

Undergraduate Handbook

Department of Kinesiology Texas Woman's University 2011 – 2012



Table of Contents

Disclaimer	3
Introduction	3
The Kinesiology Program.....	3
The Professional Student.....	5
Kinesiology Faculty & Staff	6
Advising Guidelines.....	7
Texas Higher Education Assessment.....	9
Academic Core Requirements	9
Certifications	10
Degree Plan Options	12
Exercise Science – Kinesiology	12
All-Level Physical Education Teacher Certification – Kinesiology	17
Adapted Physical Education	18
General Requirements of Teacher Education Program	18
Kinesiology Majors Club	21
Helpful Websites	21
Kinesiology Majors Recommendations for Marketability	21
Proposed Program of Study to Complete Degree	26
Undergraduate Course Rotation Schedule	27
Kinesiology Course Prerequisites & Co-requisites	29
Texas Physical Therapy Schools.....	30
Upper Division Hours Tracking Form.....	32
Degree Plan Verification for DARS Degree Audits	33
Placement Scores for Admission to Teacher Education.....	34

Disclaimer

The program, policies, statements, and procedures contained in this handbook are subject to change by the department without prior notice. Texas Woman's University reserves the right to withdraw courses at any time, change fees, the calendar, curriculum, degree programs, degree requirements and any other requirements affecting students. Changes will become effective whenever the appropriate authorities so determine and may apply to both prospective students and those already enrolled. Students should not construe this handbook as a contract, expressed or implied, between Texas Woman's University and any student, applicant, or faculty.

The Department of Kinesiology reserves the right to change policies contained within the handbook. For further information, students should consult the TWU General Catalog and information available on the following web site: <http://www.twu.edu>.

Introduction

The undergraduate handbook has been developed to assist students in their educational experience. This handbook can assist students as follows:

- Serve as a directory of Kinesiology faculty
- Provide advising guidelines and degree plans
- Provide information needed for teacher education requirements
- Provide information needed for corporate fitness
- Provide recommendations for marketability in selected program tracks

This undergraduate handbook is to be used as a reference tool; it is the student's responsibility to fulfill the necessary requirements to earn a degree in Kinesiology.

For additional clarification of information related in the following pages and/or information regarding policies and procedures not delineated, please contact the appropriate faculty member or support person.

The Kinesiology Program

The mission of the Department of Kinesiology is:

To be the foremost institution in the development of professionals, especially women, for leadership, scholarship, research and practice in the movement disciplines that contribute to active, healthy lifestyles.

The department's undergraduate program philosophy statement is:

To promote professionalism within our students, faculty, and staff that reflects the development of individuals who are educated based on principles and standards that promote the application of exercise, movement, teaching, research, and service across the lifespan.

The Department of Kinesiology offers two undergraduate specializations in Kinesiology: Teacher Certification and Exercise Science. Both specializations lead to the Bachelor of Science Degree in Kinesiology. As the name implies, the Teacher Certification Specialization prepares students for teacher

certification in the schools. There are two program track options in the Teacher Certification Specialization:

- All-Level Physical Education (PE) Teacher Certification
- All-Level Physical Education (PE) with Emphasis in Adapted Physical Education (APE)

The All-Level Physical Education Teacher Certification Track's primary purpose is to prepare physical education teachers for public and/or private schools (EC-12). Coaching is a secondary focus in the All-Level PE program track option. For those interested in working with individuals with disabilities, the second program track option, Adapted Physical Education, also leads to Physical Education EC-12 teacher certification with a special emphasis in adapted physical education.

The Exercise Science Specialization available for students who wish to pursue careers in non-school settings affords opportunities for careers in areas of exercise science, such as corporate fitness and cardiac rehabilitation, or pursuit of graduate school opportunities in exercise science, physical therapy, or occupational therapy. The Exercise Science Specialization is designed to increase general knowledge of the broad field of Kinesiology and to help students prepare themselves to contribute to a wellness lifestyle. There are specialized program track options within the Exercise Science Specialization designed for those interested in fulfilling the prerequisites for a doctorate in physical therapy or a master's degree in occupational therapy. Fast-track options are available for consideration of admission into the Masters of Occupational Therapy (MOT) and Doctor of Physical Therapy (DPT) degree programs. The four program track options available in the Exercise Science Specialization include:

- Exercise Science
- Exercise Science/Pre-Physical Therapy (PPT)
- Exercise Science/DPT Fast-Track
- Exercise Science/Pre-OT Fast-Track

The Kinesiology program encompasses a wide variety of experiences that are planned for the development of outstanding professionals in the world of movement, exercise, and sport. Undergraduate Kinesiology majors acquire a sound background in theory, methodology, and laboratory experiences in the movement sciences. Additionally each student develops competencies in working with diverse populations in a variety of settings. Culminating practical experiences are present in both specializations. Teacher Certification students complete one semester of student teaching, and Exercise Sciences students complete two internships of 175 hours or more, typically in cardiac rehabilitation and corporate fitness. Each undergraduate Kinesiology major must fulfill the general university requirements for graduation, including a minimum total of 120 semester hours, dependent upon the program track selected. A minimum cumulative GPA of 2.75 is required to graduate with a B.S. in Kinesiology.

There are additional certification-training programs available to our students – Nationally Certified Adapted Physical Educator (CAPE), Ropes Course Facilitator, National Federation of High Schools (NFHS) Coaching Certification, and American Sport Education Program (ASEP) Certification. Effective fall 2011, an Undergraduate Certificate Program in Adapted Physical Education will be available for students enrolled in the All-Level Physical Education Emphasis in Adapted Physical Education program track that leads to a B.S. in Kinesiology. The certificate program is infused throughout the program of study with designated courses in Adapted Physical Education and Special Education. Finally, students may also take advantage of working toward State of Texas Licensure in Athletic Training. Note that a certification program does not lead to a degree, but is often integral to the development of an effective professional. In most cases certification opportunities can be combined in a degree plan within or close to the 120 to 125-hour degree requirement for graduation.

The Professional Student

Candidates for the Kinesiology program at Texas Woman's University must demonstrate acceptable physical and intellectual competence, as well as desirable character traits and dispositions. The Kinesiology program seeks to develop the qualities of leadership and professional skills in undergraduate students, while fostering a desire to assist others in their professional growth.

The curricula in Kinesiology are designed to permit students the opportunity to develop:

1. Professional integrity and working standards of conduct
2. Understanding the body of knowledge of Kinesiology which is contained in (but not limited to) the following areas:
 - a. Science of movement, including exercise physiology and biomechanics
 - b. Motor learning and motor control
 - c. Measurement and evaluation
 - f. Pedagogy
 - g. Physical activity competence and leadership
3. Satisfactory levels of personal physical activity skill competence and fitness
4. Understanding of the importance of wellness in today's society
5. Competency in pedagogy, the art and science of instruction
6. Ability to describe, analyze, evaluate, and prescribe appropriate ways to approach wellness through exercise and sport
7. Critical thinking skills
8. Technology skills

The major outcome of the program is to empower future professionals to be positive agents of change.

Academic Dishonesty

The Kinesiology faculty supports the University policy concerning Academic Dishonesty. This policy is found in its entirety in the TWU Student Handbook, and it is the strong recommendation of the faculty that each student review it in detail. The Kinesiology faculty advocates the pursuit of high levels of learning, and respects each student as an individual. However, the faculty is committed to the demands of the "maintenance of academic integrity" on the part of the student.

"Academic dishonesty includes cheating, plagiarism, collusion, fabrication, falsification, and falsifying academic records, and other acts intentionally designed to provide unfair advantage to the student, and/or the attempt to commit such acts."

Please refer to Section 4, Student Conduct Policies, of the TWU Student Handbook for clarification pertaining to cheating, plagiarism, collusion, fabrication, falsification, and falsifying academic records.

The Kinesiology faculty will follow the guidelines stated in the TWU Student Handbook for sanctions in the event of Academic Dishonesty. The sanctions are based on the severity of the violation, and examples are the following: verbal reprimand, assignment of a lower grade with explanation from the instructor, expulsion from the course with either a passing grade (WP) or failing grade (WF), and possible expulsion from the University.

