



# Certificate in Martial Arts (24 cr.)

## Department of Kinesiology

Effective for students matriculating Aug. 1998 (revised 2003)

Minimum 2.0 cumulative certificate GPA required, No Pass/Fail

### I. REQUIRED COURSES

- 2 HPER E145 Introduction to the Martial Arts
- 3 \*HPER P205 Structural Kinesiology
- 3 HPER P211 Introduction to Sport Management
- 3 \*HPER P216 Current Concepts in Physical Fitness
- 3 HPER P498 Practicum in Physical Education

### II. SELECT ONE OF THE FIVE (5) CREDIT HOUR GROUPS BELOW

- 1 HPER E147 Hapkido
- 1 HPER E247 Intermediate Hapkido
- 1 HPER E347 Advanced Hapkido
- 1 HPER E447 Advanced Hapkido II—Red Belt
- 1 HPER E446 or E100 Independent Study in the Martial Arts (P: E447)  
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- 1 HPER E150 Karate
- 1 HPER E250 Intermediate Karate
- 1 HPER E350 Advanced Karate
- 1 HPER E450 Advanced Karate II—Red Belt
- 1 HPER E446 or E100 Independent Study in the Martial Arts (P: E450)  
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- 1 HPER E148 T'ai Chi Ch'uan
- 1 HPER E248 Intermediate T'ai Chi Ch'uan
- 1 HPER E348 T'ui Shou (Push Hands)
- 1 HPER E448 T'ai Chi Ch'uan Sword
- 1 HPER E446 or E100 Independent Study in the Martial Arts (P: E448)

**Note: HPER E446 or E100 Independent Study in the Martial Arts requires evidence of:**

- Black Belt or Equivalent
- Training in CPR, First Aid, or Athletic Training Emergency Care

### III. SELECT 1 CREDIT FROM AN AREA DIFFERENT FROM YOUR SPECIALIZATION (AREA A) AND 1 CREDIT HOUR FROM AREA B.

A. Select 1 credit hour from:

- 1 HPER E100 Brazilian Jujitsu
- 1 HPER E100 Japanese Jujitsu
- 1 HPER E147 Hapkido
- 1 HPER E148 T'ai Chi Ch'uan
- 1 HPER E149 Judo
- 1 HPER E150 Karate
- 1 HPER E151 Self Defense

B. Select 1 credit hour from:

- 1 HPER E100 Techn of Stress Reductn
- 1 HPER E144 Chi Gong
- 1 HPER E190 Yoga

### IV. SELECT AT LEAST 3 CREDITS FROM ANY OF THE COURSES LISTED ON THE REVERSE SIDE OF THIS SHEET

# Requires authorization.

\* Recommended crses as partial preparation for ACSM Health Fitness Instructor Certif Exam.

**Fitness:**

3	HPER	A281	Recognition & Evaluation of Athletic Injuries
3	*HPER	P217	Methods of Group Exercise Instruction (P: P216)
2	HPER	P280	Principles of Athletic Training and Emergency Care
2	HPER	P316	Theories of Advanced Conditioning (P: P216)
2	HPER	P317	Strength Training
2	HPER	P326	Lifeguard Training & Water Safety
3	*HPER	P416	Corporate Fitness (P: P409)
3	*HPER	P419	Fitness Testing and Interpretation
3	*HPER	P420	Exer Ldrshp & Prgrm Dsgn for Apparently Hlthy and Spec Popltns
1-3	HPER	P445	Special Problems in Kinesiology
1-3	HPER	P491	Research in Kinesiology
3	*HPER	P492	Lab Assistant in Sport Science

**Management:**

1	HPER	A483	Principle of Sports Officiating
2	HPER	A484	Interscholastic Athletic Program
3	HPER	P318	Management of the Sport Enterprise #
3	HPER	P324	Recreational Sports Programming
3	HPER	P327	Admin, Maintnc, and Constrctn of Aquatic Facil
3	HPER	P411	Legal Issues in Sport (P: L201) #
3	HPER	P415	Sport Promotions & Public Relations #
3	HPER	P418	Sport Marketing (P: P211 and M300) #

**Science:**

3	HPER	P391	Biomechanics
3	*HPER	P398	Adapted Physical Education
1-2	HPER	P399	Practicum in Adapted Physical Education
3	HPER	P409	Basic Exercise Physiology (P: A215 or P205; P215)
1-3	HPER	P445	Special Problems in Kinesiology
3	HPER	P448	Internship to Exercise Science
3	HPER	P452	Motor Learning
3	HPER	P490	Motor Development and Learning
1-3	HPER	P491	Research in Kinesiology

**Socio/Psychology:**

3	HPER	P333	Sport in America: Historical Perspectives
3	HPER	P334	Cultural Diversity in American Sport
3	HPER	P392	Sport in American Society
3	HPER	P405	Introduction to Sport Psychology
3	HPER	P444	Issues in Physical Education and Sport
1-3	HPER	P445	Special Problems in Kinesiology
1-3	HPER	P491	Research in Kinesiology

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