

Northeast Texas Community College &
Texas A&M University – Texarkana
2019-2020 Guided Pathways

Associate of Science in Human Performance to
Bachelor of Science in Kinesiology, EC-12 certification

NTCC		A&M-TEXARKANA	
COURSES	HOURS	COURSES	HOURS
ENGL 1301	3	PHIL 1350	0
SPCH 1315 (or) SPCH 1321	3	KINE 1301	0
MATH 1314	3	KINE 1354	0
BIOL 2401	4	KINE 2350	3
BIOL 2402	4	KINE 2351	
PHIL 1301 (or) PHIL 2306 (TAMUT Equivalency is PHIL 1350)	3	HSCI 346	3
ARTS 1301*	3	HSCI 347	3
HIST 1301	3	PSY 325	3
HIST 1302	3	ED 331	3
GOVT 2305	3	KINE 314	3
GOVT 2306	3	KINE 334	3
PSYC 2301	3	KINE 343	4
ENGL 1302	3	KINE 432	3
BIOL 1322	3	KINE 436	3
PHED 1301 (TAMUT Equivalency is KINE 1301)	3	KINE 315	3
PHED 1306	3	KINE 331	3
PHED 1304	3	KINE 316	3
PHED 1338 (TAMUT Equivalency is KINE 1354)	3	ED 321	3
PHED 2356	3	ED 311	3
PHED*	1	SPED 410	3
OTHER REQUIREMENTS:		RDG 343	3
BIOL 1406	4	ECE 401	3
PHYS 1401	4	BLOCK I	
2.8 Minimum GPA		ED 435	3
		ED 495	3
		BLOCK II	
		ED 496	3
		SPED 418	
TOTAL	68	TOTAL	138

*Other Courses may Apply. See NTCC Degree Plan for Options
54 Upper Division (UD) Hours Required for the BS Degree
30 Hours of Residency Required

Effective September 1, 2019 – August 31, 2024.
This unofficial degree plan is for informational purposes only.
Please contact Jennifer.perez@tamut.edu for questions.

Travel to Main Campus in Texarkana Required to Complete Degree

UD= Upper Division

LD= Lower Division

TEACHER PREPARATION PROGRAM ADMISSION REQUIREMENTS

Apply 3rd Year, 1st Semester

1. Application to Teacher Prep Program via TK20 in September or February
2. GPA requirement of 2.8 cumulative
3. Completion of 15 hours in Content / Major Area for certification in 7-12 with no grade below C

COURSE DESCRIPTIONS

KINE 1301. Foundations of Kinesiology. 3 Hours. This course explores the broad spectrum of kinesiology as an academic discipline, fundamental concepts of movement, and physical activity. Specifically, this course is an introduction to the fundamental principles of human movement and their relationship to fitness and activity. The class also introduces students to the subdisciplines of Kinesiology that relate to Sport Psychology/Sociology, Motor Behavior/Motor Learning, Biomechanics, Exercise Physiology, Sport History, and Sport Pedagogy. The course is intended for entry-level students with career interests in human movement as it relates to motor performance, physical fitness, and sport-related activity.

KINE 1354. Concepts of Physical Activity. 3 Hours. This course emphasizes the fundamental concepts of physical activity with a focus on the relationships of health, fitness, exercises, and athletic performance. Topics include information related to the need for continuing physical activity and its contribution to well-being, including procedures for assessing fitness levels in the various components of physical fitness and techniques used in developing physical fitness and optimal lifelong health and wellness among students. Physical activity is required.

KINE 2350. Physical Activity Skills I: Conditioning, Individual, and Dual Sports. 3 Hours. The purpose of this course is to develop the techniques for sports conditioning and fundamental skills used in teaching individual/dual sports, recreational, and physical fitness activities. This course also focuses on the various stages of game skills development for a variety of activities. Physical participation is required.

KINE 2351. Physical Activity Skills II: Team Sports. 3 Hours. The purpose of this course is to develop the techniques utilized in fundamental skills for team sports. Emphasis will be on developing the basic skills through observation, participation, and analysis of movement patterns appropriate for various skill levels. Students will be introduced to the basic skills of the selected team sports. Teaching considerations will be introduced throughout the semester regarding the instruction of team sports in physical education settings. Physical participation is required. Prerequisite: [KINE 2350](#).

KINE 314. Teaching Methods in Physical Education I. 3 Hours. A study of the movement approach to teaching physical education to elementary children with emphasis on developing content and methodology, teaching theories, and practices related to the learning of children's movement skills are discussed. Contents include the scientific basis for motor skill performance, curricular organization, and pedagogical methodology related to the elementary school physical education program. Students will

Effective September 1, 2019 – August 31, 2024.