TWU Kinesiology Dress Code

Students should arrive early enough to change and be at the activity/practicum/internship site on time. Students not properly attired will be asked to correct discrepancies; a tardy or absent mark may result.

Representing the Department:

All undergraduate students are expected to dress in appropriate professional physical activity attire when representing the department. TWU Kinesiology attire is required during departmental sponsored activities with the public including, but not limited to, student teaching, practica, and internships. Appropriate professional physical activity attire includes, but is not limited to, warm-ups, shorts, collared shirts, tennis shoes, socks, and a one piece bathing suit (no bikinis; female or male). Pants or shorts should be worn at the natural waistline and not below. Pants or shorts must be hemmed, shorts must be appropriate length (hem length at least length of arms extended), and no jeans of any color are permitted. The shirt must be tucked into the pants or shorts or a hemmed shirt with even length tails may be worn outside the pants or shorts. The collared shirt must have an approved TWU or department logo (see instructor for approval) or a collared shirt with a TWU/Department badge.

Student teachers are excused from the dress code for school sponsored attire days. Corporate fitness interns may be excused from the dress code if the site has an alternative dress code.

In addition, hats, caps, or head covers are not to be worn in any on or off departmental sponsored activities with the public (Note: exceptions may be made for outdoor activity for wearing appropriate hats for sunscreen, or cultural customs; see instructor for approval). For safety reasons, jewelry should be limited to stud earrings within the ears and be careful of necklaces, bracelets, and watches. Exposed tattoos and/or body piercing other than within the ears are not allowed.

TWU Kinesiology attire can be purchased through the department. Students wearing inappropriate attire will not be able to participate in the class activities, which may impact their grade. Any concerns or questions see the instructor.

Dress Code for Activity in Kinesiology Classes:

Proper attire must be worn **at all times**. Students should wear supportive athletic footwear (e.g., tennis shoes) and clothing that does not restrict movement:

- Athletic shoes appropriate for the activity – running shoes, court shoes, etc...
- No undergarments showing.
- No jeans, slacks, or khaki's. The only acceptable long pants are sweat pants or wind suits.
- No skin showing at the waist.
- Gym shorts and t-shirts with short or long sleeves are preferred.

Dress Code for Physical Education Pedagogy Classes:

Proper professional attire will be required. Specific guidelines will be outlined in the course syllabus.

Dress Code for Swimming Classes:

Excessively revealing attire is inappropriate and may result in dismissal from class, at the instructor's discretion. In swimming, neither male nor female students will be allowed to wear bikini swim wear. Students will be dismissed from class in time for showering and pass time to next class.

Kinesiology Faculty & Staff

Faculty Member

Dr. Jimmy Ishee, Dean

Dr. Charlotte (Barney) Sanborn, Chair

Office #

CFO 1208

PH 208A

Phone #

(940) 898-2852

(940) 898-2576

Professors

Dr. Vic Ben-Ezra	PH 116A	(940) 898-2597
Dr. Ron Davis	PH 119B	(940) 898-2589
Dr. Ron French	PH 208E	(940) 898-2582
Dr. Young-Hoo Kwon	PH 123A	(940) 898-2473
Dr. Bettye Myers	PH 208G	(940) 898-2577

Associate Professors

Dr. Kyle Biggerstaff	PH 116B	(940) 898-2596
Dr. Kim Miloch	PH 208D	(940) 898-2592
Dr. David Nichols, Graduate Coordinator	PH 208L	(940) 898-2522
Dr. Terry Senne	PH 208F	(940) 898-2584
Dr. Lisa Silliman-French	PH 119A	(940) 898-2594

Assistant Professor

Dr. Sally Ford	PH 208K	(940) 898-2578
----------------	---------	----------------

Lecturers

Ms. Kathryn Brown	PH 208H	(940) 898-2851
Ms. Michelle Barberee, Volleyball Coach	PH 220D	(940) 898-2416
Ms. Fleur Benatar, Soccer Coach	PH 220K	(940) 898-2379
Ms. Beth Jillson, Basketball Coach	PH 220F	(940) 898-2388
Ms. Lisa Bowerman, Gymnastics Coach	PH 220G	(940) 898-2380
Mr. Richard Bruister, Softball Coach	PH 220L	(940) 898-2629
Ms. Kris Ring, Athletic Trainer	PH 133A	(940) 898-2593

Adjuncts

Dr. Sandra Cravens	scravens@irvingisd.net
Ms. Pam Trocki	PTables@twu.edu

Staff

Ms. Robbie Reid, Administrative Asst.	PH 208B	(940) 898-2575
Ms. Rhonda Reed, Secretary	PH 208N	(940) 898-2571
Mrs. Beth Palmer, Pioneer Hall Manager	PH 209	(940) 898-2585
Mrs. Janelle Davis, Academic Advisor	PH 210	(940) 898-2714

Advising Guidelines

In order to assure that you are continuing to work toward your degree, you will be assigned an academic advisor in the Kinesiology Department. It is strongly recommended that you meet with your advisor prior to each registration period. The following guidelines should be helpful in completing this process:

1. Prior to early registration, schedule an appointment with your advisor during the Department of Kinesiology's advanced registration weeks. Some faculty advisors conduct "group" advising, while others conduct advising appointments on an individual basis. Faculty Advisor Schedules will be available for you to sign-up in the Departmental Office approximately 3 weeks prior to the early registration periods. Additionally, the Department may hold some general advising sessions specific to different program tracks periodically before early registration begins. If you do not have an advisor assigned see Robbie Reid in Pioneer Hall 208C as soon as possible.

2. Before going to your advising appointment, develop a “Proposed Program of Study to Complete Degree” from the advising check sheet for your specified program track plan that illustrates what you will take each semester (logical sequence) in order to complete your Kinesiology degree at TWU. (This should be completed prior to the first time you register for classes at TWU, once admitted, and should be consulted as you work through your program of study.) You must consider pre- and co-requisites as you plan your academic program of study, in addition to when they are offered. Remember, it is a plan and there may be times when it will need to be modified based on course availability and other circumstances that arise. Typically, 1000-level courses should be taken prior to 2000-level courses and so on. A copy of the “Proposed Program of Study to Complete Degree” should be kept in your file, and you should also keep a copy of it. ***Certain classes are offered only once a year, so it will be important for you to plan carefully, since they may later conflict with another course you are required to take.***
3. In order to determine what you need to register for during the upcoming semester, consult your completed “Proposed Program of Study to Complete Degree” plan and the course schedule to ensure that the courses are offered, and that they do not conflict with one another. Write down all of the pertinent information: course prefix, course number, course section, meeting time and place, course code number, and instructor. In addition, select 2-3 alternative courses that you can take if the courses are not available when you register. Complete the “Registration Worksheet” located in the beginning pages of the course schedule book for the designated semester. Bring this form with you, along with alternative courses to your advising appointment. **You should not go into an advising appointment without having completed this step.**
4. **Be prepared and on time for your advising appointment. Failure to do so may result in the forfeiture of your scheduled appointment time.** Be sure to bring a current TWU transcript, your “Proposed Program of Study to Complete Degree”, and “Registration Worksheet”, along with selected alternative courses. It is your advisor’s job to monitor your progress and check sequencing and selection of courses during the registration process. It is **not** your advisor’s job to **create** your course schedule for the upcoming semester.
5. During your advising appointment, your faculty advisor will also check to make sure you are making adequate progress toward your degree. **Ultimately, however, this responsibility is yours.** Know your degree plan, course requirements, course rotation plan, and the catalog to ensure that you are fulfilling all requirements. When in doubt, ask your advisor and he/she will assist in finding the answer to your question. Additionally, students are able to access DARS (Degree Audit Reporting System) through their Portal accounts. This is a great tool to keep you up-to-date on your progress toward completing your degree.
6. All registration will occur online.
7. If you have any other problems or questions please contact Mrs. Janelle Davis, Kinesiology Academic Advisor.

