

# COLLEGE OF ARTS AND SCIENCES

## 2021-22 KINESIOLOGY BS/MS 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             | 212   | Human A & P II                        | 4         |
| BIO           | 211   | Human A & P <sup>2</sup>           | 4         |                 |       | Elective                              | 3         |
| PEA           | 100   | Lifetime Wellness                  | 1         | MAT             | 101   | College Algebra <sup>2</sup>          | 3         |
| COM           | 140   | Speech Communication <sup>1</sup>  | 3         | PEA             | 156   | Weight training                       | 1         |
|               |       |                                    | <b>16</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                               | 3         |
| HIS           |       | History <sup>1</sup>                    | 3         | KIN             | 328   | Anatomical Kinesiology <sup>3</sup> | 3         |
| KIN           | 327   | Care and Prev. of Athletic Inj.         | 3         | MAT             | 235   | Introductory Stats                  | 3         |
|               |       | Elective                                | 3         | HEA             | 121   | Principles of Nutrition             | 3         |
| PSY           | 210   | General Psychology <sup>2</sup>         | 3         |                 |       | KIN Elective                        | 3         |
|               |       | Creative works:ART/ENG/MUS <sup>1</sup> | 3         |                 |       | Any Electives                       | 3         |
|               |       |   | <b>17</b> |                 |       |                                     | <b>18</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         |
|               |       | Any Electives                       | 9         | KIN             | 420   | Motor Learning                       | 2         |
| KIN           | 329   | Biomechanics <sup>3</sup>           | 3         | KIN             | 397   | Practicum in Kinesiology             | 2         |
| KIN           | 338   | Physiology of Exercise <sup>3</sup> | 3         | KIN/HEA         |       | Upper Elective: Recommend KIN330/331 | 3         |
|               |       |                                     |           | BIO             | 115   | Medical Terminology                  | 1         |
|               |       |                                     |           |                 |       | Any Electives                        | 5         |
|               |       |                                     | <b>18</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 <sup>1</sup> | 3         | BIB             |       | Upper Division Bible            | 3         |
| KIN           | 425   | Organization & Adm in Phy Ed         | 3         | KIN             | 437   | Exercise Testing & Prescription | 3         |
| HEA           | 217   | First Aid and CPR                    | 3         | KIN             | 426   | Adaptive Physical Education     | 3         |
| KIN           | 497   | Practicum                            | 2         | EXS             | 504   | Advanced Exercise Physiology    | 3         |
| EXS           | 501   | Prin. Of Healthcare & Rehab          | 3         | EXS             | 503   | Applied Biomechanics            | 3         |
| EXS           | 502   | Human Functional Anatomy             | 3         |                 |       |                                 |           |
|               |       |                                      | <b>17</b> |                 |       |                                 | <b>15</b> |

### FIFTH YEAR - MS (ES and Rehab)

| Fall Semester |       |                        |           | Spring Semester |       |                                |          |
|---------------|-------|------------------------|-----------|-----------------|-------|--------------------------------|----------|
| Dept          | Crse# | Course Name            | Hrs       | Dept            | Crse# | Course Name                    | Hrs      |
| EXS           | 505   | Nutrition in Exercise  | 3         |                 |       | Electives - Any EXS or HAD 530 | 6        |
| EXS           | 506   | Research Methods       | 3         |                 |       | Capstone or Practicum          | 3        |
| EXS           | 507   | Psychology of Exercise | 3         |                 |       |                                |          |
|               |       | Elective - Any EXS     | 3         |                 |       |                                |          |
|               |       |                        | <b>12</b> |                 |       |                                | <b>9</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 Empahsis elective recommendations: KIN221, KIN330, KIN331

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.**

### 2021-22 Undergraduate Liberal Arts Core Requirements

| I. Biblical Values   | III. Broadened Perspectives   |
|--|---|
| <b>A. Bible</b>  | <b>A. Behavioral Sciences</b>   |
| BIB 121 & 122 & 346 <b>OR</b> 446 7  | BIB/FAM 230 <b>OR</b> PSY 210 <b>OR</b> SOC 241 <b>OR</b> SOC 251 3   |
| <b>II. Basic Skills</b>  | <b>B. Natural Sciences</b>  |
| <b>A. Written Communication</b>  | BIO 100 <b>OR</b> BIO 105 <b>OR</b> BIO 110 3   |
| ENG 101 <b>AND</b> ENG 102 6   | <b>OR</b> BIO 111 <b>OR</b> BIO 112 <b>OR</b> BIO 211   |
| <b>B. Oral Communication</b>   | <b>OR</b> CHE 121 & CHE 121L <b>OR</b> PHS 111 <b>OR</b> PHS 112 <b>OR</b> PHS 201 <b>OR</b>  |
| COM 140 3  | <b>C. Arts and Humanities</b>   |
| <b>C. Quantitative Reasoning</b>   | <i>HISTORY</i> : HIS 111 <b>OR</b> HIS 112 <b>OR</b> HIS 221 <b>OR</b> HIS 222 <b>OR</b> HUM 399A 3   |
| MAT 100 <b>OR</b> MAT 101 <b>OR</b> MAT 120 <b>OR</b> MAT 122 <b>OR</b> MAT235 3   | <i>CRITICAL AND CREATIVE WORKS</i> : ART 110 <b>OR</b> ART 201 <b>OR</b> ART 234 <b>OR</b> ENG 215 <b>OR</b> ENG 225 <b>OR</b> ENG 235 <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> PHI246 <b>OR</b> THE 160 <b>OR</b> THE 265 <b>OR</b> THE 299A/399A 3 |
| <i>Complete course names and descriptions for the Liberal Arts Core Requirements are located in the Undergraduate Catalog.</i> | <i>HUMANITIES CAPSTONE</i> : BIB/HUM 3  |
|  | <b>Total</b> 34   |