## COLLEGE OF ARTS AND SCIENCES 2020-2021 KINESIOLOGY BS DEGREE PLAN

\*Emphasis in Health and Human Performance

FIRST YEAR - FRESHMAN	*Emphasis in Health and Human Performance								
Dept   Crse#   Course Name   Hrs   Dept   Crse#   Course Name   Hrs   BiB   121   Life of Christ¹   2   BiB   122   Acts of the Apostles¹   2   ENG   101   English Composition I¹   3   ENG   102   English Composition II¹¹³   3   3   KIN   120   Foundations of Kinesiology   3   KIN   100   Fundamentals of Movemen   1   MAT   College Algebra or higher²   3   HIS   History¹   3   3   EAR   100   Lifetime Wellness   1   PSY   210   General Psychology²   3   COM   140   Speech Communication¹   3   PEA   156   Weight training   1   15	FIRST YEAR - FRESHMAN								
BIB   121	Fall Semester						Spring Semester		
ENG   101   English Composition I¹   3   ENG   102   English Composition II¹.³   3	Dept	Crse#	Course Name	Hrs	Dept	Crse#	Course Name	Hrs	
KIN   120   Foundations of Kinesiology   3   KIN   100   Fundamentals of Movemen   1	BIB	121	Life of Christ <sup>1</sup>	2	BIB	122	Acts of the Apostles <sup>1</sup>	2	
MAT	ENG	101	English Composition I <sup>1</sup>	3	ENG	102	English Composition II <sup>1,3</sup>	3	
PEA   100	KIN	120	Foundations of Kinesiology	3	KIN	100	Fundamentals of Movemen	1	
Speech Communication	MAT		College Algebra or higher <sup>2</sup>	3	HIS		History <sup>1</sup>	3	
15	PEA	100			PSY	210	General Psychology <sup>2</sup>	3	
SECOND YEAR - SOPHOMORE  Fall Semester  Dept Crse# Course Name  Hrs  BIB Upper Division Bible 3 BIB Bible 2  KIN 235 Fund of Sports Skills 3 KIN 328 Anatomical Kinesiology 3 3  HEA 216 Personal Health 3 HEA 121 Principles of Nutrition 3  BIO Human Bio or A&P I² 4 Any Electives 9  Creative works:ART/ENG/MU 3 Part Interpretation 16  THIRD YEAR - JUNIOR  Fall Semester  Dept Crse# Course Name Hrs  BIB Bible 2 BIB 346 Foundations of Faith 3 KIN 327 Care & Prev. of Athletic Inj 3 KIN/HEA/PEA Elective: Recommend KIN22 3 KIN 329 Biomechanics 3 Any Electives 3 Any Upper Electives 3 Any Elective 16  FOURTH YEAR - SENIOR  Fall Semester  Spring Semester  Dept Crse# Course Name Hrs  BIB Any Elective 15  FOURTH YEAR - SENIOR  Fall Semester Spring Semester 15  FOURTH YEAR - SENIOR  Fall Semester Spring Semester 15  FOURTH YEAR - SENIOR  Fall Semester Spring Semester 15  FOURTH YEAR - SENIOR  Fall Semester Spring Semester 15  FOURTH YEAR - SENIOR  Fall Semester Spring Semester 15  FOURTH YEAR - SENIOR  Fall Semester Spring Semester 15  FOURTH YEAR - SENIOR  Fall Semester Spring Semester 15  FOURTH YEAR - SENIOR 15  Any Elective 16  Any Elective 17  Any Upper Electives 17  Any Upper Electives 18  Any Upper Electives 19	COM	140	Speech Communication <sup>1</sup>	3	PEA	156	Weight training	1	
Fall Semester  Dept Crse# Course Name  BIB   Upper Division Bible   3 BIB   Bible   2 BIB   495   Popt Crse# Course Name   Hrs    Fall Semester   Spring Semester   Spring Semester   Spring Semester   Spring Semester    Fourth YEAR - SENIOR   Spring Semester   Spri				15				13	
Dept Crse# Course Name		SECOND YEAR - SOPHOMORE							
Dept Crse# Course Name	Fall Semester				Spring Semester				
BIB	Dept	Crse#	Course Name	Hrs	Dept	Crse#		Hrs	
KIN   235				3				2	
HEA   216   Personal Health   3   HEA   121   Principles of Nutrition   3	-	235				328			
BIO			i	3					
Creative works:ART/ENG/MU   3	BIO		Human Bio or A&P I <sup>2</sup>	4				9	
THIRD YEAR - JUNIOR  Fall Semester  Dept Crse# Course Name  Bible  Bible  Care & Prev. of Athletic Inj  KIN 327 Care & Prev. of Athletic Inj  KIN 328 Physiology of Exercise  KIN 329 Biomechanics  KIN 329 Biomechanics  KIN 225 Physical Activities for Child  Any Elective  Thrse Bible  Any Elective  Thrse Bible  Bible  Bible  Any Elective  Bible  Course Name  Hrs  Bible  Bible  Course Name  Hrs  Bible  Bible  Course Name  Hrs  Bible  Course Name  Hrs  Bible  Course Name  Hrs  Bible  Any Electives  Any Electives  Bible  Any Electives  Any Electives  Bible  Any Electives  Bible  Course Name  Hrs  Bible  Any Course Name  Hrs  Bible  Any Course Name  Hrs  Bible  Any Course Name  Any Electives  Any Upper Electives  KIN 425 Org & Admin in Physical Ec 3 KIN 426 Adaptive Physical Educatio 3 Any Electives  Any Electives  Any Electives  Any Upper Electives  KIN/HEA UPPER Elec. Rec KIN437  KIN/HEA UPPER Elec. Rec KIN437				3			,		
Spring Semester				16				17	
Dept Crse# Course Name	THIRD YEAR - JUNIOR								