During your tenure at TWU, you will keep an Advising Check Sheet form specific to your selected program track on file in the Kinesiology office. However, **at least one year before graduation, a Verification of a Degree Audit Form** must be completed by you and your advisor (those enrolled in a teacher certification track should complete this 3 semesters prior to graduation). Schedule an appointment with your advisor to complete the degree audit. Be sure to bring a current (unofficial) TWU transcript with you to assist in completing this process. The degree audit will verify what you must do to complete your program of study. It will verify that you’ve met (or will be meeting) all university core curriculum and core competency requirements, university graduation requirements, degree plan requirements, and

any departmental requirements for graduation. Any deviations from the degree audit will need to be approved through the appropriate channels. The degree audit is a necessary step in the matriculation process (and replaces the former “Degree Plan”). *Failure to file in a timely manner may delay your intended graduation date.*

Texas Higher Education Assessment (THEA Test)

The Texas Higher Education Assessment (THEA) Test provides information about the reading, mathematics, and writing skills of each student entering a Texas public college or university. New undergraduate students must take the THEA prior to enrolling at the University, unless they are exempt. See the General Catalog for details about exemptions and requirements concerning the THEA. All teacher certification majors must pass the THEA to be admitted into the certification program. See the Teacher Education Department for scores required for admission. Passing scores are as follows: Reading-260, Math-240, and Writing-240. Alternative tests are also available that students may choose to take if they do not qualify with the THEA exams. See page 34 for more information.

Academic Core Requirements

Core Curriculum

In keeping with its mission and recommendations by the Texas Higher Education Coordination Board on Core Curricula, the Texas Woman’s University adopted a new Core Curriculum, that was adopted in fall 2007, consisting of at least 42 semester credit hours for all bachelor’s degrees with appropriate inclusion of (1) basic intellectual competencies: reading, writing, speaking, listening, critical thinking, and computer literacy; (2) broad and multiple perspectives on the individual and the world; (3) responsibilities of living in a multicultural world; (4) contributions by and about women in various disciplines and issues/trends in women’s studies; (5) skills, liberal studies, and insights into contemporary issues for leadership opportunities. *Note: When the TWU core curriculum changes, students enrolled at TWU before the change should complete the core in place when they first enrolled.*

Core Curriculum

Course Requirements (42 hours minimum)

- ◆ Communication – composition (6 hours)
- ◆ Mathematics (6 hours: Math 1013 + 3 hours in any core math course)
- ◆ Natural Sciences (6 hours + labs when co-requisites)
- ◆ Humanities & Visual and Performing Arts
 - Visual or Performing Arts (3 hours)
 - Humanities (3 hours)
- ◆ Social and Behavioral Sciences
 - U.S. History (6 hours)
 - Political Science (6 hours)
 - Social/Behavioral Science (3 hours)
- ◆ Multicultural Women’s Studies (3 hours)

Core Competencies

- ◆ Computer Literacy: Approved computer science course or competency examination
- ◆ Oral Communication: Approved speech course or documentation of successful completion of 2 or more evaluated oral presentations using the Oral Communication Rubric as demonstrated in KINS 1573/KINS 1583.

Global Perspectives Graduation Requirement

Students must achieve global perspectives for graduation either through the core (6 hours of approved courses), through the major when approved, or through approved electives.

Note: Please refer to the TWU Core Curriculum web site:

<http://www.twu.edu/academicaffairs/coreCurriculum.htm> for a current listing of approved courses in each area.

Certifications

The Kinesiology program encompasses a wide variety of experiences that are planned for the development of outstanding professionals in the world of movement, exercise, and sport. Undergraduate Kinesiology majors acquire a sound background in theory, methodology, and laboratory experiences in the movement sciences. Additionally each student develops competencies in working with diverse populations in a variety of settings. Culminating practical experiences are present in both specializations. Teacher Certification students complete one semester of student teaching, and Exercise Sciences students complete two internships of 175 hours or more, typically in cardiac rehabilitation and corporate fitness. Each undergraduate Kinesiology major must fulfill the general university requirements for graduation, including a minimum total of 120 semester hours, dependent upon the program track selected. A minimum cumulative GPA of 2.75 is required to graduate with a B.S. in Kinesiology.

There are additional certification-training programs available to our students – Nationally Certified Adapted Physical Educator (CAPE), Ropes Course Facilitator, National Federation of High Schools (NFHS) Coaching Certification, and American Sport Education Program (ASEP) Certification. Effective fall 2011, an Undergraduate Certificate Program in Adapted Physical Education will be available for students enrolled in the All-Level Physical Education Emphasis in Adapted Physical Education program track that leads to a B.S. in Kinesiology. The certificate program is infused throughout the program of study with designated courses in Adapted Physical Education and Special Education. Finally, students may also take advantage of working toward State of Texas Licensure in Athletic Training. Note that a certification program does not lead to a degree, but is often integral to the development of an effective professional. In most cases certification opportunities can be combined in a degree plan within or close to the 120 to 125-hour degree requirement for graduation.

Nationally Certified Adapted Physical Education (CAPE)

In 1995 a national certification program was established for physical educators who provide instruction to individuals with disabilities. Texas Woman's University is a site for the APENS exam. The annual national certification examination is sponsored by the National Consortium for Physical Education and Recreation for Individuals with Disabilities (NCPERID). This certification allows physical educators the right to call themselves Certified Adapted Physical Educators (CAPE). The teacher education adapted physical education emphasis is designed to provide students with the knowledge and skills to sit for this examination. For information about the adapted physical education program contact Dr. Ron French.

Athletic Training Licensure (State of Texas)

The Athletic Training program of Texas Woman's University prepares undergraduate students for Texas Department of State Health Services (DSHS) Licensure in Athletic Training. Through this licensure, an individual may execute the practice of Athletic Training as directed by the Advisory Board of Athletic Trainers. To meet DSHS requirements, students must complete twenty-four (24) hours of combined academic credit from each of the following course areas: Human Anatomy, Health/Wellness, Biomechanics, Exercise Physiology, Athletic Training and Therapeutic Exercise/Modalities. In addition to the required coursework, students must complete an 1800-hour clinical internship under the supervision of a Licensed Athletic Trainer. This clinical experience must be completed in the Texas Woman's University Athletic Training program. The internship is based upon the academic calendar and must be completed during at least five fall and/or spring semesters while the student is enrolled at TWU. This is a minimum of three years. Upon the completion of the baccalaureate degree and the 1800-hour clinical internship, students are eligible to sit for the Texas DSHS State Licensure examination. For more information regarding Texas State Licensure, visit <http://www.dshs.state.tx/at/default.shtm>.

It is our goal to assist every student-athlete in staying healthy and injury-free. The Athletic Training Staff, in conjunction with our team of medical professionals, will coordinate the delivery of professional and comprehensive preventative, management and rehabilitation services to all Pioneer Athletes. Each of our athletic training students is an integral part of our athletic department. Upon acceptance into our program, all new athletic training students are required to complete a one-semester probationary period before being assigned to an athletic team. As the student progresses, we provide formal instruction based upon the National Athletic Trainers Association competencies for entry-level Athletic Trainers. Texas Woman's University provides its students with a thorough educational experience that will prepare them for a career in Athletic Training in the collegiate, secondary school or public sectors. For more information about our program, contact Ms. Kris Ring.

Leadership and Ropes Course Facilitator Training

The Department of Kinesiology is heavily involved in the development of leadership. One important area that has been instrumental in developing leadership skills is through participation in ropes courses. For students interested in working in this area the department offers facilitator training for undergraduate and graduate students. Students can become Certified Challenge Course Facilitators certified by National University Experiential Resources Association (NUERA) in low ropes courses. The Department through its collaborative and cross-disciplinary initiatives offers students unique opportunities to develop these skills. Students interested in becoming certified would enroll in KINS 4003.

The use of ropes/challenge courses and initiative games has gained tremendous popularity in the last 10-15 years, evolving from simple, low ropes elements, to the very safe and sophisticated high-impact challenge courses of today. The ropes/challenge course provides an invaluable set of tools not only for personal growth and change, but also for professional development, leadership and teambuilding. Treatment centers, corporations, hospitals, schools, churches, correction facilities, camps, and other organizations across the country have added ropes/challenge courses to enhance their services to youth and adults. This certification is open to all students in Kinesiology as well as students across the University. For further information about this program, contact Ms. Kathryn Brown.

