



Certificate in Martial Arts (23 cr.)

Effective for students matriculating August 1998 (revised 2005)
Minimum 2.0 cumulative certificate GPA required, No Pass/Fail

Department of Kinesiology

I. REQUIRED COURSES

- 2 HPER E119 Personal Fitness
- 2 HPER E145 Introduction to the Martial Arts
- 3 HPER P205 Structural Kinesiology
- 3 HPER P211 Introduction to Sport Management
- 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)

- 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)

- 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 Reduction
- 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.

Fitness:

- ___ 3 HPER P217 Methods of Group Exercise Instruction (P: P216)
- ___ 3 HPER P218 Methods of Personal Fitness Instruct (P: P216)
- ___ 2 HPER P280 Principles of Athletic Training and Emergency Care
- ___ 2 HPER P316 Theories of Advanced Conditioning
- ___ 2 HPER P317 Strength Training
- ___ 2 HPER P326 Lifeguard Training & Water Safety
- ___ 3 HPER P416 Fitness Management
- ___ 3 HPER P419 Fitness Testing and Interpretation (P: P409)
- ___ 3 HPER P420 Exercise Leadership & Program Design for Apparently Healthy and Special Populations (P: P409, P419)
- ___ 1-3 HPER P445 Special Topics 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
- ___ 3 HPER P318 Management of the Sport Enterprise #
- ___ 3 HPER P324 Recreational Sports Programming
- ___ 3 HPER P327 Administration, Maintenance, and Construction of Aquatic Facilities
- ___ 3 HPER P411 Legal Issues in Sport (P: L201) #
- ___ 3 HPER P415 Sport Promotions & Public Relations #
- ___ 3 HPER P418 Sport Marketing (P: 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 Topics 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 P392 Sport in American Society
- ___ 3 HPER P405 Introduction to Sport Psychology
- ___ 1-3 HPER P445 Special Topics in Kinesiology
- ___ 1-3 HPER P491 Research in Kinesiology #

Requires authorization.