

COLLEGE OF ARTS AND SCIENCES

2022-2023 KINESIOLOGY BS DEGREE PLAN

*Emphasis in Health and Human Performance

FIRST YEAR - FRESHMAN

| Fall Semester | | | | Spring Semester | | | |
|---------------|-------|--|-----------|-----------------|-------|---------------------------------------|-----------|
| Dept | Crse# | Course Name | Hrs | Dept | Crse# | Course Name | Hrs |
| BIB | 121 | Life of Christ ¹ | 2 | BIB | 122 | Acts of the Apostles ¹ | 2 |
| ENG | 101 | English Composition I ¹ | 3 | ENG | 102 | English Composition II ^{1,3} | 3 |
| KIN | 120 | Foundations of Kinesiology | 3 | KIN | 100 | Fundamentals of Movement | 1 |
| MAT | | College Algebra or higher ² | 3 | HIS | | History ¹ | 3 |
| PEA | 100 | Lifetime Wellness | 1 | PSY | 210 | General Psychology ² | 3 |
| COM | 140 | Speech Communication ¹ | 3 | PEA | 156 | Weight training | 1 |
| | | | 15 | | | | 13 |

SECOND YEAR - SOPHOMORE

| Fall Semester | | | | Spring Semester | | | |
|---------------|-------|---|-----------|-----------------|-------|-------------------------------------|-----------|
| Dept | Crse# | Course Name | Hrs | 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 I ² | 4 | | | Any Electives | 9 |
| | | Creative works:ART/ENG/MUS ¹ | 3 | | | | |
| | | | 16 | | | | 17 |

THIRD YEAR - JUNIOR

| Fall Semester | | | | Spring Semester | | | |
|---------------|-------|-------------------------------------|-----------|-----------------|-------|-----------------------------------|-----------|
| Dept | Crse# | Course Name | Hrs | Dept | Crse# | Course Name | Hrs |
| BIB | | Bible | 2 | BIB | 346 | Foundations of Faith ¹ | 3 |
| KIN | 327 | Care & Prev. of Athletic Inj. | 3 | KIN/HEA/PEA | | Elective: Recommend KIN221 | 3 |
| KIN | 338 | Physiology of Exercise ³ | 3 | KIN | 320 | Measurement & Eval in Phy | 3 |
| KIN | 329 | Biomechanics ³ | 3 | | | Any Upper Electives | 3 |
| KIN | 225 | Physical Activities for Children | 3 | | | Any Electives | 3 |
| | | Any Elective | 2 | | | | |
| | | | 16 | | | | 15 |

FOURTH YEAR - SENIOR

| Fall Semester | | | | Spring Semester | | | |
|---------------|-------|--------------------------------------|-----------|-----------------|-------|-----------------------------|-----------|
| Dept | Crse# | Course Name | Hrs | Dept | Crse# | Course Name | Hrs |
| BIB | 495 | Values in Human Thought ¹ | 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 Education | 3 |
| | | Any Electives | 9 | | | Any Upper Electives | 6 |
| | | | | KIN/HEA | | UPPER Elec. Rec KIN437 | 3 |
| | | | 18 | | | | 16 |

¹Liberal Arts Core Requirement

²Liberal Arts Core Major Requirements in *Undergraduate Catalog*

³Course 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.