

COLLEGE OF ARTS & SCIENCES
2024-2025 KINESIOLOGY – HEALTH & HUMAN PERF.
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 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	Fundamentals of Sports Skills	3	KIN	328	Anatomical Kinesiology ³	3
KIN	216	Personal Health	3	HEA	121	Principles of Nutrition	3
BIO	121	Human Biology OR Human 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 & Prevention of Athletic Injuries	3	KIN/HEA/PEA		Elective: Recommend KIN221	3
KIN	338	Physiology of Exercise ³	3	KIN	320	Measurement & Eval in Phys Ed	3
KIN	329	Biomechanics ³	3			Any Upper Division Electives	3
KIN	225	Physical Activities for Children	3			Any Elective	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 & Action 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 Division Electives	6
¹ Liberal Arts Core Requirement				KIN/HEA		Upper Division Elective: Rec KIN427	3
² Liberal Arts Core Requirements in <i>Undergraduate Catalog</i>							
³ Course has prerequisite. See corresponding <i>Undergraduate Catalog</i>							
			18				16
							126

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.

2024-25 Undergraduate Liberal Arts Core Requirements

I. Biblical Values		III. Broadened Perspectives	
A. Bible		A. Behavioral Sciences	
BIB 121 AND 122 AND 346 OR 446	7	FAM/SOC 230 OR PSY 210 OR SOC 241 OR SWK 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 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. Oral Communication		C. Arts and Humanities	
COM 140	3	HISTORY: HIS 111 OR HIS 112 OR HIS 221 OR HIS 222 OR HUM 399A OR POL 251	
C. Quantitative Reasoning		CRITICAL AND CREATIVE WORKS:	
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	
		Total	
		34	