
- 3 A Variety of Elective Physical Education Activities for Intermediate Students.** 2 u.
- 4 Selected Physical Education Activities and Training.** Prereq: Membership in UPD Varsity Team, UP PEP Squad, UP Filipiniana Dance Group and UP Dance Company. 2 u.; may be taken 4 times.

**Department of Physical Education**

**Physical Education (PEd)**

- 91 Fundamental Rhythms.** Study of musical form and structure in relation to rhythm and movement. 3 u.
- 92 Philippine Games.** Selection, conduct, and supervision of Philippine games suitable for elementary, high school and college levels. 3 u.
- 93 Philosophy of Sports and Physical Education.** Philosophical issues affecting sports and physical education throughout their historical development. 3 u.
- 94 Administration and Supervision of Physical Education.** The philosophy and methodology of organizing and administering the physical education, intramural, and athletic programs. 3 u.
- 95 Adapted Physical Education.** Adaptation of physical education program to the needs of the individual. Prereq: SS 102, 140. 3 u.
- 120.1 Basic Basketball.** Theory and practice of the fundamental skills and rules of the sport. 3 u.
- 120.2 Advanced Basketball.** Theory and practice of the advanced skills and officiating of the sport. Prereq: PEd 120.1/COI. 3 u.
- 121.1 Basic Volleyball.** Theory and practice of the fundamental skills and rules of the sport. 3 u.

- 121.2 Advanced Volleyball.** Theory and practice of the advanced skills and officiating of the sport. Prereq: PEd 121.1/COI. 3 u.
- 122.1 Basic Baseball and Softball.** Theory and practice of the fundamental skills and rules of the sport. 3 u.
- 122.2 Advanced Baseball and Softball.** Theory and practice of the advanced skills and officiating of the sport. Prereq: PEd 122.1/COI. 3 u.
- 123.1 Basic Soccer.** Theory and practice of the fundamental skills and rules of the sport. 3 u.
- 123.2 Advanced Soccer.** Theory and practice of the advanced skills and officiating of the sport. Prereq: PEd 123.1/COI. 3 u.
- 130.1 Basic Aquatics.** Theory and practice of the fundamental skills and rules of the sport. 3 u.
- 130.2 Advanced Aquatics.** Theory and practice of the advanced skills and officiating of the sport. Prereq: PEd 130.1/COI. 3 u.
- 131.1 Basic Track and Field.** Theory and practice of the fundamental skills and rules of the sport. 3 u.
- 131.2 Advanced Track and Field.** Theory and practice of the advanced skills and officiating of the sport. Prereq: PEd 131.1/COI. 3 u.
- 132.1 Basic Gymnastics.** Theory and practice of the fundamental skills and rules of the sport. 3 u.
- 132.2 Advanced Gymnastics.** Theory and practice of the advanced skills and officiating of the sport. Prereq: PEd 132.1/COI. 3 u.
- 133.1 Basic Badminton.** Theory and practice of the fundamental skills and rules of the sport. 3 u.
- 133.2 Advanced Badminton.** Theory and practice of the advanced skills and officiating of the sport. Prereq: PEd 133.1/COI. 3 u.
- 134.1 Basic Table Tennis.** Theory and practice of the fundamental skills and rules of the sport. 3 u.
- 134.2 Advanced Table Tennis.** Theory and practice of the advanced skills and officiating of the sport. Prereq: PEd 134.1/COI. 3 u.
- 135.1 Basic Tennis.** Theory and practice of the fundamental skills and rules of the sport. 3 u.
- 135.2 Advanced Tennis.** Theory and practice of the advanced skills and officiating of the sport. Prereq: PEd 135.1/COI. 3 u.
- 136.1 Basic Arnis and Sipa.** Theory and practice of the fundamental skills and rules of the sports. 3 u.
- 137 Basic Archery and Golf.** Fundamental knowledge and skills; teaching methods. 3 u.
- 138.1 Basic Sport Climbing.** (Artificial Rock Climbing). Sport climbing in general means indoor or outdoor rock climbing on bolt-protected routes. This includes the practice of necessary skills, such as climbing, safety, rigging, rappelling, as well as training for climbing. 3 u.
- 139.1 Basic Judo.** Theory and practice of the fundamental skills and rules of the sport. 3 u.
- 139.2 Advanced Judo.** Theory and practice of the advanced skills/teaching methods and officiating of the sport. Prereq: PEd 139.1/COI. 3 u.
- 151 Folk Dance.** Methods and materials of folk dance instruction in the elementary, secondary, and college levels. 3 u.
- 152 Philippine Ethnic Dance.** Rhythms and dances of representative indigenous groups of the Philippines. 3 u.
- 153.1 Basic Ballroom Dance.** A basic review of the dance forms associated with ballroom dancing and detailed instruction in the techniques and skills common to all the dances. 3 u.
- 153.2 Advanced Ballroom Dance.** Advanced skills and techniques in International Ballroom Dance or Dance Sport. Prereq: PEd 153.1. 3 u.
- 154 Asian Dance.** Rhythms and dances of Southeastern Asian countries. 3 u.
- 155.1 Ballet I.** Fundamental skills in ballet — ballet barre exercises and center work. 3 u.
- 155.2 Ballet II.** Intermediate level — continuation of ballet barre exercises, adagio sequences, allegro enchainments. Prereq: PEd 155.1/COI. 3 u.
- 155.3 Ballet III.** Advanced level ballet barre exercises, adagio sequences, allegro enchainments, and point work. Prereq: PEd 155.2/COI. 3 u.
- 156.1 Modern Dance I.** Development of basic modern dance techniques. 3 u.
- 156.2 Modern Dance II.** Development of more complex modern dance skills. Prereq: PEd 156.1/COI. 3 u.

