

COLLEGE OF ARTS & SCIENCES
2024-2025 KINESIOLOGY – EXERCISE SCIENCE (4+1)
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	BIO	212	Human Anatomy & Physiology II	4
BIO	211	Human Anatomy & Physiology I ²	4	MAT	101	College Algebra ²	3
PEA	100	Lifetime Wellness	1			Elective	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		Bible	2	BIB		Bible	3
		Creative Works: ART/ENG/MUS ¹	3	KIN	328	Anatomical Kinesiology ³	3
		Elective	3	HEA	121	Principles of Nutrition	3
PSY	210	General Psychology ²	3			Any Elective	3
HIS		History ¹	3	KIN		KIN Elective	3
KIN	327	Care and Prevention of Athletic Injuries	3	MAT	235	Introductory Statistics	3
			17				18
THIRD YEAR - JUNIOR							
Fall Semester				Spring Semester			
Dept.	Crse#	Course Name	Hrs.	Dept.	Crse#	Course Name	Hrs.
BIB	346	Foundations of Faith ¹	3	BIB		Bible	2
		Any Electives	9	KIN	420	Motor Learning	2
KIN	338	Physiology of Exercise ³	3	KIN	397	Practicum in Kinesiology	2
KIN	329	Biomechanics ³	3	KIN/HEA		UD Elective: Recommend KIN330/331	3
						Any Electives	5
				BIO	115	Medical Terminology	1
			18				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		Upper Division Bible	3
HEA	217	First Aid and CPR	3	KIN	437	Exercise Testing & Prescription	3
KIN	425	Organization & Administration in Physical Ed	3	KIN	426	Adaptive Physical Education	3
KIN	497	Practicum	2	EXS	503	Applied Biomechanics	3
EXS	501	Prin. Of Healthcare & Rehab	3	EXS	504	Advanced Exercise Physiology	3
Liberal Arts Core Requirements in Undergraduate Catalog							
Liberal Arts Core Requirements in Undergraduate Catalog							
³ Course has prerequisite. See corresponding Undergraduate Catalog							
			16				15
							131

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 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

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		
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		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	3	

Complete course names and descriptions for the Liberal Arts Core Requirements are located in the Undergraduate Catalog.

CRITICAL AND CREATIVE WORKS:

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

HUMANITIES CAPSTONE: BIB/HUM 495

3

Total 34