Degree Plan Options

General Degree Information & Departmental Graduation Requirements

The Kinesiology Core courses for undergraduate Kinesiology majors are outlined on the Advising Check Sheet for your selected degree track. In addition to completion of course requirements, the following requirements must also be met to earn a B.S. in Kinesiology degree:

- ◆ All majors must complete a minimum of 120-125 hours to graduate (dependent upon the selected track), 36 of which must be advanced hours (3000-4000 level courses).
- ◆ A cumulative GPA of 2.75 is required.
- ◆ Students must earn a “C” or better in all Kinesiology courses.
- ◆ An overall GPA of 2.75 in Kinesiology is also required.
- ◆ Additionally, undergraduates in teacher certification tracks must earn a “C” or better in all Education courses.

Techniques Courses

One of the cornerstones of professional preparation for Kinesiology majors is competency in psychomotor and teaching skills in various physical activities. The opportunity to develop this expertise is offered in a series of 2000-level technique courses. Each 2000-level course is a professional class designed for majors. The purpose of these courses is to develop your ability to observe, analyze, and perform skills. These courses are not just skill classes, but rather courses that infuse specific sport skills with methodology, physiology, and biomechanics.

Kinesiology Program Track Options

Undergraduates in Kinesiology may choose from the following track options:

Teacher Certification Options – *Students who successfully complete either of these 2 degree track options will receive Texas Teacher Licensure Certification in Physical Education EC-12.*

- ◆ All-Level Physical Education Teacher Certification Track
- ◆ All-Level Physical Education with Emphasis in Adapted Physical Education Certification Track

Non-Certification Options

- ◆ Exercise Science Track
- ◆ Exercise Science PPT (Prerequisites for application to Physical Therapy School)
- ◆ Exercise Science DPT (Doctor of Physical Therapy) Fast-Track*
- ◆ Exercise Science Pre-OT (Master’s Degree in Occupational Therapy) Fast-Track*

*Fast-Track options require a minimum cumulative 3.0 GPA for admission and retention.

Exercise Science – Kinesiology

Graduates from the Department of Kinesiology earn a Bachelor of Science (B.S.) degree in Kinesiology (Exercise Science emphasis) and are prepared for careers in exercise physiology, corporate fitness, cardiac rehabilitation and physical therapy. The curricula in Kinesiology offer hands-on experiences both in the laboratory, and in the LeadUp Program. Students in exercise physiology courses learn and apply information directly through lab experiences. Examples of laboratory experiences include measuring oxygen consumption, using a 12-lead ECG monitor, and collecting blood samples for analysis of lactic

acid and glucose. The LeadUp Program is a senior-adult fitness program. In this program Kinesiology students will work directly with the seniors through a supervised practicum experience.

Students pursuing careers in corporate fitness and cardiac rehabilitation are commonly expected to possess various certifications documenting mastery of knowledge, skills, and abilities pertaining to exercise testing and prescription. The American College of Sports Medicine (ACSM) has established certifications in the fitness field.

Exercise Science Specialization Guidelines:

- ◆ Two internships are required. A grade point average of 2.75 overall and 2.75 in Kinesiology courses must be maintained to apply. You must earn a “C” or better in Exercise Physiology (KINS 3602) and Exercise Physiology Lab (KINS 3601) before taking any advanced physiology of exercise course. You must earn a “C” or better in Advanced Exercise Physiology lecture and lab, Senior Adult Fitness Practicum, Exercise Testing and Prescription lecture and lab before enrolling in any internship.
- ◆ The internship should be planned during the student’s junior year. Students must complete the application process by *no later than* mid-October for a spring semester placement, and by *no later than* mid-February for a summer or fall semester placement. A detailed outline of the internship should be reviewed and approved by Dr. Ben-Ezra. KINS 4933 and 4943 Practicum/Internship Manuals are available at the Kinesiology reception desk in PH 208.
- ◆ Students enrolling in internships must carry university sponsored liability insurance. ***A current CPR/AED card and First Aid card is required for all internship experiences.***
- ◆ Read the General Catalog.
- ◆ A Degree Audit Reporting System, DARS verification form) must be filed within a year of graduation.
- ◆ KINS 4602/01 is a prerequisite to the cardiac rehabilitation internship and KINS 4702/01 is a prerequisite to the corporate fitness internship.

There are four different track options in the Exercise Science - Kinesiology program. The Exercise Science Track is appropriate for all non-school majors interested in working in the field of wellness. Those interested in meeting the prerequisites for a doctoral degree in physical therapy should follow the Exercise Science PPT Track. Two fast-tracks are also available: Exercise Science DPT (Doctor of Physical Therapy) Fast-Track and Exercise Science Pre-OT (Master’s Degree in Occupational Therapy) Fast-Track.

Fast-track programs are highly competitive, fast-paced, and rigorous. *They are appropriately suited for only the best scholarly students, and typically only for those students who enter TWU as a freshman.* **Fast-Track options require a minimum cumulative 3.0 GPA for admission and retention.** Please discuss with your faculty advisor if you have the necessary qualifications and competencies to be successful in one of the fast-tracks offered.

For any Kinesiology major applying to a PT or OT program at Texas Woman’s University, you must apply in the *beginning of fall semester of your senior year* of college (one year in advance). There are several requirements for admission. Two important requirements are the completion of the GRE (DPT

program) and volunteer clinical hours. Additionally, you must also complete all prerequisite courses before enrolling in these programs. If you are considering applying to another institution's graduate program in either PT or OT, you should consult their prerequisites, additional criteria, and selection process well in advance.

Additional Exercise Science Advising Guidelines

- ◆ Take anatomy and physiology (ZOOL courses) as soon as possible, because KINS 2013/2011 Anatomy & Physiology I is a prerequisite for KINS 3592/3591, and both KINS 2013/11 and KINS 2023/2021 Anatomy & Physiology II are prerequisites for KINS 3602/3601. Additionally, students must earn a "C" or better in each course as part of the prerequisite.
- ◆ Take KINS 1573, 1583, and 1902/1901 during the first year.
- ◆ For Pre-PT, take at least one science every semester.
- ◆ Take trigonometry before physics and biomechanics if at all possible.
- ◆ Take physics before biomechanics if possible. (Note: Not all Kinesiology tracks require physics.)
- ◆ Take exercise physiology at end of sophomore year (spring/summer), or fall of junior year at the latest, because it is a prerequisite for KINS 4602, 4702, and internships.
- ◆ Take KINS 3701 concurrently or one semester after exercise physiology.
- ◆ Adhere to guidelines on the Advising Check Sheets for your program tracks to ensure that you complete a minimum of 36 credit hours of upper division coursework.
- ◆ KINS 4593 Measurement & Evaluation, is ONLY for seniors (more than 90 hours). KINS 3602/3601 and a statistics course are prerequisites.
- ◆ KINS 4573 Motor Learning & Development, is ONLY for seniors (more than 90 hours).
- ◆ Try to plan to register for the two internships in your last semester of course work, without any other courses if possible. It is not difficult to take one additional course during internships, but it is very challenging to schedule two internships while taking two or more classes in one semester.
- ◆ The DPT and Pre-PT program tracks do not include a medical terminology course as part of the degree plan. Please plan accordingly in order to be eligible to apply for PT School.

For Kinesiology Exercise Science degree track options (advising check sheets and suggested sequence of courses), please Mrs. Janelle Davis, Kinesiology Academic Advisor or Ms. Robbie Reid in the Department of Kinesiology.

Doctor of Physical Therapy Information

Requirements

Baccalaureate degree in any major must be completed prior to beginning the program. (Note exception for Human Biology, Kinesiology and Psychology fast track students at TWU).

You must have successfully completed (C or above) these prerequisites:

- Two semesters of biology or zoology with laboratory
 - Not accepted are biology for non-science majors, anatomy, physiology, kinesiology, botany, and ecology
- Two semesters of chemistry with laboratory
- Two semesters of basic physics with laboratory
 - Not accepted is physics for non-science majors

- One semester of college algebra AND one semester of college trigonometry, OR One semester of pre-calculus, OR One semester of calculus.
- Six hours of psychology (excluding statistics)
- One three-hour course in statistics
- One semester of general physiology with laboratory (preferably human); OR Two semesters of anatomy and physiology with laboratory; OR One semester of anatomy and physiology with laboratory PLUS One semester of exercise physiology.
- Applicants must complete a course in medical terminology. We will no longer accept a test on the brainbench website.

