



SCHOOL OF HEALTH, PHYSICAL  
EDUCATION, AND RECREATION

INDIANA UNIVERSITY

**Certificate in Martial Arts (23 cr. hours)**

Department of Kinesiology

Minimum 2.0 cumulative GPA required

No Pass/Fail

Effective fall 1998 (revised 2007)

**I. REQUIRED COURSES**

- \_\_\_ 2 HPER-E 119 Personal Fitness
- \_\_\_ 2 HPER-E 145 Introduction to the Martial Arts
- \_\_\_ 3 HPER-P 205 Structural Kinesiology
- \_\_\_ 3 HPER-P 211 Introduction to Sport Management
- \_\_\_ 3 HPER-P 498 Practicum in Physical Education #

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

- \_\_\_ 1 HPER-E 147 Hapkido
- \_\_\_ 1 HPER-E 247 Intermediate Hapkido
- \_\_\_ 1 HPER-E 347 Advanced Hapkido
- \_\_\_ 1 HPER-E 447 Advanced Hapkido II—Red Belt
- \_\_\_ 1 HPER-E 446 or E100 Independent Study in the Martial Arts (*P: E447*)  
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- \_\_\_ 1 HPER-E 150 Tae Kwon Do
- \_\_\_ 1 HPER-E 250 Tae Kwon Do-Intermediate
- \_\_\_ 1 HPER-E 350 Advanced Tae Kwon Do
- \_\_\_ 1 HPER-E 450 Advanced Tae Kwon Do II
- \_\_\_ 1 HPER-E 446 or E100 Independent Study in the Martial Arts (*P: E450*)  
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- \_\_\_ 1 HPER-E 148 T'ai Chi Ch'uan
- \_\_\_ 1 HPER-E 248 Intermediate T'ai Chi Ch'uan
- \_\_\_ 1 HPER-E 348 T'ui Shou (Push Hands)
- \_\_\_ 1 HPER-E 448 T'ai Chi Ch'uan Sword
- \_\_\_ 1 HPER-E 446 or E100 Independent Study in the Martial Arts (*P: E448*)

**Note: HPER-E 446 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-E 100 Brazilian Jujitsu
- \_\_\_ 1 HPER-E 100 Japanese Jujitsu
- \_\_\_ 1 HPER-E 147 Hapkido
- \_\_\_ 1 HPER-E 148 T'ai Chi Ch'uan
- \_\_\_ 1 HPER-E 149 Judo
- \_\_\_ 1 HPER-E 150 Tae Kwon Do
- \_\_\_ 1 HPER-E 151 Self Defense

B. Select 1 credit hour from:

- \_\_\_ 1 HPER-E 100 Techniques of Stress Reduction
- \_\_\_ 1 HPER-E 144 Chi Gong
- \_\_\_ 1 HPER-E 190 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-P 217 Methods of Group Exercise Instruction (P: P216)
- \_\_\_ 3 HPER-P 218 Methods of Personal Fitness Instruct (P: P216)
- \_\_\_ 2 HPER-P 280 Principles of Athletic Training and Emergency Care
- \_\_\_ 2 HPER-P 316 Theories of Advanced Conditioning
- \_\_\_ 2 HPER-P 317 Theory and Practice of Resistance Training
- \_\_\_ 2 HPER-P 326 Lifeguard Training & Water Safety
- \_\_\_ 3 HPER-P 416 Fitness Management
- \_\_\_ 3 HPER-P 417 Physical Activity and Disease (P: P409)
- \_\_\_ 3 HPER-P 419 Fitness Testing and Interpretation (P: P409)
- \_\_\_ 3 HPER-P 420 Exercise Leadership for Special Populations (P: P409, P419)
- \_\_\_ 1-3 HPER-P 445 Special Topics in Kinesiology
- \_\_\_ 1-3 HPER-P 491 Research in Kinesiology #
- \_\_\_ 3 HPER-P 492 Lab Assisting or Field Experience in Kinesiology #

**Management:**

- \_\_\_ 1 HPER-A 483 Principle of Sports Officiating
- \_\_\_ 3 HPER-P 206 Recreational Sports Programming
- \_\_\_ 3 HPER-P 318 Management of the Sport Enterprise #
- \_\_\_ 3 HPER-P 327 Administration, Maintenance, and Construction of Aquatic Facilities
- \_\_\_ 3 HPER-P 411 Legal Issues in Sport (P: L201)#
- \_\_\_ 3 HPER-P 415 Sport Promotions & Public Relations #
- \_\_\_ 3 HPER-P 418 Sport Marketing (P: M300) #

**Science:**

- \_\_\_ 3 HPER-P 391 Biomechanics
- \_\_\_ 3 HPER-P 398 Adapted Physical Education
- \_\_\_ 1-2 HPER-P 399 Practicum in Adapted Physical Education #
- \_\_\_ 3 HPER-P 409 Basic Exercise Physiology (P: P215)
- \_\_\_ 1-3 HPER-P 445 Special Topics in Kinesiology
- \_\_\_ 3 HPER-P 448 Internship to Exercise Science #
- \_\_\_ 3 HPER-P 452 Motor Learning
- \_\_\_ 3 HPER-P 490 Motor Development and Learning
- \_\_\_ 1-3 HPER-P 491 Research in Kinesiology #

**Socio/Psychology:**

- \_\_\_ 3 HPER-P 333 Sport in America: Historical Perspectives
- \_\_\_ 3 HPER-P 392 Sport in American Society
- \_\_\_ 3 HPER-P 405 Introduction to Sport Psychology
- \_\_\_ 1-3 HPER-P 445 Special Topics in Kinesiology
- \_\_\_ 1-3 HPER-P 491 Research in Kinesiology #

# Requires authorization.

**Note:** It is the student's responsibility to check with their school/degree unit to determine whether this minor/certificate may be *officially* recorded on the transcript. The various schools on the Bloomington campus may limit the number of hours outside their school that will count toward a degree. Students should check with an advisor in *their school* for information about certification rules.

Student \_\_\_\_\_

Last name

First name

10-digit ID number