This unofficial degree plan is for informational purposes only.
Please contact Jennifer.perez@tamut.edu for questions.

engage in pre-practicum experience with children in an on-campus setting, focusing on improving teaching strategies and curriculum and teaching material development. Prerequisite: [KINE 1354](#) and Junior/Senior standing.

KINE 315. Teaching Methods in Physical Education II. 3 Hours. This is a course designed to enable the student to learn the processes of movements and skill acquisition of students in middle/secondary schools. Using state standards, it provides information related to curriculum selection and implementation of middle/secondary public school physical education programs. Students will demonstrate competencies in presentations utilizing various instructional strategies. Prerequisite: [KINE 314](#) and Junior/Senior standing.

KINE 316. Administration of Kinesiology and Sports Programs. 3 Hours. This course provides students with an understanding of the complexity involved in sport facility, event, and program management. An integrated study of the administration of traditional and contemporary kinesiology and athletic programs will be discussed. Philosophies and principles of the administration of kinesiology and athletic programs are applied to important areas such as personnel policies, leadership, facilities, equipment, record keeping, finance, legal implications, and program promotion. Prerequisite: Junior or Senior standing.

KINE 325. Exercise and Sport Psychology. 3 Hours. This course is designed to give students an introduction to the important issues within the field of sports and exercise psychology. Students will obtain knowledge of theories, concepts, and intervention techniques of sport and exercises psychology. Topics covered will include the history of sport psychology, behavioral principles, anxiety and motivation theory applied to sport, team dynamics, psychological skills training, the psychology of sport injury, and psychological factors that can affect performance in sport, physical education, and exercise settings. In addition, students will be taught about psychological strategies and techniques that can be applied to prevent or enhance the impact of psychological and emotional factors in an exercise and sport context. Prerequisite: Junior status or instructor approval.

KINE 331. Motor Development. 3 Hours. This course focuses on human motor development including motor pattern characteristics, human growth, perceptual motor development, and fitness development across the lifespan. Socio-cultural influences on motor development will also be discussed. Theories and models of motor development are also featured in this course. Topics include physical factors that influence growth, maturation, and aging, process underlying perceptual-motor performance, and the interpretation and applications of motor research to human movement. The course will engage students through lecture, laboratory work, and problem-based learning activities. Prerequisite: Junior standing.

KINE 332. Program Development/Management in Fitness Industries. 3 Hours. This course provides students with skills needed to develop, implement, and manage programs in fitness industry. Emphasis will be placed on the knowledge and strategies essential to the development of successful health and fitness programs. The course also provides an overview of the principles and practices of promotions and marketing in corporate, commercial, and institutional fitness industry. Topics include sport marketing planning, market segmentation, and identification of target market, motivational techniques, and administrative considerations. Prerequisites: [KINE 1301](#) and Junior standing.

KINE 334. Test and Measurement in Kinesiology. 3 Hours. This course is designed to provide students with the basic concepts in statistics, measurement, and evaluation in the physical education and

Effective September 1, 2019 – August 31, 2024.

This unofficial degree plan is for informational purposes only.
Please contact Jennifer.perez@tamut.edu for questions.

exercise sciences. The course incorporates the application and interpretation of descriptive and inferential statistics for quantitative research, school grading, and children's fitness evaluation. Students will utilize computer based statistical programs for statistics analysis. In addition, knowledge of general considerations for test selection, construction, and evaluation will also be covered. The course will engage students through lecture and laboratory experiences. Prerequisite: [MATH 1314](#) and Junior standing.

KINE 343. Exercise Physiology. 4 Hours. This course studies physiological responses and adaptations to acute and chronic bouts of exercise with an emphasis on training techniques and enhanced physical performance. Topics include aerobic and anaerobic energy sources for muscular activity, physiology of muscle contraction, strength, and flexibility. The role of nervous system control of muscular activity will be explored along with pulmonary and circulatory physiology, gas exchange and transport, body composition, and weight control, as well as pediatric exercise physiology. Physiological effects of various physical activities on the human body will also be addressed. The course will engage students through lecture, laboratory experiences, and problem-based learning activities. Prerequisite: [BIOL 2401](#) and Junior standing.

KINE 431. Introduction to Kinesiology Research Methods. 3 Hours. This course is designed to familiarize students with major research methods that are applicable to health, physical education, and sports science. Research design, data collection, analysis, validity, research procedures, and report writing will be covered. The course satisfies both the laboratory requirement for sports science and physical education experience. Knowledge acquired in this course will assist students in understanding the nature of the research process and various types of research methods. Students will develop the skills necessary for conducting a research project in health, physical education, and sports science. The format of the course will be a mixture of lecture, discussion, reading, and writing. Students are expected to be able to use various research methods to successfully complete a small individual or group research project. Prerequisite: [MATH 1314](#) and Junior standing.

