

University of JAMESTOWN

Your Success. Our Tradition.



PHYSICAL EDUCATION

Turn your interest in sports and physical fitness into a career. Our Physical Education program produces young professionals who have acquired a developmentally sound background in the physical, psychological, neuromuscular, and cognitive domains.

Hands-On Experiential Learning

Internships

The Internship Program enables students to obtain work experience and make informed career choices through supervised internships of a semester or more in length.

Work with the latest technology, including:

- iPads and the latest iOS apps in the field
- Dartfish Motion Analysis Software: Analyze technical performances
- Metabolic Cart & ECG: Monitor breath-by-breath gas analysis and oxygen consumption
- Anaerobic Power Analysis: Test anaerobic power
- iHT Heart Rate Monitors: Assist in managing exercise sessions for a variety of population groups
- Accelerometers: Track every movement with a 3D movement analysis device
- Web 2.0 Sites: Plan and design a fitness center, create a web page, analyze your diet, or create a podcast movie

Begin your Journey to Success

We prepare you for the future in ways other schools don't. We call our approach the Journey to Success, and it defines all we do here. This experience includes four phases that develop students on a holistic basis, both personally and professionally:

- **Look Inward:** Examine your own interests, strengths, and goals.
- **Look Outward:** Use your talents and strengths to accomplish your goals, as well as serve those around you.
- **Look Beyond:** Learn about people, cultures, and ways of life different from your own.
- **Look Forward:** Prepare for your next step into the world of work or further graduate study.

Study Abroad

Immerse yourself in a foreign culture, while earning credit toward your degree. Choose from over 150 international institutions across 50 countries through our International Student Exchange Program (ISEP).

We Care

To ensure you are receiving the student support services you need, when you need them, we provide one-on-one contact as an early intervention tool. Parents, faculty, staff, and fellow students are encouraged to fill out a We Care report if they believe any UJ student needs services.

Curriculum PHYSICAL EDUCATION MAJOR

Physical Education Core Requirements

Course No.	Course Title (credits)
KNS 182	Introduction to Kinesiology (2)
KNS 184	Health Education (3)
KNS 217	Essentials of H.Anatomy/Physiology I (3)
KNS 218	Essentials of H.Anatomy/Physiology II (3)
KNS 260	Tech Integration in PE/Health/Fitness (3)
KNS 309	Basic Biomechanics (3)
KNS 346	Adapted Physical Education (2)
KNS 402	Exercise Physiology (3)
KNS 402L	Exercise Physiology Lab (1)
KNS 420	Org/Admin of PE/Athletics (3)
KNS	Physical Education Electives (11)

Total Physical Education Core Credits 37

Activity Class Requirements

KNS	Dance (1)
KNS	Beginning Swimming (1)
KNS	Weight Lifting and Fitness (1)
KNS	Elective Activity Classes (2)

Total Activity Class Requirements 5

Total Semester Credits Required for Physical Education Majors (42)

Program Features

As a Physical Education major at UJ, you'll benefit from:

- Caring, talented faculty who work one-on-one with students
- Courses taught in the state-of-the art Foss Wellness Center and the recently expanded Larson Sports Center
- A cross-disciplinary approach providing knowledge and skills in your major, as well as a broad-based education
- A student community that creates an atmosphere of learning and mutual success
- Small class sizes with the focus on excellence in teaching and student learning



Emphasis

- Coaching



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