- 156.3 Modern Dance III.** Progressively difficult patterns. Prereq: PEd 156.2/COI. 3 u.
- 157 Jazz.** Basic skills in the different types of jazz, using the jazz dance feeling into aesthetic patterns. 3 u.
- 158 History of Dance.** The development of dance from the primitive to contemporary society. 3 u.
- 159.1 Dance Studies I.** Study of the elements of time, space and force in dance composition. Prereq: PEd 155.1, 155.2, 156.1, 156.2, 156.3. 3 u.
- 161.1 Basic Street Dance.** A contemporary movement class characterized by high energy and dynamic movements based on syncopated beats and rhythm, encompassing old school style (popping, locking, waving, break-dance), new school style (funk, LA style, mtv/club style), with an integration of martial art, gymnastic, or acrobatic, or aerobic movements. Prereq: PEd 91. 3 u.
- 172 Community Recreation.** Recreational activities in music, sports, camping, social recreation, arts and crafts, hobbies; methods and techniques in leadership and programming for community recreation. 3 u.
- 173 Recreation and Leisure.** Study of leisure and its impact on contemporary life. 3 u.
- 174 Outdoor Recreation.** Basic knowledge and skills in camping and outdoor activities. 3 u.
- 176 Recreation for Special Groups.** Recreation programs for special groups. 3 u.
- 177 Administration of Recreation Systems.** Principles and practices of managing recreation centers, parks and playground of different agencies, social institutions, and organizations that provide recreation programs. 3 u.
- 190 Management of Sports and Recreation Related Services.** Basic management and marketing tools necessary for efficient administration of the different services and programs catering to exercise, fitness, recreation and athletics. 3 u.
- 194 Methods and Strategies in Physical Education.** Current teaching styles. Selection of appropriate styles for given sets of objectives to ascertain that intent and action are congruent. 3 u.
- 196 CSS Internship.** Field experience as activity leader in recreation, health and fitness settings and sports organizations. Prereq: SS. 3 u.
- 197 Student Teaching in Physical Education.** Practice teaching in an elementary and/or secondary school. Prereq: PEd 194. 5 u.

### Department of Sports Science

#### Sports Science (SS)

- 100 Introduction to Physical Education and Sport Sciences.** An introduction to the various fields and sub-fields of exercise and sport sciences and their related professions. Prereq: none. 3 u.
- 101 Sports Science.** Introductory concepts in Human Bioenergetics. Prereq: SS 103. 3 u.
- 102 Human Anatomy and Physiology 1.** Structure and function of the musculo-skeletal system with introduction to analysis of human motor activity. 3 u.
- 103 Human Anatomy and Physiology 2.** Structure and function of the cardiovascular, respiratory, digestive, nervous, endocrine, lymphatic, urinary, reproductive, and integumentary systems with introduction to the physiological effects of movement on the human body. 3 u.
- 104 Tests and Measurements in Human Movements.** Motor skills and ability tests. 3 u.
- 110 Basic Weight Training.** Theory and practice of the fundamental skills and rules of the sport (weightlifting and power lifting). 3 u.
- 111 Advanced Weight Training.** Theory and practice of advanced skills and officiating of the sport (weightlifting and power lifting). Prereq: SS 110. 3 u.
- 120 Basic Fitness Dance.** Theory and practice of the basic skills and principles of fitness dance as a rhythmic group exercise. Prereq: PEd 91. 3 u.
- 121 Advanced Fitness Dance.** Theory and practice of the advanced skills and principles of fitness dance as a rhythmic group exercise. Prereq: SS 120. 3 u.
- 130 First Aid.** Theory and practice of first aid measures for common accidents and emergencies in daily life activities under different environments. Prereq: SS 102. 3 u.
- 131 Prevention and Management of Human Movement Related Injuries.** Prereq: SS 152. 3 u.