KINE 432. Kinesiology and Biomechanics. 3 Hours. This course will equip participants with knowledge of the essential mechanical concepts and principles that govern human movement within a context of physical education and sports science. Through lecture, laboratory experience, problem-solving activities, and other forms of learning in and outside the classroom, students will acquire practical biomechanical knowledge through the integration between the mechanical principles and the efficiency of human movement and interrelationships of biomechanics, musculoskeletal anatomy, and neuromuscular physiology. Prerequisite: [BIOL 2401](#) and [BIOL 2402](#).

KINE 435. Exercise and Chronic Diseases. 3 Hours. This course is designed to study individuals with chronic and acute health problems that interfere with participating in physical education and leisure activities. Special exercise testing and exercise program design/implementation considerations for individuals with common chronic diseases and disabilities will be discussed. Basic pathophysiology of various chronic diseases will be explored and studied. Prerequisite: [KINE 343](#).

KINE 436. Motor Skills for Special Populations. 3 Hours. This is an experiential course designed to introduce students to the world of adapted physical activity, leisure, and sports for individuals with special needs. Students will gain an overview of the various sports, recreational, and physical activities available in kinesiology setting. Students will be introduced to the basic theoretical and practical knowledge for adapting activities/equipment appropriately to meet the unique needs of a variety of

Effective September 1, 2019 – August 31, 2024.

This unofficial degree plan is for informational purposes only.
Please contact Jennifer.perez@tamut.edu for questions.

special populations. Principles, guidelines and strategies for motor skill, and activity instruction will be gleaned through hands-on participation, class discussions, and individual/group project. Practical considerations for conducting motor skills programs for individuals of all ages with disabilities will also be included. Prerequisite: [KINE 331](#).

KINE 437. Internship in Kinesiology. 3 Hours. The student internship is designed to help students to integrate and apply the knowledge and skills they have gained in earlier stages of the program to the real-life workplace environment and requirements. As an important learning experience, students will be expected to engage in reflection and analysis on their internship experience with regard to kinesiology and sports science. The internship provides practical experience of the challenges faced in the workplace and will assist students in making decisions regarding their career path. The students and the university supervisors will develop a contractual agreement which provides for a minimum of 120 clock hours of specific learning experiences on or off campus. Prerequisite: [KINE 343](#), [KINE 331](#), and Senior standing.

KINE 443. Exercise Testing and Prescription. 4 Hours. This course provides the knowledge of how to assess aerobic capacity, cardiorespiratory endurance, muscular strength and endurance, flexibility, body fat, pulmonary function, and blood pressure and evaluate the results. Emphasis is placed on design and implementation of exercise programs for healthy and special populations based upon appropriate screening and evaluation procedures. The application of both laboratory and field-based tests will be covered in lectures and laboratories. The theory and practice of designing individualized and group exercise prescription is covered. The course includes clinical observation and laboratory experiences. Prerequisite: [KINE 343](#).

KINE 489. Individual Study. 1-4 Hours. This course provides individual instruction. Students may repeat the course when topics vary.

ED 311. Growth and Development for EC to Grade 12 (EL). 3 Hours. This is an introductory education course which presents theories of children's growth and development along with their relationship to learning and teaching. Cultural, emotional, physical, intellectual, and learning differences are studied for their impact on learning and educational opportunity. Students must be considered in their junior year and will be required to participate in 8 hours of field experience. This course integrates the principles of Experiential Learning and meets the criteria of field work.

ED 321. Foundations of Education for Secondary (EL). 3 Hours. This course provides students seeking certification in grades 4-8 and 7-12 skills for designing instruction and assessment that promote a growth mindset and create a positive, productive classroom environment. Students will apply skills and knowledge in lesson and unit planning as well as content pedagogy specific to area of certification. Traditional as well as innovative technologies will be addressed. State of Texas Assessments of Academic Readiness (STAAR) and End of Course Exams (EOC) effective content pedagogy will be emphasized in this course. This course integrates the principles of Experiential Learning and meets the criteria for field work.

ED 331. Classroom and Behavior Management. 3 Hours. This course presents best practices in classroom and behavior management including management of time, materials, and space. Additionally, the course examines strategies for managing individual and large-group student behaviors, transitions,

Effective September 1, 2019 – August 31, 2024.

This unofficial degree plan is for informational purposes only.
Please contact Jennifer.perez@tamut.edu for questions.

lab activities, and other arrangements for classrooms in general and special education. Prerequisite: Admitted to the Teacher Preparation Program.