Additional Requirements

- Competitive score on the Verbal, Analytical, Writing and Mathematical Reasoning test of the Graduate Record Examination. (TWU institution code: R6826. PT code: 0619)
- International students must also submit acceptable TOEFL (Test of English as a Foreign Language) and TSE/Test A (Test of Spoken English) scores.
- Three (3) completed [Applicant Recommendation Forms](#) from two physical therapists (licensed to practice in the US) where you have observed/worked/volunteered for at least 20 hours with each therapist in two different settings, and one by a professor, supervisor or employer at another facility.
- A minimum GPA of 3.0 in last 60 hours of coursework.

Recommendations

Applicants should know as much as possible about the profession in order to make sound decisions of their suitability for physical therapy. We recommend that applicants work or volunteer in several different types of physical therapy facilities to experience the wide range of practice options that are available. A strong background in anatomy facilitates success in the cadaver dissection anatomy which is taught in the program.

Entering Freshmen

Degree plans are available in *kinesiology*, human biology, psychology, nutrition, and child development which enable freshmen to complete the courses necessary for the major and the prerequisites for the graduate program in physical therapy. Be sure to tell your advisor when registering for classes that you are interested in the pre-physical therapy degree plan.

Special Fast Track degree plans are available in *kinesiology*, human biology and psychology which prepare the student to apply to the graduate physical therapy program in the junior year. Students may be accepted into the graduate program after three years of baccalaureate work and then may complete the B.S. in kinesiology, human biology or psychology and the DPT in physical therapy in six years. It is recommended that a student only completes one year at a community college if interested in this Fast Track degree since upper level courses will need to be taken in the sophomore year. **Students must have a cumulative GPA of 3.00 in order to be accepted into the B.S. in Kinesiology DPT Fast-Track.** *Also note that if a student is not accepted into the DPT, he/she must complete one of the other B.S. in Kinesiology option tracks to graduate.*

Website for application Procedure information:

http://www.twu.edu/pt/html/240_App_Procedure.htm

For additional information: Contact Ms. Mary Beth Daugherty, Sr. Administrative Assistant
HDB 202
MDaugherty@twu.edu
(940) 898-2460

Pre – OT (fast track) Information

The MOT Program in Denton and the pre-OT Degree Plan

The pre-OT degree plan prepares the undergraduate student for application to the Master of Occupational Therapy (MOT) program offered on the Denton Campus. This type of plan is often referred to as a 3+2 program. Students from the undergraduate majors of child development, family studies, **kinesiology**, health studies, or psychology complete the TWU undergraduate core requirements, the required courses in the major, and the prerequisite courses for the MOT program. In addition, all declared pre-OT students attend an information seminar each fall and spring semester, hosted by the School of Occupational Therapy. At the seminar pre-OT students receive information concerning the profession, network with current MOT students, and are updated on the MOT selection process.

The fall preceding the last semester of these courses, pre-OT students may apply to the School of Occupational Therapy for approval to begin occupational therapy coursework. Enrollment in a pre-OT degree plan as an undergraduate student does not guarantee admission into occupational therapy coursework. A predetermined number of students can be accepted based on availability of clinical facilities, space, and faculty. Entrance is competitive. Selection is based on:

- Academic performance
- On-campus interview
- Writing sample
- Therapist recommendation after completion of 20 volunteer hours with an occupational therapist
- Total number of students that can be admitted in the program

Application for approval to begin occupational therapy coursework must be submitted by **September 15th** for the subsequent fall semester. Selection is made in December preceding the student's completion of all requirements of the major with the exception of occupational therapy courses. Applicants who are not selected for admission into occupational therapy courses have ample time to meet with their undergraduate advisors, explore alternatives, adjust goals and plan for timely graduation.

The MOT program

Pre-OT students who have been selected begin occupational therapy courses the following fall semester. The undergraduate degree plan determines whether the student completes one or two semesters of occupational therapy coursework as part of the undergraduate degree. One semester prior to undergraduate degree completion, students taking occupational therapy coursework apply to the Graduate School. To begin graduate level coursework a cumulative grade point average of 3.0 or above in all occupational therapy courses completed is required. One semester prior to undergraduate degree completion, students taking occupational therapy courses apply to the Graduate School. To be accepted into the Master of Occupational Therapy program as a graduate student the student must meet the requirements of the Graduate School and earn a cumulative grade point average of 3.0 or above in all occupational therapy courses completed. Once accepted by the Graduate School pre-OT students

transition from undergraduate to master's level and are admitted to the Master of Occupational Therapy program. To complete the Master of Occupational Therapy degree, the student must complete the remaining graduate course work in occupational therapy and six months of full-time occupational therapy internship. Further information is available in the TWU Graduate Catalog. The Master of Occupational Therapy program is accredited by the Accreditation Council of Occupational Therapy Education (ACOTE*). With successful completion of the Master of Occupational Therapy degree, the student is eligible to apply for the national certification examination given by the National Board for Certification of Occupational Therapy (www.nbcot.org). *Note: Students are advised that NBCOT may deny an individual's application to take the exam if he or she has a criminal felony conviction. The School of OT recommends that students with a felony conviction contact NBCOT for an "early determination review."*

*ACOTE

PO Box 31220
Bethesda, MD 20824-1220
301-652-2682

If a student is not accepted into the MOT, he/she must complete one of the other B.S. in Kinesiology option tracks to graduate.

For additional information on the Pre-OT program: Contact Cynthia Evetts, Pre-OT Coordinator MCL 855, Cevetts@twu.edu, (940) 898-2815.

All-Level Physical Education Teacher Certification - Kinesiology

Physical Education Teacher Certification is an area of emphasis in the Department of Kinesiology at Texas Woman's University leading to a B.S. in Kinesiology degree. Being a part of the teacher certification program opens many avenues of opportunity. Completion of the degree and certification through passing the TeXes (administered by the State of Texas) provides the certified physical educator the possibility of a career in elementary physical education, secondary physical education, and coaching.

Other leadership and employment opportunities for the certified teacher educator include sports camp employment, ropes facilitation, chairmanship of physical education departments at the local school level, physical education supervisory positions at district/county levels and director of athletics.

The professional organizations for educators in physical education are the Texas Association for Health, Physical Education, Recreation and Dance (TAHPERD) and the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD). Through membership and participation in these state and national organizations, physical educators are afforded many opportunities to impact the current and future status of physical education in public schools.

A student interested in becoming a physical educator has two choices within the all-level certification program. The All-Level Physical Education Teacher Certification-Kinesiology Track should be selected by those students who are interested in becoming an elementary or secondary physical educator and/or coach. If you are interested in working with students with disabilities, the appropriate program track is the All-Level Physical Education Teacher Certification with Emphasis in Adapted Physical Education (APE). Please contact Dr. Silliman-French for the specifics about this program.

All students must purchase approved liability insurance for all practica, professional education courses, and student teaching. All students must have a current First Aid and CPR/AED card during student teaching. No classes may be taken during the day when student teaching. All course work should be completed prior to the student teaching semester.

Students in the All-Level Physical Education Teacher Certification Track must complete a **practicum in coaching (KINS 3801)**. This is an internship in specialized athletic coaching fieldwork under the supervision of a coach. In this practicum students will develop skills and knowledge necessary to develop practice schedules, strength and conditioning plans, game day preparation, techniques and tactics for the specific sport. Students should complete all techniques courses and have junior status *prior to* enrolling this practicum. Students should get the official paper work to initiate the practicum from Ms. Brown during the early advising period after registering for the course. Please see Ms. Brown for further information.

For Kinesiology Teacher Certification degree track options (advising check sheets and suggested sequence of courses), please Mrs. Janelle Davis, Kinesiology Academic Advisor or Ms. Robbie Reid in the Department of Kinesiology.

Adapted Physical Education

Today in the United States, it is estimated that 95 percent of school-aged students are being provided physical education instruction in some type of general physical education environment. These students include persons with disabilities. There is a clear need to prepare general physical educators to provide the appropriate services to all students.