- 140 Exercise Physiology I.** Physiology of exercise in relation to fitness: the physiological basis of fitness; adaptive responses of exercise and activity to the human body. Prereq: SS 102, 103. 3 u.
- 141 Exercise Physiology II.** Human bioenergetics and exercise: their processes and their responses and adaptations to exercise and training. Prereq: SS 140, 101. 3 u.
- 150 Acquisition of Motor Skills.** Cognitive and motor processes in and factors that influence skill learning. Prereq: SS 103. 3 u.
- 151 Biomechanics I.** Kinetics and kinematics of human movement; Lecture and laboratory. Prereq: Math 17 or its equivalent. 3 u.
- 152 Biomechanics II.** Biomechanics of the musculo-skeletal system; biomechanics of the joints; applications to testing and exercise prescription . Prereq: SS 151. 3 u.
- 160 Sports in Society and Culture.** The influence of social organizations and settings, social relationships and processes on the behavior of individuals and groups in sports. Prereq: none. 3 u.
- 161 Psychology in Sports.** Psychological variables that influence competitive athletics, social-psychological and social outcomes of such participation. Prereq: Psych 101. 3 u.
- 170 Methods of Physical Conditioning.** Methods of cardiovascular endurance, muscular strength and endurance, speed and power training. Prereq: SS 140. 3 u.
- 181 Ergogenics in Human Movement Related Activities.** The study of performance enhancing strategies and techniques in sports and other human movement related activities. Prereq: SS 141. 3 u.
- 191 Principles of Coaching.** Theory and practice of basic coaching of all types of sports at different levels and settings. Prereq: At least 2 basic activity courses and their corresponding advanced activity courses. 3 u.
- 197 BSS Internship.** Field experience as member of the coaching/ training staff in sports teams and research/support staff in health; fitness and sports medicine centers. Prereq: SS. 3 u.
- 199 Research Methods.** Prereq: SS. 3 u.
- 200 Thesis.** 3 u.

## GRADUATE

Human Movement Science (HMS)

- 201 Philosophy of Human Movement Science.** 3 u.
- 203 Curriculum Development in Physical Education.** 3 u.
- 205 Research Methods in Physical Education.** 3 u.
- 206 Measurement and Evaluation in Human Movement Science.** Data generation, analysis and appraisal in the various aspects of human movement science. 3 u.
- 211 Organization and Management of Sports.** Management of intramurals; interscholastic and international sports. 3 u.
- 212 Physical Fitness Programs.** Survey of activity programs for the development and maintenance of physical fitness. 3 u.
- 213 Physiological Foundation of Coaching.** Circulatory and respiratory adjustment, metabolism, nutrition, drugs, conditioning, strength, and endurance training. Prereq: Anatomy and Physiology. 3 u.
- 214 Sports Psychology.** Analysis of psychological factors and principles affecting performance behavior and emotions in sports. 3 u.
- 215 Motor Control.** Anatomical and physiological aspects of the control of human movement. 3 u.
- 216 Analysis of Human Movement.** Kinesiological analysis of motor skills in physical education and sports. 3 u.
- 217 Applied Exercise Physiology.** Utilization of the concept of exercise physiology in fitness programming, training and teaching in human movement science. 3 u.
- 221 Dance in Culture.** Evolution of dance forms from primitive to contemporary societies with emphasis on the relationship of dance to other cultural developments and to education. 3 u.
- 222 Dance Composition I.** Analysis of the dance medium and the relationship of the aspects of time, space and force to the medium. Principles of form basic to dance composition. Prereq: Fundamental Rhythms and Creative Dance. 3 u.
- 223 Dance Composition II.** Composition forms and styles in dance. Prereq: HMS 222. 3 u.



- 224 Dance Production I.** Production problems of staging, lighting, and costuming for the dance. 3 u.
- 225 Dance Production II.** Dance demonstration and concert. Prereq: HMS 224. 3 u.
- 231 Leisure Education.** Theories, approaches and strategies in educating for leisure. 3 u.
- 232 Management of Leisure.** Planning, organizing, executing, and evaluating recreational activities and programs in the leisure system. 3 u.
- 233 Camping Administration.** Organizational and administrative aspects of camping, including site development, personnel, safety, sanitation, programs, finance and public relations. Includes practicum. 3 u.
- 234 Leisure for Special Groups.** Techniques in programming and adaptation of activities to meet the leisure needs of special groups. 3 u.
- 235 Contemporary Problems in Leisure.** 3 u.
- 241 Advanced Administration of Physical Education.** Application of administrative theory to physical education. Prereq: PEd 94/equiv/COI. 3 u.
- 242 Current Trends in Physical Education.** 3 u.
- 243 Psycho-social Issues in Physical Education.** Analysis of psychological and sociological factors associated with the teaching and learning of physical activities. Prereq: COI. 3 u.
- 298 Seminar in Human Movement Science.** May be taken more than once. 3 u.
- 299 Research in Human Movement Science.** 3 u.
- 300 Thesis.** 6 u.