ED 403. Early Childhood Education Curriculum. 3 Hours. Students will have exposure to program models and curricula appropriate for both early childhood and developmentally delayed children.

ED 410. Clinical Practicum for Initial Certification. 6 Hours. This course provides clinical experience in the public school setting as part of the alternative teacher certification programs. Clinical candidates participate in 72 complete instructional days in an assigned classroom with a Cooperating Teacher. A university field supervisor in conjunction with the Cooperating Teacher supervises the Clinical Teacher. Clinical Teachers and Cooperating Teachers participate in co-teaching throughout 15 weeks of placement. course is graded on a Satisfactory (S) or Unsatisfactory (U) basis for 6 SCH. Prerequisites: Admission to alternative teacher certification program and completion of program requirements.

ED 434. Classroom Management and Teaching Strategies. 3 Hours. This course examines teaching strategies such as exposition, demonstration, and inquiry. Also, students will study, observe, and demonstrate an understanding of various classroom management theories. A field experience component is required. Prerequisite: Admission to the Teacher Preparation Program.

ED 435. Secondary Content Pedagogy. 3 Hours. This course provides students seeking certification in grades 4-8 and 7-12 with pedagogical best-practices. Students will learn lesson planning, assessment, and available resources for their specific content area. Methods for accessing and processing information through traditional as well as new technologies will be addressed. Prerequisite: Admission to the Teacher Preparation Program.

ED 485. ACP Supervised Internship. 3 Hours. This course provides Teacher Candidates who have accepted a position as a teacher of record in a local public school supervised experiences working under an Intern or Probationary Certificate. Students must successfully complete two semesters of this course for 6 SCH to be recommended for certification. A university field supervisor in conjunction with a mentor teacher supervises the intern. Course is graded on a Satisfactory (S) or Unsatisfactory (U) basis for 3 SCH. Prerequisite: Admission to alternative teacher certification program and completion of program requirements.

ED 486. Content Knowledge for EC-6 Educators. 3 Hours. This course provides students seeking EC-6 certification with a greater understanding of English, Language Arts and Reading (ELAR), Math, Science, Social Studies, Fine Arts, Health and Physical Education content knowledge as outlined by the EC-6 educator competencies.

ED 487. Strategies for EC-6 Educators. 3 Hours. This course provides students seeking EC-6 certification instruction in research based instructional teaching strategies utilize in educating the diverse populations of students in public schools.

ED 489. Individual Study. 3 Hours. This course provides individual instruction. Students may repeat the course when topics vary. Prerequisite: Requires a student contract approved by the instructor and dean.

ED 495. Block 1 - Co-Teaching Practicum for Certification Candidates (EL). 3 Hours. This course provided clinical experience in the public school setting as part of the field experience requirements for

Effective September 1, 2019 – August 31, 2024.

This unofficial degree plan is for informational purposes only.
Please contact Jennifer.perez@tamut.edu for questions.

the undergraduate Teacher Preparation Program. The Teacher Candidate is required to spend six hours per week for 12 weeks in an assigned classroom. A university field supervisor in conjunction with the cooperating teacher supervises the Clinical Teacher. Block 1 is the first semester of the co-teaching assignment (2 semesters) in which the Teacher Candidate and Cooperating Teacher are considered co-teachers for the class. Course is graded on a Satisfactory (S) or Unsatisfactory (U) basis for 3 SCH. This course integrates the principles of experiential learning and meets the criterion for internship. Prerequisite: Met admission requirements to undergraduate field based placement guidelines.

ED 496. Block 2 - Co-Teaching Practicum for Certification Candidates (EL). 3 Hours. This course provided clinical experience in a public school setting as part of field experience requirements for the undergraduate Teacher Preparation Program. The Teacher Candidate is required to spend 72 complete instructional days in an assigned classroom. A university field supervisor in conjunction with the cooperating teacher supervises the Clinical Teacher. Block 2 is the second semester of the co-teaching assignment (2 semesters) in which Teacher Candidate and Cooperating Teacher are co-teachers for the public school class. Course graded on Satisfactory (S) or Unsatisfactory (U) basis for 3 SCH. This course integrates the principals of experiential learning and meets the criterion for internship. Prerequisite: successful completion of [ED 495](#), continued acceptance in the public school classroom, and completion of program requirements.

ED 497. Special Topics. 3 Hours. Instructors will provide an organized class designed to cover areas of specific interest. Students may repeat the course when topics vary. Prerequisite: None.

Effective September 1, 2019 – August 31, 2024.

This unofficial degree plan is for informational purposes only.
Please contact Jennifer.perez@tamut.edu for questions.