

**COLLEGE OF ARTS & SCIENCES**  
**2021-2022 KINESIOLOGY - EMPHASIS: EXERCISE SCIENCE**  
**B.S. DEGREE PLAN**

<b>FIRST YEAR - FRESHMAN</b>							
<b>Fall Semester</b>				<b>Spring Semester</b>			
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>
<b>SECOND YEAR - SOPHOMORE</b>							
<b>Fall Semester</b>				<b>Spring Semester</b>			
Dept.	Crse#	Course Name	Hrs.	Dept.	Crse#	Course Name	Hrs.
BIB		Bible	2	BIB			2
		Creative works:ART/ENG/MUS <sup>1</sup>	3	KIN	328		3
		Any Electives	6			KIN/HEA/PEA Elective (Recommend	3
BIO	212	Human Anatomy & Physiology II <sup>3</sup>	4	HEA	121	Principles of Nutrition	3
				MAT	235	Introductory Statistics <sup>3</sup>	3
						Any Elective	3
			<b>15</b>				<b>17</b>
<b>THIRD YEAR - JUNIOR</b>							
<b>Fall Semester</b>				<b>Spring Semester</b>			
Dept.	Crse#	Course Name	Hrs.	Dept.	Crse#	Course Name	Hrs.
BIB	346	Foundations of Faith <sup>1</sup>	3	BIB		Bible	2
KIN	327	Care & Prevention of Athletic Injuries	3	KIN	420	Motor Learning	2
KIN	329	Biomechanics <sup>3</sup>	3	KIN	397/497	Practicum in Kinesiology	2
KIN	338	Physiology of Exercise <sup>3</sup>	3	KIN/HEA		UD Elective: Recommend KIN330/3	3
			4			Any Electives	6
			<b>16</b>				<b>15</b>
<b>FOURTH YEAR - SENIOR</b>							
<b>Fall Semester</b>				<b>Spring Semester</b>			
Dept.	Crse#	Course Name	Hrs.	Dept.	Crse#	Course Name	Hrs.
BIB	495	Values in Human Thought <sup>1</sup>	3	BIB		Bible	2
KIN	425	Organization & Administration in Phys. E	3	KIN	437	Exercise Testing & Prescription	3
HEA	217	First Aid and CPR	3	KIN	397/497	Practicum in Kinesiology	2
		Upper Division Electives	3	KIN	426	Adaptive Physical Education	3
		Any Electives	4			UD Elective: Recommend KIN330/3	3
						Any Electives	3
			<b>16</b>				<b>16</b>
<b>Total</b>							<b>126</b>

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

<sup>2</sup>Liberal Arts Core 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: KIN 221, KIN 330, KIN 331

**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.**

### 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 <b>OR</b> BIO 111 <b>OR</b> BIO 112 <b>OR</b> BIO 211 <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> PHS 211 3
ENG 101 <b>AND</b> ENG 102 6	<b>C. Arts and Humanities</b>
<b>B. Oral Communication</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 <b>OR</b> POL 3
COM 140 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
<b>C. Quantitative Reasoning</b>	<i>HUMANITIES CAPSTONE:</i> BIB/HUM 495 3
MAT 100 <b>OR</b> MAT 101 <b>OR</b> MAT 120 <b>OR</b> MAT 122 <b>OR</b> MAT235 3	
<i>Complete course names and descriptions for the Liberal Arts Core Requirements are located in the Undergraduate Catalog.</i>	

**Total 34**