

**COLLEGE OF ARTS & SCIENCES**  
**2024-2025 KINESIOLOGY – EXERCISE SCIENCE**  
**B.S. DEGREE PLAN**

**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	211	Human Anatomy & Physiology I <sup>2</sup>	4
HIS		History <sup>1</sup>	3	MAT		College Algebra or Higher <sup>2</sup>	3
PEA	100	Lifetime Wellness	1	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>

**SECOND YEAR - SOPHOMORE**

Fall Semester				Spring Semester			
Dept.	Crse#	Course Name	Hrs.	Dept.	Crse#	Course Name	Hrs.
BIB		Bible	2	BIB		Bible	2
		Creative Works: ART/ENG/MUS <sup>1</sup>	3	KIN	328	Anatomical Kinesiology <sup>3</sup>	3
		Any Electives	6	HEA	121	Principles of Nutrition	3
BIO	212	Human Anatomy & Physiology II <sup>3</sup>	4			Any Elective	3
						KIN/HEA/PEA Elective Recommend: KIN221	3
				MAT	235	Introductory Statistics	3
			<b>15</b>				<b>17</b>

**THIRD YEAR - JUNIOR**

Fall Semester				Spring Semester			
Dept.	Crse#	Course Name	Hrs.	Dept.	Crse#	Course Name	Hrs.
BIB	346	Foundations of Faith <sup>1</sup>	3	BIB			2
KIN	327	Care & Prevention of Athletic Injuries	3	KIN	420	Motor Learning	2
KIN	338	Physiology of Exercise <sup>3</sup>	3	KIN	397/497	Practicum in Kinesiology	2
KIN	329	Biomechanics <sup>3</sup>	3	KIN/HEA		UD Elective: Recommend KIN330/331	3
		Electives	4			Any Electives	6
			<b>16</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 & Action <sup>1</sup>	3	BIB		Bible	2
HEA	217	First Aid and CPR	3	KIN	437	Exercise Testing & Prescription	3
KIN	425	Org & Admin in Physical Ed	3	KIN	397/497	Practicum in Kinesiology	2
		Upper Division Electives	3	KIN	426	Adaptive Physical Education	3
		Any Electives	4			Upper Division Elective: Rec KIN330/331	3
<sup>1</sup> Liberal Arts Core Requirement						Any Electives	3
<sup>2</sup> Liberal Arts Core Requirements in Undergraduate Catalog							
<sup>3</sup> Course has prerequisite. See corresponding Undergraduate Catalog							
			<b>16</b>				<b>16</b>

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## 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.**

### 2024-25 Undergraduate Liberal Arts Core Requirements

I. Biblical Values		III. Broadened Perspectives	
<b>A. Bible</b>		<b>A. Behavioral Sciences</b>	
BIB 121 AND 122 AND 346 OR 446	7	FAM/SOC 230 OR PSY 210 OR SOC 241 OR SWK 251	3
<b>II. Basic Skills</b>		<b>B. Natural Sciences</b>	
<b>A. Written Communication</b>		BIO 100 OR BIO 105 OR BIO 110 OR BIO 111 OR BIO 112 OR BIO 211 OR CHE 121 OR PHS 111 OR PHS 112 OR PHS 201 OR PHS 211	
ENG 101 AND ENG 102	6		3
<b>B. Oral Communication</b>		<b>C. Arts and Humanities</b>	
COM 140	3	<b>HISTORY:</b> HIS 111 OR HIS 112 OR HIS 221 OR HIS 222 OR HUM 399A OR POL 251	
<b>C. Quantitative Reasoning</b>		<b>CRITICAL AND CREATIVE WORKS:</b>	
MAT 100 OR MAT 101 OR MAT 120 OR MAT 122 OR MAT 235	3	ART 110 OR ART 234 OR ENG 225 OR ENG 226 OR ENG 235 OR ENG 236 OR ENG 245 OR ENG 246 OR MUS 110 OR MUS 214 OR PHI 243 OR PHI 245 OR PHI 246 OR THE 160 OR THE 265 OR THE 299A	
Complete course names and descriptions for the Liberal Arts Core Requirements are located in the Undergraduate Catalog.		HUMANITIES CAPSTONE: BIB/HUM 495	
			3
		<b>Total</b>	<b>34</b>