

Kinesiology and Physical Education

Bachelor of Science Degree

Contact

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Admission Requirements

(In years as established by the college)

A high school diploma with the following specific courses:

- 4 English
- 2 Algebra I & II
- 1 Geometry
- 2 Lab Science (including biology)
- 2 History/Social Studies
- 2 Foreign Language
 (same language or two years of
 American Sign Language)
- Academic electives (to equal at
 least 17 credits)

To ensure current mathematical skills, students should take a mathematics course during their senior year of high school.

Did You Know?

- Our learning environment is personalized. Even though our faculty's research is nationally and internationally known, teaching is our priority. As documented by the jobs held across the country by our graduates, our program does an outstanding job of preparing students for professional careers. Our students are very competitive in the job market.
- Internship and capstone placements provide real-world job experience designed to build the student's resume.

College of Education and Human Development

Program Description

The Undergraduate Kinesiology and Physical Education (KPE) Program is committed to preparing students for careers in teaching or allied health professions. Toward this end, the program offers five distinct curriculum options. Our NCATE-certified Teacher Preparation Program develops physical educators who meet national standards of excellence in professional content knowledge, communication, teaching competence and learner assessment. Students graduating from this program are reflective practitioners who understand and apply research-based instructional strategies.

Our Exercise Science Program has three curriculum choices. The laboratory science-based option prepares students for post-graduate programs in allied health. Graduates from this option go on to attend schools of medicine, physical therapy, chiropractic medicine, nurse practitioner, physician assistant or other medically based programs of study.

With our business management option, students graduate with an academic minor in business. They are prepared for careers in allied health, as well as the private health/fitness industry, with an emphasis on operational management.

Students seeking careers in outdoor recreation can graduate from our Exercise Science Program with an academic minor in outdoor education. Along with this degree, students earn no less than four national certifications, including Wilderness First Responder (WFR). This curriculum choice also prepares students to sit for the rigorous Maine Guide exam for recreation, offered by the Maine Department of Inland Fisheries and Wildlife.

Our nationally accredited four-year degree program in athletic training prepares students for careers as certified athletic trainers. They are fully prepared to sit for the national certification exam.

All of our curricula include multiple laboratory experiences designed to provide the student with an applied understanding of the subject.

Specialized Information

Early field teaching experiences are built into coursework throughout the Teacher Preparation Program. Students plan, teach, manage and assess actual public school classes at the elementary, middle and secondary levels. In a semester-long adapted physical education experience, students work one-on-one with clients with physical disabilities. The Teacher Preparation Program culminates with student teaching. Successful completion of student teaching results in K-12 teaching certification for Maine.

Each option in the Exercise Science Program includes foundational coursework in exercise physiology, kinesiology, biomechanics and sports nutrition. The laboratory components of these courses provide an experiential learning environment that reinforces classroom discussions. Beyond the common core of courses, each of the three curricula under the exercise science umbrella include practicum and internship requirements. These opportunities place students with professionals in the field to gain insight and experience in their chosen path.

Internship and capstone placements provide real-world job experience designed to build the student's personal resume.

Representative Courses

KPE 250 First Aid and Emergency Care
KPE 253 Theory and Techniques of Strength and Conditioning
KPE 262 Methods of Teaching Physical Activity
KPE 270 Motor Development
KPE 273 Anatomy and Pathologies of Injuries and Conditions
KPE 367 Adapted Physical Education
KPE 372 Tests and Measurements
KPE 376 Kinesiology

KPE 377 Biomechanics
KPE 378 Physiology of Exercise
KPE 425 Health Promotion and Disease Prevention
KPE 426 Exercise Prescription and Leadership
KPE 427 Professional Internship
KPE 490 Nutrition for Sports and Exercise

Career and Graduate Opportunities

Certified physical education teacher in grades K-12; athletic director, coach, recreational director, sport camp director, YWCA/YMCA instructor and educational technician; nationally certified strength and conditioning coach for college and/or professional athletics; nationally certified personal trainer/exercise specialist for corporate or private fitness industry; athletic administrator.

UMaine Graduate Programs

Master of Science in Kinesiology and Physical Education, exercise science concentration

Master of Education in Kinesiology and Physical Education, curriculum and instruction concentration

About UMaine

The University of Maine, founded in Orono in 1865, is the state's premier public university. It is among the most comprehensive higher education institutions in the Northeast and attracts students from across the U.S. and more than 60 countries. It currently enrolls 12,000 total undergraduate and graduate students who can directly participate in groundbreaking research working with world-class scholars. Students are offered 88 bachelor's degree programs, 64 master's degree programs, 25 doctoral programs and one of the oldest and most prestigious honors programs in the U.S. The university promotes environmental stewardship on its campus, with substantial efforts aimed at conserving energy, recycling and adhering to green building standards in new construction. For more information about UMaine, go online (umaine.edu). Equal opportunity information also is available online (umaine.edu/eo).

How do I apply?

Visit go.umaine.edu for an application, as well as information about academics and life at UMaine.



Academic Programs 2011-12

The latest versions of the UMaine fact sheets are online (factsheets.umaine.edu). This fact sheet is intended for informational purposes only and is subject to change.

