

DEPARTMENT OF MOVEMENT SCIENCES

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The Department of Movement Sciences is located in the College of Education, Health and Human Sciences. Our mission is to improve movement, health, and well-being through innovative research, transformative learning, and beneficial engagement, while we aspire to cultivate healthy and physically active lifestyles to sustain the well-being of individuals and communities.

The department offers Bachelor of Science degrees in dance; exercise, sport, and health sciences; and recreation, sport and tourism management.

- The B.S.Dan. in Dance is designed to create a positive, student-focused learning environment that promotes the whole person in preparation for dance careers and careers in related fields, such as professionals in dance education, performance, and therapy. The Festival of Dance and Performing Arts Association is in residency within the department.
- The B.S. in Exercise, Sport, and Health Sciences includes five emphases: Community Health Education and Promotion; Fitness, Health, and Human Performance; Physical Education Teacher Certification; Pre-Athletic Training; and Pre-Physical Therapy and Allied Health. Students are prepared for the many diverse fields of kinesiology, along with post-baccalaureate study in education, allied health fields, medicine, sport, and fitness. The emphasis area in physical education teaching leads to K-12 teaching certification.
- The B.S.Rec. in Recreation, Sport, and Tourism Management provides students with professional career options in leisure, recreation, and sport for leadership roles in organizations and communities, such as a recreation outfitter and guide, an events coordinator, a sports and/or fitness facility manager, a director of recreation, a leisure or travel tourism professional, etc.

The department offers graduate programs at the master's and doctoral levels. The doctoral degree is a Doctor of Philosophy (Ph.D.) in kinesiology, with specializations in healthy active lifestyles and exercise science. The department offers master's degrees in kinesiology (M.S., online and face-to-face coursework) and physical education (M.Ed., online [practicing teachers] and face-to-face [certification]).

Movement Sciences also offers academic and teaching minors, which include health education, dance, outdoor recreation leadership, sustainable tourism and leisure enterprises, and physical education. The department offers undergraduate certificates in Athletic Leadership, and Disability and Inclusive Human Services.

The university-wide Idaho Fitness (I-FIT) program, offered through the Department of Movement Sciences, includes courses such as IFIT 1060, IFIT 1070, and IFIT 1080 as well as DAN 1050. These courses provide a range of wellness, recreational, fitness, dance, aquatic, and sport opportunities. The mission of the I-FIT program is to enhance the holistic well-being of the University community and to support individuals in discovering and enjoying a sustainable healthy active lifestyle.

Majors

- Dance (B.S. Dan.) (<https://catalog.uidaho.edu/colleges-related-units/education-health-human-sciences/movement-sciences/dance-bsdan/>)
- Exercise, Sport and Health Sciences (B.S.) (<https://catalog.uidaho.edu/colleges-related-units/education-health-human-sciences/movement-sciences/exercise-sport-health-sciences-bs/>) with emphases in Community Health Education and Promotion; Fitness, Health, and Human Performance; Pre-Physical Therapy and Allied Health; Pre-Athletic Training; and Physical Education Teaching.
- Recreation, Sport, and Tourism Management (B.S. Rec.) (<https://catalog.uidaho.edu/colleges-related-units/education-health-human-sciences/movement-sciences/recreation-sport-tourism-management-bsrec/>)

Minors

- Dance Minor (<https://catalog.uidaho.edu/colleges-related-units/education-health-human-sciences/movement-sciences/dance-minor/>)
- Health Education Teaching Minor (<https://catalog.uidaho.edu/colleges-related-units/education-health-human-sciences/curriculum-instruction/teaching-majors-minors/health-education/>) (offered through the Department of Curriculum and Instruction)
- Outdoor Recreation Leadership Minor (<https://catalog.uidaho.edu/colleges-related-units/education-health-human-sciences/movement-sciences/outdoor-recreation-leadership-minor/>)
- Sustainable Tourism and Leisure Enterprises Minor (<https://catalog.uidaho.edu/colleges-related-units/education-health-human-sciences/movement-sciences/sustainable-tourism-leisure-enterprises-minor/>)

Certificates

- Athletic Leadership Undergraduate Academic Certificate (<https://catalog.uidaho.edu/colleges-related-units/education-health-human-sciences/movement-sciences/athletic-leadership-undergraduate-academic-certificate/>)
- Disability and Inclusive Human Services Undergraduate Academic Certificate (<https://catalog.uidaho.edu/colleges-related-units/education-health-human-sciences/movement-sciences/disability-inclusive-human-services-undergraduate-academic-certificate/>)

Movement Sciences Graduate Program

The Graduate Record Examination is not required for admission to the master's and doctoral programs. However, candidates must fulfill the requirements of the College of Graduate Studies, the College of Education, Health and Human Sciences, and the Department of Movement Sciences. See the College of Graduate Studies (<https://catalog.uidaho.edu/colleges-related-units/graduate-studies/>) section for the general requirements applicable to each degree.

- Physical Education (M.Ed.) (<https://catalog.uidaho.edu/colleges-related-units/education-health-human-sciences/movement-sciences/physical-education-med/>)
- Kinesiology (M.S.) (<https://catalog.uidaho.edu/colleges-related-units/education-health-human-sciences/movement-sciences/kinesiology-ms/>)

- Kinesiology (Ph.D.) (<https://catalog.uidaho.edu/colleges-related-units/education-health-human-sciences/movement-sciences/kinesiology-phd/>)