

**Physical Education (K-12)**  
**University of North Carolina at Charlotte**

<b>Competency</b>		<b>Course Prefix &amp; Number</b>	<b>Course Title</b>	<b>Course Offerings</b>
A minimum of two (2) semester hours is required to fulfill each of the following competencies unless otherwise noted.				
B	Kinesiology, Fundamental Motor Skills & Movement Forms	KNES 2150	Introduction to Kinesiology	S, SS
		KNES 2298*	Applied Kinesiology*	S
C	Anatomy or Physiology	BIOL 2273*	Human Anatomy & Physiology 1*	F, S
		KNES 3280*	Exercise Physiology: Foundation and Theory*	F
		KNES 3281*	Exercise Physiology: Principles and Application*	F
D	Fitness, Nutrition, & Obesity Prevention	HLTH 2101	Healthy Lifestyles	F, S, SS
		HLTH 3103*	Behavior Change Theories and Practice	F
		KNES 3260	Nutrition for the Physically Active	F
		KNES 4130	Applied Nutrition	2-year cycle
		KNES 4132	Lifetime Weight Management and Behavior Change	S
		KNES 4134*	Assessment and Development of Physical Fitness*	2-year cycle
E	Sports, Physical & Leisure Activities	KNES 1208-1263	Any Sports, Physical or Leisure Activity Class	
		KNES 2212-2238		

Posted: 3/4/2019  
 Revised: Spring 2019

**Course Offering Codes:**

F=Fall, S=Spring, SS=Summer Session, UD=Upon Demand  
 e=even years, o=odd years, ^=online

**Notes:**

- These are typical course offering schedules. Courses are not guaranteed to be offered at these times.
- Please check with the college/university for course availability each semester.
- Some courses require prerequisites be met prior to registration. An asterisk (\*) denotes a prerequisite course.
- For more information from this institution, click here, <http://www.uncc.edu/>