

COLLEGE OF ARTS AND SCIENCES

2023-2024 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 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	BIO	212	Human A & P II	4
BIO	211	Human A & P ²	4	HIS		History ¹	3
PEA	100	Lifetime Wellness	1	*MAT		College Algebra or Higher ²	3
COM	140	Speech Communication ¹	3	PEA	156	Weight training	1
			16				16

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 ³	3
KIN	327	Care and Prev. of Athletic I	3	KIN	100	Fundamentals of Movemen	1
HEA	121	Principles of Nutrition	3	HEA	216	Personal Health	3
PSY	210	General Psychology ²	3				
		Creative works:ART/ENG/MU	3			Any Electives	7
			18				17

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 ¹	3
KIN	338	Physiology of Exercise ³	3	KIN	320	Measurement & Eval in Phy	3
KIN	329	Biomechanics ³	3	KIN	420	Motor Learning	2
KIN	225	Physical Activities for Child	3	KIN/HEA/PEA		Elective: Recommend KIN225	3
		Upper Division Elective	3			Upper KIN Elec - Rec KIN 437	3
		Any Elective	3			Any Elective	3
			18	BIO	115	Medical Terminology	1
			18				18

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		Upper Division Bible	3
HEA	217	First Aid and CPR	3	KIN	426	Adaptive Physical Educatio	3
KIN	425	Org & Admin in Physical Ed	3			Elective	3
EXS	501	Prin. Of Healthcare & Reha	3	EXS	504	Adv. Exercise Physiology	3
EXS	502	Human Functional Anatom	3	EXS	503	Applied Biomechanics	3
			15				15

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	6
EXS	506	Research Methods	3			Capstone or Practicum	3
EXS	507	Psychology of Exercise	3				
		Elective - Any EXS	3				
			12				9

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

* 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

1. Plan schedules carefully. Plan to fulfill prerequisites for future courses.
2. academic adviser as not all classes are offered every semester.
3. 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.

2023-2024 Undergraduate Liberal Arts Core Requirements

I. Biblical Values	III. Broadened Perspectives
A. Bible	A. Behavioral Sciences
BIB 121 & 122 & 346 OR 446 7	BIB/FAM 230 OR PSY 210 OR SOC 241 OR SOC 251 3
II. Basic Skills	B. Natural Sciences
A. Written Communication	BIO 100 OR BIO 105 OR BIO 110 OR BIO 111 OR BIO 112
ENG 101 AND ENG 102 6	OR BIO 211 OR CHE 121 & CHE 121L OR PHS 111 OR PHS 112 3
B. Oral Communication	C. Arts and Humanities
COM 140 3	HISTORY: HIS 111 OR HIS 112 OR HIS 221 OR HIS 222 OR
C. Quantitative Reasoning	CRITICAL AND CREATIVE WORKS: ART 110 OR ART 201 OR ART 234 OR ENG 215 OR ENG 225 OR ENG 235 OR ENG 299A/399A OR MUS 110 OR MUS 214 OR PHI 243 OR PHI 245 OR PHI246 OR THE 160
MAT 100 OR MAT 101 OR MAT 120 OR MAT 122 OR MAT235 3	HUMANITIES CAPSTONE: 3
<i>Complete course names and descriptions for the Liberal Arts Core Requirements are located in the Undergraduate Catalog.</i>	
	Total 34