COLLEGE OF ARTS & SCIENCES

2024-2025 KINESIOLOGY - HEALTH & HUMAN PERFORMANCE (4+1)

B.S./M.S. DEGREE PLAN

| Fall Semester | | | FIRST | YEAR - | FRES | HMAN | | |
|--|--------------------|-----------|---|----------------------|----------|----------|--|----------|
| 121 Life of Christ¹ 2 BJB 122 Acts of the Apostles¹ 2 BNG 101 English Composition I¹ 3 ENG 102 English Composition II¹ 3 ENG 102 English Composition II¹ 3 BNG BNG Eng | | | Fall Semester | | | | Spring Semester | |
| ENG 101 English Composition I¹ 3 ENG 102 English Composition II¹.3 3 KIN 120 Foundations of Kinesiology 3 BIO 212 Human Anatomy & Physiology II 4 HIS History¹ 3 BIO 212 Human Anatomy & Physiology II 4 HIS History¹ 3 BIO 212 Human Anatomy & Physiology II 4 HIS History¹ 3 PEA 100 Lifetime Wellness 1 *MAT College Algebra or Higher² 3 COM 140 Speech Communication¹ 3 PEA 156 Weight Training 1 Feat 16 | Dept | . Crse# | Course Name | Hrs | Dept. | Crse# | Course Name | Hrs. |
| KIN 120 Foundations of Kinesiology 3 BIO 212 Human Anatomy & Physiology II 4 BIO 211 Human Anatomy & Physiology II 4 BIS History 3 PEA 100 Lifetime Wellness 1 **MAT College Algebra or Higher 3 COM 140 Speech Communication 3 PEA 156 Weight Training 1 1 1 1 1 1 1 1 1 | BIB | 121 | Life of Christ ¹ | 2 | BIB | 122 | Acts of the Apostles ¹ | 2 |
| SIO 211 Human Anatomy & Physiology Pact HIS History 3 | ENG | 101 | English Composition I ¹ | 3 | ENG | 102 | English Composition II ^{1,3} | 3 |
| PEA 100 Lifetime Wellness 1 | KIN | 120 | Foundations of Kinesiology | 3 | BIO | 212 | Human Anatomy & Physiology II | 4 |
| 140 Speech Communication 3 | BIO | 211 | Human Anatomy & Physiology I ² | 4 | HIS | | History ¹ | 3 |
| 140 Speech Communication 3 | PEA | 100 | Lifetime Wellness | 1 | *MAT | | College Algebra or Higher ² | 3 |
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| *Liberal Arts Core Requirement Total *Liberal Arts Core Requirements in <i>Ondergraduate Catalog</i> 15 | | | | _ | | | | _ |
| -Liberal Arts Core Requirements in <i>Ondergraduate Catalog</i> 15 | LVO | JUZ | Functional Anatomy | P | LΛΟ | 202 | мррней віоніеснаніс я | 3 |
| | ¹ Liber | al Arts C | pre Requirement | | | | Tota | 3 |
| 3Course has prorequisite. See corresponding Undergraduate Catalog | Liber | ai Arts (| Lore Requirements in <i>Undergraduate Catalog</i> | 15 | | <u> </u> | L | 15 |
| Course has prerequisite. See corresponding ondergraduate database | 3Cour | se has p | prerequisite. See corresponding <i>Undergraduat</i> | e Catalog | | | | -5 |
| <u>L</u> | | | | | | | | |

| 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 | | | | |
| | | | | | | | |
| | | | 12 | | | | 9 |

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 | | |
|---|---|--|--|
| A. Bible BIB 121 AND 122 AND 346 OR 446 | A. Behavioral Sciences | | |
| | 7 FAM/SOC 230 OR PSY 210 OR SOC 241 3 OR SWK 251 | | |
| II. Basic Skills | B. Natural Sciences | | |
| A. Written Communication | BIO 100 OR BIO 105 OR BIO 110 OR 3 | | |
| ENG 101 AND ENG 102 | 6 BIO 111 OR BIO 112 OR BIO 211 OR | | |
| B. Oral Communication | CHE 121 OR PHS 111 OR PHS 112 OR | | |
| COM 140 | 3 PHS 201 OR PHS 211 | | |
| C. Quantitative Reasoning | C. Arts and Humanities | | |

| MAT 100 OR MAT 101 OR MAT 120 OR MAT 122 OR MAT 235 | 3 HISTORY: HIS 111 OR HIS 112 OR HIS 221 OR HIS 222 OR HUM 399A OR POL 251 |
|---|---|
| Complete course names and descriptions for the Liberal Arts Core Requirements are located in the Undergraduate Catalog. | CRITICAL AND CREATIVE WORKS: 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 HUMANITIES CAPSTONE: BIB/HUM 495 |

Total 34