

# COLLEGE OF ARTS AND SCIENCES

## 2021-22 KINESIOLOGY BS/MS DEGREE PLAN - Emphasis: Health & Human Performance

### 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	HIS		History <sup>1</sup>	3
PEA	100	Lifetime Wellness	1	*MAT		College Algebra or Higher <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		Upper Division Bible	3	BIB		Bible	3
KIN	235	Fund of Sports Skills	3	KIN	328	Anatomical Kinesiology <sup>3</sup>	3
KIN	327	Care and Prev. of Athletic Inj.	3	KIN	100	Fundamentals of Movement	1
HEA	121	Principles of Nutrition	3	HEA	216	Personal Health	3
PSY	210	General Psychology <sup>2</sup>	3				
		Creative works:ART/ENG/MUS <sup>1</sup>	3			Any Electives	7
			<b>18</b>				<b>17</b>

### THIRD YEAR - JUNIOR

Fall Semester				Spring Semester			
Dept	Crse#	Course Name	Hrs	Dept	Crse#	Course Name	Hrs
BIB		Upper Division Bible	3	BIB	346	Foundations of Faith <sup>1</sup>	3
KIN	338	Physiology of Exercise <sup>3</sup>	3	KIN	320	Measurement & Eval in Phy Ed	3
KIN	329	Biomechanics <sup>3</sup>	3	KIN	420	Motor Learning	2
KIN	225	Physical Activities for Children	3	KIN/HEA/PEA		Elective: Recommend KIN221	3
		Upper Division Elective	3			Upper KIN Elec - Rec KIN 437	3
		Any Elective	3			Any Elective	3
				BIO	115	Medical Terminology	1
			<b>18</b>				<b>18</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
HEA	217	First Aid and CPR	3	KIN	426	Adaptive Physical Education	3
KIN	425	Org & Admin in Physical Ed	3			Elective	3
EXS	501	Prin. Of Healthcare & Rehab.	3	EXS	504	Adv. Exercise Physiology	3
EXS	502	Human Functional Anatomy	3	EXS	503	Applied Biomechanics	3
			<b>15</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

\* MAT - Strongly recommend MAT 235 Introductory Statistics.

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.**

### 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>OR</b> CHE 121 & CHE 121L <b>OR</b> PHS 111 <b>OR</b> PHS 112 <b>OR</b> PHS 201 <b>OR</b>
<b>B. Oral Communication</b>	<b>C. Arts and Humanities</b>
COM 140 3	<b>HISTORY:</b> HIS 111 <b>OR</b> HIS 112 <b>OR</b> HIS 221 <b>OR</b> HIS 222 <b>OR</b> HUM 399A 3
<b>C. Quantitative Reasoning</b>	<b>CRITICAL AND CREATIVE WORKS:</b> 3
MAT 100 <b>OR</b> MAT 101 <b>OR</b> MAT 120 <b>OR</b> MAT 122 <b>OR</b> MAT235 3	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
<i>Complete course names and descriptions for the Liberal Arts Core Requirements are located in the Undergraduate Catalog.</i>	<b>HUMANITIES CAPSTONE:</b> BIB/HUM 3
	<b>Total</b> 34