

**COLLEGE OF ARTS & SCIENCES**  
**2024-2025 KINESIOLOGY – HEALTH & HUMAN**  
**PERFORMANCE (4+1)**  
**B.S./M.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	212	Human Anatomy & Physiology II	4
BIO	211	Human Anatomy & Physiology I <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	Fundamentals of Sports Skills	3	KIN	328	Anatomical Kinesiology <sup>3</sup>	3
KIN	327	Care & Prevention of Athletic Injuries	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			Electives	7
		Creative Works: ART/ENG/MUS <sup>1</sup>	3				
			<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	KIN		Upper Division Elective – Rec KIN437	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 & Action <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 & Rehabilitation	3	EXS	504	Advanced Exercise Physiology	3
EXS	502	Human Functional Anatomy	3	EXS	503	Applied Biomechanics	3
							<b>Total</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

**15**

**15**

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FIFTH YEAR – M.S. (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>

## 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.**

## 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	3
ENG 101 AND ENG 102	6	<b>C. Arts and Humanities</b>	
<b>B. Oral Communication</b>			
COM 140	3		
<b>C. Quantitative Reasoning</b>			

MAT 100 <b>OR</b> MAT 101 <b>OR</b> MAT 120 <b>OR</b> MAT 122 <b>OR</b> MAT 235	3	HISTORY: 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 251	3
Complete course names and descriptions for the Liberal Arts Core Requirements are located in the Undergraduate Catalog.		CRITICAL AND CREATIVE WORKS: ART 110 <b>OR</b> ART 234 <b>OR</b> ENG 225 <b>OR</b> ENG 226 <b>OR</b> ENG 235 <b>OR</b> ENG 236 <b>OR</b> ENG 245 <b>OR</b> ENG 246 <b>OR</b> MUS 110 <b>OR</b> MUS 214 <b>OR</b> PHI 243 <b>OR</b> PHI 245 <b>OR</b> PHI 246 <b>OR</b> THE 160 <b>OR</b> THE 265 <b>OR</b> THE 299A	3
		HUMANITIES CAPSTONE: BIB/HUM 495	3
Total			34