



Certificate in Martial Arts (23 cr. hours)

Department of Kinesiology

Effective August 1998 (revised 2006)

Minimum 2.0 cumulative GPA required

No Pass/Fail

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 Karate
- ___ 1 HPER-E 250 Intermediate Karate
- ___ 1 HPER-E 350 Advanced Karate
- ___ 1 HPER-E 450 Advanced Karate II—Red Belt
- ___ 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 Karate
- ___ 1 HPER-E 151 Self Defense

B. Select 1 credit hour from:

- ___ 1 HPER-E 100 Techn 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 419 Fitness Testing and Interpretation (P: P409)
- ___ 3 HPER-P 420 Exercise Leadership & Program Design for Apparently Healthy and 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 318 Management of the Sport Enterprise #
- ___ 3 HPER-P 324 Recreational Sports Programming
- ___ 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: A215 or P205; 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.