Texas Woman's University is the only University in the state of Texas that prepares physical education majors with these specialized competencies to take the Adapted Physical Education National Exam. This certification allows physical educators the right to call themselves Certified Adapted Physical Educators (CAPE). In addition, these students graduate with a second teaching field in special education.

Most of the graduates of this program will teach and/or coach in the public schools. The average starting salary, depending on the school district is estimated between \$40,000 to \$45,000 for a 9/10-month period. During the summer many physical educators work at summer sports camps, teach summer school, or take graduate courses. This program provides a unique opportunity for physical educators to make themselves more employable and more capable to meet the needs of all children.

General Requirements of Teacher Education Program

Regardless of which certification track you select (All Level or APE, there are specific requirements for all students pursuing licensure as established by the State and the College of Professional Education. It is extremely important to be sure to follow and adhere to the "Teacher Certification Advising Checklist" provided on the next two pages of this handbook. You and your faculty advisor should review your progress on fulfilling these requirements each time you are advised. Remember, you are ultimately responsible for completing all necessary requirements to gain teacher licensure in physical education.

TEACHER CERTIFICATION ADVISING CHECKLIST
ALL-LEVEL PHYSICAL EDUCATION TEACHER CERTIFICATION
Department of Kinesiology

Student Name: _____ **Advisor:** _____
The following requirements must be fulfilled in order to become eligible for Texas Teacher Certification (All-Level Physical Education). Failure to complete these in a timely fashion may delay progress toward your degree and licensure.

Completion Date	Action
_____	Gain admission to Texas Woman's University.
_____	Choose an area of emphasis/specialization/track in All-Level Physical Education Certification (or APE) [no formal form to complete] in the B.S. in Kinesiology.
_____	Develop a proposed "Plan of Study" to complete your degree requirements with your Kinesiology advisor [see Appendix of Undergraduate Handbook].
_____	Pass all 3 sections of the THEA _____ Reading (260 required) _____ Math (240 required) _____ Writing (240 required)
_____	Successfully completed EDUC 2003 with a grade of C or better.
_____	Earn a grade of B or better in SPCH 1013 (or another approved course) or by passing 2 presentation evaluations on speech competency in KINS 1573 & 1583 w/associated speech competency rubric.
_____	Maintain or earn a cumulative 2.75 overall GPA.
_____	Earn a grade of C or better in all Kinesiology major courses and minor courses (for certification requirements).
_____	Meet computer literacy competency via approved course or by passing the competency exam [recommend completing by end of sophomore year].
_____	Apply for admission to the Teacher Education Program (this must be done prior to enrolling in EDUC 3003 & EDUC 3482—Stoddard 211
_____	File Degree Plan Verification for DARS Degree Audits during EDUC 3003 (at least 1 year prior to expected graduation date) with your advisor.
_____	Complete all EDUC courses (EDUC 3003, 3482, 4113, 4243) <u>except</u> student teaching (EDUC 4863) with a grade of C or better.
_____	Pass the TExES qualifying exam in Physical Education (80% needed)
_____	Pass the Pedagogy & Professional Responsibilities (PPR) qualifying exam (required in EDUC 4243) w/a score of 75 or better.
_____	Apply for admission to Student Teaching (during 1 st 2 weeks of semester before you plan to student teach)—Stoddard 202
_____	Take and pass TExES exam in physical education & PPR for certification (register online once you pass your <i>qualifying</i> exams at http://www.texas.ets.org).
_____	Complete all coursework <u>except</u> EDUC 4833 prior to student teaching
_____	Apply for University Graduation (by 12 th day of class during this semester that you expect to graduate)
_____	Complete all university & major degree requirements.

Teacher Certification Advising Checklist – Page 2

_____ No more than 3 months before completing all certification requirements, apply online for Texas Teacher Certification at www.sbec.state.tx.us.

_____ Pass a federal felony & misdemeanor fingerprinting background check. Visit <http://www.sbec.state.tx.us> for instructions and fees.

_____ Successfully complete supervised student teaching.

_____ Graduate with degree or complete deficiency plan.

_____ TWU Student Support Office will submit recommendation for certification.

The Kinesiology Majors Club

All Kinesiology students are strongly encouraged to join the Kinesiology Majors Club. Through membership in this club both graduate and undergraduate students will enhance their personal, professional, and social well-being through participation in community service, state and national professional organizations, and the on-campus activities. Meetings are held once each month, fall through spring semesters. Please contact Mrs. Janelle Davis at (940) 898-2714 for more information.

Helpful Websites

Some websites that may be helpful for you to access during your undergraduate program in Kinesiology are listed below:

Department of Kinesiology <http://www.twu.edu/kinesiology/>

Computer competency test http://www.twu.edu/mtsc/computer_science_literacy_exam.htm

GPA calculator <http://www.twu.edu/aac/gpa-calculator.asp>

CLEP test information <http://www.twu.edu/admissions/clep.asp> for tests TWU accepts
<http://www.collegeboard.com> to register

GRE test information [http:// www.ets.org](http://www.ets.org)

PT Schools in Texas <http://www.tpta.org/displaycommon.cfm?an=1&subarticlenbr=45>

PTA information <http://www.tpta.org/displaycommon.cfm?an=1&subarticlenbr=44>

Kinesiology Majors Recommendations for Marketability

It is imperative that as a Kinesiology major you extend your efforts beyond the classroom to make yourself as marketable as possible. The following is a list of suggestions that the faculty recommends:

Opportunities Available at TWU

- ◆ **Workshops:** Workshops with experts in each field will be held throughout the year that will assist in your preparation to coach, teach, and work in wellness. These workshops provide valuable information that may not be presented in the formal class setting.
- ◆ **Practica:** Wellness, teaching and coaching practica will be required within the formal course work required in your degree plan; additional hours are recommended to assure your readiness to teach and coach at the level you desire. These practica vary in hours per week, and may be done with a consenting faculty member. Check your catalog for course numbers, and number of clock hours required for each experience.
- ◆ **Graduate Courses:** Advanced Graduate Studies during the last semester of your undergraduate experience will also enhance your opportunities for job placement. Courses offered include Coaching Workshops, Conditioning the Female Athlete, Coaching the Female Athlete, Prevention and Care of Athletic Injuries, and others. Check with your advisor and your summer schedule to make it a priority to become more marketable in your chosen area of expertise.
- ◆ **Attendance at Professional Events or Meetings:** Each semester a number of events are sponsored by various organizations within the University. Your attendance is essential to ensure your growth as a professional. Examples: Disability Awareness Month Events, Athletic Events, Kitty Magee Lectureship, Honors Banquets, Student Life Fun Runs and Activities, Kinesiology Club, etc.
- ◆ **Teacher certification students:** Consider getting a minor in another teacher area to increase your marketability to get a teaching position.

Certifications

At the beginning of this handbook, several certifications specific to Kinesiology were described.

In order to make yourself more employable, it is important that you choose an area of expertise and expand your experiences in this area. In addition to certifications previously describe, listed below are some additional certifications that may be required by school districts and corporate fitness sites. Take advantage of the opportunity to get these certifications during your experience at TWU.

- ◆ **ACE – American Council on Exercise** – ACE offers several fitness certifications including: personal trainer, group fitness instructor, lifestyle and weight management consultant, and clinical exercise specialist.
- ◆ **ACEP – American Coaches Effectiveness Program** – ACEP is a comprehensive educational program for coaches of young athletes. Areas of study include philosophy, psychology, pedagogy, physiology, and sport medicine. Certification can be obtained as part of the course requirements in Coaching Interscholastic Sports. See instructor for further details.
- ◆ **ACSM – American College of Sports Medicine** – Offers a variety of certifications specific to health and fitness.

- ◆ **American Red Cross – First Aid – Certification** can be obtained through the course requirements in Standard First Aid Courses. First Aid certification expires after three years from the date of certification. See instructor for further details. *This must be completed for all internships and student teaching.*
- ◆ **American Red Cross – CPR/AED – Certification** can be obtained through the course requirements in the Standard First Aid Course or the CPR/AED Course. Certification expires after one year from the date of certification. See instructor for further details. *This must be completed for all internships and student teaching.*
- ◆ **American Red Cross – WSI – Certification** can be obtained through courses taught by the American Red Cross. This certification is required of individuals teaching swimming. Call the local American Red Cross chapter for further details.
- ◆ **American Red Cross – Lifeguarding – Certification** can be obtained through courses taught by the Red Cross. This certification is required of individuals who work as guards at pools or water fronts. Please contact the local Red Cross for further details.
- ◆ **NSCA – National Strength and Conditioning Association** – has two certifications available: personal trainer and strength and conditioning specialist.

