

# COLLEGE OF ARTS AND SCIENCES

## 2020-21 Kinesiology BS DEGREE PLAN

\* Emphasis in Exercise Science

### FIRST YEAR - FRESHMAN

Fall Semester				Spring Semester			
Dept	Crse#	Course Name	Hrs	Dept	Crse#	Course Name	Hrs
BIB	121	Life of Christ <sup>1</sup>	2	BIB	122	Acts of the Apostles <sup>1</sup>	2
ENG	101	English Composition I <sup>1</sup>	3	ENG	102	English Composition II <sup>1,3</sup>	3
KIN	120	Foundations of Kinesiology	3	BIO	211	Human Anat & Physio I <sup>2</sup>	4
PEA	100	Lifetime Wellness	1	MAT		College Algebra or higher <sup>2</sup>	3
HIS		History <sup>1</sup>	3	PSY	210	General Psychology <sup>2</sup>	3
COM	140	Speech Communication <sup>1</sup>	3	PEA	156	Weight training	1
			<b>15</b>				<b>16</b>

### SECOND YEAR - SOPHOMORE

Fall Semester				Spring Semester			
Dept	Crse#	Course Name	Hrs	Dept	Crse#	Course Name	Hrs
BIB		Bible	2	BIB		Bible	2
		Creative works:ART/ENG/MU	3	KIN	328	Anatomical Kinesiology <sup>3</sup>	3
		Any Electives	6	KIN/HEA/PEA		Elective: Recommend KIN 221	3
BIO	212	Human A&P II	4	HEA	121	Principles of Nutrition	3
				MAT	235	Introductory Statistics <sup>3</sup>	3
						Any Elective	3
			<b>15</b>				<b>17</b>

### THIRD YEAR - JUNIOR

Fall Semester				Spring Semester			
Dept	Crse#	Course Name	Hrs	Dept	Crse#	Course Name	Hrs
BIB	346	Foundations of Faith	3	BIB		Bible	2
KIN	327	Care & Prev of Athletic Inj	3	KIN	420	Motor Learning	2
KIN	329	Biomechanics <sup>3</sup>	3	KIN	397/49	Practicum in Kinesiology	2
KIN	338	Physiology of Exercise <sup>3</sup>	3	KIN/HEA		Upper Elective: Recommend KIN3	3
		Any Electives	4			Any Electives	6
			<b>16</b>				<b>15</b>

### FOURTH YEAR - SENIOR

Fall Semester				Spring Semester			
Dept	Crse#	Course Name	Hrs	Dept	Crse#	Course Name	Hrs
BIB	495	Values in Human Thought	3	BIB		Bible	2
KIN	425	Organization & Adm in Phy	3	KIN	437	Exercise Testing & Prescrip	3
HEA	217	First Aid and CPR	3	KIN	397/49	Praticum in Kinesiology	2
		Upper Electives	3	KIN	426	Adaptive Physical Educatio	3
		Any Electives	4			Upper Elective:Recommend KIN330/3	3
						Any Electives	3
			<b>16</b>				<b>16</b>

<sup>1</sup>Liberal Arts Core Requirement

<sup>2</sup>Liberal Arts Core Major Requirements in *Undergraduate Catalog*

<sup>3</sup>Course has prerequisite. See corresponding *Undergraduate Catalog*

## ADDITIONAL ITEMS RELATED TO THE MAJOR

Exercise Science Emphasis elective recommendations: KIN221, KIN330, KIN331

**The following guidelines are important. Failure to follow these guidelines may delay graduation.**

1. Plan schedules carefully. Plan to fulfill prerequisites for future courses.
2. Do not alter the sequence of courses without consulting with your academic adviser as not all classes are offered every semester.
3. Before the enrollment period, check to make sure holds will not prevent you from registering.
4. Register for classes early during the registration period to secure classes.

**The Four-Year Degree Plan is a suggested plan of study. This plan does not replace the *Undergraduate Catalog*. The *Undergraduate Catalog* provides the official listing of program requirements.**

<b>2020-21 Undergraduate Liberal Arts Core Requirements</b>	
<p><b>I. Biblical Values</b> BIB 121 <b>AND</b> 122 <b>AND</b> 346 <b>OR</b> 7</p> <p><b>II. Basic Skills</b></p> <p><b>A. Written Communication</b> ENG 101 <b>AND</b> ENG 102 6</p> <p><b>B. Oral Communication</b> COM 1 Speech Communication 3</p> <p><b>C. Quantitative Reasoning</b> MAT 100 <b>OR</b> MAT 101 <b>OR</b> 3 or 4 MAT 120 <b>OR</b> MAT 122 <b>OR</b> MAT 235</p> <p><b>III. Broadened Perspectives</b></p> <p><b>A. Behavioral Sciences</b> BIB/FAM 230 <b>OR</b> PSY 210 <b>OR</b> 3 SOC 241 <b>OR</b> SWK 251</p>	<p><b>B. Natural Sciences</b> BIO 100 <b>OR</b> BIO 105 <b>OR</b> BIO 1 3 or 4 BIO 111 <b>OR</b> BIO 112 <b>OR</b> BIO 211 <b>OR</b> CHE 121 w/CHE121L <b>OR</b> PHS 111 <b>OR</b> PHS 112 <b>OR</b> PHS 201 <b>OR</b> PHS 211</p> <p><b>C. Arts and Humanities</b></p> <p><b>1. History</b> 3 HIS 111 <b>OR</b> HIS 112 <b>OR</b> HIS 221 <b>OR</b> HIS 222 <b>OR</b> HUM399A <b>OR</b> POL 251</p> <p><b>2. Creative Works</b> 3 ART 110 <b>OR</b> ART 201 <b>OR</b> ART 234 <b>OR</b> ENG 225 <b>OR</b> ENG 226 <b>OR</b> ENG 235 <b>OR</b> ENG 236 <b>OR</b> ENG 245 <b>OR</b> ENG 246 <b>OR</b> ENG 299A/399A <b>OR</b> MUS 110 <b>OR</b> MUS 214 <b>OR</b> PHI 243 <b>OR</b> PHI 245 <b>OR</b> PHI 246 <b>OR</b> THE 160 <b>OR</b> THE 265 <b>OR</b> THE 299A/399A</p> <p><b>3. Humanities Capstone</b> 3 BIB/HUM 495</p>
<p>Complete course names and descriptions for the liberal arts core requirements are located in the <i>Undergraduate Catalog</i>.</p>	