Dept Crse# Course Name	Fall Semester					Spring Semester			
BIB Bible 2 BIB 346 Foundations of Faith¹ 3 KIN 327 Care & Prev. of Athletic Inj 3 KIN/HEA/PEA Elective: Recommend KIN221 3 KIN 338 Physiology of Exercise³ 3 KIN 320 Measurement & Eval in Ph 3 KIN 329 Biomechanics³ 3 Any Upper Electives 3 Any Upper Electives 3 Any Elective 2 Tourse Name Fall Semester    Tourth year - Senior   Spring Semester	Dept	Crse#	Course Name	Hrs	Dept	Crse#		Hrs	
KIN 327 Care & Prev. of Athletic Inj 3 KIN/HEA/PEA Elective: Recommend KIN221 3 KIN 338 Physiology of Exercise <sup>3</sup> 3 KIN 320 Measurement & Eval in Phy 3 KIN 329 Biomechanics <sup>3</sup> 3 Any Upper Electives 3 KIN 225 Physical Activities for Childi 3 Any Electives 3 Any Elective 2  16  FOURTH YEAR - SENIOR  Fall Semester Spring Semester  Dept Crse# Course Name Hrs BIB 495 Values in Human Thought 3 BIB Bible 2 HEA 217 First Aid and CPR 3 KIN 420 Motor Learning 2 KIN 425 Org & Admin in Physical Ed 3 KIN 426 Adaptive Physical Educatio 3 Any Electives 9 Any Upper Electives 6 KIN/HEA UPPER Elec. Rec KIN437 3				2				3	
KIN 338 Physiology of Exercise <sup>3</sup> 3 KIN 320 Measurement & Eval in Phy 3 KIN 329 Biomechanics <sup>3</sup> 3 Any Upper Electives 3 Any Elective 2 Any Elective 2 To Thysical Activities for Childi 3 Any Elective 5 To Thysical Activities for Childi 3 Any Elective 5 To Thysical Educatio 3 Any Elective 5 To Thysical Educatio 3 Elective 6 Any Elective 7 To Thysical Educatio 3 Any Elective 7 To Thysical Educatio 3 Any Elective 9 Any Upper Electives 6 KIN/HEA UPPER Electives 6 KIN/HEA UPPER Electives 6 KIN/HEA UPPER Electives 7 To Thysical Educatio 3 Any Electives 6 KIN/HEA UPPER Electives 6 To Thysical Educatio 3 Any Electives 6 KIN/HEA UPPER Electives 6 To Thysical Educatio 3 To Thysical Educatio		327	= 12 12						
KIN 329 Biomechanics <sup>3</sup> 3 Any Upper Electives 3 KIN 225 Physical Activities for Childi 3 Any Electives 3 Any Elective 2  16  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 HEA 217 First Aid and CPR 3 KIN 420 Motor Learning 2 KIN 425 Org & Admin in Physical Eq 3 KIN 426 Adaptive Physical Educatio 3 Any Electives 9 Any Upper Electives 6 KIN/HEA UPPER Elec. Rec KIN437 3		_							
KIN 225 Physical Activities for Child 3 Any Electives 3 Any Elective 2  16 Spring Semester  Pept Crse# Course Name Hrs Dept Crse# Course Name Hrs  BIB 495 Values in Human Thought 3 BIB Bible 2 HEA 217 First Aid and CPR 3 KIN 420 Motor Learning 2 KIN 425 Org & Admin in Physical Educatio 3 Any Electives 9 Any Upper Electives 6 KIN/HEA UPPER Elec. Rec KIN437 3	KIN	329		3				3	
FOURTH YEAR - SENIOR  Fall Semester  Spring Semester  Dept Crse# Course Name	KIN	225	Physical Activities for Childi	3				3	
FOURTH YEAR - SENIOR  Fall Semester  Dept Crse# Course Name  Hrs  BIB 495 Values in Human Thought 3 BIB Bible 2  HEA 217 First Aid and CPR 3 KIN 420 Motor Learning 2  KIN 425 Org & Admin in Physical Edit 3 KIN 426 Adaptive Physical Educatio 3  Any Electives 9 Any Upper Electives 6  KIN/HEA UPPER Elec. Rec KIN437 3			Any Elective	2					
Fall Semester  Dept Crse# Course Name				16				15	
Fall Semester  Dept Crse# Course Name	FOURTH YEAR - SENIOR								
Dept Crse# Course NameHrsDept Crse# Course NameHrsBIB495Values in Human Thought3BIBBible2HEA217First Aid and CPR3KIN420Motor Learning2KIN425Org & Admin in Physical Eq3KIN426Adaptive Physical Educatio3Any Electives9Any Upper Electives6KIN/HEAUPPER Elec. Rec KIN4373									
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HEA 217 First Aid and CPR 3 KIN 420 Motor Learning 2  KIN 425 Org & Admin in Physical Educatio 3  Any Electives 9 Any Upper Electives 6  KIN/HEA UPPER Elec. Rec KIN437 3									
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KIN/HEA UPPER Elec. Rec KIN437 3							•		
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<sup>&</sup>lt;sup>1</sup>Liberal Arts Core Requirement

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

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

## ADDITIONAL ITEMS RELATED TO THE MAJOR

Suggested KIN electives (Spring only) - KIN221 - Protective Techniques of Athletic Injuries, KIN 330/331 - Advanced Athletic Training I/II, KIN437 - Exercise Testing and Prescription

## 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.

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

Undergraduate Catalog.