Professional Affiliations

To keep you updated on current research and professional trends, membership in the following organizations can be quite beneficial:

- ◆ AAHPERD – American Alliance of Health, Physical Education, Recreation and Dance
<http://www.aahperd.org/index.cfm>
 - NASPE – National Association for Sport and Physical Education
 - AAPAR – American Association for Physical Activity and Recreation
- ◆ TAHPERD – Texas Association of Health, Physical Education, Recreation and Dance
<http://www.tahperd.org/>
- ◆ ACSM – American College of Sports Medicine
http://www.acsm.org//AM/Template.cfm?Section=Home_Page
- ◆ NSCA – National Strength and Conditioning Association
<http://www.nasca-lift.org/>
- ◆ NATA – National Athletic Trainers Association
<http://www.nata.org/>
- ◆ Association for Work Site Health Promotion
60 Revere Dr. Suite 500
Northbrook, IL 60062

Coaching Affiliations

- ◆ Texas Girls Coaches Association
<http://www.austintgca.com>
- ◆ Texas Association of Basketball Coaches
<http://www.tabchoops.org>
- ◆ Texas High School Coaching Association
<http://www.thsca.com>
- ◆ National Federation Interscholastic Coaches Association
11724 Plaza Circle
PO Box 20626
Kansas City, MO 64195
- ◆ Women's Basketball Coaches Association (WBCA)
1687 Tullie Circle
Suite 127
Atlanta, GA 20329
- ◆ Gymnastic Association of Texas
PO Box 50461
Austin, TX 78763-0461
(512) 441-9811
Brain Schenk, State Executive Secretary
- ◆ United States Gymnastic Federation (USGF)
Pam American Plaza
Suite 300
201 S. Capitol
Indianapolis, IN 46225
- ◆ Texas High School Gymnastic Coaches Association
Martha Mitchell-President
Permian High School
Box 3912
Odessa, TX 78762
(915) 336-3652
- ◆ United States Association of Independent Gymnastic Clubs
235 Pinehurst Road
Wilmington, Delaware 19803
(302) 656-3706
- ◆ North American Soccer League
1133 Avenue of the Americas, Suite 3500
New York, NY 10036

- ◆ Soccer for Americans
Box 836
Manhattan Beach, CA 90266
- ◆ Amateur Softball Association
2801 NE 50th
Oklahoma City, OK 73111
- ◆ USTA – United States Tennis Association
51 East 42nd Street
New York, NY 10017
- ◆ Track Amateur Athletic Union
3400 West 86th Street
Indianapolis, IN 46268
- ◆ American Volleyball Coaches Association (AVCA)
Sandra Vivas – Executive Director
122 Second Ave.
Suite 217
San Mateo, CA 94401
- ◆ United States Volleyball Association (USVBA)
1750 East Boulder Street
Colorado Springs, CO 80909

After Graduation

- ◆ TWU Alumni Association
- ◆ Pioneer Club – The foundation that raises the scholarship dollars for the Athletic Program at TWU. Contact the Athletic Director for further information.

PROPOSED PROGRAM OF STUDY TO COMPLETE DEGREE

Advisee: _____ TWU ID: _____

Entered TWU: _____ (semester/year) Advisor: _____

Degree: **B.S. in Kinesiology**

Track: _____

Semester/Year:	Semester/Year:	Semester/Year:
Semester/Year:	Semester/Year:	Semester/Year:
Semester/Year:	Semester/Year:	Semester/Year:
Semester/Year:	Semester/Year:	Semester/Year:

UNDERGRADUATE ROTATION SCHEDULE (DRAFT)

		MM	Sum	Fall	Sp	MM	Sum	Fall	Sp	MM	Sum	Fall	Sp	MM	Sum	Fall	Sp	MM
		2008	2008	2008	2009	2009	2009	2009	2010	2010	2010	2010	2011	2011	2011	2011	2012	2012
1321	Req PE Gymnastic			X				X				X				X		
1573	Kins: An Evolv Discip		X	X	X		X	X	X		X	X	X		X	X	X	
1581	Fit Thru Sel Act	?		X	X			X	X			X	X			X	X	
1583	Introd Prac in Kines		X	X	X			X	X			X	X			X	X	
1901/1902	Fitness & Health		X	X	X		X	X	X		X	X	X		X	X	X	
2031	Lifetime Sport Tech	X	X							X	X							X
2071	Racquet Spts Tech			X				X				X				X		
2101	Basic Dance & Gym				X				X				X				X	
2111	BB and VB Tech			X				X				X				X		
2121	Softball & Soccer Tech				X				X				X				X	
2131	Intro to Outdoor Act					X								X				
2141	Dis Spt & Mod Games			X				X			X	X			X		X	
2593/2591	Kines & Neuro/Lab			X	X			X	X			X	X			X	X	
2622/2621	Adapted & Dev PE		X	X	X		X	X	X		X	X	X		X	X	X	
3101	Practicum in Secondary PE			X				X				X				X		
3102	Secondary PE Pedagogy			X				X				X				X		
3403	Practicum Athletic Training							X	X			X	X			X	X	
3501	Prac in PE			X	X													
3503	Prac In PE			X	X		X	X										
3583	Hlth/Phys Act Child Adole			X	X	X	X	X(2)	X	X	X	X(2)	X	X	X	X(2)	X	X
3573/3811	Develop Movement for Child				X				X				X				X	
3591/3592	Kines & Bio		X	X	X		X	X	X		X	X	X		X	X	X	
3601/3602	Physiology of Exercise		X	X	X		X	X	X		X	X	X		X	X	X	
3633	Athletic Injuries						X					X				X		
3653	Principles of Coaching				X				X				X				X	
3663	Eval of Athletic Injuries				X				X				X				X	
3701	Senior Adult Fitness		X	X	X		X	X	X		X	X	X		X	X	X	
3801	Prac in Coaching			X	X			X	X			X	X			X	X	
3802	Prac In Coaching			X	X			X	X			X	X			X	X	
3803	Prac in Coaching			X	X			X	X			X	X			X	X	
4003	Low Ropes Exp Act		X	X	X		X	X	X		X	X	X		X	X	X	
4113	Contemporary APE Concepts																	
4573	Motor Learn & Development		X	X	X		X	X	X		X	X	X		X	X	X	

4593	Measure & Eval in PE		X	X	X		X	X	X		X	X	X		X	X	X	
4601/4602	Advanced Ex Phys			X	X			X	X			X	X			X	X	
4701/4702	Exercise Test & Pres			X	X		X	X	X			X	X		X	X	X	
4801	Disability Sport Intern		X	X	X		X	X	X		X	X	X		X	X	X	
4811	Inclusion in PE Internship			X	X			X	X			X	X			X	X	
4821	Motor & Physical Assessment				X				X				X				X	
4822	Assessment in Adapted PE				X				X				X				X	
4933	Prac in Ex Science		X	X	X		X	X	X		X	X	X		X	X	X	
4943	Internship in Corp Fitness							X	X		X	X	X		X	X	X	

**DEPARTMENT OF KINESIOLOGY
UNDERGRADUATE PRE/COREQUISITES**

Course	Prerequisite(s)	Corequisite(s)
KINS 1581	Kinesiology major or consent of instructor	
KINS 1573	Kinesiology major or consent of instructor	
KINS 1583	Kinesiology major or consent of instructor	
KINS 1901		KINS 1902
KINS 1902		KINS 1901
KINS 2591		KINS 2593
KINS 2593	ZOOL 2013/2011 or BIOL 1013	KINS 2591
KINS 2621		KINS 2622
KINS 2622	KINS 1573 and KINS 1583 or consent of instructor	KINS 2621
KINS 3101		KINS 3102
KINS 3102	KINS 1573, 1583, 3573, 3811 with a "C" or better, and completion of two techniques courses; Junior status; All-Level PE or All-Level/APE teacher certification tracks only or consent of instructor	KINS 3101
KINS 3501	KINS 2622/2621 or consent of instructor	
KINS 3573	KINS 1573, 1583, Junior status, All-Level PE or All Level/APE teacher certification tracks only or consent of instructor	KINS 3811
KINS 3583	Junior status	
KINS 3591		KINS 3592
KINS 3592	ZOOL 2013/2011 or equivalent with a "C" or better	KINS 3591
KINS 3601		KINS 3602
KINS 3602	ZOOL 2013/2011 and ZOOL 2023/2021 with a "C" or better	KINS 3601
KINS 3633	ZOOL 2013/2011 and ZOOL 2023/2021 or equivalent	
KINS 3653	KINS 1573, 1583, Junior status	
KINS 3663	KINS 3633	
KINS 3701	KINS 3602/3601 or may be taken concurrently	
KINS 3801, 3802, or 3803	Completion of three techniques courses, KINS 3653 or may be taken concurrently, Junior status	
KINS 3811		KINS 3573
KINS 4003	Junior status	
KINS 4573	Senior status or consent of instructor	
KINS 4593	MATH 1703 or PSY 2303, Senior status or consent of instructor, KINS 3602/3601 with a "C" or better	
KINS 4601		KINS 4602
KINS 4602	KINS 3602/3601 with a "C" or better	KINS 4601
KINS 4701		KINS 4702
KINS 4702	KINS 3602/3601 with a "C" or better	KINS 4701
KINS 4801	KINS 2622/2621	
KINS 4811	KINS 2622/2621	
KINS 4821	KINS 2622/2621	KINS 4822 & KINS 4593
KINS 4822	KINS 2622/2621	KINS 4821
KINS 4933 Internship in Cardiac Rehabilitation	KINS 3701, KINS 4602/4601 with a "C" or better	
KINS 4943 Internship in Corporate Fitness	KINS 3701, KINS 4702/4701 with a "C" or better	

Undergraduate Kinesiology classes that do not appear on this list do not have pre/co-requisites.

Updated 01/21/11 TAS

Texas Physical Therapy Schools

Angelo State University

Department of Physical Therapy
2601 West Avenue N
ASU Station #10923
San Angelo, Texas 76909
PTDept@angelo.edu

Program Director:

[Dr. Scott M. Hasson, PT, EdD](#), Director
(325) 942-2545

Hardin-Simmons University

Department of Physical Therapy
Box 16065
Abilene, TX 79698-6065
ptoffice@hsutx.edu

Program Director:

[Janelle O'Connell, PT, PhD](#), Program Director
(325) 670-5860 Voice
(325) 670-5868 Fax
(888) 820-0218 Toll Free

Texas State University - San Marcos

Department of Physical Therapy
College of Health Professions
601 University Drive
San Marcos, TX 78666
phytherapy@txstate.edu

Program Director:

[Barbara Sanders, PhD, PT, SCS](#), Director
(512) 245-8351

Texas Tech University Health Sciences Center

Department Rehabilitation Sciences
School of Allied Health Sciences
3601 4th Street
Lubbock, TX 79430
allied.health@ttuhsc.edu

DPT Program Director:

[Kerry K. Gilbert, PT, ScD](#)
806-743-4525

Email questions to:

**Transitional Doctor of Physical Therapy
(tDPT) Pathway Director: (for licensed
clinicians)**

Email Lois Stickley, PT, PhD
lois.stickley@ttuhsc.edu

**Doctor of Science (ScD) Program (for
licensed clinicians)**

Email Phil Sizer, PT, PhD
phil.sizer@ttuhsc.edu

Texas Woman's University at Dallas Presbyterian Campus

School of Physical Therapy
8194 Walnut Hill Lane
Dallas, TX 75231-4365

Program Director:

[Dr. Venita Lovelace-Chandler, PT, PhD, PCS](#)
Associate Director of the School of PT
(214) 706-2300

Admissions Questions: pt@twu.edu

Texas Woman's University at Houston Campus

School of Physical Therapy
6700 Fannin Street
Houston, Texas 77030

Admissions Questions: pt@twu.edu

Program Director:

[Dr. Sharon Olson, PT, PhD](#),
Director of the School of PT
(713) 794-2090

University of Texas Health Science Center at San Antonio

School of Allied Health Sciences
Department of Physical Therapy (MC 6247)
7703 Floyd Curl Drive
San Antonio, TX 78229-3900

Program Director:

[Greg Ernst, PT, PhD](#), ECS, SCS, ATC
Assistant Professor and Interim Chair
(210) 567-8757

University of Texas at El Paso

College of Health Sciences
Physical Therapy Department
1101 North Campbell
El Paso, TX 79902-0581

Program Director:

[Mary Carlson, PT](#), Phd, Director
(915)-747-7248

University of Texas Medical Branch at Galveston

School of Allied Health Sciences
Department of Physical Therapy (J28)
301 University Blvd.
Galveston, TX 77555-1028

Program Director:

[Carolyn Utsey, PT, PhD](#), Chair and Associate
Professor
(409) 772-3068

University of Texas Southwestern Medical Center at Dallas

Department of Physical Therapy
School of Allied Health Sciences
5323 Harry Hines Blvd
Dallas, TX 75235-8876

Program Director:

[Patricia Smith, PT, PhD, NCS](#),
Professor & Chair
(214) 648-1664

US Army-Baylor University

Doctoral Program in Physical Therapy
Dean, Graduate School
3151 Scott Road, Suite 1301
Fort Sam Houston, TX 78234-6138

Program Director:

[Josef H. Moore](#), PT, PhD, SCS, ATC
COL US Army, Professor & Director
(210) 221-8410

Upper Division Hours (36 Credits)

Name _____

Program Track _____

KINS Core 12 Credits

	Grade:	Semester Completed:
KINS 3602	_____	_____
KINS 3601	_____	_____
KINS 3592	_____	_____
KINS 3591	_____	_____
KINS 4573	_____	_____
KINS 4593	_____	_____

Other 24 Credits *

Course:	Grade:	Semester Completed:

Signature

Date

***Note: Community College courses do NOT transfer as upper division unless an equivalency has been approved (<http://www.twu.edu/admissions/transfer-equivalency-guides.asp>)**

Degree Plan Verification for DARS Degree Audits

Student Name: _____ ID# _____

Permanent Address: _____

TWU Semester Start Date: _____ Catalog Year: _____

Anticipated Graduation Date: _____ Date of DARS Audit: _____

Degree: _____ Major: _____
(BA, BBA, BFA, BGS, BS, BSW) (Do **not** include concentrations in your majors)

2nd Major: (if applicable) _____

Minor: (if applicable) _____

Core Complete at another school? YES NO

If YES, School: _____ Date core completed: _____
(Core complete **must be posted** on the TWU transcript in order for it to be considered.)

By signing this form the student and advisor acknowledge the terms and requirements needed to complete the DARS audit viewed on the date listed above. The student and advisor agree that the unfulfilled requirements on the DARS audit will be completed by the graduation date. All Substitution Forms must be submitted to the Registrar's Office before the date of graduation. If requirements are not met the student will be responsible for reapplying for graduation and paying the appropriate fee.

Student signature: _____ Date: _____

Major (1) Advisor signature: _____ Date: _____

Major (2) Advisor signature: _____ Date: _____

Minor Advisor signature: _____ Date: _____

Filed in department file by _____ Date: _____

Graduation Application deadline dates can be viewed on the Academic Calendars' page:

<http://www.twu.edu/academics/catalogs.html>

PLACEMENT SCORES FOR ADMISSION TO TEACHER EDUCATION

Option 1 – TASP/THEA Scores

- Reading 260
- Math 240
- Writing 240

Option 2 – Accuplacer Scores

- Reading 80
- Math 65
- Writing 82/6

Option 3 – ACT Scores*

- English 19
- Math 19
- Composite 23

*Note: ACT score may only be used for 5 years from the date of testing. You must have a 23 composite ACT score in order for the 19 in English and 19 in Math to count.

Option – SAT Scores**

- Verbal 500
- Math 500
- Composite 1070

** Note: SAT score may only be used for 5 years from the date of testing. You must have a 1070 composite SAT score in order for the 500 in Verbal and 500 in Math to count.